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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!

Watermelon, An Ingredient For Skin Care

By Sharon Hopkins

Watermelon can be called more than a thirst quencher. With so many benefits lined up in its name it

is not coincidence that it is stated as one of the favorite fruits for many people. It has been used in many forms such as fresh juices, smoothies, as well as pickles depending on your taste. As it is rich in fat and protein it is widely used as a favorite snack.

Watermelon servings per day would help you in the long run. It helps you with conditions like asthma, atherosclerosis, diabetes, colon cancer and arthritis. It has nature's best source of antioxidants. These antioxidants help in neutralizing the free radicals in the body. Free radicals can cause lot of damage to your body.

Watermelon is very useful for removing blemishes on the skin. It was termed to be one of the treasured gifts of Native American. Rich in A, B and C vitamins keeps the skin fresh, radiant and hydrated. The acids in the fruits act as exfoliates.

Watermelon seed oil is also beneficial for your body. The presence of omega 6 and omega 9 essential fatty acids helps the skin immensely. This oil has a very good absorption level which readily penetrates the skin and dissolves the sebum buildup.

It proves to be a good for skin care, due to its moisturizing properties. The non-greasy oil helps to smooth your skin by refurbishing the elasticity of the skin. It is widely used as massage oil, baby oil, facials, face creams, salt scrubs, shower bath as well as hair oil.

Some Beautifying Recipes

Watermelon Toner

You would require 1 cup watermelon pieces, 2 tbsp. witch hazel (a shrub), and 2 tbsp. water.

Preparation: Blend the watermelon pieces in a blender. Strain the liquid. Add witch hazel and water in the blended juice. Dab this juice on your face using a cotton ball. This mixture is rich in sugar and

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vitamins like A and B. The strong astringent properties and water content gets you a fresh and clean face.

Works as a Exfoliate

Mash a cup of watermelon chunks and then apply this paste on your face. Find a place to relax for 10 minutes. Rinse it later. It is a process of natural facelift helping in cleansing and tightening the skin.

For Dry Skin

Mash a cup of watermelon chunks mixed with a banana. Banana acts like a binding agent enhancing the effect of the watermelon.

For Oily Skin

Yogurt and watermelon are a great combination for oily skin. By applying this mixture on your face, it assists in the process of exfoliation. The lactic acid in the yogurt does wonders on your skin.

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 is the webmaster for sites like

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

which informs us about

the various benefits provided to our hair and skin by the use of natural products like banana, watermelon, aloe vera and etc. Watermelon helps in clearing away blemishes from your skin.

THE WATERMELON SEED

By Irvin L. Rozier

THE WATERMELON SEED by Irvin L. Rozier

Today I planted a watermelon seed
Planted it in hope that it would feed
Three or four little children dear to me
The ground was prepared by the apple tree
Of grass and weeds the soil was bare
The tiny seed was planted with care
With a prayer to the LORD up on high

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That He would cause the seed to grow, by and by
Next to the watermelon, I planted some sunflowers
Then I waited on the LORD to send some showers
I watched the seeds spring forth and grow
One day after the rain, I spied a rainbow
It spread so mightily across the sky
This beauty was from God who reigns on high
After many days the watermelon grew with might
The sunflowers bursted with colors, O what a sight
Finally the day came when I picked the melon
This juicy fruit I would not be selling
I called my grandsons, my great nephews and nieces
Cut up the watermelon and gave them the pieces
My heart rejoiced to see the juice run down their faces
With a President or King I wouldn't trade places
To see this gift from our loving God
A juicy treat sprung forth from the sod.

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author, preacher, retired military



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