

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.

Melasma (different coloured patches on your skin)

Melasma is a common skin disorder and it can affect people of all races, ages and sexes.

It can be characterized by patchy brown, blue-gray or tan discolouration of the facial skin that is most commonly seen in women.

The disorder mostly affects facial skin and neck - most commonly on the cheeks, forehead, upper lip and chin.



The main cause of developing the skin problem is the presence of too much melanin in the skin cells, which mainly occurs due to overexposure to the sun.

Some of the contributing factors to the development of the disorder include a sedentary lifestyle, thyroid problems, toxins, hormonal changes and the use of contraceptive pills.

Raw lemon juice is an incredible remedy to cure all skin problems. It has astringent properties that lighten the dark spots and the acidic property of lemon eliminates the hyperpigmented skin.

How to use: Squash out the lemon juice from a lemon and apply it on the melasma spots and rub gently for 2-3 minutes, three times a week for best results. Wear a sunblock & try & keep your face out of the sun.

Long Eye Lashes

Long eye Lashes using Green Tea (look on the P11 under herbal teas)

Green tea contains antioxidants and vitamins which will promote healthy growth of lashes.

To use green tea for strong eye-lashes make a cup of strong green tea.

Once it cools down, apply the green tea on your lashes with the help of a cotton pad.

Leave this overnight to see effective results. Apply green tea every night. This will make your eyelashes stronger, thicker and longer.

Long eye Lashes using Vaseline

Vaseline petroleum jelly acts as a great moisturizer for the eyelashes.

Use an old mascara wand to apply or a cotton bud.

It helps in faster growth of eyelashes. Carefully apply a small quantity of petroleum jelly on your lashes. Avoid eye contact and leave it overnight.

Wash your face in the morning.

Repeat this every night and see noticeable growth.



Other uses for Green Tea

Topical (topical means it goes on your skin instead of being eaten) use of green tea reduces sebum production, gets rid of oiliness and protects against acne-causing bacteria.



For rosacea sufferers who have sun sensitivity, green tea decreases the skin's reactivity to UV light.

Note: Because of its anti-inflammatory properties, placing honey over areas affected by rosacea can help to.

Can I use green tea on my face?

The cool tea bags reduce the swelling around your eyes and tighten the skin, making you look and feel fabulous.

Since it helps tighten the skin, making a green tea facial scrub out of the used tea is very good for the face.

Process

Mix green tea with granulated sugar and water, and you have an exfoliating scrub.

Kia Kaha - I love you