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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!**

**Diy Skin Savers: The Aspirin Mask**

**By Antonia Moet**

What is the aspirin mask? The aspirin mask is a homemade BHA mask available to each and everyone of us, totally inexpensive and highly efficient, made of salicylic acid or tablets of aspirin. BHA is known to help tremendously with cleaning pores from deep inside and therefore contribute to keeping our skin blemish-free. BHAs are efficient on existing blemishes as well, by helping them heal faster and keeping pores clean afterwards.

Indications: all skin types, especially normal to oily and combination skin, acne-prone and clogged skin.

Basic preparation: 1/4 tsp. salicylic acid (ask for it at pharmacy, if you cannot find it, then crush 3-5 tablets of plain aspirin instead), distilled water. Mix the powder with the water until it becomes of a creamy consistence, apply on clean dry skin (focus on T-zone and sides of the nose). Keep it on until completely dry. Take a small cotton pad, wet it lightly and begin scrubbing the areas covered with the mask, making small circles. Finally, rinse with plenty of water. It would be excellent to apply a calming mask or a hydrating mask first, followed by your regular moisturizer. Skin will be left completely smooth and even.

There are practically unlimited versions of this mask. You can add yoghurt for an astringent effect, aloe vera, honey. You can also make the mask using a basic moisturizer mixed with salicylic acid instead of water, as it will be less harsh on the skin and will be more easy to use. Another option is to mix salicylic acid / crushed aspirin into a mask: into a clay mask, a hydrating mask or a soothing mask. My personal favourite is aloe vera mask with a hint of salicylic acid – application is much better, skin is less irritated and dried compared to aspirin with water, the feeling left after this mask is absolutely unique so smooth and clean!

If you use powdered salicylic acid, it is advisable to limit the quantity to 1/4 tsp. for the whole face, too much will burn the skin. If using aspirin tablets, you will probably need somewhere between 3 and 10 tablets depending on the area where you apply it.

Do not apply it near to eye zone, as it would be extremely drying and irritating for the sensitive skin there.

## Diy Skin Savers: The Aspirin Mask

Refrain yourself from over-using it. For very oily skin and for severe blemishes, every 3 days would be more than enough in order not to stress the skin and obtain maximum efficiency. Other skin types should use it once a week or twice a month (dry to very dry, sensitive skin).

Antonia is an independent beauty consultant, editor and publisher of the Beauty Sofa (

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) – make-up, style and skin care articles and resources online.

### **Three All-Natural Homemade Facials**

#### **By Donna Monday**

I bet you have in your kitchen right now the ingredients to make several homemade facials. Homemade recipes for facials have been popular for ages - beauty recipes were used by women in Ancient Egypt and Greece.

While homemade egg facials are the best known, there are many other all-natural skin cleansers that you can easily whip up in the kitchen. Here are three recipes for homemade facials that will make your skin feel refreshed and beautiful:

Apple Facial Mask (for oily acne prone skin)

Grate 1 medium sized apple. Mix the apple with

5 tablespoons of honey. Mash until it makes a paste. Smooth the mask over your skin. Leave on for 10 minutes. Rinse with cool water.

Banana Facial Mask (for dry skin)

Mash together one half cup of plain yogurt,

1 tablespoon of honey, and 1/4 ripe banana.

Apply mask to face and neck. Leave mask on for

10 minutes. Rinse with warm water.

Peach Facial Mask (for normal skin)

Cook 1 medium peach until soft. Mash peach with a fork. Add in 1 tablespoon of honey and 1 tablespoon of uncooked oatmeal and mix into a thick paste.

Apply mask to the skin. Leave mask on for 10 minutes. Rinse with cool water.

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Donna Monday

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