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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!**

**Facial Mask At Home**

**By Sharon Hopkins**

Spending a bomb to buy a facial product with claims of having all natural ingredients for beautiful

skin and having drastic results on its usage is very depressing for any beauty conscious woman. We see wide varieties of cosmetics available in supermarkets, department stores, health food stores as well as internet and TV.

Not everybody has the same skin type. What product works on your friend's skin, might not work for you and vice versa. If you buy a product for your skin type, it could have adverse effect as there could be some chemical or ingredient which could cause a reaction on your skin. Moral of the story - "Not all cosmetic products work well for everyone's skin".

Cosmetics labeled as having "natural ingredients" do contain some amount of artificial chemicals or elements. With over priced cosmetics made from natural ingredients, many people have started preparing beauty products at home. Making a facial mask at home with all the ingredients available in the kitchen is quite easy and inexpensive.

– Create a salon like atmosphere while doing a facial at home. Ideally they tie your hair in high ponytail or make you wear a band around head. Choose to do what ever you feel comfortable about.

– Start by splashing tepid water all over your face. Massage your face gently with water. Repeat it twice or thrice and let your face air dry. – While your face is still damp, massage vitamin E on your face. Let your face soak the oil for 5 minutes or so. Use a mild soap to remove the oil from your face.

– Again splash your face with water at room temperate. Repeat it for 2 or 3 times. Avoid towel drying your face.

– Next make your facial mask. Blend 1 egg white or fresh Aloe Vera juice of same quantity, 2 tsp vegetable oil and 1 tsp pure apple juice in a clean bowl. – Dip your hands in the facial mask and apply the mask to your skin. Start with your chin, move upwards and then outwards skipping the area around the eyes and lips.

## Facial Mask At Home

– Now you have to just sit back and relax. Cover your eyes with wet cotton balls or cucumber pieces. The mask has to dry completely. An ideal time for a small nap.

– Mask takes anywhere from 20 - 30 minutes to dry. You feel your skin tightened when the mask is dry. Splash water all over face and gently remove the mask with light massage strokes on your face. Continue doing this till your face is cleared of the entire home made facial mask. Let your face air dry.

Use this home made facial mask once or twice a week or depending up on the time you have on hand. You will feel fresh and have much younger looking face all the time.

Sharon Hopkins is the webmaster of

<http://www.skin-care-at-home.com>

. The site provides information

on natural skin care with the help of home made skin care recipes and tips on skin nutrition. Read up

on making and giving your self a facial with natural ingredients.

### **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.

## Facial Mask At Home

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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