

Home Skin Care Remedies

Healthy skin is considered the best way for someone to make a first impression. Proper skincare can bring a lot of difference to the look and beauty of an individual's face. Skin care procedures vary according to the skin type of individuals, namely normal, dry and oily. Simple home remedies can help maintain a glowing skin for all the skin types mentioned above. The diet of a person is the most important factor when it comes to skin problems. Avoiding junk and fried food helps keep the skin clear and flawless. The chemicals in these commercial foods are absorbed and eventually mixed with the bloodstream to reflect as pimples and acnes. Drinking plenty of water is very useful in flushing out the toxins from the system and keeping the skin clean. Different skin care methods are required in different seasons, especially for those with a sensitive skin. It is possible to maintain the moisture level of skin by massaging virgin coconut oil or butter in case of dry skin. For acne problems, tea-tree extracts and lavender can be very helpful. To remove wrinkles, a mixture of rose, orange and patchouli oil can be used. It is recommended to clean the skin with good cleansing oils before going to bed. To treat a sunburned skin, Aloe Vera leaves can be broken and rubbed on the affected areas. Strawberry juices, avocados and cucumber slices are also effective in treating sunburns. Cucumber slices, placed on the eyes can serve as a healing agent for tired eyes. Home-made facial toners can be prepared by mixing green tea, ginseng tea, lavender and lemon oil. All the ingredients mentioned are anti-oxidants that help closing the open pores of the skin. Consuming food products containing Vitamin C can be very helpful for a good skin. Vitamin E slackens the aging process of the skin and is available in wheat germ oil mixed with almond or apricot oil. Lemon oil can be used directly on some kinds of facial spots to remove them. Cornstarch and baking soda mixed in the daily oil used at home can be used as body scrubber to keep the skin of the feet smooth. A mixture of cornstarch, baking soda and tea or peppermint oil is also effective in smoothing the skin. Lots of water, fruits and raw, green vegetables combined with adequate sleep and rest are all natural solutions that results in a healthy skin.

About the Author

The remedies established by the Convention and this chapter shall be in addition to remedies available under other laws or international.

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