

D.I.Y.

Do It Yourself

5 DYI Natural Beauty recipes

De-Stress Face Mask - Plain Yogurt + Honey

Two parts plain yogurt (for this purpose, the fatter the better) and one part honey in a small bowl. Spread it all over your face and sit back for 10-15 minutes. Rinse with warm water and reveal a brighter, calmer you.

Face Brightening Cleanser - Baking soda + Honey + Water

Combine one tablespoon of honey with one teaspoon of baking soda in your palm. Rub them together with a few drops of water and then massage gently in circular motions on your face. Let sit for a minute then rinse thoroughly with warm water.

Pumpkin Facial - Pure Pumpkin + Honey + Milk

Cut away several pieces of healthy flesh (no seeds or slimy stuff!), boil it, then hit it with the food processor or immersion blender for a smooth, plain pumpkin puree. Then, use it in this transformative pumpkin facial: Mix two teaspoons pumpkin puree, 1/2 teaspoon honey, and 1/2 teaspoon milk into a paste and apply it to a clean face. Let it dry for 15-20 minutes and rinse with warm water. The result: glowing smooth skin.

Moisturizing Hair Treatment - Eggs + Olive Oil

Mix two eggs and one-third cup of olive oil into a bowl. Apply to your hair and scalp and massage it for a few minutes. Cover with a plastic cap or old towel and after 15 to 20 minutes, rinse and condition. The olive oil is one of the strongest emollients you can find, making sure the fatty acids from the oil and the protein in the eggs penetrate your strands for stronger, shinier hair in just 15 minutes. If you prefer the smell of coconut oil, you can use that, instead.

Cheapest All-Over Scrub Ever - Brown Sugar + Milk + Vanilla

Combine two parts milk with one part brown sugar and a few drops of pure vanilla extract (if you have it—if not, omit) in a bowl. In your shower or tub, gently scrub in tiny circles from head to toe. Rinse and bathe normally. For an extra boost of moisture and good-for-you nutrients, add an egg yolk.

http://www.prevention.com/beauty/beauty/diy-natural-beauty-recipes?cm_mmc=Fox_Health_-Can_Probiotics_Clear_Your_Acne_-Article-5_Diy_Natural_Beauty_Tricks