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Obsession with beauty is not something new in today's world. It is as ancient as time. Human culture has been in touch with beauty enhancing body rituals since ages. From Cleopatra's beauty rituals to the ancient Roman obsession of using oyster shell powder as a skin lightener to Egyptians' obsession of alloy adornments; beauty rituals are prevalent through generations across the world and differ from cultures to geographies. The disparate beauty obsession is carried forward from generations through our ancestors.

The ancient Egyptians are known for their sinful beauty, exotic perfumes, aromatic oils, weird styles and dramatic hairstyles. The aristocracy devoted much time in maintaining their appearance with a sole notion of pleasing the Gods of their time. The pursuit of external godliness was beyond personal adornments. Archaeological revelations of the excavated tombs and mummies depict that ancient Egyptians prepared their bodies more for the life after death than the existing period. The legendary Cleopatra's secrets of beauty for fair and impeccable complexion reveal that she took bath in milk and honey to cleanse her body as milk is a good moisturizer that softens the skin and regenerates fresh skin cells and honey acts as a bleaching agent. It was believed that donkey's milk served a great purpose in this beauty treatment and many famous beauties of ancient Egypt like Cleopatra, Nefertiti, and many others had herds of this breed to yield in their beauty rituals. New age beauty gurus have come up with numerous cosmetic products based on this formula.

In ancient days Roman women used a cream of refined animal fat and ground oyster shell to protect their skin and to keep their complexion fairer, and the Greeks used yogurt as a topical beauty treatment. Yogurt rich in lactose, proteins, vitamins, and minerals was applied on the skin to treat sunburn and protect moisturizing effect. Ancient Greeks and Romans had elaborate and vivacious hairstyles which they exhibited with vanity. Their elaborate hairdos determined and were usually appropriate to their age, socio-economic class and their marital status. They basked themselves with perfumes and ornaments to look beautiful. Their concern or coercion towards the metal adornments was based on the spiritual belief of an endowment bestowed to them by Gods.

Ancient Chinese women had their own interpretation of beauty and makeup techniques. The Royal queens and empress used a unique type of face powder made up of crushed pearls that were either consumed or applied topically to keep their skin younger looking and free from wrinkles. The amino acids, minerals, proteins, and calcium carbonate crystals of pearl powder worked miracles for aging skin. And the Empress Lu Zhi, who was famous for her beautiful skin used Tremella fuciformis, a type of mushroom known for its medicinal properties. Skin cream made of snow fungus distillate was used to exfoliate and rejuvenate the skin as it had extraordinary moisture retaining properties.

Time has nurtured our knowledge on beauty rituals. With the new-age cosmetics can decide and choose the right type of products as per our texture of the skin. There are many good local beauty tip shows aired on satellite channels and often I tout the best beauty tips and secrets from shows on my television connected to Dish TV. The present day beauty products that make you look younger and more beautiful are more or less an inspiration from the practices of the ancient royal natural remedies. If you go online and do some researches by turning over the pages of history for more details on ancient beauty techniques, you may ponder in your mind that you are in a society more focused on beauty than any other events in history and that we get naturally from our ancestors.

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Tina is a fashion enthusiast and likes to watch beauty enhancement shows from around the world on her television powered by a [Dish TV](#).

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