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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!**

**Face Masks**

**By Alicia Caldelas**

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by: **Alicia Caldelas**

Face masks make the difference between good and great skin. They are good for giving your skin a good flush out. Masks can help to clear congested skin or give dry skin a moisture boost.

Clay masks with stimulating ingredients such as rosemary and eucalyptus are best for spotty, oily skin, while rehydrating aloe, honey or milk proteins will nourish dry skin.

Apply face mask for 5 to 20 minutes. Wipe off with a warm face cloth, then tone and moisturise.

Use it once or twice a week – before bed is the perfect time.

For more ideas on homemade face masks... visit

<http://www.ultimate-cosmetics.com/homemade-facial-masks.htm>

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**Home Mask Treatments For Acne**

**By Jason Rickard**

There's a long list of beauty products that you can readily purchase to prevent and treat acne. There are cleansers, astringents, medicated soaps and creams among others. You can also try facial masks to help you with your acne problem.

Facemask acts as a cleansing agent. It also promotes the firmness and natural balance of your facial skin. You can always buy ready-to-use facial masks in the market, but if you are a fan of natural

## Face Masks

treatments, then you can make one for yourself. Fighting acne the natural way is starting to gain popularity because of its effectiveness and it costs a lot less than synthetic products. By making one yourself, it makes you aware of the stuff that you put in your face. Homemade acne masks are very easy to use and can be done in a matter of minutes.

### Garlic Mask:

Although garlic has a strong odor, it is very effective in removing acne. Garlic is a very good cleanser and has antibiotic properties. Be sure not to apply too much garlic on your face as it can cause slight skin burns and reddening. There are some people who are allergic to garlic so be sure you are not one of them. To make the mask, mash about eight cloves of raw garlic and apply to the face. Leave the mask for about 15 mins. Remove the mask with a warm cloth and rinse it off with a vinegar PH balancer.

### Bran and Baking Soda Mask:

Bran is the outer layer of wheat or cereal grains. Most people would add in bran to smoothies to prevent acne. Alternatively, you can also use bran as acne masks. Add in bran to a mixture of baking soda and water paste. Baking soda can be used as a scrub and as an exfoliator. Apply the mask to your face and gently massage your face for 10–15 seconds. Rinse thoroughly and pat-dry your face with a soft towel.

### Lime Juice Mask

Add in an equal amount of limejuice and groundnut oil and apply all over the face. This facial mask is not only used as an acne treatment but can also help in preventing pimples and blackheads. Although there's a presence of groundnut oil in the mixture, you need not worry because the limejuice would turn the oil into amino acids and your skin would not absorb the oil at all.

Jason Rickard is the owner of Your Favourite Shop –

<http://www.yourfavouriteshop.com>

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