

Henna Tips, Tutorials, Videos and History



WHAT IS HENNA?

Henna (*Lawsonia inermis*), also called henna tree is a flowering plant.

The English name “henna” comes from the Arabic حِنَّاء (ALA-LC: ḥinnā’) or colloquially حنا, loosely pronounced /hinna/. Henna is a tall shrub or small tree, 2.6 m high. It is

glabrous, multi-branched with spine tipped branchlets. Leaves are opposite, entire, glabrous, sub-sessile, elliptical, and broadly lanceolate (1.5–5.0 cm x 0.5–2 cm), acuminate, having depressed veins on the dorsal surface. Henna flowers have four sepals and a 2 mm calyx tube with 3 mm spread lobes. Petals are obvate, white or red stamens inserted in pairs on the rim of the calyx tube. Ovary is four celled, style up to 5 mm long and erect. Fruits are small, brownish capsules, 4–8 mm in diameter, with 32–49 seeds per fruit, and open irregularly into four splits.

The henna plant is native to tropical and subtropical regions of Africa, southern Asia, and northern Australasia in semi-arid zones. Henna's indigenous zone is the tropical savannah and tropical arid zone, in latitudes between 15° and 25° N and S from Africa to the western Pacific rim, and produces highest dye content in temperatures between 35 °C and 45 °C. During the onset of precipitation intervals, the plant grows rapidly; putting out new shoots, then growth slows. The leaves gradually yellow and fall during prolonged dry or cool intervals. It does not thrive where minimum temperatures are below 11 °C. Temperatures below 5 °C will kill the henna plant. Henna is commercially cultivated in Morocco, Algeria, Yemen, Tunisia, Libya, Saudi Arabia, Egypt, India, Iraq, Iran, Pakistan, Bangladesh, Afghanistan, Turkey, Somalia and Sudan. Presently the Pali district of Rajasthan is the most heavily cultivated henna production area in India, with over 100 henna processors operating in Sojat City.



The Origin of Henna

<http://hennacolorlab.com/what-is-henna/>

The name henna also refers to the dye prepared from the henna plant and the art of temporary tattooing based on those dyes.

Henna has been used for centuries to dye skin, hair, and fingernails, as well as fabrics including silk, wool, and leather.

Henna henna was used for cosmetic purposes in the Roman Empire, Convivencia-period Iberia and Ancient Egypt, as well as other parts of North Africa, the Horn of Africa, the Arabian Peninsula, the Near East and South Asia. It can be found in other hot climates like Pakistan, India and Australia. There is very persuasive evidence that the Neolithic people in Catal Huyuk, in the 7th millennium BC, used henna to ornament their hands in connection with their fertility goddess.

The use of Henna in the 4th-5th centuries in the Deccan of western India is clearly illustrated on Bodhisattvas and deities of cave wall murals at Ajanta, and in similar cave paintings in Sri Lanka. The evidence proves henna usage in India seven centuries before the Moghul invasion, and hundreds of years before the inception of the Islamic religion, which began in the mid-7th century AD. – in southern China and has been associated with erotic rituals for at least three thousand years, during the ancient Goddess cultures.

See <http://hennaartconnection.com/history-of-henna#sthash.NHW0pNle.dpuf> more at:

The plant grows best in heat up to 120F degrees and contains more dye at these temperatures. It wilts in temperatures below 50F degrees. It also grows better in dry soil than damp soil. The leaves are in opposite decussate pairs and vary in sizes from approximately 2-4 cm. long. The flowers are fragrant,

produced in conical panicles 1040 cm long, each flower 5 mm diameter, with four white petals. The fruit is a dry capsule 68 mm diameter, containing numerous 12.5 mm seeds.

The henna plant contains lawsone which is a reddish-orange dye that binds to the keratin (a protein) in our skin and safely stains the skin. The stain can be from pale orange to nearly black depending on the quality of the henna and how well ones skin takes it. A good henna, fresh from hot & dry climates, will stain the darkest.

There are several places where you can look for henna: Indian, Islamic, Middle Eastern, or Moroccan aromatherapy or specialty body care shops, some organic and natural pigment supply companies carry it. When you wish to buy Henna several things you should check for the first one is to make sure that the product is for the skin not for the hair. Henna for hair is often chemically treated and includes tiny bits of leaves instead of the fine powder that is need to pass through the small tip of a mehndi applicator. You must not grind the Henna or sift it you loose a great percentage of your product is a wast of time and money.

Quality control is crucial in this search due to some products can fail to leave any stain at all, some products that were opened, expired, half used or not even in the container!

Here is what to look for:

That the bag is not open at all, check the expiration date on the box and that has not been corrected (that actually happens, or if the box says Black Henna that poduct is not what you want. even if the pictures on the container are black that doesn't mean that the Henna is black.

If you want to purchase Henna in bulk, this product sold like this way usually comes in three colors: Black which usually is

for the hair, and will not leave any mark on the skin, neutral, which is made to leave as little as color possible is not intended for Mehndi; Red, which is what is what you want, usually the store will tell you that all of it is fine, not so much at all.

The Henna powder for Mhendi should be as fine as talc powder, some time may be a little twigs or bits of leaves if your intention is to do fine delicate designs get the best fine quality. The Bulk Henna sold for most part is got 30% to sometimes 60% of product that will have to discard or use to dye the hair. Bulk Henna quality vary dramatically.

TIP:

In a Hindu or Moslem store the advantage is that is used for common ailments as well as cosmetic purposes. Get a small amount and test it at home.

A fresh top quality Henna will be very fragrant, like a fresh herb. The color will be green and sometimes umber or brown (this should not be mistaken for neutral Henna, which is always pale brown in color. There is no such a thing as truly black Henna. Some times Henna stains from pale orange to deep rust or sienna.

Henna paste dries black as it is drying the skin and the past still on, so the photographs you see are taken before the paste was removed, if you happened to get a very strong henna it will stain a blackish color the reason for that is the red color deepens to black but soon enough you will see the blackish color fading to red. The fine detail is more likely to keep the black shade and that is usually do to multiple applications or leaving the paste on the skin longer time with the proper heat, anything else involves harsh chemicals added to the Henna.

Henna comes in different shades but not in different colors, in if you find that in the market the product you are seeing

got substances added to the recipe, by Loretta Roome recommends to find a strong natural Henna begin learning recipes and application techniques.

Most Henna that is readily available in the market is treated, on the box it may say 100% pure Henna, read the ingredients, because they do not specified what happened to it before it was packaged. This kind of product will have a very strong artificial odor and will look grey they usually contain turpentine, kerosine, or clove oil which for most people is to strong and can cause a skin reaction, is always recommended to do a small patch test. Most of the products manufacture in the States are extremely over priced and filled with unnecessary fillers, with cheap applicators, stencils, oils, and clutter, and some cases is no Henna at all !!! great.

A decent 1 pound costs about \$12.00 so if you are paying more than that for three ounces you are over paying.

I several ingredients that are used to make Mhendi paste one of them is black tea, like Ceylon black works great, dark coffee to like the kind that you find in Middle Eastern stores, do not purchase flavored coffee or light beans it wont work, Tamarind, is very popular in Indian , latin and asian stores, is a fruit and usually sold dried, the cost is usually about \$3 dollars a pound, (use it for kin masks due to the fact that contains natural AHA which renews skin in an amazing way and way cheaper than the products sold in a bottle with no so pure AHA), the fruit from Dominican Republic is to light in color. Tamarind also comes in a concentrate form which is good to use to, in these stores you can find clove, mustard oil and eucalyptus oil make sure that they are essential oils in tinted glass bottles.

The same with pre-made pastes sold in cones or tubes, the reality is that real quality Henna only last fresh two to four days premixed, the premixed have very harsh preservatives that can react on your skin very different than real pure Henna, you can order Henna that is already mixed you have to be prepared to pay more for overnight shipping, is a number of

reliable places that you can order from [Loretta Roome](#) shares these reliable sources.

Lets talk tools from Loretta Roome suggestions:

She suggested the Jacquard bottle for the applicator and you can locate it in a art supply store along side items used for dyeing or batik, they are half ounce plastic bottles, with metal tips sold separately in three sizes with .09, .07, .05 centimeters opening, you will need to make cones to fill your Jacquard bottles. she shares other ways to do this in her book [The Timeless Art of Henna Painting](#)

Jacquard bottles



Cone applicators for Mehndi



Basic ingredients:

Henna

Tea

Coffee

Spring Water or Distilled Water

Lemons

Sugar

Optional Ingredients

Eucalyptus Oil
Mustard Oil
Cloves
Okra
Tamarind
Garlic
Pepper
Orange Blossom Water
Cardamom
Black Walnut Hulls (Ground)
Fenugreek Seeds
Pomegranate

Basic Tools

Cone or Bottle (with tip)
Scissors
Scotch Tape
Tea Strainer with handle
Ceramic, Glass, or Wooden Bowl
Wooden or Plastic Spoon
Lemon Squeezer or Reamer
Flat Toothpicks
Cotton in balls or strips
Heavy duty clear plastic drop cloth or freezer bags
Cotton swabs

Miscellaneous Items Loretta Roome recommends

Coal
Incense
Cosmetic Make up Applicators

Pumice Stone
Loofah, fiber cloth or Mitt
Candles
Heating Pad or Hair dryer
Plastic wrap
Gauze

Here Loretta Roome shares Resource Guide:

Color Trends
5129 Ballard Ave. NW
Seattle, Washington 98107
206-789-1065

Reshma Henna

Shelly Mehndi powder Kaveri Enterprises

Sada Bahar Dulhan Mehndi red

Green color Henna

Amber color Henna

Different color Hennas

Green Henna most used:



Amber Henna:



For body decorations, the leaves of the henna plant are dried, crushed into a fine powder, and made into a creamy paste using a variety of techniques. This paste is then applied to the skin, staining the top layer of skin only. In its natural state it will dye the skin an orange or brown color. Although it looks dark green (or dark brown depending on the henna) when applied, this green paste will flake off revealing an orange stain. The stain becomes a reddish-brown color after

1-3 days of application. The palms and the soles of the feet stain the darkest because the skin is the thickest in these areas & contain the most keratin. The farther away from hands and feet the henna is applied, the lesser the color. The face area usually stains the lightest. The designs generally last from 1-4 weeks on the skin surface depending on the henna, care and skin type.

Henna works on all skin types and colors. It looks just as beautiful on dark skin as light skin but because some people skin may take the dye better than others, it can look more prominent on one and not as much on another (even lighter skin). But nevertheless, henna is a symbol of beauty, art, and happiness and is meant for EVERYONE!



