



Leon's Anti-aging Beauty Secrets

DIY Anti-aging Skin Care Recipes, Anti-aging Foods, Herbs, Supplements and Facial Yoga

30 DIY Beauty Recipes and Weight Loss Secrets Every Woman Should Know

By Lleon Rao

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“Every woman is beautiful and we only need to bring that beauty out”, this is what I believe in. We don’t need chemical laden miracle creams and potions and pills and surgery to get the Skin and Body that we want. Women have been using natural ingredients for thousands of years to beautify themselves so why fall for the chemical laden nasties when we can create our own Spa at home using the ingredients right from our kitchen?

I am going to quickly run you through the 30 Beauty, Health and Wellness Tips and Secrets. Your Body is precious so respect it.

Remember that everything that we put on our skin is absorbed by the bloodstream so why would you put something on your skin or hair that you can’t eat?

Let’s start with your Beautiful Eyes. Since I am going to cover only 30 Secrets I will make sure to include the best secrets and tips from Head to Toe.

Beauty Secret 1:

Beautiful Eyelashes even Supermodels will envy



Want thicker, darker and longer eyelashes? Its not that difficult. Like your skin your eyelashes also need moisturization and the number 1 reason it falls out because its dry and dehydrated. Same thing applies to your hair too, if you don't condition and moisturize your hair frequently what do you get? Dry, Brittle and Rough hair and a mess of Hairfall.

Try this recipe to moisturize your eyelashes everyday and see how they grow stronger, thicker and longer.

You will need:

Extra Virgin Coconut Oil 1 Tbsp.

Extra Virgin Olive Oil 1 Tbsp.

Cold Pressed Castor Oil 1 Tbsp.

Cold Pressed Evening Primrose Oil 1 Tbsp.

Vitamin E Gel Caplet 3(pierce and squeeze the gel into the bottle)

Put everything in a dark amber glass bottle with a dropper and shake it well. Use it before going to bed every night because it might make your vision a little blurry if it gets into your eyes, its temporary.

Beauty Secret 2:

No More Puffy Eyes



Tired of hiding your Puffy Eyes? You look like you have just woken up after sleeping like a log for 2 days? Don't worry, here's a solution.

Puffy eyes are the result of fluid retention and if you have noticed they usually get worse during PMS because we tend to retain more fluid than usual during PMS.

Before trying any recipe you gotta first ditch your Salt! I don't mean ditch it completely but try and cut down on salt if you are prone to Puffy Eyes, specially during PMS.

It might sound like a cliché but you must drink 6-8 glasses of water to flush out that uninvited fluid who's happily sitting on your eyes. Sleep with your head elevated so that the fluid doesn't go and accumulate near your eye area. Don't even think of trying out Preparation H as a quick fix because God knows what and all ingredients that thing has and you don't want those nasties anywhere near you let alone your precious eyes.

Here's the recipe to de-puff your eyes. It also works on Dark Circles so its a 2 in 1 Recipe

Steps:

- a. Boil some water if you were making a normal herbal tea and dip 2 Green Tea Bags. Let it brew for 30 minutes.
- b. Strain it and let it sit in the fridge for an hour or so.
- c. Place the tea bags on your eyes and relax for about 20 minutes.

Your puffiness would have gone by now. If you want a quick fix you can place two frozen spoons on your eyes.

Beauty Secret 3:

Lighten those Dark Circles as if they never existed



Dark Circles spoiling your beauty? Lack of sleep is number 1 reason why you get dark circles so make sure you get 8 hours of sleep every night even if it means spending a little less time on Facebook 😊 I know how much we all love being a Social Butterfly but not at the cost of our beautiful eyes.

Well, they are not so easy to get rid of and will take some time but you can definitely lighten them.

Try this remedy –

Take one potato and a small cube of cucumber, grate them and squeeze the juice out of them. Now mix Raw honey with the juice and apply it to the eye area. Rinse off after 30 minutes. Do it 3 times a week until the dark circles fade.

Bonus Tip: Try rubbing some Rosehip Seed Oil on the dark circles and see how they lighten dramatically.

