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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!

How To Make Your Own Body Scrubs

By Kerri Stalton

Body scrubs can turn your standard morning shower into an invigorating and rejuvenating spa

experience. An exfoliating body scrub cleanses your skin while gently buffing away dead skin cells to reveal a radiant new layer of young, smooth skin. Most body scrubs are made of small, rough grains suspended in moisturizing, gentle bases. The grains, which are sometimes salt or sugar crystals, flecks of walnut, or even sand, exfoliate your skin by helping to loosen dead skin cells so that they can be rinsed away. The base helps care for the live skin cells left behind by providing a gentle, protective layer of moisture that will help your skin glow with health and beauty.

Body scrubs are traditionally a luxury item, and are priced accordingly. Designer body scrubs can cost upwards of twenty dollars for a few ounces. Homemade body scrubs are inexpensive and easily made out of all natural ingredients. Because you don't need to worry about keeping a body scrub fresh if you plan to use it right after you make it, your scrubs can be pure and gentle without any of the potentially damaging chemicals or preservatives that are found in many commercial scrubs. For a pampering and soothing bath time treat that will give your skin a radiantly fresh look for just a few dollars, try making your own body scrub.

To make a scrub, all you need to do is to pair a naturally abrasive ingredient with a soothing and moisturizing base. The most popular and practical abrasive for homemade body scrubs is sugar. Sugar's small grains and ability to melt easily make it the least damaging abrasive, so you can be sure that your sugar based body scrub will help your skin rather than harm it.

To make a gentle base for your invigorating and exfoliating sugar, start with your favorite fruit. Strawberries, mangos, and bananas are three classic body scrub ingredients that will soothe and protect your skin. For every two cups of thoroughly mashed fruit, add a tablespoon of sugar. For extra soothing power, add a tablespoon of rich honey which will give your skin a luxurious shine.

For the best results, apply your homemade body scrub in the shower after gently cleansing your skin. Use a circular motion to buff away dead skin cells, and pay extra attention to rough areas like elbows and knees. Allow your scrub to linger on your skin for three to four minutes so that your skin can absorb the nutrients from the fruit, and then rinse away your homemade scrub in lukewarm water. Pat

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your skin dry gently to seal the moisture into your newly revealed fresh layer of glowing skin.

Kerri Stalton is a featured writer for MySkinCareTips. To learn more about body scrubs, visit us at

<http://www.myskincaretips.com/scrubs/>

and

<http://www.myskincaretips.com/scrubs/facialscrubs/>

Natural Skin Care Products

By Kathlene Capelle

Natural skin care products are health and beauty products that use only botanical ingredients. No synthetic materials or chemicals, including perfume, dyes or artificial colourings are used to create these products. Most often, natural skin care products are not tested on animals and are non-sensitizing to the skin. They are easily available nowadays in many shops set up in response to rising demand and consumer affluence.

Many skin care chemists use skin nourishing oils in their formula but blend them with them with various synthetics. Some of these chemicals unfortunately limit the effect of the natural ingredients. They also prevent the natural evaporation of moisture from the skin and their prolonged use removes sebum from the skin. The skin becomes dry and can become irritated. For people who are prone to skin irritations, such products may not be suitable.

So what ingredients are you likely to find in natural skin care products? Here are a couple of examples:

* Aloe vera - This is a common base used in lotions and gels in products applied to all parts of the body. Gentle and healing, it has a softening and smoothening affect on dry skin.

* Baking soda - This adds smooth texture to lotions for the face and the body. It is also a pH stabilizer.

* Beeswax - This is a great base with a pleasant smell for body butters, face masks, salves, hair masks, and more.

* Coconut oil, almond oil - These are bases as well for various shampoos and added to body lotions and bath beads.

* Citric acid - This is a naturally occurring preservative and used as a base for bath fizzes and 'scrubs.'

* Emulsifying wax - This comes from fats and esters and helps keep natural skin care products from separating.

* Lecithin powder and liquid - The powder form is a thickener for lotions and is a mild preservative. The

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liquid form is more easily blended in certain oils than its powdered cousin and also acts as a mild preservative.

* Sea salt - This is a great base for scrubs and also used to add texture to face washes.

* Stearic acid - Found in animal and vegetable fats, this is an emulsifying agent that lends a cooling effect and a waxy feel to lotions and deodorants.

Are natural skin care products better than mainstream products? Many times, natural skin care products work better than synthetic. But they are likely to cost more in most cases; not unless you

make them yourselves from home made recipes. However, natural skin care products made from home made recipes usually cannot be kept beyond 3 days. So, you may need to continually update your supplies.

If you have dry or acne skin, then it is more important to choose wisely, despite the costs. Take your time trying out different natural skin care products until you find the one that is right for you and your skin.

Kathelene Capelle writes on acne treatment, natural acne remedy, eczema, dry skin care and also, on skin massage oils. Learn simple and step-by-step recipes for skin care that you can follow with ingredients right out from your kitchen! Read them all at

<http://www.acne-and-skin-care.com>

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