Because henna acts as a sunblock, there is an added benefit to having henna designs in the summer. For those who love to get a tan It leaves tan lines! In order to benefit from this, it is best to get a henna design, let its natural color stay on for 3-5 days and then go and get a tan. This way you can enjoy the natural henna color on your body, the henna color with the tan, and then tan lines in the shapes of the design (once the henna fades away)! The tan lines last as long as the actual tan!

Various shades are procured by mixing henna with the leaves and fruit of other plants, such as indigo, tea, coffee, cloves

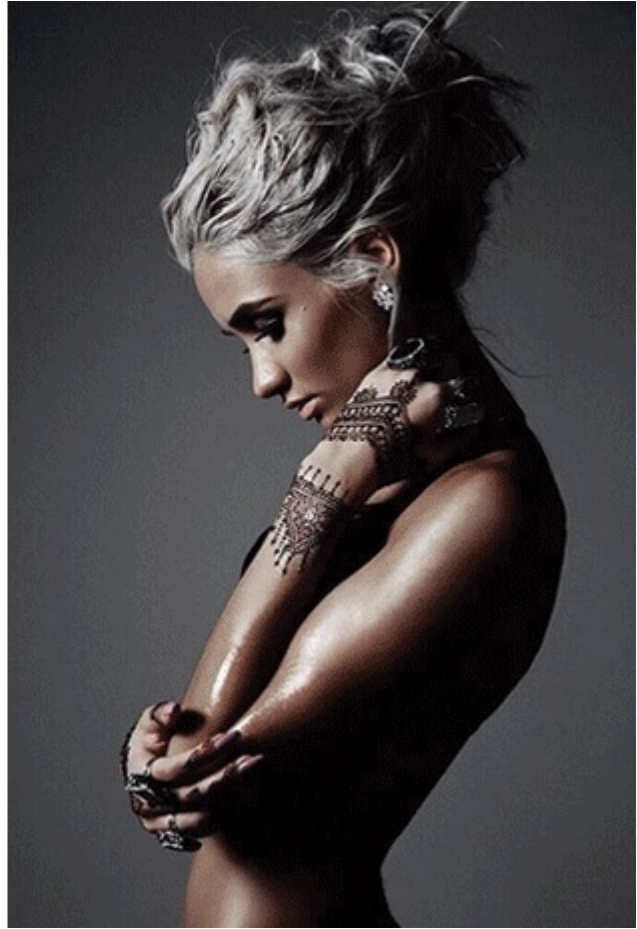
and lemon. The resulting paste is often used as a hair dye. When used in decorative body art, sugar and oil are also added to the mixture to strengthen the color and longevity of design.

The earliest civilizations to have used henna include the Babylonians, Assyrians, Sumerians, Semites, Ugaritics and Canaanites. The earliest written evidence that mentions henna specifically used as an adornment for a bride or woman's special occasion is in the Ugaritic legend of Baal and Anath, inscribed on a tablet dating back to 2100 BC, found in northwest Syria. Henna has also been used extensively in southern China and has been associated with erotic rituals for at least three thousand years, during the ancient Goddess cultures.

Because henna has natural cooling properties, people of the desert, for centuries, have been using henna to cool down their bodies. They make a paste of henna and soak their palms and soles of the feet in it to get an air conditioning affect. They feel its cooling sensation throughout the body for as long as the henna stain remains on their skin. Initially, as the stain faded away, it left patterns on the skin surface which led to ideas to make designs for decorative purposes. In the ancient Egyptian times mummies wore henna designs and it is documented that Cleopatra herself used henna for decorative purposes.

Henna was not only a popular adornment for the rich but the poor, who could not afford jewelry, used it to decorate their bodies as well.

From the deserts of North Africa of northern India, magnificent designs blossom and vanish upon hands and feet of women. Most commonly associated with romantic love and the ritual of marriage, henna designs are an integral part of bridal adornment in Hindu, Moslem, and Sephardic traditions now.



HENNA IN THE WEST

Today people all over the world have adopted the ancient traditions of adorning their bodies with the beautiful natural artwork created from the henna plant. It became a very popular form of temporary body decoration in the 90's in the US and has become a growing trend ever since. Celebrities like Madonna, Gwen Stefani, Yasmine Bleeth, Liv Tyler, Xena, Rihanna, and many others proudly adorn their bodies with henna

and show them off in public, movies, videos, etc. People throughout the west have adopted the eastern tradition in their lives by having their hands and feet painted for weddings, bellies painted while in pregnancy, heads adorned with henna while going through chemotherapy, scars camouflaged to make them unnoticeable, etc. Most commonly associated with romantic love and the ritual of marriage, Henna designs are an integral part of bridal adornment.

Mehndi is an art form that traditionally has been practiced exclusively by women. In North Africa, Asia, the Middle East, or any Indian or Moslem community, you will find women who decorate themselves with Henna. It is taught and practiced largely in the oral tradition, with recipes and patterns passed from one generation to the next. But while Mehndi retains an aura of festivity and wellbeing, it remains a sacred practice intended not just to beautify the body but to invite grace and good fortune into one's home, one's marriage, and one's family. It is a kind of Talisman, a blessing upon the skin.



CULTURAL

Henna is used for many reasons including: self-expression; celebration of special occasions like weddings, holidays & birthdays; inspiration; reminders; beauty; cosmetic treatments; medicinal uses; blessings & well-being; to be part of an ancient tradition; and an alternative or precursor to a tattoo.

Henna painting in its purest form is largely improvisational and intuitive. Ancient symbols and motifs are subject to the whim and imagination of the artist, and great emphasis is put on the singularity and originality of each interpretation.

This art has always involved a relationship of the personal and the traditional, spreading slowly from one culture to another over thousands of years and taking on a new meaning with each rebirth. Now we become a part of this new evolution and we can discover for ourselves what Mehndi brings to are lives today, I am grateful for the opportunity, to leave something this old with my contribution.

Today, brides prefer to have their henna done prior to the Mehndi night so that they can enjoy the festivities and also have a deeper stain by the wedding day.

Tradition holds that for as long as the henna stain appears on the bride, she doesn't have to do any housework! Also, the darker the stain the better the marriage and the better the mother-in-law will be! So you can imagine why the bride would want the stain to come out dark and last as long as possible! How about that ladies? something to play with aside from the Henna.

Traditional Wedding Henna



White wedding Henna



Henna henna was used for cosmetic purposes in the Roman Empire, Convivencia-period Iberia and Ancient Egypt, as well as other parts of North Africa, the Horn of Africa, the Arabian Peninsula, the Near East and South Asia. It can be found in other hot climates like Pakistan, India and Australia. The plant grows best in heat up to 120F degrees and contains more dye at these temperatures. It wilts in temperatures below 50F degrees. It also grows better in dry soil than damp soil. The leaves are in opposite decussate pairs and vary in sizes from approximately 2-4 cm. long. The

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While henna is known by many names including Henne, Al-Khanna, Jamaica Mignonette, Egyptian Privet and Smooth Lawsonia, the art of its application is referred to as Henna (Arabic) or Mendhi (Hindu).

Acording to:<http://www.islamicmedicine.org/henna.html>

MEDICINAL PROPERTIES

Henna is considered an herb, and has long been known to have healing qualities. It is used topically and usually not ingested or inhaled. In ancient times it has been applied to the skin surface for such ailments as headaches, stomach pains, burns applied to a burn area for first and second degree burns decreases pain and fluid loss from the burn site (including sunburns), open wounds and ulcers, warts especially on the warts which are resistant to cryo (Nitrogen liquid) It help to heals fissures and cracks in the foot and reduce foot infection., as a fever reducer, athlete's foot and even the prevention of hair loss Herpes Simplex it dries the vesicles at the site early. It is also a sunblock and has been used on the noses of animals to prevent sunburn. Another use of henna would be to apply it to goat skin bags, after they have been salt-cured. It "insect-proofs" or "moth-proofs" the bags by making the skin poisoned or inedible.

Used as an antiseptic and as an astringent, it is often applied to bruises and sprains, as well as boils, burns, and

even open wounds!!! caution is suggested here consult your health provider. It is used to treat ringworm and headaches, sweaty hands, burning feet, and athlete's foot. Because of the cooling effect it has on the skin, a ball of Henna paste is placed in the hand of a fevered child in order to bring the temperature down. An extract derived from putting Henna leaves in boiling water is used as a gargle to alleviate and get rid of a sore throat, and taken internally to act as a tonic and to help stomach pains.

The Bark of the Henna plant is used to treat jaundice, enlargement of the Spleen and various skin diseases. It is also used as a deodorant, since its cooling effect prevents perspiration.

<http://www.islamicmedicine.org/henna.html>

TRADITIONS

Henna is traditionally used for special occasions like holidays, birthdays and weddings in Africa, Pakistan, India, and the Middle East. The most popular of the traditions is the Mehndi (henna) Night where the bride, her family, relatives and friends get together to celebrate the wedding to come. The night is filled with games, music and dance performances that may have been rehearsed for months prior to the event by those closest to the bride while the bride gets extensive henna patterns done on her hands and feet that go to her elbows and sometimes, knees. The bridal patterns can take hours and are often done by multiple henna artists. The guests will usually receive small designs (tattoos) on the backs of their hands as well.

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Another link can be found in the poetry and folklore of India, where Mehndi is often referred to as love juice.

Mehndi marks a samskara, or rite of passage, in a woman's life. In classical Indian tradition there is no formal ceremony at the time of puberty to celebrate the young girl's coming of age Mehndi is there for associated with the sexual initiation into womanhood, as well as the the union of husband and wife.

It is associated with transformation and transcendence.

Ceremonial painting is considered sacred work, and beautifcation a form of worship.