Beauty Secret 4:
No More Crow's Feet



Crow's Feet can make you look 10-15 years older and its no fun. So why let those crow's feet spoil your Beauty? Try this recipe to say goodbye to crow's feet. Did you know Guava can help you get rid of crow's feet? Guavas have 5-10 times more Vitamin C than oranges.

Take 1/2 Ripe Guava and 2-3 small cubes of Ripe Papaya and blend them well in a blender. Apply it to the under eye area making sure it doesn't get into your eyes. Rinse off after 30 minutes. Now gently pat dry and apply Castor Oil on the crow's feet area. Use this mask 2-3 times a week

and Castor Oil can be used daily. Good time to do this is before going to bed.

Beauty Secret 5:
Gorgeous Complexion



Eating right is the biggest thing that you can do for your skin so make sure you eat healthy and avoid or minimize junk food .

5 Steps to a Glowing Skin

Cleansing: The best natural cleanser is raw honey, just dab some honey on your wet face, massage for a minute and rinse off.

Exfoliating: You can use mild exfoliators like almond meal, oatmeal mixed with honey and fruits like strawberry, blueberry, orange etc. Use berries and citrus if

you have oily, acne prone and combination skin. If you have dry skin use Papaya, Guava and Peach.

Toning: You can use cucumber juice as a toner. Grate some cucumber, squeeze the juice and apply it to your face, rinse off after 15-20 minutes. This is suitable for all types of skin.

Moisturizing: Follow up with your moisturizer. Plant based Oils are the best natural moisturizers.

Essential Oils for Mature, Dry and Dehydrated Skin: Frankincense, Geranium, Ylang Ylang, Patchouli, Spikenard and Vetiver, Sandalwood

Essential Oils for Oily, Acne Prone and Combination Skin: Juniper Berry, Cedarwood, Geranium and Sandalwood.

Carrier Oils for Mature, Dry and Dehydrated Skin: Avocado, Sweet Almond, Rosehip, Pomegranate, Jojoba

Carrier Oils for Acne Prone and Combination Skin: Grapeseed, Evening Primrose, Hazelnut, Watermelon Seed, Seabuckthorn.

Just add 15-20 drops Essential Oils per 1 oz (30ml) Carrier Oil.

Sunscreen : Follow up with your sunscreen.

Try this recipe to get a gorgeous complexion instantly.

Glowing Skin Facial Mask

You will need:

A Few cubes of Papaya
A Few cubes of Pineapple
1 tbsp. Oatmeal
Enough Honey to make a paste.

Blend them all together in a blender and apply the mask to your face. Rinse off after 30 minutes.

Beauty Secret 6:
Moisturizing Facial Mask



If you have dry and dull skin this mask will instantly moisturize your skin.

A small scoop of Avocado
Raw Honey
1 Tbsp. Almond Flour(Oatmeal if allergic to nuts)
1/2 Banana

Mash them all up together and apply it. Rinse off after 30 minutes. Its a wonderful skin treatment for Winter when your skin begs to be moisturized.

Beauty Secret 7:

Easiest Blackhead Remover



Blackheads and whiteheads make your face look dull so the best way to get rid of them is by gently exfoliating the affected area. This is one of the easiest and safest way of getting rid of blackheads and whiteheads.

You will need

2 cloves of Garlic (crushed)

1 Tbsp. Ground Oatmeal

1 drop Tea Tree Essential Oil (optional)

2-3 Drops Freshly Squeezed Lemon Juice

Enough Honey to make a paste

Mix everything together and apply it to the affected area, leave it on for 2 minutes and gently exfoliate for a minute. Rinse off.

Do this once a day for 3 days, if you have only a few blackheads it should clear up on day 1 itself.

Beauty Secret 8:
Sweet Lip Therapy



Dead skin on Lips are not cool. It will make you look dull and lipstick application becomes messy as it tends to look rough and patchy.

The best way to keep your precious lips is by exfoliating them once a week.

Take an old brush and gently exfoliate the dead skin on your lips.

