

Can Antioxidants Improve Skin Care?

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Cellulite: Causes and Treatments

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Choosing & Applying The Perfect Make-up Foundation

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Cosmetics- Are You Using Them Carefully?

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Cracked Skin – Fill In Those Gaps

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Dealing With Dandruff - Natural Treatments

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Dry Skin Care

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DIY Manicure

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Eight Beauty Kit Must Haves

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Exercise and Your Complexion

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Makeup Tutorial: a Step-by-Step Guide

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Facial Tips: Scrubs, Masks, and Exfoliators

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Fighting the Visible Signs of Aging

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Teeth Whitening

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- **Pressure Massage** - This is a method when slow, deep pressure is applied by the fingertips and is very effective for removing pouches beneath eyes.
- **Stroking Massage** - Cheeks are stroked with the tips of fingers and strokes are applied from the nose to the temples on both sides.
- **Pinching Massage** - Effective for a sagging chin or wrinkles on the jawline, the skin is held, as in pinchers, between the thumb and fingers and gently massaged.
- **Friction Massage** - This massage requires pressure on the skin while it is being moved over the underlying bone and muscle structures. Fingers or palms are usually best for this type of massage and hard movements are usually employed on the scalp while light movements are used on the face and neck.
- **Piano Playing Movements** - This exercise develops facial muscles and makes them firm. It should be done on the entire face, especially the cheek area, with your fingers, and the movements must be supple yet brisk.

## DIY Skin Products

### DIY Face Scrub

In a bowl combine 1/2 cup of Organic Brown Sugar and 1/4 cup of Organic Avocado Oil. Mix well until combined. Scoop out a Kiwi and muddle it down and then mix it in with the sugar and oil. Store the mixture in an air-tight glass jar and refridgerate for up to two weeks.

# 10 Steps To Clearer Skin

At some stage in all of our lives, we want clearer, fresher, younger-looking skin. Well, it can be achieved without spending a lot of money and it can happen naturally! What you must do is persevere and over the course of three weeks, your skin will begin to look fresher and clearer. Here's how;

1. Keeping your skin clean is your first priority! You must cleanse your face morning and night with a gentle, natural cleanser that not only rids the skin of dirt and grime but then treats it with an antibacterial ingredient like tea tree oil.
2. After cleansing the skin pat dry and then spray a fine toning mist over the face to cool and help close the pores while they are clean. Let this mist dry on the face.
3. When the toner has dried apply a very small amount of moisturizer over the entire face and neck. Look for a moisturizer that is made for problem skin types and contains antibacterial ingredients like tea tree oil and lavender essential oil. These ingredients are gentle but very effective at clearing the skin from blemishes and pimples.
4. Getting the right amount of restful sleep your body needs nightly will reflect in the state of your skin. Seven hours is generally adequate. Not enough sleep over a period of time will result in problems that are hard to cure such as loose skin under the eyes and dark circles.
5. The food you eat is of the utmost importance for healthy, clear skin! Make sure you are getting a good amount of fresh fruits and vegetables and limit your red meat intake to three or four times a week. Foods that are easily digested will help your system keep your skin nourished and promote fresh, new cell growth. Drink lots and lots of water too!