

# Skin Care by Natural Ways-II

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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 provide exfoliation and instant glowing 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. INSTANT GLOWING SKIN

### 6 Home Remedies for Instant Glow

Everyone wishes to have a glowing and flawless skin. In today's time, when pollution is more than population, it's

imperative to take extra care of the skin in order to prevent it from losing its natural moisture, glow and fairness. People buy more and more products to make their skin radiant and beautiful, but these products work only for some time. Home remedies can do wonders for the skin. These natural remedies can return your lost charm and glow, that too, instantly. So, don't waste hours in salon, just give a try to these home remedies.

### 1. Honey & Lemon

Take 1 tablespoon of lemon juice and 1 tablespoon of honey. Mix it till the honey dissolves properly. Moisten your face and apply it on your face and leave it for 15-20 minutes. Both honey and lemon works as a natural bleacher, which makes your skin glowing and radiant instantly. Wash your face thoroughly with cold water.

### 2. Oats

Oats work as a great scrubber and give your skin the shine and smoothness. Take ½ cup of oats and pour a little warm water in it. Leave it for 5 minutes. Water will help in forming a thick paste. Apply it on your face and gently rub and massage in a circular motion with your fingers. Rub harder around and on the nose to remove blackheads, for 15 minutes. Then, wash off with cold water. This will make your skin smooth and fair.

### 3. Tomato

Take a tomato and rub the tomato pulp on the skin. Rub it all over your face and leave it for 15 minutes. Tomato contains natural bleaching properties, which helps in lighten the skin colour. Rinse thoroughly with cold water after 15 minutes.

### 4. Ice Cube

Rub an ice cube on your face to improve the blood circulation. Also, if you are going in a party or in a special occasion, rub an ice cube before putting on the make-up. This will help the make-up to last longer, and the make-up won't smudge. Alternatively, put a few drops of your favourite moisturiser on the ice cube and massage it on your face. This will instantly freshen up your skin and give it an instant glow.

## 5. Papaya & Honey

Take a piece of papaya and mash it with the help of a fork. Take a tablespoon of honey and mix well with papaya pulp. Moisten your face and apply it on your face. Leave it for 15 minutes. Rinse thoroughly with cold water.

## 6. Rice Flour

Take rice and make a fine powder in the grinder. The powder should feel like a smooth white scrubber. Mix enough milk in it to form a paste. Apply it on your moisten face and scrub your skin for 15-20 minutes. The paste will fall automatically while you rub your face. Let the whole scrub fall, and then, wash your face with cold water. Rice will exfoliate the skin and remove the dead cells. It will improve the blood circulation. As a result, you will get the smooth, clean, blackheads-free glowing skin in minutes.

## 6 Natural Face Cleansers You Can Make Yourself

You don't need fancy, pricy products for smoother, prettier skin; instead, try these simple natural cleansers

### Coconut Oil Face Cleanser

Without stripping your skin of its natural oils, coconut oil can eliminate any oil that appears at the end of the day. Thanks to its antimicrobial properties, when you apply coconut oil to your skin it will eliminate moisture lost through your pores, leaving the skin healthy and smooth. Gently massage a squirt of coconut oil onto your face (about the size of a quarter) for about 30 seconds. Then apply a warm towel onto your face to open up your pores. Wait about 15-30 seconds, then remove the oil by patting with a washcloth.

### Apple Cider Vinegar Face Cleanser

Apple cider vinegar may help restore your skin's pH levels to help soothe breakouts, prevent clogged pores, and keep skin from becoming too dry or too oily. Its pH of about 5.5 is very close to the ideal pH of human skin. Try: Natural toner! Mix 1 part apple cider vinegar with 2 parts water, and shake well. Apply to a clean face with a cotton ball or pad. Once your skin dries, put on your usual daily moisturizer.

### Honey and Lemon Face Cleanser

Honey and lemon together are a natural moisturizer and antiseptic, a perfect soothing and cleaning combination. The citric acid from the lemon kills acne-causing bacteria, and the enzymes in the citrus help clear away dead skin. Honey is naturally antibacterial and full of antioxidants, which are shown to prevent acne and slow down your skin's aging process. Honey is also great if you're looking for a complexion boost! Try: Combine 2 teaspoons honey and 1 teaspoon fresh lemon juice. Warm it between your fingers, then smooth a thin layer onto your face and neck. Leave the mixture on until it's dry, then rinse with warm water.

## Yogurt

Yogurt is a perfect natural face cleanser, rich in protein and lactic acid. Those compounds work together to help detoxify skin: Applying lactic acid regularly encourages your skin to get rid of the dead cells through exfoliation, and protein helps tighten pores, reduce the appearance of fine lines, and hydrate. Gently massage a thin layer of plain yogurt into your clean face using your fingertips; this action will help loosen any dirt or makeup. Leave yogurt on for a couple of minutes, then wash off with warm water and a towel.