After exfoliating with a brush try this recipe Gentle Exfoliator.

1 Tsp Brown or white sugar

1 tsp Honey

Crushed Rose petals (optional)

Mix them all together and apply. Let it sit for a minute or two and gently exfoliate. This recipe makes your lips soft, supple and velvety.

You can apply Virgin Coconut Oil in the night before going to bed to moisturize your lips.

Beauty Secret 9:

Show Off Your Pearly Whites



Tired of Toxins and Chemicals in those commercial Toothpastes? Want something natural, safe and effective?

Try this toothpaste recipe:

For a home made toothpaste you will need:

2 Tbsp. Baking Soda

1/2 Teaspoon Cinnamon Powder

1/3rd Teaspoon Fennel Powder

1/3rd Teaspoon of Clove Powder

1 tsp. Sea Salt (fine)

5-6 Drops Tea Tree Oil

1 tbsp. Virgin Coconut Oil

This toothpaste not only smells wonderful but is also free from all those harmful chemicals and fillers. You can add Stevia powder if you want it to be sweeter. Mix everything together and store it in an airtight container. If its too dry add some more coconut oil.

Herbal Mouthwash Recipe For Healthy Gums

Boil 2 Cups Water and put 1 Tbsp. Whole Cloves, 1 Tbsp. 1 Cinnamon Stick, 1 tbsp. Ground Cardamom. Let it boil for 15-20 minutes. Now add 5-6 Drops Tea Tree Essential Oil. Your Herbal Mouthwash is ready. You can store it for up to 1 week in the refrigerator.

Beauty Secret 10:

Firm, Healthy Breasts



Don't let sagging breasts make you feel low. You can use these recipes to get firmer breasts.

Bust Firming Oil Blend

3 oz (90ml) Grapeseed Oil

10 Drops Geranium Essential Oil

5 Drops Clary Sage Essential Oil

Mix them all together and store in a dark amber glass bottle. Massage your breasts with this blend. Do Not Use it if you are Pregnant or Nursing.

You can drink *Fenugreek Tea* if you want bigger, fuller breasts.

To make Fenugreek Tea just boil 1 Tbsp. Of Fenugreek seeds in 1 and a half cups of water for 15 minutes. Strain, add honey and drink.

To get firm and healthy breasts you can also use this *Papaya Almond* mask once in a while.

Grate 1 small cucumber, squeeze the juice and mix it with 1 Tbsp. Almond Meal and a few cubes of ripe Papaya. Mix them all well and apply it to your breasts. Rinse off after 20 minutes.

Beauty Secret 11:

Luxurious Body Wrap



Indulge yourself in this Yummy Body Wrap to get Silky Smooth Skin.

For this recipe you will need:

1/2 Cup Organic Cocoa Powder

1/2 Ripe Papaya

2-3 Strawberries

2 Tbsp. Raw Honey

Juice of 1 small Cucumber (grate a cucumber and squeeze the juice)

Plastic Cling Wrap

Put Everything in a blender and blend well. Apply this mixture to your entire body with the help of a paintbrush or you can ask someone to apply for you (Either with the help of a paintbrush or hands). Wrap your body with the cling wrap and rinse off after half an hour. This wrap smells heavenly and you will love how your skin feels.

[For More DIY Anti-aging Recipes Visit Leon's Anti-aging Beauty Secrets](#)

Beauty Secret 12:

Stretch Marks Oil



Pregnant Mamas try this recipe after your first Trimester to avoid stretch marks.

If you already have Stretch Marks please remember that Stretch marks are not so easy to fade and takes some amount of time so don't give up if you don't see any result immediately.

Stretch Marks Oil Blend

1 oz (30ml) Sweet Almond Oil

1/2 oz (15ml) Virgin Coconut Oil

6 Drops Mandarin Essential Oil

6 Drops Lavender Essential Oil

6 Drops Frankincense Essential Oil

Mix everything together and store in a dark amber glass bottle. Shake well before each use. This recipe is safe to use during pregnancy or nursing.

