

[Natural Skin Care Recipes](#)

Women have been using natural skin care recipes for hundreds of years. Romans, for example, would use milk and honey to keep their skin supple and soft. Women have always known that honey is beneficial for the skin, in fact as far back as the ancient Greeks. We have only recently found out, though, that honey has antioxidant properties which rejuvenate the skin and helps with sun protection.

Another natural ingredient is olive oil. This was used by Italian woman for hundreds of years. It made their skin soft and line-free. Citrus juices and sea salts are good for oily skin and other types of oils and dairy products are good for those with sensitive skins.

There are many examples of natural products around these days, blending age old wisdom with modern technology. Unfortunately, lots of these all natural products still contain harsh chemicals which often do more harm than good. That is why you must always check the labels and find out what ingredients do what to you. Many commercial products contain artificial colorants and scents, alcohol and astringents, and are not suitable for everyone, especially people with sensitive skin.

The good thing is that it is cheap and easy to make your own natural beauty products in your own home. That way, you know your skin is only going to be treated to fresh, natural ingredients and you will have more left in your wallet for other things. Have a look at the contents of your cupboards and refrigerator and you will find that you have plenty of ingredients ready. You can make most homemade natural skin care recipes in weekly portions and refrigerate them to use later on.

Here are a few recipes for skin care. They all contain natural ingredients including milk, honey, fruit and vegetables.

1. Cucumber Moisturizer. Peel and remove seeds from a medium cucumber. Mix with the juice from one lime and 2 tablespoons of olive oil. Blend in a food processor until smooth. Apply to the face and leave on for about 10 minutes. Rinse with warm water and pat the skin dry.
2. Honey Facial Scrub. Combine 2 tablespoons of finely ground almonds, 1 tablespoon of honey and half a teaspoon of lemon juice. Apply to the face, rinse with water and pat dry.
3. Firming Honey Mask. Whisk together 1 egg white, 1 tablespoon of honey, 1 teaspoon of glycerin and a quarter cup of flour. Keep whisking until the ingredients form a paste. Apply this mixture to the face and throat. Wait 10 minutes before rinsing off with warm water. Pat the skin dry.
4. Soothing Honey Lotion. Blend together 1 teaspoon of honey, 1 teaspoon of vegetable oil and a quarter of a teaspoon of lemon juice. Apply to any dry patches on the skin, such as hands, feet and elbows. Leave the mixture on for about 10 minutes, then rinse off with warm water and pat dry.
5. Moisturizing Honey Mask. Smooth a mixture made from 2 teaspoons of milk and 2 teaspoons on honey over your face and throat. Leave it on for ten minutes. Rinse it off with warm water and pat the skin dry.
6. Apple Honey Mask. Mix one medium sized apple with 5 tablespoons of honey into a paste, using a blender. Smooth this mixture on to the face and leave it on for 10 to 15 minutes. Rinse it with cool water before patting dry.
7. Honey Papaya Glow. Mash 1 or 2 tablespoons of papaya with a tablespoon of honey to form a creamy mixture. Smooth this over the skin and leave to work for about 20 minutes. Rinse off with water then pat dry.
8. Orange Mask. Cook 3 large carrots before mashing them with 5 tablespoons of honey until the mixture is smooth. Apply it to your face and leave it on for 15 minutes. Rinse the mask off with cool water and pat your face dry.
9. Gentle Cornmeal Exfoliate. Mix a half cup of cornmeal, a quarter cup of milk, 2 teaspoons of baking soda, 1 tablespoon of olive oil and 4 drops of tea tree oil into a paste. Gently apply it to the skin. Rinse with warm water and pat dry.
10. Banana Mash. Mash a banana in a bowl, apply it to your face for about 15 minutes and rinse it off with warm water. Pat dry.
11. Banana Mask. Mix a medium sized ripe banana, a teaspoon of olive oil and 2 drops of scented oil (perhaps orange or lemon) together then apply the mixture to your face. Leave it on for 15 to 20 minutes, before rinsing off with warm water and patting your skin dry.
12. Yogurt Whip. Mix a cup of yogurt with a tablespoon each of lemon juice and orange juice. Apply this mixture generously to the face. Leave it on for

10 to 15 minutes and then rinse with cool water and pat dry.

You now have plenty of simple recipes to choose from to make nutritious treats for your skin. Your complete skin care regimen, regardless of skin type, should comprise a cleanser, a toner, an exfoliate and a moisturizer. You should cleanse and moisturize twice a day and after wearing make up or exercising. A mild cleanser is best, one that does not irritate your skin, and your moisturizer should match your skin type.

You might wish to experiment with different ingredients (something that is not such a good idea with commercial products containing chemicals) and see what your skin seems to prefer. There are thousands of different combinations, using only natural and healthy ingredients.

Nearly all skin types benefit from regular facial and steam treatments, perhaps one a week. You can create your own steam treatment at home. You will need a towel, a sink and some hot water. You can follow this with a facial created with olive oil, eggs and lemon juice. You can also experiment with salt, sugar, vinegar, tea bags and oatmeal.

Our skin often reflects how healthy our bodies are inside. It is a good idea to start any natural skin care regimen with a healthy and well-balanced diet. This means you are caring for your skin from the inside out. Water is vital for healthy, well-hydrated skin too.

Our skin is the body's largest organ and you should try to avoid environmental hazards and pollutants such as harsh chemicals and cigarette smoke.

About the Author

Ken Black is a writer on health related matters. Visit skin-care-reviews.com to learn more about [natural skin care recipes](#).

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