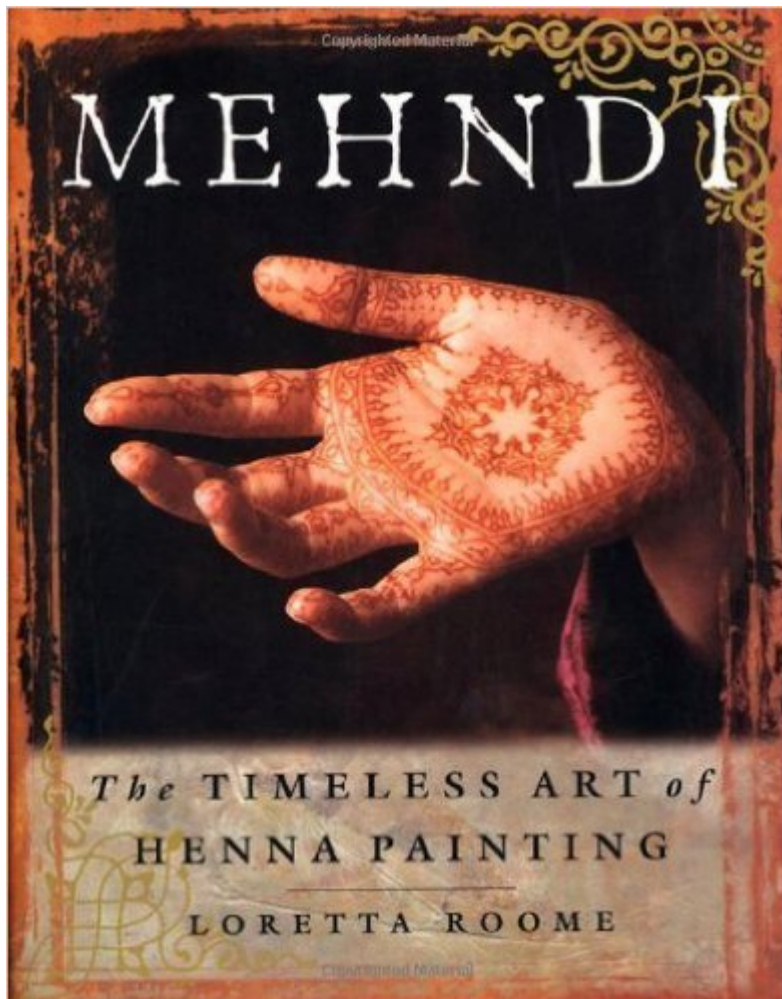
Mehndi is a language, in India there is a special term Shringar, that is used to describe the beauty of a woman's creativity and Shringar is the power of beauty beneath the surface, and Mehndi is also included in the Kama Sutra as one of the sixty-four arts of women.

Adornment in India is usually motivated by religious beliefs and has none of the stigma of vanity and materialism that it has in the west.

One of the most common superstition about Mehndi has to do with the color of the Henna, if the color is deep red for example, it is said that love between the husband and wife will be strong and long lasting.

In Morocco there is a very clear understanding that symbols of protection are the only action a human can take in the face of MEKTOUB (destiny), the determining force behind every individual's life. Often Henna is used to guard against misfortune put on the forehead to determine the fortune of the woman or the man.

Here we share some videos of authority Mehndi application and facts these are very informative and a must if you wish to do Mehndi at home.

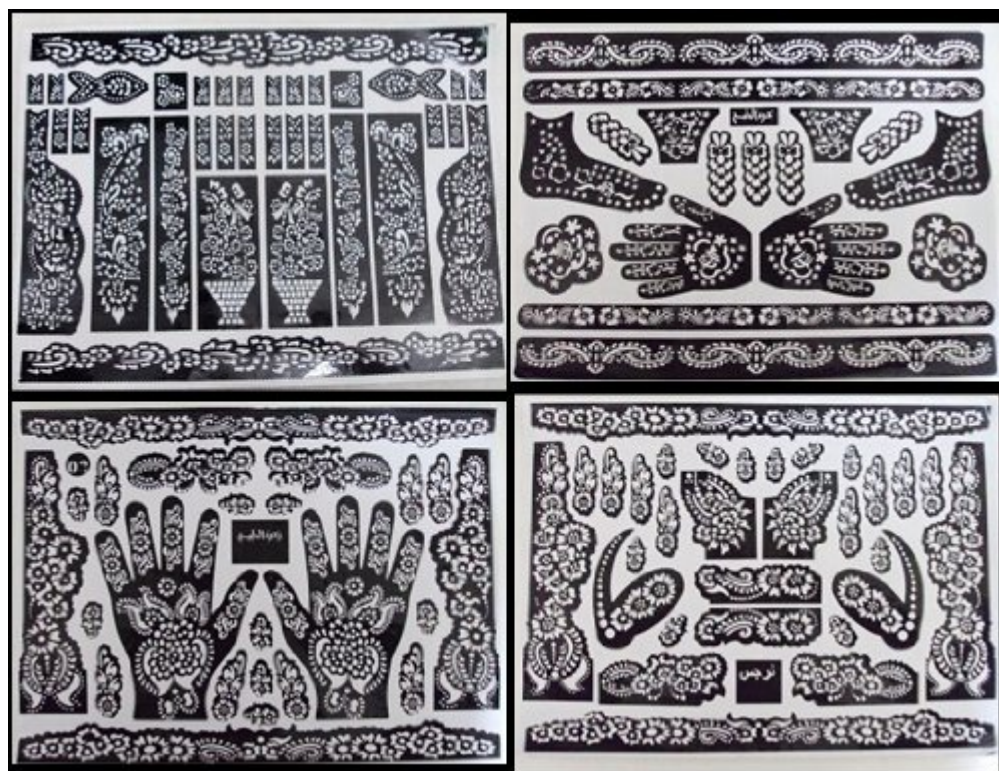


Mehndi : The Timeless Art of Henna Painting by Roome, Loretta

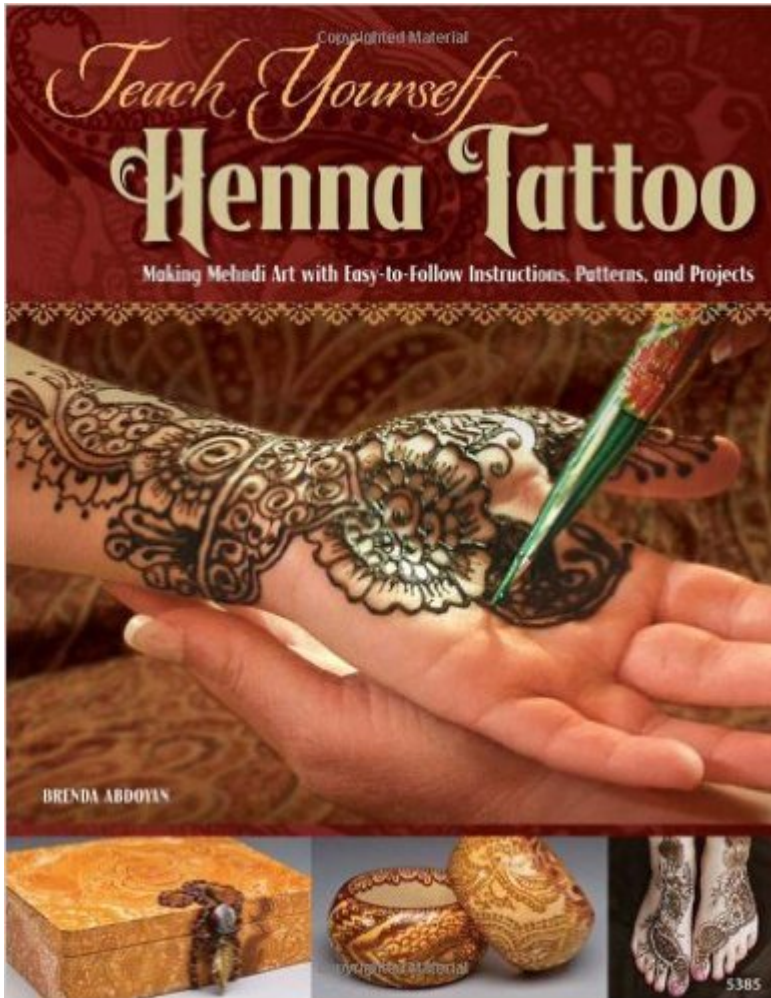
Mehndi, the ancient art of painting on the skin with henna, beautifies the body, rejuvenates the spirit, and celebrates the joys of creativity and self-expression. More than just a temporary tattoo, mehndi offers us a way to participate in a centuries-old tradition still practiced in India, Africa, and the Middle East.

In this stunning and authoritative book, Loretta Roome traces the origins and meanings of traditional designs, demonstrates how to create them on the skin, and reveals the recipes, tools, and techniques needed to paint designs that range from

simple to complex. The result of years of research and the author's experience as one of the nation's foremost mehndi artists, Roome's book offers practical information, creative inspiration, and many suggestions for enhancing the playful, intimate, sensual, erotic, and spiritual aspects of the ancient and amazing art of mehndi.



10 A3 SHEETS Self Adhesive Decal Stencils For Henna Temporary Tattoo Reusable DIY



Teach Yourself Henna Tattoo: Making Mehndi Art with Easy-to-Follow Instructions, Patterns, and Projects

Color your world with the fabulous art of henna tattoo with this book of patterns and instructions for the body and even home decor objects! Learn how to combine the 5 basic henna shapes into a variety of exotic mendhi designs.



Silk & Stone 100% Pure & Natural Henna Powder

Spider Veins what are they and what to do about them



According

to

http://www.acupuncture.com/newsletters/m_aug10/varicoseveins.htm

The color of the veins is usually blue to dark purple and this colour is very significant according to traditional Chinese medicine diagnosis.

Purple and bluish veins indicate that the body system is being affected by a traditional diagnostic concept known as “Blood Stasis”.

The term blood stasis includes symptoms like varicose veins, spider veins and thick dry skin such as on the heel as well as fixed stabbing pains that could be anywhere in the body. Ancient Chinese physicians understood the concept of blood flow and the relationship of blood vessels to the heart hundreds of years before the US medical physician William Harvey wrote about blood circulation.

Individuals with varicose veins have a decreased ability to break down fibrin, a compound involved in clot and scar formation. When fibrin is deposited in the tissue near the varicose veins, the skin becomes hard and lumpy due to the presence of fibrin and fat

The Chinese perspective

Varicose veins, in the Chinese medical tradition, are due to weakness of the muscles and connective tissues of the body, which are governed by the spleen network of the digestive system. With chronic weakness comes the pooling of blood and energy, leading to these spider veins. Treatments focus on strengthening the spleen network, supporting healthy digestive function, toning the muscles and activating movement of blood and energy. You can use acupuncture, acupressure, and massage to stimulate blood circulation and target certain veins; topical and herbal remedies will help reduce swelling and discoloration. Take these tips!

From: <http://www.mysticmedicine.com>

According to the Chinese model, yang is a specialized energy within the body that serves a number of functions, one of them being to send energy higher up in the body. This energy is usually higher in men. Yin energy, on the other hand, is energy that is lower in nature and thus assists in sending nourishment to the lower parts of the body. Yin, as you may have guest, is higher in women. Varicose veins are seen as a result of decreased yang energies in the body, thus affecting more women, so they do not hold the veins as high and tight to the skin as they should. Instead, the excess yin energy is dragging them down.

