

This Free E-Book is brought to you by Natural-Aging.com.

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

Cucumber Benefits – A Guarantor For Good Skin

By Sharon Hopkins

Skin has many other purposes other than being beautiful and serving as an eye candy for everyone. It protects our internal organs from any of the external adversities as far as possible.

Whenever you are running down with fever, due to sweating skin tries to bring down the temperature. Entry of foreign object or any other unwanted material is disallowed by the skin. Even with all these uses, if we tend to disregard skin's importance then it would be a real shame.

Cucumber is a very edible fruit which comes from the cucumber plant *cucumis sativus*, which is part of the gourd family. It is being used for different purpose as it can be eaten raw or cooked. With so many health benefits it becomes one of the most important parts of food diet as well as skin diet.

Cucumber can claim to be a water body as it has 90% water. It is known to be a cooling agent due to the water in it. It is believed that cucumber helps in reducing swelling around the eyes or the big dark circles under your eyes. This is world-wide treatment which is being used to its maximum extent.

These also can be one of the most wonderful and natural eye pads you can find for yourself. The puffiness and the tiredness in your eyes may just leave you, if you do this in a relaxed fashion. These natural eye pads do wonders after a long days work.

If you want a happy skin, then cucumber is the answer. As cucumber and the skin share the same level of hydrogen, it becomes easier for cucumber to mask all the problem areas. It helps in soothing and softening your skin which can get you relaxed in no time.

With so many useful ingredients in cucumber it can help you in treating so many skin problems. It has become part of daily beauty product into face packs, facials, juice and many other things which can affect your skin.

Due to its cooling effect it can be termed as a magic wand for all your skin problems. The cleaning and cleansing property helps your skin tremendously making it soft and supple. The regular intake of cucumber juice is very useful both internally and externally.

Cucumber Benefits – A Guarantor For Good Skin

To have a glowing and smooth skin you can use this recipe

Blend 4–5 leaves of fresh mint. Peel and deseed the cucumber. Add mint leaves to the cucumber to make a puree. Beat egg white and keep it separate, then add this egg white to the cucumber mixture. Apply this evenly on your face for 20 minutes and then rinse it with water and pat it dry.

The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using if you are allergic to something. The responsibility lies with the reader and not 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. Health Benefits of cucumber are innumerable if you have it like a juice or apply it like a face pack.

Beauty From The Inside For Sensitive Skin

By Tina Titas

If you have sensitive skin you may find that many of the treatments you try are too harsh for your skin. While other women are buying skin care products with vitamin C or anti-oxidants, you are using the mild brand with no anti-aging benefits.

So, what can you do about it? How can you, with your sensitive skin, get the same anti-aging effects that other women are getting?

Rather than applying expensive anti-aging products on your skin, you can eat them. Now, of course, I don't mean for you to eat your expensive night cream or any other store-bought skin products, but you can eat the effective ingredients in them. Since your skin is your largest organ, the benefits of eating the ingredients will be similar to applying them directly to your skin.

Here are some ingredients you can start with.

Green tea: There are plenty of skin care product now that contain green tea. You'll hear about green tea everywhere and it's now in many brands of skin care. However, if you have sensitive skin and can't use those products, then you can drink green tea and have the same effects on your skin. Plus, the bonus is that you'll be benefitting every other part of your body as well. Some of the other benefits of green tea are weight loss, lower cholesterol, and possibly a lower risk of cancer.

Cucumbers: An increase in fruits and vegetables in your diet can have a positive effect on the overall appearance of your skin. Increase your vegetable intake and your skin will thank you. The side effects of this option? Well, you may lose some weight and feel more energy, but that's not such a bad thing,

Cucumber Benefits – A Guarantor For Good Skin

is it?

Vitamin C: Take a supplement or increase your intake of oranges and other fruits. The anti-oxidants in them are wonderful for your skin.

Remember, your skin is your largest organ. Take care of it by feeding it well, whether you're putting products on it, or feeding your body with nutritious foods. And, for those of us with sensitive skin, we'll be saving a fortune, avoiding those expensive jars of cream and instead heading straight for the grocery store produce aisles.

Tina Titas is a columnist for several health-related publications. She recommends

http://www.EasyNaturalRemedies.com/skin_care.html

and

<http://www.MyBeautyRecipes.com>

for

natural skin care that you can make with ingredients in your kitchen cupboards.



This Free E-Book has been brought to you by Natural-Aging.com.

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