Make sure that you drink 6-8 glasses of water everyday because dehydration can also cause Stretch Marks.

Beauty Secret 13:

Banish Those Cellulites



Want to get rid of those Cottage Cheese? Try this recipe.

Pineapple Brown Sugar Cellulite Scrub

For this recipe you will need:

1/2 Cup Brown Sugar

1-2 Tbsp. Sea Salt

Essential Oils of Juniper Berry and Grapefruit 10 drops each.

8-10 1 inch cubes of Pineapple

1 Tbsp. Raw Honey

Mix everything together and blend them well in a blender. Apply liberally to the cellulite area. Exfoliate after 20 minutes. You can also add some freshly ground Coffee Powder to this recipe because Coffee is an excellent anti-cellulite ingredient.

Orange and Grapefruit Cellulite Oil

2 oz (60ml) Grapeseed Oil

Essential Oils of Orange, Grapefruit and Juniper Berry 5 drops each.

Mix them all together and store in a dark amber glass bottle. Use it as a massage oil.

Beauty Secret 14:

Red Wine and Rose Luxurious Bath Soak Recipe



Red wine has resveratrol that helps fight aging and this recipe not only helps your skin look Gorgeous but it also relaxes you.

For this recipe you will need:

2 Cups Red Wine

5-6 Drops Rose Essential Oil

Pour Red Wine and Rose Essential Oil into your running bath. Soak for 20-30 minutes. Use 2 Cups Fresh Rose Petals if you don't want to spend on Rose Oil (Rose Oil is expensive so make sure you buy it from a reputed seller).

Epsom Salt and Lavender Relaxing Bath Soak

Epsom Salt is rich in Magnesium and Magnesium is a calming mineral which helps you relax and calm down immediately. Take 1 Cup Epsom Salt and 10 Drops Lavender Essential Oil (or 1/2 Cup Dried Lavender, brewed and strained) and put it into your running bath. Soak for 20-30 minutes. This is an excellent bath soak for PMS Mood Swings and Insomnia. You can also add Ylang Ylang Essential Oil if you need some sleep badly.

Green Tea and Grapefruit Refreshing Bath Soak

Feeling tired and fatigued? Want something to freshen you up? Try this bath soak recipe

Brew some Green tea (5-6 tea bags) in 2 cups water and use this Tea and 10 Drops Grapefruit Essential Oil into your running bath. Soak for 20-30 minutes and you will feel as fresh as a Daisy.

Beauty Secret 15:

Pamper Your Feet



Your tired, achy feet need as much pampering as rest of your body. Pamper your feet with this Foot Soak Recipe.

Detoxing and Relaxing Foot Soak Recipe

You will need:

1/3rd Cup Epsom Salt

Juice of 1 Lemon

1 Tbsp. Baking Soda

6-7 Drops Lavender Essential Oil or 3 Tbsp. Dried Lavender

Keep a bowl of warm water and put everything into the bowl.

Now place your feet into the bowl and relax for 20 minutes.

Beauty Secret 16:

Beautiful Hands



Who wouldn't love a nice smelling all natural Lotion Bar during the harsh winter? Lotion Bars are pretty to give as Gifts and make an excellent moisturizer. Keep it near the sink so that every time you wash your hand you remember to grab some lotion bar to keep them from getting dry and rough.

For this Silky Lotion Bar You will need:

1 oz (30gms) Beeswax

1 oz (30ml) Virgin Coconut Oil

1 oz (30gms) Shea Butter

10-12 drops Lavender/Ylang Ylang or your favorite essential oil

2 vitamin E Gel Caplets

Melt the Butter, Wax and Oil using the Saucepan method. Remove from heat, add essential oil and Vitamin E Gel(you need to pierce the caplet and squeeze the content into the container).

Pour the content into any Muffin Mold, candy or Chocolate Mold or a Candle Mold. You can try using Christmas Tree and Holiday themed Molds.

Remove from the mold after a few hours, wrap it and decorate it.

Please feel free to increase the quantity if you are making them in bulk.