## Why We Need To Exfoliate

New skin cells are created in the skin's inner layer (dermis). As they form, the old, dead skin cells are pushed to the outer layer of the skin (epidermis). These dead cells gradually flake off. But some of them hang on for too long, making your complexion look dull & rough and clogs your pores causing acne & other blemishes. Exfoliating the skin removes these dead cells. It is important not to forget to exfoliate your body. A very effective method is dry body brushing. Dry body brushing not only removes dead skin cells, but increases your blood flow resulting in less cellulite

## Top 5 Best Natural Exfoliants

### Baking Soda

Rub about a tablespoon of it on your face in a circular motion, rinse, then wash the face with the liquid natural soap. Baking soda (sodium bicarbonate) is the main ingredient in many expensive exfoliation products.

### Sugar

Sugar is a natural source of glycolic acid. Glycolic acid boosts new cell production and breaks down the protein that keeps the dead cells hanging onto your skin. Pure cane sugar crystals work best, like this one. Mix the sugar crystals with your favourite massage oil olive, jojoba, grapeseed, almond, etc., to make a paste. Scrub on your face in a circular motion, rinse, wash as usual.

### Sea Salt

Sea salt is full of trace minerals that rejuvenate your skin, stimulate cell growth, and help your skin retain moisture. A sea salt scrub is great for dry skin. Mix with lavender essential oil and/or your favourite massage oil (olive, jojoba, grapeseed, almond, etc.) to make a paste. Scrub on your face in a circular motion, rinse, wash as usual.

### Oatmeal

Oatmeal is a very gentle exfoliant, so it's perfect for sensitive skin. It is a natural anti-inflammatory and is very moisturizing. Mix finely ground oatmeal with honey and/or kefir (you can also use yogurt or buttermilk). Scrub on your face in a circular motion, let sit for 15-30 minutes, rinse, wash as usual.

## Kefir

Kefir is like yogurt, but with a lot more beneficial bacteria (about 40 times more). Find out more about kefir here (and how to make it). You can use yogurt and still see benefits, but you will see better results using kefir. Kefir is a natural source of lactic acid that hydrates and soothes your skin. Apply to your face and let sit for 15-30 minutes, rinse, wash as usual. Your skin will be so soft and smooth for several days.

## Honey

Raw honey is anti-bacterial, anti-viral, and anti-fungal. It kills skin infections, including acne. Honey reduces inflammation and hydrates. Honey can be mixed with any of the other exfoliants mentioned here to boost the antioxidant and anti-bacterial benefits.

## Simplify

Don't be fooled by cosmetic advertising: Myriad creams, lotions, and potions at the drugstore and cosmetics counter make promises they could never deliver on. (Trust us, all the fancy products in the world will never turn the tide of aging.) Eye creams, for instance, rarely vary in formulation from your basic facial moisturizer. Our recommendation is to keep it simple: All you need is a basic cleanser, toner, moisturizer, and broad-spectrum sunscreen to keep your skin in tip-top shape. Everything else is just dressing.

## Stay Beautiful Inside and Out by Being Healthy

You don't have to resort to a flurry of potions and lotions, chemical peels, or surgical face-lifts to get fresh, glowing skin. Diet and exercise should play vital roles in your skincare regimen, as well. Besides working up a good sweat to keep nutrient-carrying blood circulating throughout your body, be sure to feed yourself plenty of protein, healthy fats (such as omega-3 fish oils or flaxseed oils), complex carbohydrates, and fruit. Drinking six to eight glasses of water is also a boon for flushing out toxins that might otherwise show up on your skin.

## 3. NATURAL VS ARTIFICIAL SKINCARE

The only difference between natural skin care products from synthetic skin care products is the presence of active ingredients. Natural ones will have lemon as the source of vitamin C and synthetic ones would have Vitamin C itself. Both of them might have bases, preservatives, colours and fragrances. On an average, we apply hundreds of ingredients on face daily, and believe us, out of those 100, only 10 are beneficial and rest are mere preservatives, fragrances, base etc.

This question "Are natural skin care products better than synthetic ones/" is actually worth a debate. **Natural skin care products bring with them the benefits of using a plant while synthetic one have benefit of using the active principal of that plant. Synthetic skin care products have scientific research to back up, while natural skin care products have testimonies to vouch upon their success. However, both carry a disadvantage of being loaded with synthetic ingredients as base, fragrance or preservatives.**

Very few skincare products are made of the safe ingredients entirely; in fact, natural ones would decay with time, so they are loaded with even more preservatives or processed into the form where they might not be acting altogether. Let us take an example of Aloe vera, the gel gets spoiled when exposed to heat or comes in contact with air, thus, it is recommended that aloe vera extracted at home should be used immediately or stored in an air-tight container in a refrigerator

## 4. CONCLUSION

Nature's way of care is the best way with no or minimal sideeffects. **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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