

Skin Care by Natural Ways

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Abstract—Skin care is amongst the most prominent issues for young and old. Every person wants to look his best. Physical appearance does affect ones overall personality. Those who are fortunate to be born beautiful or handsome have an edge over others in their public dealings. People all over the world spend millions of dollars to look good. They undergo plastic surgery, visit the beauty parlour regularly and undergo herbal treatments to improve their physical appearance. Here we provide natural methods to take care of acne and excessive hair on the skin. Nature's way of care is the best way with no or minimal side effects. **If one really want all the natural ingredients for one's skin, then these remedies are available at home itself. One has to spend time and put efforts to prepare the natural skin care products at home.**

1. INTRODUCTION

It turns out beauty is more than skin deep: The average person slathers, lathers, rubs and sprays, 10 different skin care products on his or her body every day--and since our skin acts more like a sponge than a barrier, we absorb nearly 130 chemicals we regularly expose ourselves to. Cosmetics companies and the FDA maintain that these chemicals are safe, and many of them are--in small doses at least. But consider that the average woman wears makeup every day, and you begin to understand how a little dab here a quick spray there begins to add up. The fact is, no one really knows how certain chemicals affect us over time, or how they react in our bodies in combination. Other chemicals have known dangers: Phthalates, for example, which are often found in artificial fragrances, are a class of hormone disruptor which can be linked to birth defects, sperm damage, infertility, and the feminization of baby boys, for instance. The best way to know exactly what goes into your skincare products? Make your own. Not only will you save money and packaging, but you'll also get the satisfaction that no preservatives or toxic chemicals were used in the process. You can whip up a simple, effective face mask using little more than honey and coconut oil, make a vegetable toner, or create an acne-fighting toner with green tea.

2. SKIN TYPES

2.1 Oily Skin

Oily skin type has specific characteristics such as the surface of the skin appear greasy and a little difficult to remove it

despite using foaming soap. Oily skin is also known as the skin surface which appears shiny, especially in the middle of our face and forehead, opening of pores of the skin are also slightly larger than other skin types. People who have oily skin are prone to acne caused by bacteria because of dust and skin oils on the surface of the skin .In some cases, the skin sometimes appear oily but experience drought in the lower layers of the skin. This phenomenon is closely related to the hydration of the skin.

2.2 Dry Skin and Dehydration

Dry skin has a characteristic feature like skin feels rough and stiff both before cleaning and after cleaning. Very dry skin is very uncomfortable and may even appear cracked skin or itch. Dry skin is due to lack of lipids (fatty acids) in skin. To cope with the dry skin one should partly consume essential fatty acids such as Omega-3 and Omega-6 from several food sources such as fish (tuna, cod, sardines), shellfish, soybean oil, leafy vegetables, and walnuts.

Skin Dehydration

The fundamental difference between dehydrated skin with dry skin (that occurs due to lack of fluids) is that dehydrated skin often feels a bit tight, have fine lines on the skin. Dehydrated skin can occur in all skin types, this happens because of lack of drinking water. In other cases of dehydration it occurs because of errors in the use of cosmetics, especially when using cosmetic cleansers and exfoliation. Therefore, refrain from using harsh products if your skin is dehydrated.

2.3 Combination Skin

Combination skin that has both types of skin in which some parts of the skin is quite oily and other parts classified as dry. Usually the T zone area (forehead area, nose, lips and chin) is oily while the cheek is dry skin type.

2.3.1 Sensitive Skin

Sensitive skin usually has a very thin skin structure and easily irritated.

2.3.2 Normal Skin

Normal skin is the ideal skin type to have because this type of skin do not show characteristics of dry skin, oily or sensitive

skin. The hallmark of normal skin is like the surface of the skin feeling soft, smooth and elastic.

3. ACNE

Acne is the common cause of spots. Most people with acne are aged between 12 and 25 but some older and younger people are affected. Boys are more commonly affected than girls. Acne usually affects the face but may also affect the back, neck and chest. The severity can range from mild to severe. About 8 in 10 teenagers develop some degree of acne. Often it is mild. However, it is estimated that about 3 in 10 teenagers have acne bad enough to need treatment to prevent scarring. Untreated acne usually lasts about 4-5 years before settling. However, it can last for many years in some cases.

Understanding normal skin

Small sebaceous glands lie just under the skin surface. These glands make the oil (sebum) that keeps the skin supple and smooth. Tiny holes (pores) on the skin allow the sebum to come on to the skin surface. Hair also grow through these pores. During the teenage years, you make much more sebum than when you were a child. This is due to the hormonal changes of puberty which stimulate the sebaceous glands. As a rule, the more sebum that you make, the greasier your skin feels and the worse acne is likely to be. Some people make more sebum than others.

