Natural Beauty Products-Beautifying your Look by Blossom Dana

Article published on December 24th 2011 | Fashion

All of us want to look good, have a beautiful complexion, a supple and beautiful skin. We see a wide range of products in the market to suit one pocket. But they are all not made from natural products. Long use of these products may harm the skin. It is always safe to use Beauty Products as they are skin friendly made from herbs, shrubs, leaves and other ingredients. Ayurveda uses the natural ingredients into its products. Many companies are making cometics using organic products...Shehnaaz Hussain, Biotique and Natural are a few of them.

The ingredients that go in making these products are aloe Vera, turmeric, saffron. Honey, milk, pulses nuts and neem to name a few. The juice of aloevera is very good for the skin. It keeps the skin soft and supple. It is advised to intake a little quantity of the juice too. Cucumbers, Banana are excellent face packs. They can be mixed with oats, honey and besan along with curds... It should be applied on the face for fifteen to twenty minutes. Later wash it in cold water. Banana helps to keep the skin soft. Cucumber has cooling properties.

Blemishes can make the sun look dull. It can be avoided by drinking loads of water and avoiding junk food... We should eat a healthy diet rich in vegetables. A supple skin all of us love to have. Any oil mixed with rosewater, and honey can be applied for ten to fifteen minutes. Later wash it in warm water.

For a wrinkle free skin avocado works wonders. Mash it and make it as a mushy as you can. Keep it for half an hour and wash it. It need to be once a week. Oil

Gets accumulated due to stress, excessive makeup, poor eating habits, sedentary lifeâ€™s tyle and poor hygiene. Wash face with warm water and a natural face wash. Warm water acts as a solvent on the excess oils and face wash helps to cleanse. Face washes of neem, strawberry and many others are available.

The inner beauty is what one has to regain. They should try to maintain constant weight. But to loose weight, one should eat right. Keep Weight Loss Reviews under control. Too much of weight loss lets the skin to sag. You lose the charm in you. One starts looking pale and feels tired very easily. Exercise should form an important part of our regimen. Obesity leads to lots of problems of knee and joints. The diseases of the knees are mainly arthritis and osteoporosis. Then one needs to take 1. A mud pack is used on the knees .It is applied for an hour and later washed away.

One should never under estimate the use of natural products. The benefits are many. No chemicals and no alcohol. They are more skin friendly. They are easily available and can also be easily made.

Article Source:
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a Beauty Products is one of the most demanded products in the market. As the people are getting more aware about the a Natural Beauty Products they are preferring those products which donâ€™t have any side effect.

Article Keywords:
beauty products, natural beauty products, weight loss reviews, knee pain relief, hemorrhoids home treatment, female hair loss, natural health products, organic skin care, How to stop smoking, natural health

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