Beauty Secret 17:

Healthy Nails and Cuticles



If your nails are dry and brittle try this recipe. It will not only make your nails stronger but also will soften your cuticles.

Mix 1 tsp Sweet Almond Oil and 1 Tsp. Castor Oil. Rub it on the nails and cuticles before going to sleep.

Beauty Secret 18:

Solve all Your Skin Problems



Acne, Eczema, Rosacea, Psoriasis can all make your life difficult because its very difficult to find a product that works or at least doesn't make your condition worse.

These 5 Natural Ingredients are wonderful in dealing with all sorts of skin troubles. Suitable for Eczema, Rosacea, Psoriasis, Acne, Sensitive Skin, Dry Skin, Mature Skin, Combination Skin, Oily Skin and Sunburnt Skin.

Aloe Vera: Aloe Vera has antiseptic, antifungal and anti-bacterial properties and you can use Aloe Vera Gel to treat all kind of skin issues like sunburn, eczema, rosacea, psoriasis, acne, dry skin, patchy skin etc.

Extra Virgin Coconut Oil: Virgin coconut oil is a wonderful oil with Lauric acid , an acid which is found in Breastmilk. It can be used on all sorts of skin problems. Just make sure that you use Organic Extra Virgin Coconut Oil like Nutiva.

Neem: Neem is an Ayurvedic herb which has been used in Ayurveda for more than 5000 years to treat skin issues . You can either mix 8-10 drops of Neem Oil(Neem Oil has a very strong smell) with 1 Tbsp. Carrier Oil and massage the affected area or use 1 Tbsp. Neem Powder with some honey and use on the affected area.

Raw Honey: Raw Honey is an amazing Superfood. It has anti-fungal, anti-viral and anti-bacterial properties and is an ideal skin food. Use raw honey in all of your facial masks, hair masks, body masks and take it internally to reap its benefits.

Epsom Salt: Epsom Salt is rich in Magnesium and it helps to calm down redness and inflammation of the skin. Use it as a bath soak or use it in your facial masks to heal eczema, rosacea, psoriasis, acne and other skin issues.

Zit Zapper

Take a drop or two of Tea Tree Essential oil and apply it to your zits. It will shrink the acne overnight.

You can also make a paste of sandalwood powder, French Green Clay and Lemon Juice and apply to get rid of Zits quickly.

Beauty Secret 19:

Getting Rid Of Unwanted Hair



We all use different methods to remove unwanted body hair like shaving, waxing, epilators etc. Sugaring is another effective way to remove unwanted body hair, in fact this is the method that Persians used to follow to get rid of unwanted body hair.

Sugaring Hair Removal Recipe

You will need:

2 Cups Sugar or Honey

Juice of 2 Lemon or Lime

2 tbsp. Water

Mix everything together and heat the mixture for 20-25 minutes on a low flame until the mixture turns amber.

The mixture has to be thick and sticky. Pour the mixture into a glass jar when its still hot because once it cools it becomes hard.

You can take out a chunk, keep it in a bowl and place it in hot water before every use. Make sure its not very hot. Using a wooden spoon spread the mixture on your leg, hand or wherever you want to use it on. Place a small strip of fabric on it, press hard and pull it off quickly in the opposite direction of the hair growth.

If you are someone who prefers shaving to any other methods you might want to learn how to prevent razor bump.

Apply Aloe Vera gel mixed with raw honey and a little water immediately after shaving and rinse off after 10-15 minutes. Follow up with Extra Virgin Coconut Oil.

Beauty Secret 20:

Deep Conditioning Treatment For Dry and Brittle Hair



Hair is Women's one of the biggest Assets and every woman would love to flaunt her healthy tresses. Too much of chemicals and treatments can make your hair become dry, brittle and dull. So how do you revive your dull hair using natural ingredients?

Try this Avocado, Honey and Strawberry Hair Conditioner.

