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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!**

**Olive Oil A Great Solution For Hair And Skin Care**

**By Sharon Hopkins**

Olive oil has been widely used in your salads as well as many other things. It is one of healthiest components to make your food taste better. This oil comes directly from the Mediterranean Region and it has become so famous that it has been used in all the continents. It is a favorite among all the health conscious people. Due to the immense number of benefits, it has been ranked among the top nutrition provider. It has been widely used in soaps making it mild and very skin friendly. It also helps to moisturize your body by the use of this oil in the soap.

**Home Made Recipes**

If you want to have smooth and fine nails olive oil is the best solution. Dowse your nails in a cup of olive oil for 30 minutes and find the best results.

Apply Olive oil liberally on your hands. To avoid spreading it elsewhere wear cotton gloves. This method helps you to get a smoother and softer skin.

Olive oil is the best solution for chapped lips. It does wonders to your lips.

To have beautiful, lustrous, shiny, silky and dandruff free hair, olive oil is the best bet. You can apply good amount of oil on your hair and cover it with a shower cap for 30 minutes, later shampoo it.

It is great moisturizing solution which makes your skin softer and smoother.

To make yourself an interesting bathing solution you can add 3–4 tbsp of olive oil with a few drops of essential oil.

You can make an excellent night cream by using 1/2 cup olive oil, 1/4 cup vinegar and 1/4 cup water. This helps to lighten your skin, kill bacteria and makes your skin smooth and clear.

It can work as a cleansing cream if you have dry skin.

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Apply olive oil and then scrub with good amount of sugar. Later, wipe the sugar off your face with wet and warm cloth. One of the easiest ways to get facial done.

Soften your feet by applying olive oil on your feet.

Mix in bowl 1 egg, 1 tsp honey, 1/2 tsp olive oil and few drops of rose water. Use this as a mask for dry skin. Once applied keep it for sometime, later rinse it off with warm water. Dab it dry.

Make a paste by mixing some mashed apricots and warm olive oil. Apply this paste all over your face and leave it for 10 minutes. Wash it off with water.

Warning: The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Sharon Hopkins manages sites related to hair and skin care, such as

<http://www.hair-n-skin-care.com>

which gives information on all you wanted to know about your hair and skin. Olive Oil is a natural skin moisturizer which cleanses your face and makes the dry skin smooth and supple.

### **Olive Oil In Your Beauty Routine?**

**By Melissa Eaton**

#### **Olive Oil In Your Beauty Routine? by Melissa Eaton**

We all know that olive oil is wonderful and healthy for us to cook with, but what about its other uses? Truthfully, olive oil is another main ingredient in several beauty products you can buy on the shelf. See for yourself how you can make your own skin cocktails and save a little money at the same time.

1. A mixture of 1/2 cup olive oil, 1/4 cup vinegar, & 1/4 cup water used as a night cream will make your skin glow. The olive oil softens and moisturizes and the vinegar lightens discolorations, kills bacteria and loosens dead skin cells. Splash water on your face before applying.
2. Olive oil can be used as cleansing cream if your skin is dry.
3. For a facial, wet face thoroughly, then massage olive oil into your skin. Use about a half teaspoon of sugar and scrub your face with that, then wipe off gently with a warm, wet cloth until the sugar is all gone.
4. Use olive oil on your feet with clean white cotton socks. Helps to soften up you feet and it absorbs better than baby oil.

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5. It seems when you pour olive oil out there is always a drip, so wipe it up with your hand and rub it in to your elbows. Wonderful softening properties.

6. Use olive oil as bath oil. Two to three tablespoons will do the trick.

7. Use olive oil for your hair. Not only does it condition, but it also gets rid of the frizz. Put a small drop into your palm & then rub both hands together & apply it to dry hair.

Just a few of the many creative uses for olive oil in your skin care routine. Not only is it cheap, but it will go a lot further than most products you can buy. Have fun and be creative.

Melissa is a professional cosmetologist who is constantly updating her education. For daily updates including tips, secrets and other information, please visit her blog at <http://bizewomanbeautytips.blogspot.com/> Beauty doesn't have to cost a fortune!



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