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Three Homemade Skin Whitening Recipes Will Brighten and Nourish Your Skin - Essays Paper by Justin Barber

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The marketplace is flooded with skin whitening products, but of course many of them either do not work, or else they will do more harm than good. Some of them are simply too soft, while others contain harsh and potentially hazardous chemicals, and if you're anything like me, you do not want chemicals and close to your skin, and certainly not on your face. These days, there are several factors that can lead to dark patches, and (or) individual spots on the skin. They can be caused by long-term use of chemical-based skin care products, and can be caused by pollutants, contaminants, or from spending too much time in the sun. Interestingly, spending too much time in the sun is the reason for why they are often called sunspots.

In contrast to skin care manufacturers might say, is skin bleaching products, which are directly applied to individual spots will not ever give you the kind of results you are hoping for. Instead, such products do show the spots worse, because while they can lighten dark spots, they also end up bleaching the skin surrounding the spots, making the spots look even bigger. There are, however, the number of all-natural skin lightening creams that work gradually mixing different skin tones, and these are the only tip i would recommend. Whether you decide to use a commercially available product, you can lighten the skin gradually and safely by using one or the homemade recipes. Below are three such foods, and the good thing about them in other ways too, that the real benefit to your skin.

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1. Strawberry magic masktake cup chopped strawberries and mix with a cup of sliced cucumber and a cup of chopped apricots. Mix in a blender to form a stiff paste well, you can then apply to your face in the evening after you had a bath or shower. Allow at least 30 minutes and then rinse with warm water. This is especially good whitening mask for those with dry or sensitive skin, and if done regularly, it can also help with reduced fine lines. Freshly made pasta can be stored in the refrigerator, which means you can prepare large quantities, if you want to. 2. Lemon and sour cream maskcombine two heaped tablespoons of cream or unflavored yogurt with one tablespoon of lemon juice and two tablespoons olive oil. Lemon juice is an already exceptionally dry skin, especially so in some rare cases, this recipe, it may not be appropriate, there is a strong bleaching agent. With that side, it 'sav a fantastic resipe science the sur cream (yogurt phlank) will leave your skin soft and aliva oil, supple, and vanderphulli nourished. 3. Age maskfor oatmeal is a skin whitening mask you need two bitter tablespoons sour cream or yogurt, two tablespoons of oatmeal good quality, and one or two tablespoons red win. Mix ingredients together to form a fine paste and then apply liberally. Ideally, the mask should be used on a regular basis - at least once a week. The nice thing about this mask is that it serves a dual purpose in that not only whitens your skin but also exfoliates the skin. Three exceptional recipes do work, but, of course, their effectiveness can be improved if they are used together with good all-natural skin lightening cream. All these masks, while basically designed for use on the face, can be used in any area of the body, where they must also be left on for about half an hour each time.

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