Take 1/2 Avocado for a shoulder length hair (full if your hair is long), 1 Tablespoon Raw Honey and 3 Strawberries. Blend them all in a blender along with some Virgin Olive Oil and apply liberally to your scalp and hair. Wear a shower cap and shampoo your hair off after 1 hour. You would be surprised to see how soft, shiny and lively your hair looks after just 1 treatment. Though it's a conditioner you need to use some shampoo to remove any oily residue.

Beauty Secret 21:

Hot Oil Treatment for Every Type of Hair (specially for the Dry and Dull Hair)



In India, women use a hot oil treatment at least once a week to keep their mane healthy and beautiful. You just need some

Virgin Coconut Oil, warm it up a bit and apply liberally to your scalp and hair. Keep it overnight, make sure you use an old pillow cover to avoid any stains. Shampoo your hair the next day. You can also add some essential oils. Use 5 drops each of Lavender, Rosemary and Rosewood Essential Oils to 1 oz (30ml) Virgin Coconut Oil to treat split ends and hairfall. They also help with new hair growth.

Beauty Secret 22:

Cinnamon and Honey Natural Hair Lightener



Did you know that Honey and Cinnamon can really brighten your highlights and lighten your hair?

For this Hair Lightening Recipe you will need:

2 Tablespoon Raw Honey (Manuka is better but any raw honey will do)

1 Tablespoon Cinnamon Powder

Juice of 3 Lemons

2 Tablespoon Extra Virgin Olive oil (it works as a moisturizer and doesn't let your hair dry because lemon tends to make your hair dry)

Mix all the ingredients together and apply it to your hair. If you hair is very long you will have to increase the amount of

ingredients accordingly. Rinse your hair with shampoo after 2 hours. If you don't want it to lighten too much 1 hour should be fine.

Want to darken your hair? Brew some Rosemary Tea and use it as a final rinse.

Rinsing with Beer gives your hair shine and volume.

Apple cider vinegar rinse makes your hair soft and Lemon hair rinse brightens your highlights and works on oily scalp and dandruff.

Beauty Secret 23:

Oil Cleansing Method for a Glowing Skin



Oil Cleansing Method commonly known as OCM is gaining popularity for its wonderful benefits for skin(all types of skin). Skin Care Industry has always advised people with oily skin to go for Oil Free Products but the fact is right type of Oil can do wonders for your skin, be it Dry skin, Mature Skin or Oily/Acne Prone Skin Oil is good for skin.

What Is Oil Cleansing Method And What Are The Benefits?

Oil Cleansing Method is based on a theory" Oil dissolves oil". This method helps dissolve oils and draw toxins and impurities from within the skin. People are scared of using oils on their face thinking that Oil causes acne, which is completely untrue. Acne is caused by Hormonal Imbalances, Improper Cleansing, Dirt, Dust and Bacteria. In fact, this method is very beneficial for Oily and Acne Prone Skin. But you have to be careful while selecting the Oils that suit your skin. It might take some time to get used to OCM because finding a right oil and right proportion needs a bit of experiment but it surely does work.

Your skin will Glow and become Soft and Smooth. Doing this regularly can give you Clear and Radiant Skin.

How Is It Done?

You will need-

Steamy Water

Oil Blend according to your skin type

Washcloth

Take some Oil(according to your skin type) on your palm and rub your hands so that the Oil warms up a bit and apply it on your face .Massage for about 5 minutes so that it dissolves blackheads and other impurities. Now dip the washcloth into the Steamy water because warm water opens up pores and let the impurities and toxins come out. Now place this cloth over your face(don't burn your face, make sure its not too hot) and let it sit until it cools. Gently wipe your face with this cloth and repeat the same process 2-3 times. Be very gentle to your skin, don't rub or scrub. Your skin will not feel oily because the steamy washcloth would have removed it, in fact your skin might feel a little dry. If it feels dry you can apply a bit of Jojoba Oil or Olive Oil(For Dry Skin). No need to rinse.

Which Oil Should You Use?

Select your oil according to your skin type and experiment with the proportion. Since my skin is Normal to Dry, I use Extra Virgin Olive Oil, Evening Primrose Oil and Castor Oil(80% Olive Oil or Evening Primrose Oil and 20% Castor Oil). OCM has helped me get Fresh and Dewy Skin.