That underlying reason is a deficiency of the Spleen energy. The Spleen, according to Chinese Energetics, has a tendency to retain heavy, damp energy, which inhibits it from producing healthy upward energy. As a result the body suffers from being dragged down and heavy. That persistent heaviness in the veins results in them hanging down further and further the longer the spleen remains deficient. One way the Spleen becomes deficient is by excessive worrying, consuming cold foods, and cold drinks, and excessive amounts of raw wet foods like lettuce salads.

TIP

Massage lightly do not press on a vein, specially if is painful, always consult your health practitioner

Press st 36 to restore blood flow

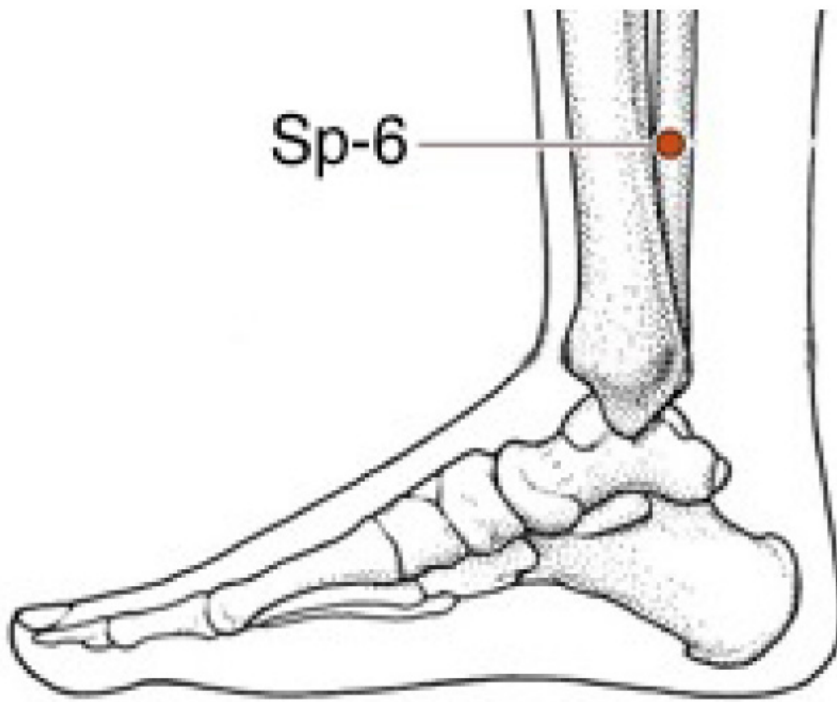


Dr Ni shares: In my clinical practice, I have had success using acupuncture with electrical stimulation along the vein to help restore valve function. But you can use acupressure to help yourself.

Find the acupoint Foot Three Mile (St 36), located four finger-widths below the kneecap on the right leg. Apply moderate pressure with your thumb until you feel soreness. Hold for 5 minutes. Repeat on the left leg.

SPLEEN 6





Find the acupoint Three Yin Crossing (Sp 6). It's located four finger-widths above the inner anklebone, in the depression near the bone, on the right leg. Apply steady pressure(steady not hard) with your thumb until you feel soreness. Hold for 3 minutes. Repeat on the left leg.

Other acupuncture points on the leg such as the one called "sea of blood", Spleen 10, is used to increase circulation of blood when it is suspected of being "stuck" as in blood stasis. Dr Ni, a licenced acupuncture physician, recommends [electro-acupuncture](#) alongside the varicosed vein to enhance vein valve restoration.

Exercising every day keeps the varicose

veins away

Dr Ni also recommends specific lower-leg exercises to keep the muscles and veins strong. Swimming and biking (a stationary bike also works) are effective ways to strengthen your leg muscles without putting weight on your legs. Try to fit in at least 30 minutes a day, taking walks for at least half an hour. Also, a morning daily stretching program can help.

Veins must rely on the expansion and contraction of surrounding muscles to push returning blood along.

One sure way to exacerbate this is by standing for long hours in one spot without much movement of the lower limbs. This can increase pressure in the legs up to 10 times!

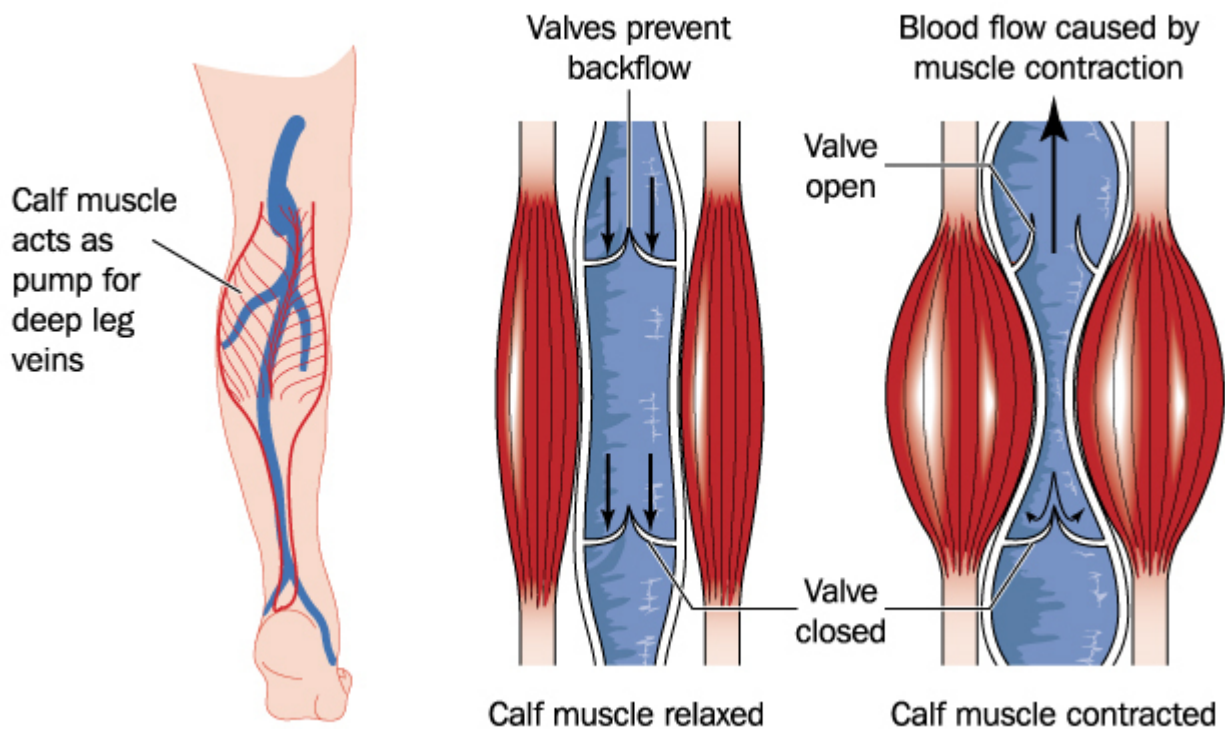


Immortal Straightening the Leg:

This is a Dao In qigong exercise that I recommend to my patients. When performed for 10 minutes twice a day, it helps strengthen the muscles and promote blood circulation in your legs.

1. Lying on your back with your legs straight, feet apart and arms straight alongside the body with palms turned up.
2. Inhale and bend your left knee, folding your left leg into your chest. Interlace and clasp your fingers around the leg. Keep the rest of your body relaxed with your head on the floor.

3. Exhale and make a circle with your foot at your ankle. Do this 5 times clockwise and 5 times counterclockwise.
4. Inhale and straighten your knee so your leg is straight up, perpendicular to the floor.
5. Exhale and slowly lower your straight leg to the floor, returning to the beginning posture.
6. Repeat with your right leg.



Herbal recommendations for varicose veins

Another strategy is to target the local varicose veins with

topical and oral herbal therapy to help reduce the swelling and discoloration of the veins.

- **Witch hazel** used topically is a traditional remedy. Massage witch hazel cream twice a day into the affected area, which can help reduce the expression of spider and varicose veins.
- The herb **horse chestnut** (*Aesculus hippocastanum*) is helpful in reducing varicose veins. Available in capsule form, a typical dosage of horse chestnut is up to 600 mg daily, but I recommend you consult your acupuncturist for a more precise dosage.
- **Hawthorn berry** helps tone the cardiovascular system. Boil 1 cup of hawthorn berries in 4 cups of water for 20 minutes, then strain and drink 3 cups a day for one month.
- You can also find tea bags with hawthorn berry in it, all ready for the teacup. [Internal Cleanse](#) is an herbal tea blend, including hawthorn, which is formulated to help cleanse and purify the body.
- **Grapeseed extract** contains bioflavonoids called procyanidolic oligomers (PCOs), which are among the most powerful natural antioxidants and free radical scavengers ever found. These PCOs benefit the circulatory system by enhancing capillary and vein function, which helps the heart; they also reduce bruising, edema from injury or trauma, varicose veins, and leg swelling. The only practical way to obtain enough grapeseed is by taking in supplement.

Dietary tips for varicose veins

Buckwheat contains the bioflavonoid **Rutin**. Rutin reduces capillary fragility, increases the integrity of the venous wall, inhibits the breakdown of the compounds composing the

ground substance, and increases the muscular tone of the vein.

Consume a high-fiber diet

-Increase consumption of blue-red berries such as blackberries, cherries, and blueberries. These berries strengthen and support the structures of veins as well as the vascular system as a whole. They are rich in *Rutin*, as described under buckwheat above, *proanthocyanidins* and *anthocyanidins*, which are flavonoid compounds.

-Consume onions, ginger and cayenne frequently and liberally because they can help fibrin to break down. A decreased ability to break down fibrin, a protein involved in blood clot and scar formation, causes increased depositing of near varicose veins. This results in a condition called *lipodermatosclerosis*, where the skin becomes hard and lumpy.

Nutritional supplements

-Vitamin C: The healthy production of *collagen*, the most abundant protein in the body that forms all types of tissues in the body, is necessary for production of blood vessels as well. Vitamin C strengthens the collagen structures of the veins. Another side benefit of Vitamin C is that it inhibits platelet aggregation, and regenerates oxidized vitamin E, enabling it to resume its protective activities.

-Bioflavonoids: If one cannot get enough of the bioflavonoids from the foods mentioned above, supplementation is important, particularly with the *anthocyanosides* (the blue-red pigments found in berries). This pigment enhances the effects of vitamin C, stabilizes the collagen matrix by preventing free radical damage, inhibiting enzymes from cleaving the collagen matrix, and directly cross-linking with collagen fibers to form a more stable collagen matrix, and increases the muscular

tone of the vein.

-Fish Oils: Fish oils have blood thinning effects, improving circulation and reducing the pain caused by varicose veins.

