

Hi _____

Freestyle Area (Let your loved one know why you sent this for them to try)

Additional Natural Beauty Tips & Ideas

All of the ingredients should be available from the food provided or stuff bought on your P11/Buy-Up.

Exfoliating with Oatmeal

Oatmeal is rich with anti-inflammatory and anti-histaminic properties. Along with lightening your skin and fighting acne, oatmeal is also beneficial to keep your skin hydrated.

Prepare a paste by blending 1 tbsp oatmeal with a little water. Dash in 1 tsp honey, apply on your face, and rinse off in 20 minutes.

The saponins, present in oatmeal, cleanse your skin, giving it a fresh lease of life. Yet another best way to rejuvenate skin!

What the heck's a saponin?

Saponins exhibit antimicrobial properties, guarding your body against fungi, bacteria and viruses.

At the same time, they improve immune function by stimulating the production of T-cells. Additionally, they act as antioxidants and scavenge oxidative stress.



Moisturizing Milk Powder to Rejuvenate Your Skin!

Prepare a smooth paste by mixing 1 tsp milk powder, 1 tsp honey, 1 tsp lemon juice, and $\frac{1}{2}$ tsp almond oil (use baby oil).

Allow the mixture to remain for 15 minutes on your face before washing off with tap water.

While the whitener cleanses your skin, lemon lightens it, and almond oil and honey hydrate the skin.

This is a great remedy for instant skin rejuvenation.



Treatment of Puffy Eyes & Dark Areas around the Eyes



Placing slices of apples under and around your eyes can reduce dark circles or puffy eyes.

Leave the apple slices or grated apple around your eyes for 10 to 20 minutes - kick back & relax

Rinse off with warm water and apply a light moisturiser.

Kia Kaha - I love you