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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!**

**Orange A Great Skin Product**

**By Sharon Hopkins**

Orange in all forms has been used to make great skin care products...nay make that a wonderful

concoction for your skin. >From the peel, juice to the oil you can use every by-product of orange to make a great skin-care recipe. It is being greatly used to fight diseases like Alzheimer's disease, Parkinson's disease, macular degeneration, diabetes, gallstones, multiple sclerosis and Crohn's disease. It is also useful for clearing many of your skin problems like acne, wrinkles and aging.

Following a healthy diet is very important for your skin. Our skin reacts to whatever we eat, so we should be careful what we dump in our body. If we keep feeding our body with junk it is bound to create problems. Many a times we tend to forget that we need not impose too many things on our body. Having fruits and vegetables creates a new path for better. Many may not able to have fun in life by just having fruits and vegetables. A well-balanced diet is what you always need. Maintaining a proper diet of vitamins, minerals, proteins, carbohydrates, energy and many more is very important.

The anti-inflammatory, anti-tumor and blood clotting avoiding properties will do wonders for you. Having one orange a day can provide you a 12.5% of fiber content. This helps to reduce your high cholesterol level and also prevents atherosclerosis. It even helps to maintain your sugar levels. It has good supply of thiamine, folate, and vitamin A in beta-carotene form, potassium and calcium. It also helps to bring down high blood pressure.

**Home Remedies**

Getting wrinkles at an early age, you can treat it by using rose, patchouli or orange oil.

You can cure eczema by using chamomile, geranium or orange oil.

Cellulite problems can be treated by using grapefruit, tangerine or orange oil.

Palmarosa or neroli oil is highly recommended for stretch marks.

## Orange A Great Skin Product

Some commonly used home remedies to cure acne are orange, garlic and cucumber. For example you can make orange peel paste which can be applied on your pimples.

You can make a great hand lotion by using 1 ounce warm olive oil, 1 ounce orange juice, 1/2 ounce melted cocoa butter and 2 drops of orange flower oil. Blend all the ingredients till it is a fine and soft paste. Store this mixture in an airtight container and start using it for your daily purpose.

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 has maintained number of sites which deals with hair and skin care such as

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

. Orange has been highly recommended to fight acne, pimples and many other skin problems.

### **Make Your Own Brown Sugar Body Scrub**

**By Kenia**

To promote radiant, shiny skin tone it is advisable to exfoliate on a regular basis at least every 15 days. It removes dead cells and clears your skin. You'll love the results.

Ingredients:

1/2 cup of brown sugar

1 spoon of orange oil or half a fresh squeeze orange

1 spoon of vitamin E oil

Steps:

Mix brown sugar, orange oil/juice, and vitamin E oil on a bowl.

Get on tub and get wet.

Take a handful of mixed ingredients and scrub in a gentle circular motion.

Rinse off and apply a moisturizing lotion to re-hydrate skin.

Kenia Morales is the publisher of online magazine

## Orange A Great Skin Product

<http://kpatra.com>

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Make Your Own Brown Sugar Body Scrub  
Best Recipes: Orange Sunshine Milkshake  
Best Recipes: Orange Julius Smoothie  
Best Recipes: Strawberry Orange Smoothie  
Best Recipes: Orange Fruity Smoothie

Tattoo Secrets  
131 Ice Cream Maker Recipes  
120 Lip-Smacking Good Jam Recipes  
Smoothies for Athletes  
How To Overcome Dandruff



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