3.1 Mild-to-moderate acne - blackheads, whiteheads and small pimples

Some pores become blocked (plugged). This is due to the skin at the top of the pores becoming thicker, combined with dead skin cells that are shed into the pores. You can see the plugs that block the top of the pores as tiny spots known as blackheads and whiteheads (comedones). The black of the blackheads is due to skin pigment and is not dirt as some people think. In many cases, acne does not progress beyond this mild stage. Some sebum may collect under blocked pores. You can see this as small spots called pimples or papules. In some cases, acne does not progress beyond this mild-to-moderate stage when you can see a number of small pimples, blackheads and whiteheads.

3.2 Moderate-to-severe acne - larger spots and inflammation

Trapped sebum is ideal for a germ (bacterium) called *Propionibacterium acnes* to live and multiply. Small numbers of this bacterium normally live on the skin and do no harm. However, if a large number develop in the trapped sebum, the immune system may react and cause inflammation. If inflammation develops, it causes the surrounding skin to become red and the spots become larger and filled with pus (pustules). In some cases the pustules become even larger and form into small nodules and cysts. Each inflamed spot will heal eventually. In some cases, the area of skin that was inflamed remains discoloured for several months after the

inflammation has gone (post-inflammatory hyperpigmentation). This is often more noticeable in darker-skinned people. Also, a small pitted scar is commonly left on the skin where there was an inflamed spot. These small scars often do not fade fully and are a marker in older people that they once had inflamed acne spots.

3.4 Skin care for people with acne

- Do not wash more than normal. Twice a day is normal for most people. Use a mild soap and lukewarm water. (Very hot or cold water may worsen acne.) Do not scrub hard when washing acne-affected skin. Do not use abrasive soaps, cleansing granules, astringents, or exfoliating agents. Use a soft washcloth and fingers instead. Excess washing and scrubbing may cause more inflammation and possibly make acne worse.
- Antiseptic washes may be beneficial.
- You cannot clean off blackheads. The black tip of a blackhead is actually skin pigment (melanin) and cannot be removed by cleaning or scrubbing.

3.5 NATURAL METHODS

3.5.1 Tea Tree Oil

With its natural inflammation-fighting properties, a 5 percent solution of tea tree oil can be used.

3.5.2 Aspirin

The salicylic acid in aspirin is a go-to for acne treatments, and the aspirin can dry up pimples and reduce inflammation. To take advantage of its benefits, form a paste by mashing aspirin in a little water, or dissolve four pills in 2 tablespoons of water.

3.5.3 Chamomile

Chamomile helps decrease inflammation from acne. In a blender or coffee grinder, combine the contents of a chamomile tea bag with enough water to form a paste, and apply that to acne. Alternately, steep two chamomile tea bags with 1 cup boiled water for 15 minutes. Let the tea cool, then use a cotton ball to dab it on your face after cleansing.

3.5.4 Witch Hazel

Witch hazel can act as an astringent, naturally drying and shrinking blemishes. To get its benefits, pour witch hazel onto a cotton ball and wipe your face each morning and night.

3.5.5 Aloe

Aloe, known for its burn-relieving properties, can promote healing, fight infection, and even reduce scarring. Scrape the gel from an aloe plant out with a spoon, and apply to acne. You can also buy aloe gel from health-food stores—just make sure it's pure aloe, with no added ingredients.

3.5.6 Lemon

Lemons act as an exfoliant, skin lightener, and disinfectant to reduce the appearance of scars and prevent new pimples from forming. On a clean face, dab acne with a cotton ball or cotton swab dipped in lemon juice, then rinse with cool water.

3.5.7 Apple Cider Vinegar

Apple cider vinegar contains malic and lactic acids that can exfoliate, reduce red marks, and treat acne. For a DIY toner, mix equal parts apple cider vinegar and water and apply to skin with a cotton ball, making sure to shake well before each use.

3.5.8 Acidic Foods

Acidic foods like citrus fruit juice or vinegar can flush pores. Dab a little onto a cotton ball to help battle acne; gently swipe the cotton on the affected areas.

3.5.9 Omega-3 Fatty Acids

Omega-3 fatty acids have anti-inflammatory properties that can improve acne. Get the benefits from taking a multi-nutrient capsule containing fish oil, or add more salmon, albacore tuna, flaxseeds, and walnuts to your diet.

4. EXCESSIVE OR UNWANTED HAIR

The normal amount of body hair for women varies. Most of the time, a woman only has fine hair, or peach fuzz, above the lips and on the chin, chest, abdomen, or back. If you have coarse, dark hairs in these areas, the condition is called hirsutism. Such hair growth is more typical of men.