-Rutin

from: <https://www.truthinaging.com/review/rutin-is-a-treatment-for-broken-veins>

First of all, what is rutin? It is a flavonoid that is found in some fruits and vegetables and, in particular, the rind of citrus fruit. Flavonoids are multi-active components used in common cosmetics primarily for antioxidant and soothing actions. However, they also have a “strengthening” effect on blood vessel walls.

Spider veins and varicose veins occur as a result of the gradual weakening and deterioration of capillaries. which, being so small, are extremely susceptible to damage from free-radical assault. This can lead to rupturing and bleeding that is visible as “broken veins” on the surface of the skin.

How rutin works on blood vessels is complex. According to a Polish scientist, there are three main mechanisms: protection of the blood vessel, the prevention of platelets from aggregating and decrease in capillary permeability ([source](#)).

There’s another mechanism that I find pretty cool. Rutin has the capacity to regenerate vitamin C after it neutralizes a free radical, thus helping to restore its antioxidant potential. Because vitamin C plays a critical role in the manufacture of collagen, an important component of capillary walls as well skin.

Rutin may even work on varicose veins (enlarged, twisted veins that are not moving blood effectively), according to the University of Maryland. In particular, there are oxerutins, a group of chemicals in rutin, that have been [studied](#) on women with varicose veins in their legs.

Given how amazing Rutin is and that it may really be one of the few things that works for broken veins, its frustrating that it isn't used in more skincare products. Perhaps, we can help change that... Altogether now! Let's start rooting for Rutin!

Herbal medicinals

Certain herbs are known as having venotonic activity. Venotonics are herbs that enhance the structure, function, and tone of veins. Further, according to the Chinese energetics some of these herbs help to tonify and the yang energy in the body. The most widely used of the herbs below are grape seed and pine bark, and they are possibly most effective. Some prominent herbal tonics include:

-Aesculus hippocastanum (horse chestnut)

-Vaccinium myrtillus (bilberry):

-Vitis vinifera (grape seed)

-Pinus maritima (pine bark)

According to Dr Paul Nassif from EPION Beverly Hills

Laser vein therapy: is a revolutionary medical technique which uses patented technology to eliminate benign vascular and pigmented lesions non-invasively from the face and body. Facial Spider Vein Treatment is one of the more cutting edge treatments currently available. At Epione we strive continuously to offer the most cutting edge techniques available to patients for medical treatment.

The principle procedure is that a laser penetrates the facial skin to raise the temperature of the blood vessel and safely coagulate it. Over time the vessel in the face fades and slowly disappears. It is highly recommended that large to mid-size veins be treated with injection, and small to mid-size veins be treated by lasers.

Alternatives to Facial Spider Vein Treatment would be Sclerotherapy, which is an injection of sclerosing solution.

For more information on Dr Nassif expert treatments and Discount coupons go to :

<https://www.epionebh.com/treatments/treatments-skin/vein-treatment/>

Home made recipes For Spider Veins

from <http://www.findhomeremedy.com>



Oranges

The vitamin C present in oranges is very crucial in the treatment of spider veins. Vitamin C is required to strengthen the blood vessels and improve the circulation of blood. It is also an excellent antioxidant which protects the tissues from damage. Eat oranges on a regular basis.



Castor Oil

Castor oil has anti-inflammatory and stimulating properties. It stimulates the blood circulation and increases the flow of blood to the blood starved tissues. It prevents the blood from clotting in the veins and reduces their swelling. Massage the affected areas with warm castor oil twice a day.



Guava

Eating guavas can improve spider veins considerably. Guava is rich in vitamin C which is essential for the strength of the blood vessels and it has large quantities of vitamin K which improves blood flow to the tissues and prevents discoloration.

It also contains lycopene which is an antioxidant that protects the cells and tissues from toxic damage. Eat guavas as much as you can to strengthen the capillaries and veins and to improve the blood flow. If the circulation of the blood increases, it will not stagnate in the blood vessels and cause further harm.



Apple Cider Vinegar

Apple cider vinegar is the most common home remedy for spider veins. It improves the appearance of the veins by reducing the swelling and increasing the blood circulation to the affected areas.

Soak a clean cloth in apple cider vinegar and apply as a

compress on the spider veins. Keep the compress for half an hour. Repeat this twice a day until the veins regain their normal appearance.



Mustard Oil

Mustard oil is very good in stimulating the blood circulation and in strengthening the valves. Massage twice a day all the affected areas. You will notice a difference in the spider veins very soon.

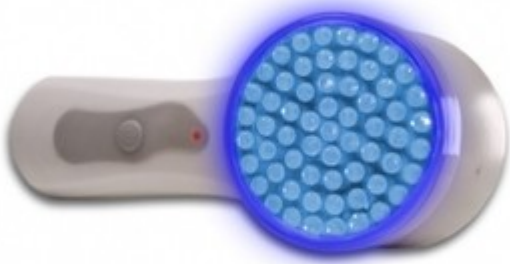
[How to Get Rid of Varicose Veins :
Circulation Part 2 : Home Remedies –
VitaLife Show](#)

[How to Get Rid of Varicose Veins
Naturally](#)

[Fade Spider Veins](#)

Click on the images below to find out

more about any of these products



Nutraluxe MD Blue Nutra Light Acne Solution



M'lis VANISH Spider Vein Cream 2oz



Clinicians Complex Varicose Vein Lotion

Eco-friendly Nail Polish



According to Sarah Wilson at <http://www.sarahwilson.com>

1. Know your nasties.

Maria Hannaford at [Econest](#) works for an environmental organisation researching the impact our food system has on the environment and our health. She says most brands promoting themselves as “safe” these days will list themselves as “3-free”. This means they’re free of the top three nasty ingredients listed below. She explains:

- Formaldehyde. It’s the stuff they use to preserve dead things. I should know, I worked in a lab for many years

and let me tell you, there is a strict protocol around avoiding getting it on your skin or breathing in its fumes! It's a known human carcinogen and can cause ear, nose, throat and skin irritations.

- Dibutyl Phthalate. It's the most controversial of these ingredients; it's a known reproductive and developmental toxin, and is linked to hormonal and long-term fertility problems in newborn males. It's banned in the EU. [But is apparently safe enough for Australians? – Sarah]
- Toluene. A possible reproductive and developmental toxin that causes headaches, dizziness and fatigue. It can cause liver, kidney and brain damage, as well as damage to a developing foetus.

Irene Falcone is the creator of [Nourished Life](#), a site specialising in selling eco-chic natural and organic beauty, children's and home and lifestyle products. Irene also suggests you avoid nail polishes with parabens, phthalates, solvents (ethyl acetate and butyl acetate), nitrocellulose, acetone and heavy metals.

What to do?

- If this chemical info is all too much, simply look for "3-free" labelling PLUS ensure there's no ethylacetate – a known neurotoxin and the worst of the additional nasties Irene lists – in the stuff. Many of the brands labelled as "3-free" still contain it.
- Find water-based polishes. These don't give out fumes, are not flammable and you don't need to use harsh removers. See below for recommended brands.
- When applying the polish, do it in a well-ventilated space or outside.

2. Choose these brands.

Finding a 100% natural nail polish free from synthetic chemicals is impossible, it simply doesn't exist. Thankfully

there are a few brands that are free from all of the four must-avoid ingredients and are rated among the safest on the Environmental Working Group's [Skin Deep](#) Database.

The experts' favourites include:

- [Acquarella \(Australians: you can actually buy this off Gumtree\)](#)
- [Honeybee Gardens](#)
- [Safe Nail Polish](#)
- [Scotch Naturals](#). This is one of the safest on the market and comes in stacks of colours as well as a top and base coats. You can buy on Irene's site.

* It's worth noting that none are made in Australia and are imported from overseas. Another reason to save them for special occasions.

* But what about Butter London, you ask? It's in health stores. Yes, it's "3-free", but contains ethyl acetate. It's good. But not ideal.



3. Beware of polish removers.

Narelle Chenery is a scientist and creative director of [Miessence](#). She says nail polish removers are just as bad as the polishes. They're usually full of acetone, fragrances, methyl ethyl ketone, phthalates and toluene. Most of these cause significant damage to the human body, she says.

Maria adds: As far as nail polish removers go, all conventional types should be avoided due to the harsh ingredients, but also the potent fumes.

What to do?

The good news is that most natural water-based nail polishes can actually be removed without any nail polish remover (usually by soaking fingers in hot water and peeling/scraping polish off) and many of the natural polish brands have their own removers that are safe and toxin-free.

4. Don't do shellac.

Sabrina Jacquier Parr is founder of green beauty product site [Flora Organica](#). She says: gel manis may look great, last for weeks and save you time and money on regular salon visits, but they make up for it by comprising your health. How so?

1. To remove gel polish your nails are soaked in or wrapped in acetone. Acetone is a very drying chemical and will cause your nail to become brittle and peel after repeated use. Regular or high level exposure can also cause headaches, fatigue, stupor, light-headedness, dizziness, confusion, increased pulse rate, nausea, vomiting, and shortening of the menstrual cycle in women.
2. As with acrylic nails, the surface of your nail is usually abraded or roughed with an emery board before gel polish is applied. This will weaken your nail and lead to breakage and the possibility of infection.

5. Nail bars are not your friend.

The experts all agree: Don't enter a nail salon. Just don't. If you do go, at the very least make sure you sit next to an open window.

Sabrina says: Linda McSweeny, Journalist for the Medical Observer, describes visiting a nail salon as 'chemical warfare' and it does not take a science degree to know she is right. Nail salons reek of toxic chemicals because they are just that, toxic!" You can read more [here](#). Chemicals (like those listed above) and other volatile organic compounds are

used at such high levels that they can often cause headaches, irritations and breathing problems. Plus there are links to far longer reaching health issues such as cancer and reproductive issues.

What to do?

Some nail bars are going “3-free”. Ask your nail technician if they’ve switched to “3-free”. If all else fails take your own “3-free” colour with you.

6. If you’re pregnant, go naked.

With child? Then it’s safer for you and your baby to skip nail polish altogether.

Sabrina says: Pregnant woman should think twice before getting their nails done in a nail salon; at least [one study](#) has also shown that pregnant women who work or regularly visit nail salons may be putting their fetus’ brain development at risk due to the chemical solvents used.

Nicole Bijlsma is an accomplished naturopath, acupuncturist and [building biologist](#). She adds: Pregnant women, asthmatics and children should all avoid nail polish and removers. Pregnant women – or more importantly the developing foetus – is uniquely susceptible to the hormone disrupting chemicals typically found in nail salons as they go through critical windows of development. This enhances their susceptibility to learning and behaviour disorders, reproductive problems later in life, and breast and testicular cancers. Remember with hormone disrupting chemicals the lower the level of exposure the better. For this reason, nail polish should be avoided in babies and children.

