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Mother Nature has made provision for some of the best and simplest remedies to take care of every possible ailment that one can think of. At the same time, whether or not you are having any trouble, simply taking care of your skin and experiencing that year round glow can be easily possible if you follow some of these tips.

Go through some of these home remedies for skin scare and see the immediate difference in a hydrated, younger looking and rejuvenated skin.

Milk and Honey

1. As healthy as it is to eat fruits, applying home-made face masks out of them and applying them on your skin can also do wonders. For example, skin care Vancouver experts recommend that you mash a banana into milk, apply on your skin and leave it for 20 minutes before you wash it off with cold water. Your skin is bound to look a lot fresher and hydrated than before.

2. Similarly, you can create a paste out of lemon juice, honey and a tablespoon of walnut powder, which acts as a scrub and will help clear out all the dirt and black heads from the pores of your skin for a clearer and healthier body and face.

Getting your Dose of Vitamins

3. Similar masks can be made out of turmeric powder and orange juice, which helps providing the necessary vitamins to your skin and also protect the skin from extreme weathers when it is too sunny or too cold.

4. Some other interesting tips are even simpler home care tips include rubbing a piece of papaya to your skin before a shower, or washing your face with water that is used to boil a cabbage.

5. A mixture of pineapple and carrot juice on your face for 15 minutes can also do wonders.

6. Powdered a relatively thick paste of Mango peels with milk powder is a highly recommended skin care remedy which is helpful when scrubbed over skin regions of the skin which are exposed to extreme sunlight or dry and cold weather.

Other Remedies include applying a mixture of rose water and vinegar in equal quantities; or making a paste of red sandal wood with water for the face. This can be done on a daily basis. Also, a paste of the same sandalwood with coconut milk is excellent to get a softer skin.

All these home remedies need to be employed for at least a period of one month for you to achieve a noticeable change. Also, while pursuing any kind of skin care remedy whether it is organic or not, you need to make sure you are completely aware of the allergies you possess and visit a doctor immediately in case of a rash. For example, fruits such as papaya emit heat and hence may not be suitable for all skin types.

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South Granville Laser and Skin Care Centre offers many levels of sophisticated aesthetic and technologically advanced treatments including a Skin Care Vancouver, laser hair removal, spider vein removal etc.

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