4.1 Causes

Women normally produce low levels of male hormones (androgens). If your body makes too much of this hormone, you may have unwanted hair growth. In most cases, the exact cause is never identified. It tends to run in families. In general, hirsutism is a harmless condition. But many women find it bothersome, or even embarrassing. A common cause of hirsutism is polycystic ovarian syndrome (PCOS). Women with PCOS and other hormone conditions that cause unwanted hair growth may also have acne, problems with menstrual periods, trouble losing weight, and diabetes. If these symptoms start suddenly, you may have a tumour that releases male hormones

4.2 Homemade Sugar Wax

This is a super easy and effective home remedy to get rid of unwanted facial hair. Mix two teaspoons of granulated sugar (brown or white) and one teaspoon each of honey and water.

1. Heat the mixture in a microwave or on a stove for about half a minute until it bubbles and turns brown. Allow it to cool.

2. Using a spatula, apply it on the areas where you want to remove the hair.
3. Place a cloth strip over the sugar wax and smooth it out with your fingers in the direction of the hair growth.
4. Finally, rip it off in the opposite direction of hair growth.
5. Repeat as needed.

4.3 Chickpea Flour

A chickpea flour face pack will help exfoliate your skin to remove dead skin and hair. Plus, it can lighten the color of your skin and facial hair. You can get chickpea flour, also known as gram flour or besan, from an Indian market or health food store.

Mix together two tablespoons of chickpea flour, one tablespoon of milk cream, one and one-half teaspoon of milk, and three-quarter teaspoons of turmeric. Apply this thick paste on your face and leave it on for 20 minutes or until it dries. Scrub it off using a facial loofah pad or simply a soft cloth dipped in lukewarm water. Do this at least three or four times a week for about a month.

- Alternatively, mix one tablespoon of chickpea flour, one-half teaspoon of plain yogurt, and one-quarter teaspoon of turmeric. You can also add one-half teaspoon of rose water. Spread it on your face and leave it on for 20 minutes before scrubbing it off.
- Another remedy involves mixing two tablespoons of chickpea flour, one-quarter teaspoon of turmeric and enough milk (about ½ teaspoon) to make a thick, smooth paste.

4.4 Green Gram Flour and Rose Water

Like chickpea flour, green gram flour also aids natural hair removal through exfoliation. In addition, the combination of green gram flour and rose water works as a natural cleanser for sensitive and acne-prone skin.

- Add one to one-half tablespoon of rose water to two tablespoons of green gram flour. You may add one tablespoon of lemon juice as well.
- Spread the paste on your face and leave it on for 20 to 25 minutes before scrubbing it off.
- Do this three to four times a week.

4.5 Sugaring

Sugaring works as a natural treatment for removing facial as well as body hair. Unlike waxing, it requires pulling the hair in the direction of the hair growth, which causes less pain and skin irritation. Interestingly, this technique was established centuries ago in Egypt.

1. Heat one-quarter cup of water in a pan.
2. Add two cups of granulated sugar and one-quarter cup of lemon juice to it. Continue heating the paste until bubbles appear.
3. Turn down the heat to low-medium and let it simmer for about 25 minutes until it turns dark amber in color. Turn off the heat and let the mixture cool.
4. Prepare your skin by dusting a little cornstarch or baby powder on your skin and then spread the lukewarm mixture on your face in the opposite direction of the hair growth.
5. Put a clean rag or cotton strip over the layer of sugar paste and let it sit for a few minutes.
6. Finally, pull it off quickly in the direction of the hair growth.

4.6. Spearmint Tea

Excess hair growth is often attributed to excessive production of androgen in the body. Spearmint tea can help regulate hormone levels. A study conducted by Turkish researchers indicates that spearmint tea can help women with hirsutism. The study subjects were given herbal spearmint tea twice a day for five days in the follicular phase of their menstrual cycles. The follicular phase begins on the first day of your cycle and lasts about 14 days.

1. Boil a cup of water. Add one teaspoon of dried spearmint to it. If you have fresh spearmint leaves, use four or five of them.
2. Cover the container and let it steep for about five to 10 minutes.
3. Strain and drink the tea.
4. Have it twice daily.

4.7 Lemon Juice and Honey

Being sticky in nature, a lemon juice and honey mask can help remove fine hair from your face. The lemon juice works as a cleansing and exfoliating agent and the honey helps soften the

hair due to its hydrating and moisturizing properties. Moreover, being an antibacterial and anti-inflammatory, it will help avoid skin irritation and breakout. Because of its bleaching quality, lemon juice will also help lighten your facial skin and hair.

1. Mix one tablespoon of fresh lemon juice and four tablespoons of honey.
2. Apply it on your face and leave it on for 15 to 20 minutes.
3. Gently remove the mask with a washcloth soaked in lukewarm water.
4. Do this at least twice a week for a few months.

5. CONCLUSION

Nature's way of care is the best way with no or minimal side effects. **If one really wants all the natural ingredients for one's skin, then these remedies are available at home itself. One has to spend time and put efforts to prepare the natural skin care products at home.**

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