

# Natural Remedies for Glowing Skin

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**Abstract**—A glowing skin can give such a beauty which no makeup can provide. The glowing skin can be achieved by external or internal detoxification/cleansing of the body. In our Indian system the internal cleansing process is achieved by right diet, plenty of water, yoga and pranayam. But the external cleansing system can be achieved by application of skin cleansing products. Nowadays there are plenty of skin care products available in the market. But they are quite expensive and they may have side effects. Here we provide methods to provide glowing skin and exfoliation of skin by application of natural products. These remedies are cheap and without side effects. **If one really want all the natural ingredients for one's skin care, then these remedies are available at home itself. One has to spend time and put efforts to prepare these natural skin care products at home.**