

Natural Skin Care Recipes For You and Your Loved Ones

When it comes to our home and children, we do not want to compromise. There are many women who do not value their looks and beauty as much as they do in their children. They want their children to grow into beautiful individuals both physically and mentally. Most mums will agree that kids have more skin care problems than adults, since they are constantly exposed to heat and dust. With their delicate skin and developing bodies, it may be risky experimenting on them the different types of creams available today, as they are made up of multiple chemical ingredients. Hence, it will be a great idea to use home made products made from natural skin care recipes for every one in the family. These recipes are safe, cheap, effective and fun. Talk about having your cake and eating it too!

Here are a few natural skin care recipes that can leave you looking gorgeous, protect your little one's skin and rejuvenate an elderly person's skin.

Eggs are natural conditioners. Apply them to your hair and watch your hair become smooth and silky as the days go by. Raw eggs can also work wonders with your skin. A simple natural skin care recipe is; beating a couple of eggs with a little water and honey. Then apply the mixture onto your face and keep it on for fifteen minutes or until it dries. Wash it off after that and you will be able to feel the difference!

Natural honey is also a great skin friendly product. It is great for a facial mask. Get a cloth and dip it in hot water and leave it on your face for a period of time. After that, apply honey onto your face and keep it on for ten to fifteen minutes. Then, wash it off with warm water followed by cold water to close the pores.

You can use yoghurt as a cleanser and moisturizer as well. Mix some yoghurt and honey in a bowl and apply it to your face for ten minutes. Wash it off to reveal a smoother and healthier skin.

Lime and cucumber are great for cleansing your skin of dust and grime. Grind lime and cucumber and mix them in equal proportions. Then add rose water to the mixture and apply it to your face for half an hour. Wash it off and you will be able to feel an immediate change on your face.

There are many home made recipes available for teenagers and toddlers as well.

Mix chick pea and wheat flour in equal quantities and add rose water. This is a natural scrub that can be used to massage the hands and legs of children. By consistently following this routine, you will be able to ensure that your children's skin will become smooth and radiant in the years to come.

Teenagers can also make their skin look good by using the same recipe. This natural exfoliate can help unlock the dirt and grime accumulated throughout the day.

Other than following these natural skin care recipes, you also need to remember to cleanse your skin with water at least 4 times a day and drink at least 8 glasses of water. So, use these natural skin care recipes well and you and your loved ones will be able to benefit from it in no time!

About the Author

[Click here](#) to get free advice on how you can enhance the look of your skin. Ray A. Rubio is a skin care specialist providing advice on choosing the [best wrinkle cream](#) for you. Visit <http://www.clear-and-clean-skin.com> for more details.

Source: www.isnare.com

Source: <http://articles.exospy.com>