Normal Skin- Extra Virgin Olive Oil and Jojoba Oil

Dry and Dehydrated Skin- Extra Virgin Coconut Oil and Extra Virgin Olive Oil or Castor Oil

Oily and Acne Prone Skin- Jojoba, Evening Primrose Oil, Grapeseed Oil and Watermelon Seed Oil.

Sensitive Skin- Apricot Kernel Oil, Jojoba Oil, Seabuckthorn Oil

Proportion really depends on each individual so try experimenting 50/50 and see if it works otherwise change it to 75/25 or 60/40, whatever suits your skin.

If you have Super Sensitive skin don't put hot washcloth over your face, make sure your skin can tolerate the heat otherwise your skin can become red.

Beauty Secret 24:

Oil Pulling Method For Overall Beauty and Health



So what is Oil Pulling? We are just done with Oil Cleansing and now Oil Pulling, you must be wondering what and all we are doing with the Oils but let me tell you this is one remedy that will not only give you a beautiful skin but also a great health. Oil Pulling is an age old Indian Ayurvedic Method of detoxing and before going into the recipe I would like to warn you that it might sound gross. Yes, but once you decide to do it you will get over it anyway and the results that you get are just amazing. Do not use Oil Pulling Method if you are Pregnant or Nursing or have Amalgam Fillings (Silver/Mercury Fillings as it tends to pull it off and its very risky as you can swallow it).

You will need 1 Tbsp. Organic Cold Pressed Sesame Oil and now don't collapse, you gotta take a tbsp. of oil as soon as you get up in the morning (yes, before brushing) in your mouth and swish it for about 15-20 minutes.

I know it sounds like the weirdest remedy ever but I can assure you that you will love the results and you wouldn't mind the looking like a clown swishing the oil every morning. Yes, you can't talk, is it even possible to talk when you have overpowering sesame oil inside your mouth? I would suggest you don't concentrate on what you are doing and instead check your emails and do other stuff while swishing.

After 20 minutes you gotta spit the oil out and you want the oil to be a thin, white foam when you spit out. Gross, I know.

Oil pulling removes toxins from your body through your mouth. First few things you will notice would be surprisingly invisible dark circles and puffy eyes in a matter of a few days, so no more puffy and panda eyes, Glowing skin, high energy, mentally more alert and less mood swings. Your digestive system and immunity will improve and you will feel better overall.

If you want you can stop using your beauty treatments for a week or so to test this method.

You can use Organic Cold Pressed Sunflower oil if you can't bear the smell of Sesame Oil.

Beauty Secret 25:

Beauty Foods and Supplements



You are what you eat. 80% of our skin health depends on what we eat and the rest 20% on what we use topically. So if you are

using expensive serums and treatments and still eating junk food you are not doing the right thing. Eat well and it will show up on your skin.

Try these *5 Foods and Supplements for a Healthy Skin*

Vitamin C:

Vitamin C rich foods are excellent for your skin. Try and eat lots of Berries, Citrus Fruits like Orange, Grapefruit and Lemon, Red Pepper, Guava, Papaya, Pineapple etc. Take Vitamin C supplement if you are not getting enough from your diet. It will also boost your immunity.

Omega 3 Essential Fatty Acids

Omega 3 Essential Fatty Acids can really do wonders for your skin, hair and nails. You can either take Fish Oil Supplement or Algae Based Supplement. Food sources of Omega 3 are Fish (specially Wild Salmon, Trout, Herring, and Sardines), Flax Seeds, Walnuts, Cloves, Mustard seeds, Chia Seeds and Omega 3 Eggs.

Biotin

Biotin is also known as a Beauty Vitamin. Biotin is one of the 8 B Vitamins also known as Vitamin H. This Vitamin can do amazing things for your Skin, Hair and Nails. Postpartum Mamas will find it even more useful to deal with postnatal hair loss. 1000mcg (its mcg and mg) a day is more than enough, don't take higher dosage as too much.

