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 minutes2. Lemon JuiceThe 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 MoisturizerA 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 avocado1 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.