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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Avocado Great For Skin Care

By Sharon Hopkins

Avocado is also known as Alligator Pear originated in southern Mexico. It has become a useful ingredient for our daily skin care routine. It is rich in fat as well as protein. These fats are monounsaturated which is good for a healthy heart. The provision of vitamin E in avocado helps the heart to remain fit. It is also known to supply 60% more potassium in comparison to banana.

It is also rich in fiber, foliate (folic acid), vitamin B6, iron, copper and magnesium. Other than applying avocado on your skin, consuming it in salad form can also be beneficial for your skin. Avocado contains vitamins like A, D, and E which has penetrating qualities to improve your skin. Avocado oil is also very useful for skin care. The oil is useful to remove any sun damage or age spots. It also softens the skin and provides a moisturizing effect and can do wonders on damaged, undernourished and dehydrated skin.

Simple Recipes for Skin Care

Puffed Eyes Cut avocado into slices and place it under each eye and relax with it for next 20 minutes. The changes would be remarkable.

Eye Cream Make an eye cream by mixing 5 drops of almond oil in 3 ripe slices of avocado. Blend this mixture and dab it around your eyes. Keep it for five minutes then rinse.

Another method of making the eye cream is by using 1/4 cup avocado oil with 1/4 cup aloe vera gel. You could also use apricot kernel, grape seed or sesame oil.

Facial Mask This facial mask is useful for dry skin. Mash half avocado and apply it leisurely on your face. Keep it for 15 minutes and then rinse it off with warm water.

Make a paste of ½ ripe avocado mixed with 1 tsp vegetable oil. Apply this paste on a washed and clean face. Leave it for 15 to 20 minutes. Rinse it with warm water. This masque is very good for dry skin.

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Smooth and Beautiful Hands Make a paste by mixing 1/4 peeled & smashed avocado, 1 egg white, 2 tbsp. oatmeal and 1 tsp lemon juice. Apply this paste on your hand and leave it for 20 minutes. Rinse it with warm water and pat it dry. You would be thrilled by the results by using it regularly.

Facial Scrub You would need 2 tbsp. flax seeds, 1/2 mashed banana and 1/2 avocado peel. Use a small bowl to mix flax seeds and banana. Scoop the banana and flax seed by using avocado peel. Massage this scoop on your face in circular motion, slowly and gently. Rinse it with warm water.

Warning: The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Sharon Hopkins manages sites which gives information on hair and skin care, such as

<http://www.hair-n-skin-care.com>

. From pigmentation of your skin to suntan you can find everything

here. Avocado benefits are innumerable which causes it to become remarkably useful for us.

How To Use Avocado As Your Hair Care Product

By Loraine Lesley

Let's role on...life must go on and the life of your natural hair is in your hand. Take care of your hair with avocado and don't let it look dull due of incorrect caring. It's your responsibility for having good looking hair since your appearances is based upon your healthy hair. You probably need good natural hair care products.

But, what does it mean when people said about natural hair care products? Well, hair care products that are advertised "natural" may probably mean free from chemical substance or it may also environmentally friendly products with plant and herbal additives as their substances.

How do you choose natural hair care products? Hmm...when you purchase hair care products please read the labels and make your own decisions on what level of "natural" ingredients you wish to accept in the hair care products that you use on your hair. This is the most responsible way to select the best products for you.

But there is other way; besides using natural hair care products, you can do some favor for your hair to make it more wonderful here using real natural fruit. This is the hair conditioning treatment using avocado. Check this out:

– Mash one avocado which is recommended for its hydrating benefits and proteins and mix with one-tablespoon lemon juice, one teaspoon of sea salt, and one tablespoon of pure aloe until it

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becomes a paste.

- Comb through hair with your fingertips.
- Cover hair with a plastic shower cap or bag, and wrap a towel around it to seal in the treatment.
- Leave in for 20–30 minutes and enjoy a great book, CD or even better – just savor the peace and quiet!
- Unwrap you newly conditioned hair. Rinse, shampoo and rinse again for soft, luxurious hair!

Of course there are other fruits you can use for your hair natural treatment. But the step you do is the same like have been described above. You will have good looking hair by the time you check the Internet for more natural hair care products.

Why you need to look for your other natural hair care products at the Internet? Based on some people experiences, Internet is the best place to search for your hair care product. Although you already use fruit such as avocado above, your hair still need more nourishment from hair care products that is available in the Internet.

Loraine Lesley is editor for some Website concerning women. She wants to help women to look beautiful, that's why she offers practical articles and tips on Skin Care, Hair Care, and more. To discover her advice, visit

<http://www.myskincareonline.com>

and

<http://www.myhaircareguide.com>



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