7. But kids can be in on the action...

Irene: For kids I love the newly launched Australian brand [Pure Poppet](#). This non toxic water based range for little girls

comes in 5 bright shades.

8. Try some natural nail tricks instead.

[Carla Oates](#) has been researching and writing about natural beauty and health for the last ten years and is a great advocate for the organic industry. She says: You can easily rub a rich emollient in the form of a natural balm to a vegetable or nut oil into your nails to help strengthen them. Opt for unrefined oils as they retain their nutrient profile that infuse vital nutrients into the nail and the skin surrounding your nails. Soaking your nails in a silica-rich horsetail infusion may also help strengthen them. Silica can also be a great supplement to take internally for nail health. Oats are very high in silica too – but be sure to soak them before eating.

What to do:

Make your own healing nail oil, a recipe from Carla. It's healing, strengthening and protective. Rich in omega 3,6 and 9, vitamin E and antioxidants.



Nailing it oil

- 30ml sweet almond oil
- 20ml camellia seed oil
- 5 drops lemon essential oil
- 2 drops carrot seed essential oil
- 3 drops lavender essential oil

Mix oils together well and put into a 50ml dropper bottle. Massage a few drops into your nails and nail area.

9. Dispose of your nail polish safely.

Maria says: Most Councils consider nail polish an environmental toxin and treat it just like paint (because it is!). They suggest you dispose of it through their Household Hazardous Waste programs.

10. Know your nails just a little bit more.

I found this stuff interesting...it has little to do with nail polish, but I reckon you'll want to know it anyway. Consider it an added bonus!

The colour of your nails can also give you insight into your health. If you're intrigued, Carla's shared a little rundown below:

- Yellow or white nails can indicate fungus infection.
- No colour can be a sign of anemia.
- Purple nails may reflect poor circulation.
- White spots on the nails often signify a zinc or calcium deficiency (which is interesting as most children I know with attention deficit issues sport many of these on their nails; a study showed that zinc deficiency is found in 66% of children with ADHD).
- Longitudinal ridges on the nails can also be a sign of gut malabsorption and digestive issues.
- Soft, brittle nails may also be a sign that your body is not receiving enough nutrients.
- Brown spots on the nails that are pitting may reflect a deficiency in vitamin C or folic acid.
- If the top of your nail is spooned it may signal low B12 and or iron.
- Nails that split easily can suggest a deficiency in minerals such as copper and magnesium and/or essential fatty acid deficiency.



According to Ecocult at <http://ecocult.com>

It happens all the time when you're trying to be non-toxic. You throw out your evil, no-good, terrible product, and realize your non-toxic replacement is just not as good.

Laundry detergent that doesn't quite clean as well, eyeliner that barely lines, deodorant that leaves you odorous—they all exists. Good replacements can be found, but you have to do some searching.

(PS. Did you find this review helpful? Get even more sustainable living tips and top-secret info by [signing up for EcoCult's newsletter](#)! EcoCult Everywhere each Tuesday, and EcoCult NYC on Fridays.)

Nail polish is no exception. Many of the ones you know and love—[Cover Girl](#), [Orly](#), [Sally Hansen \(including the nail polish strips\)](#), [L'Oreal](#), [Sephora](#), [Maybelline](#), [Wet n' Wild](#), [Ulta](#), and [O.P.I.](#)—have toxins like dibutyl phthalate, formaldehyde resin, benzophenone, propyl paraben, oxybenzone. You can click on those links to get a list of their ingredients. (Hint: Orly is the worst. Stay far away!) Some lesser-known polishes that claim to be 3-free are even lying, as a [2011 California report](#) found.

Formaldehyde, dibutyl phthalate (DBP), and toluene are the dirty three everyone always talks about, but now new brands of nail polishes have hit the shelves claiming to be 5-free. That includes jettisoning formaldehyde resin and camphor as well. So they are squeaky clean!

Well + Good did a [nice roundup of 5-free nail polishes](#). And Scotch and Priti seem to be dominating the media coverage ... but do they work?

I decided to try out as many nail polishes that are cited as natural and non-toxic alternatives as I could find. I took each brand to the nail salon, topped it with the same Beautiful Life topcoat, and wore it for one week before photographing the results. Here's what I found:



[A Beautiful Life](#)

[A Beautiful Life](#), which makes a broad line of beauty products in New Jersey, leaves something to be desired in the packaging area, and the colors are just OK. Plus, I couldn't find anything about its ingredients, beyond the assurance that it didn't have "any nasty chemicals." It held up better than some of the alternatives, but didn't wow me.

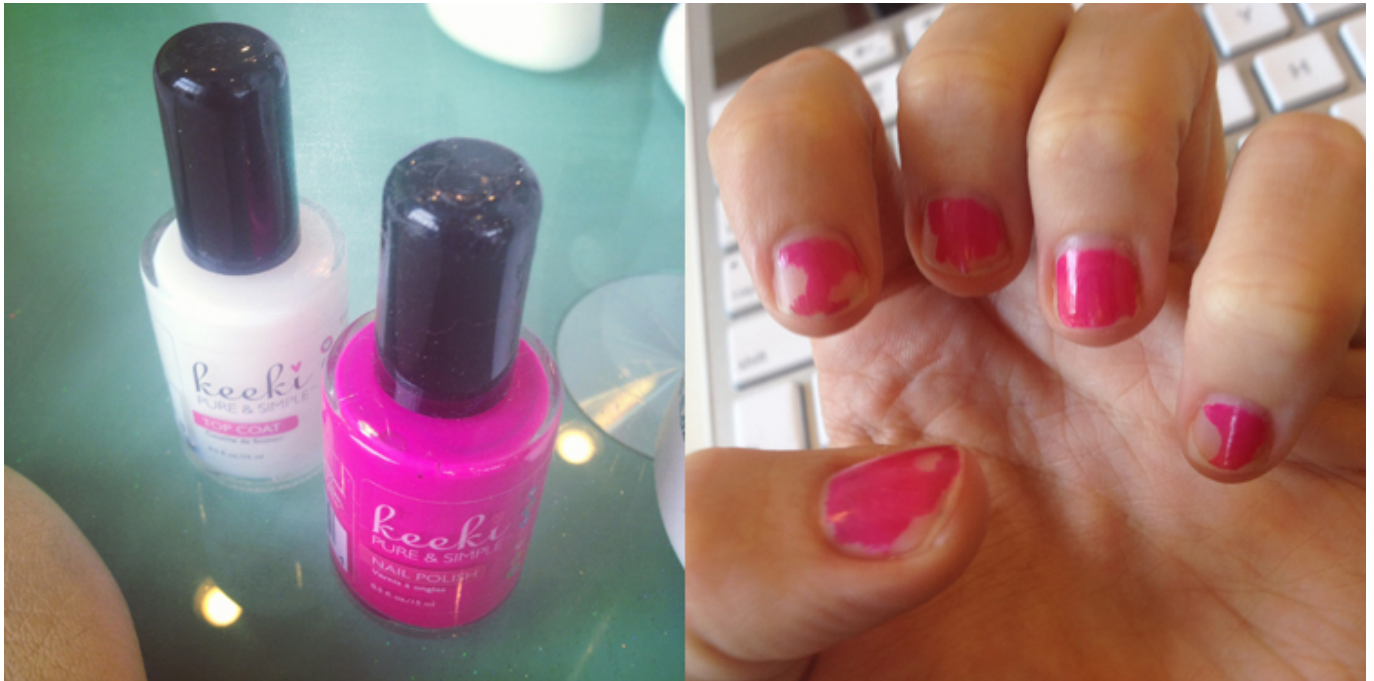
Conclusion: Not quite as good as a conventional nail polish, but not embarrassing, either.



Acquarella

This put the “water” in water-based. The golden color looked washed out after I got a few coats on my nails, and within days it was peeling. Plus, let me get real with you, I bite my nails. And I need an actual barrier between my teeth and nails to dissuade me. I ripped my nails to shreds while wearing this.

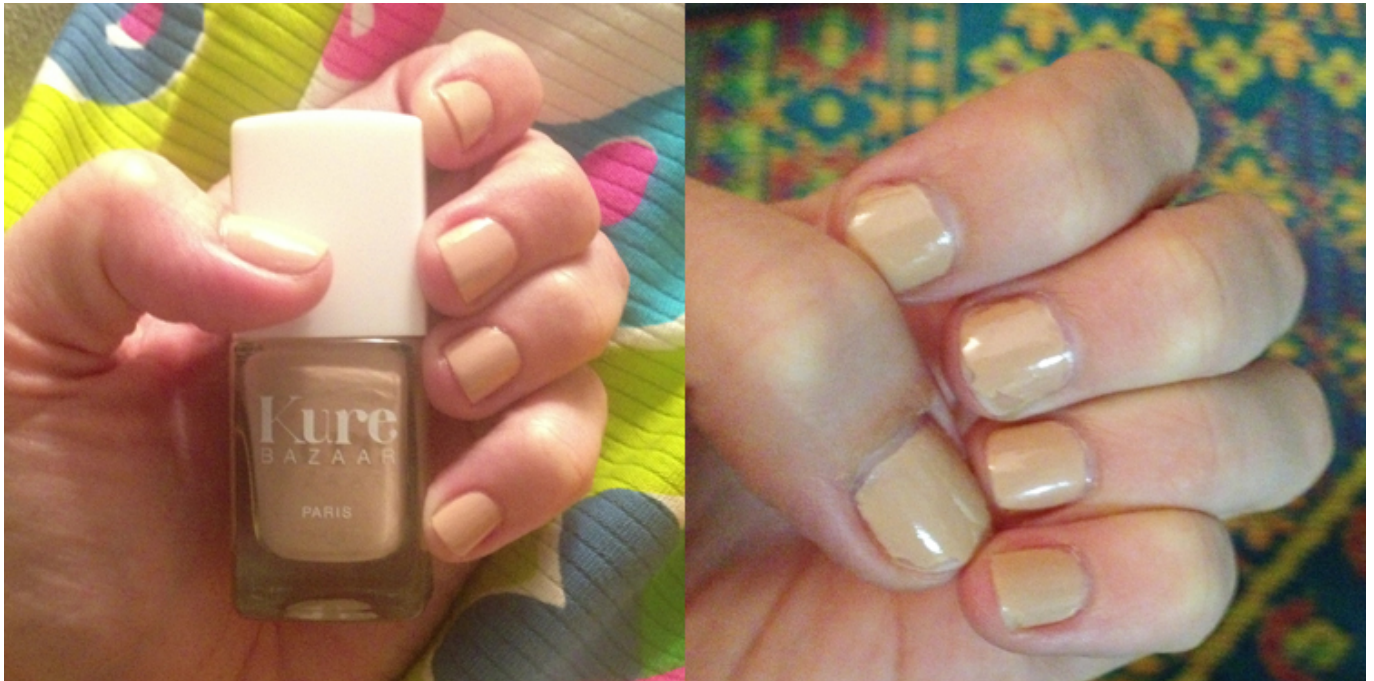
Conclusion: This gives non-toxic beauty products a bad name.



Keeki

Keeki is as cutesy and natural as they get, with young colors and only five ingredients, one of them being water. Unfortunately, it reminded me of the Barbie “nail polish” I had when I was six. Barbie nail polish was fun, because you would paint it on, wait a couple minutes for it to dry, and then peel it right back off.

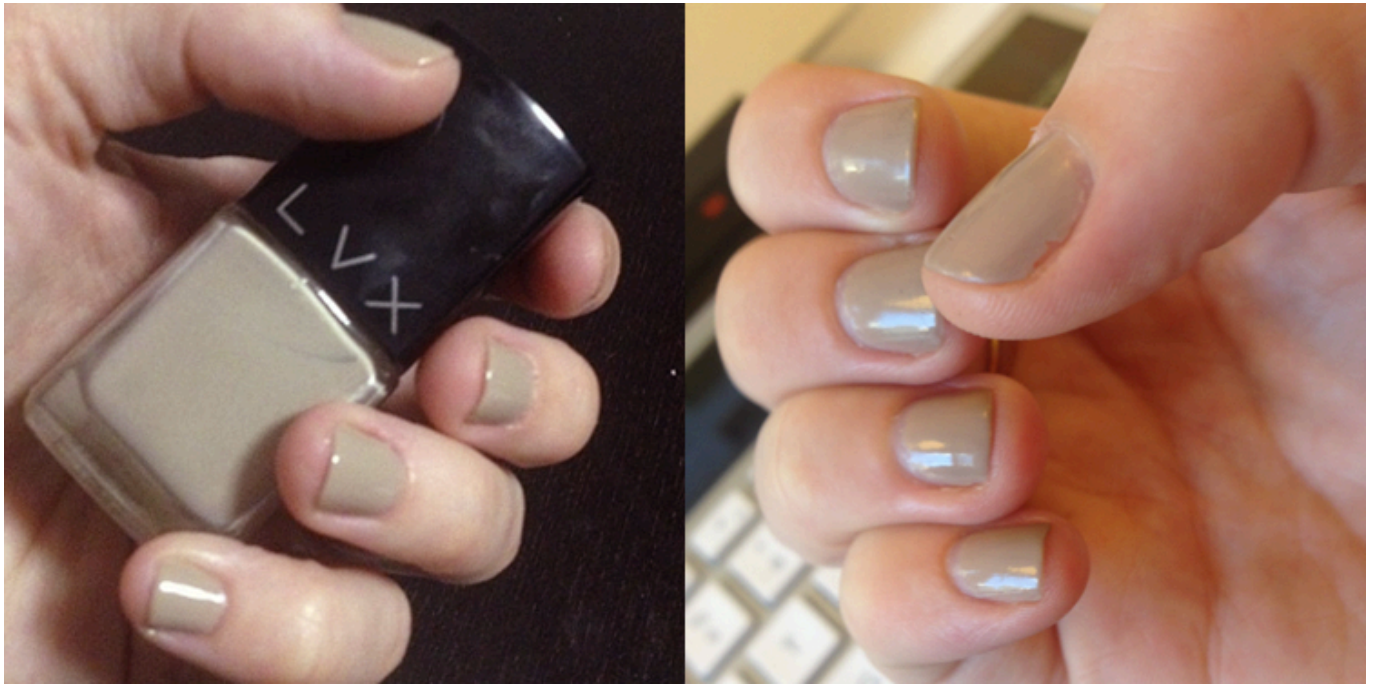
Conclusion: Skip it.



Kure Bazaar

Kure Bazaar arrives from Paris in a conventional bottle. The brand has many ladylike colors to choose from, and went on nicely. Malheureusement, it started chipping by week's end.

Conclusion: Not a disaster, but not worth sending for, either. Quelle dommage.



LVX

This luxe looking nail polish claims to be vegan and 5-free. And after wearing it for two whole weeks, I was actually skeptical of this claim. How could a non-toxic nail polish last this long? I immediately bought several more colors.

Conclusion: Definitely a favorite.



Priti

Another darling of the toxin-free set, Priti is the most well-recognized non-toxic and cruelty-free nail polish brand. The only questionable ingredient is butyl acetate. Unfortunately, it's also a chipper.

Conclusion: Don't believe the hype.



RGB

Not to be confused with the non-toxic beauty brand RMS, RGB has a full line of saturated, traditional and edgy colors to choose from, all 5-free. It went on nicely, and lasted pretty well throughout the week.

Conclusion: Worth your money—go crazy and buy a few colors!



Scotch Naturals

Everyone is in love with [Scotch Naturals](#). The packaging is beautiful, the colors seductive. The selling point, however, is that it is water based, 3-free, plus free of ethyl acetate, butyl acetate, nitrocellulose, acetone, and heavy metals. (This is all from the website, Scotch isn't listed on Good Guide.) And unlike other brands, Scotch is focused just on nail polish. It's [all over Pinterest](#) and inside Whole Living Magazine. But when I put it on? Oy, more Barbie nail polish.

UPDATE: You have to use the Scotch [base coat](#) in order for it to perform like it should. Or so a beauty professional told me.

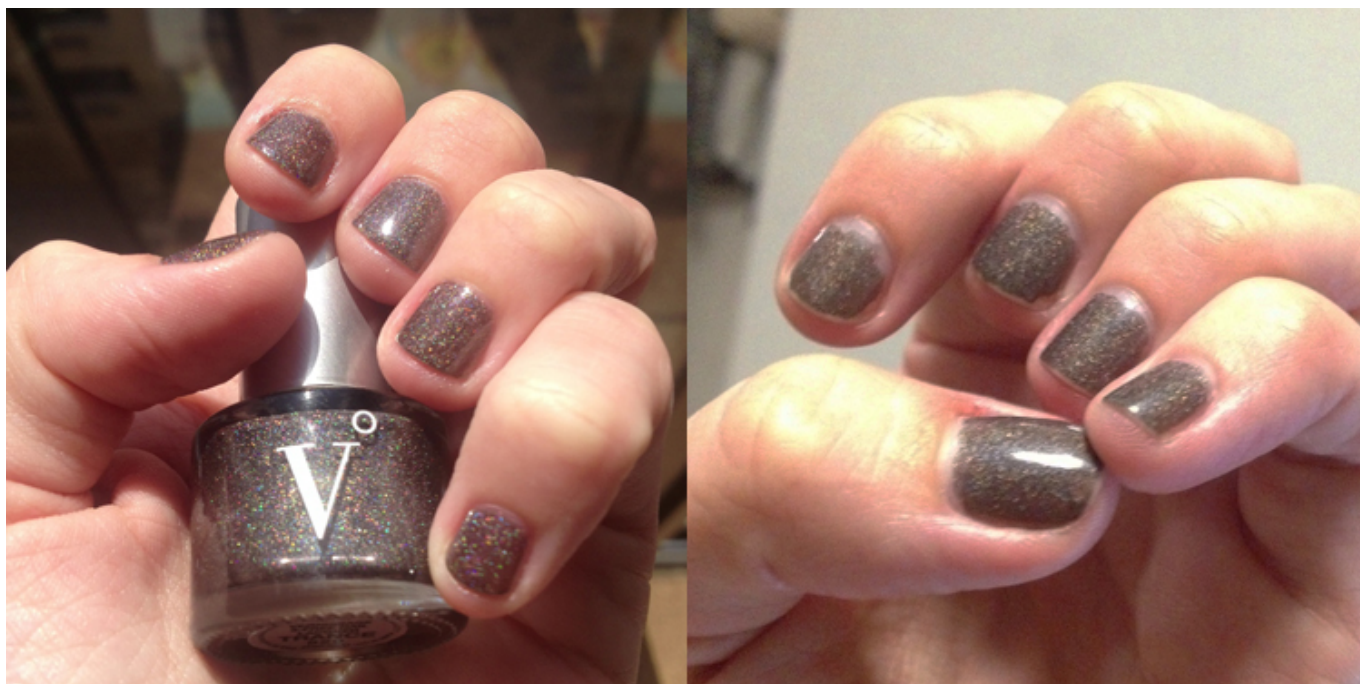
Conclusion: Beautiful in the bottle, a big mistake out of it. SEE UPDATE ABOVE.



Sheswai

Out of all the nail polishes, Sheswai had the most beautiful and classy packaging, with its pretty shape and logo, and screw-top made from sustainably harvested wood and assembled by Willing Workers, a non-profit organization that provides job opportunities to adults with developmental disabilities. The products are not tested on animals and are made in the USA. Sheswai donates a portion of its profits to sustainable organizations like Nature Conservancy, World Wildlife Foundation, and Heal the Bay, among others. The formula is free of formaldehyde, toluene and DBPs, though they make a point to state that, “sheswai lacquer is NOT “all natural, non toxic, or organic.” If it were, it just wouldn’t be nail polish.” The lacquer is just as beautiful as the bottle, going on glossy and thick with two coats. And it stayed that way for a week, easily.

Conclusion: This brand's attention to detail and performance makes it very much worth buying, to use and to display on your vanity. A favorite!



Vapour

I like that Vapour nail polish comes in this cute, itty-bitty bottle. Who uses the entire bottle of nail polish, ever? This bottle is free of toluene, dibutyl phthalate (DHB), and formaldehyde. But you can also get the normal sized, 5-free bottle, though I can't vouch for its effectiveness. What I can say is that the glittery, 3-free vernissage stayed put wonderfully all week.

Conclusion: It's just begging you to get five of the mini bottles and bring them on your next vacation.



Zoya

Zoya is the brand of nail polish you'll find most often in professional, non-toxic nail salons like Sweet Lily Nail Spa and Deva Spa. It's been awarded as the longest wearing natural nail polish by an independent panel in Women's Health Magazine, and is free of toluene, formaldehyde, DBP (phthalates) and camphor. There are over 300 gorgeous nail polish colors to choose from, so good luck choosing a favorite. It went in shiny, smooth and at medium thickness. It held up fine over the next week, though some other options do a little better.

Conclusion: A good choice if you're at the nail salon, and worth the money.



Piggy Paint

Piggy Paint Founder Melanie Hurley was horrified when she saw what the nail polish she was putting on her children's nails did to a styrofoam plate. She dedicated herself to making a water-based, non-flammable, non-toxic nail polish that has an almost unnoticeable odor. The vibrant colors of this hypoallergenic and cruelty-free lacquer make Piggy Paint the perfect option for fun-loving kids of any age.



Honeybee Gardens

Honeybee Gardens Look at the ingredients of Honeybee Gardens' nail polish and you're bound to let out a breath you didn't know you'd been holding. This polish uses a special, water-based formula that's 3-free, nearly odorless and free of FD&C colors (synthetic food dyes that can be used in food, drink and cosmetics). With 25 colors including the striking blue "Oasis," deep black "Abyss" and fiery red "Burlesque," finding one to match your personality should be easy (but picking only one may not be).

Scratch resistance

Unlike solvent-based polishes which reach their maximum hardness in about 40 minutes, WaterColors Nail Enamel must be given time to create a tough film. About 75% of the hardness is achieved very quickly, but it needs 4-6 hours to achieve maximum hardness. The more time you give it to cure properly, the longer it will wear. You may choose to apply it at night when the day's activities are done. However, because the film is quite thin, worn areas at the tips or scratches can be easily touched up to create a freshly-applied appearance.

For more info go to: <http://honeybeegardens.com/watercolors-nail-enamel/>



Karma Organic Nail Polishes

Karma Organic Nail Polishes contain no toluene, formaldehyde or DBP and are safe for pregnant women, kids, cancer patients

and allergy sufferers. Chip resistant, durable, and with no harsh odors, they are available in glossy, matte and glow-in-the-dark shades. The non-yellowing formula is cruelty-free (not tested on animals). Packaging is 100% recyclable. Ingredients:

- Butyl Acetate – organic compound used as a solvent in the production of lacquers
- Ethyl Acetate – organic compound; colorless liquid used as a solvent in flavorings and perfumes
- Nitrocellulose – a fiber used for viscosity
- Isopropyl Alcohol – dissolves nitrocellulose
- Adipic Acid/Fumaric Acid/ Phthalic Acid/Tricyclodecane Dimethanol Copolymer – soluble in water, alcohol, and acetone
- Titanium Dioxide – the naturally occurring oxide of titanium, mined from the earth
- Ferric Ammonium Ferrocyanide – a salt used in making blue pigments
- Mica – made from sand
- Iron Oxides – a principle ingredient in pigments ranging from yellow through red, and from purple through black
- Tin Oxides – a polishing agent
- May Also Contain: Acetyl Tributyl, Stearalkonium Hectorite or Citric Acid



Vapour Organic Beauty 3-Free Nail Lacquer
Trance 520



Piggy Paint Nail Polish – Groovy Grape



Vapour Organic Beauty Replenish Organic
Nail and Cuticle Oil



Organic Lavender Nail Polish Remover



[Piggy Paint Gift Set, Birthday Bash](#)

Folk Remedies For Skincare



Skincare Folk Remedies

Before we start, we wish to thank you all for your outstanding support WOW, we had over 800 signups, and thousands of likes, amazing thank you from all of us.

This week is 181 and we are sharing:

Folk medicine occasionally referred to as alternative or traditional medicine, is a part of healing that has an extensively long history. Folk medicine originates back 5,000 years. The dispensation of history is divided in three eras, the classic historical era, the medieval era, and modern eras. I was raised with herbs and home remedies since a baby and where I grew up our Doctors practiced both for most part, so for me I always use what I feel at that moment, has its place. Two thirds of the world's population lives in countries that have inadequate resources to access of modern medicine so I found for that reason folk medicine is formally acknowledged in many countries .Today it is still extensively used due to their perceived effectiveness.

It is vital to be informed and careful about possible compound interactions before using any Folk formula. Like anything, nature has its own contradictions as well. Please use your discretion and do a small test when in doubt, always remember consult your health practitioner, have fun and enjoy.



Use of Turmeric to correct hyper pigmentation:

Mix little amount of turmeric with cucumber juice or lemon. Apply this to the pigmented area of your skin.

Leave it for ten to fifteen minutes and wash off. Do this for few days and gradually normal color of your skin will return. Lemon is a great astringent. Turmeric is an antiseptic and anti-oxidant that helps helps skin challenges such us this.



Anti Wrinkle treatment for ideal skin:

Whisk the tomato juice with an equal amount of milk. Store

this mixture in the refrigerator. Apply this pack routinely twice a day. Leave this on your face for 10 minutes. This works as one of the best natural home remedies for Skin Care.

For dull and dry skin: Honey and milk are soothing and nourishing for skin care. These are the things which come straight from the breakfast table. One can apply our traditional moisturizer to skin. It not only lightens complexion but also keep skin healthy. It is very effective for dull and dry skin. Ghee can also be used as a moisturizer. Both ghee and malai can be used as a night cream.



Malai

Malai is an Indian cooking ingredient. It is made by heating non-homogenized whole milk to about 80°C (180°F) for about one hour and then allowing it to cool down. A thick yellowish layer of fat and coagulated proteins forms on the surface, which is skimmed off. The process is usually repeated to remove most of the fat. Malai has about 55% butterfat. Buffalo milk is thought to produce better malai because of its high fat content. Buffalo milk with fat contents varying from 5 to

12% is heated and boiled and then allowed to cool up to 4 degrees celsius for best results. Similarly cow's milk with milk fat from 3 to 5% is boiled and cooled to make malai.



The banana-honey face pack:

Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face.

Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This home made face pack not only rejuvenates your skin but also give it a supple feel.□The banana-honey face pack: Whisk together two

tablespoons of honey, two teaspoons of glycerin, one egg white(use pasteurized egg) and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face.□Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This home made face pack not only rejuvenates your skin but also give it a supple feel.

Soften cuticles with honey: Whisk together three tablespoons of almond oil, 3 tablespoons of raw linseed oil and 3 tablespoons of honey. Use this mixture to massage your nails and fingers.

Many people suffer from dark skin around the neck. The condition is known as acanthosis nigricans. It is characterized by hyper pigmentation of the skin along the folds and creases in the body.

Home Remedies For Dark Neck



Cucumber

Cucumber cleanses the skin and help to soothe the skin and bring back the glow of the skin. Scrubbing the neck with cucumber removes the dead skin cells.□ Apply grated cucumber or cucumber juice on the dark neck.

Gently scrub the neck for a few minutes□ Wash it off after 15 minutes□2. Lemon Juice□The citric acid present in the lemon juice is a natural bleaching agent. If you have sensitive skin, you will have to use diluted lemon juice for this purpose.

Apply lemon juice to the dark skin of the neck using cotton ball Leave it there for 10-20 minutes and wash it off with

water. Do not expose the skin to sunlight after applying lemon juice.



According to:
<http://www.rd.com/slideshows/8-natural-recipes-for-amazing-skin-from-a-plastic-surgeon/#slideshow=slide2>

Avocado-Honey Moisturizer A moisturizer is an anti-aging must. By helping your skin retain moisture and acting as a temporary filler for wrinkles, it makes your complexion look smooth. Dr. Ordon says that his patients love this recipe because it makes their skin look and feel dewy, and youthful.

Ingredients: 3 tablespoons of fresh cream 1/4 avocado 1 tablespoon honey

Directions: Place all three ingredients in a blender and puree into a smooth cream. Apply it to your skin and leave on for at least an hour. Rinse off with warm water.



Cornstarch

You may think cornstarch can only be used to thicken your gravy, but it's also useful in easing itchy, dry skin, it works miracles for chicken pox, or itchy rashes . Make a paste and apply to skin let it dry and remove with a wet warm clothe and apply Aloe Vera Gel.Sprinkle a handful in the bathtub and have a soak if you can do not rinse pat dry and wait a few minutes before you apply moisturizer, I highly recommend Coconut Oil.



Oatmeal

Adding oatmeal to your bath will soothe your skin. The oats are packed with vitamin E, a nutrient vital to healthy skin. Oatmeal is also used as a folk remedy for treating dry, chapped hands. Rub your hands with wet oatmeal instead of soap. Dry your hands with a towel, then rub them with dry oatmeal. Vinegar. Try this folk remedy for chapped hands: Wash and dry hands thoroughly, then apply vinegar. Put on a pair of soft gloves and leave them on overnight.



Mayonnaise

Mayonnaise straight from the jar, will make hair soft and shiny. The egg nourishes brittle hair with protein, while the

vinegar gives it body and bounce.

Try this mixture to regain supple hair: Mix one teaspoon powdered brewers' yeast with four ounces of apple cider vinegar to create an after wash rinse. Pour it over wet hair and let stand at least a minute before rinsing. □Dry skin

For a homemade scrub, mix ground oats and honey. Rub all over your face—especially your nose, make sure you scrub gently. The scrub part of the mixture will remove dry, scaly skin while the honey seeps in as a moisturizer. Rinse completely off and pat dry, and your skin will be glowing and baby soft. Only use this remedy once a week.

For super dry skin, use olive oil. Rub it in prior to a bath or shower. You may substitute peanut, sesame or sunflower oil. A quart of milk in a hot bath is a luxury as well as a skin toner. It's a trick nearly as old as time.



Teabags

Puffy, tired-looking eyes?

Used teabags make excellent eye cosmetic. After dunked, drain it and place it over your closed eye (one for each) and hold it there for a few minutes. Redness, soreness, swelling and irritation will disappear like magic.

[Great tips from Homeveda](#)

[Folk Remedies from Riordan Clinic](#)



100% Pure Mushroom and Peptides Firming + Anti Wrinkle Eye Cream

Extremely nourishing, highly anti-aging eye cream to firm, lessen lines and wrinkles and to boost collagen production for more youthful appearance. Concentrated with powerful anti-aging antioxidants, vitamins, herbs and peptides to regenerate younger skin.



100% Pure Rose and Calendula Water Serum

Drastically increases skin firmness and elasticity while anti-inflammatory rose and calendula soothes, calms and regenerates. Lightweight, quickly absorbing water based serum delivers hydration to thirsty skin cells, leaving skin supple and plumped.



Glass and Bamboo Tea Infuser Pot

Our chic, modern teapot features a removable glass infuser for brewing loose-leaf tea directly inside the pot without over-steeping. Place a tealight in the included bamboo stand to keep fresh tea warm for serving while protecting your tabletop. Perfect for tea lovers, it's a great gift for any tea lover.



Capresso Electric Water Kettle

Our convenient and affordable Capresso Electric Water Kettle boils water extremely quickly for tea, coffee, hot chocolate or instant soup. Made of durable, heat-resistant German SCHOTT glass, this fast boiling kettle has a large capacity and an automatic shutoff feature. It's perfect for home as well as on trips to anywhere with an outlet.