Food sources of Biotin are Eggs, Salmon, Mushroom, Swiss Chard, Carrots, Almonds, Walnuts, Goat Milk, Cauliflower, Berries, Legumes and Meat.

Heliocare

We all know how important it is to use sunscreen 365 days a year to protect our skin from harsh UV Rays. Heliocare is a fern extract based supplement which protects your skin from harsh UV Rays. UV Rays can cause a massive damage to your skin so investing in this supplement is a wise idea.

Extra Virgin Coconut Oil

Taking 1 tbsp. of Extra Virgin Coconut Oil daily can make a huge difference in the way your skin and hair look. It will also boost your immunity and improve overall health. It balances Thyroid, reduces Bad Cholesterol and helps you Lose Weight.

Beauty Secret 26:

Yoga For the Natural Beauty In You



Exercise is crucial for your health and your skin, and a lack of exercise can really affect your complexion. While facial exercises get a lot of attention for improving the flow of blood through the vessels in your face, full body stretches such as the downward facing dog can do wonders.

The inverted position allows blood to move freely to and from your face and underneath your eyes, while the constant focus on breathing and posture can singlehandedly invigorate your entire body. The pose allows your body to stretch while forcing you to focus on your own needs and taking advantage of the relaxing break for your everyday routine. Downward facing dog yoga pose allows you to feel more relaxed and better about yourself, while simultaneously making your skin look better as well.

The even better news is that not only does this easy yoga pose reduce the appearance of dark circles, but it can also bring you an overall radiant complexion. And its effects can take hold quickly and last for as long as you stick dedicated to your poses.

Downward Facing Dog Steps

To engage within the downward dog yoga pose you can easily follow along with these simple steps:

Step 1- Lower yourself onto the floor so that you are positioned on your hands and knees. Position your knees below your hips and settle your hands onto the floor just slightly ahead of your shoulders. Spread your fingers open and turn your toes underneath.

Step 2- Breath in and lift your knees upwards away from the floor. Keep them slightly bent at first and allow the heels to lift away from the floor. Lengthen your body and press your tailbone lightly and slowly towards your pelvis. While resisting, lift your tail end towards the sky and use your ankles to lift your legs up and stretch them into your groin.

Step 3- Once again breathe out slowly and push your thighs back and stretch and straighten your heels onto the floor. Straighten out your knees without locking them and keep your outer thighs firm. Narrow your pelvis and roll your upper things inwards just a little bit.

Step 4- Tighten your upper arms and push your fingers into the floor. From this pose lift along the inner side of your arms and keep your shoulder blades straight across your back. Then widen the shoulder blades and pull them towards the tailbone while keeping your head in position between your upper arms.

Step 5-Enjoy the relaxation and stretch that the pose offers, and the rewards will come on their own. Remain in the position from anywhere between 2 and 5 minutes then slowly bend your knees onto the floor while exhaling and rest in a comfortable position.

Stop worrying about dark circles under your eyes and get a radiant complexion with a little more exercise, starting with the downward facing dog yoga pose.

Note: Do Not Try Downward Facing Dog -

If you are Pregnant

If you have carpel tunnel syndrome

If you are suffering from a recent or chronic injury to the back, hips, arms or shoulders.

Weight Loss Secret 27:

Losing Weight Effectively (without starving yourself)



Not able to shed those extra pounds? Have tried all the so called miracle pills and potions and frustrated? Your weight loss remedies are right in your kitchen. You don't have to starve yourself to lose weight.

5 Weight Loss Foods

Extra Virgin Coconut Oil

Extra Virgin Coconut Oil lowers LDL (Bad cholesterol) thereby helping you shed some extra pounds. Take 1 Tbsp. Coconut Oil everyday. If you can, include Coconut Milk, Coconut Water and Fresh Coconut in your Diet for better results.

Garlic

Raw Garlic can prevent heart diseases, diabetes, boost immunity and it also helps in weight loss. Its Allicin in Garlic that provides all the benefits and Allicin becomes inactive when you cook it.

Take 2-3 cloves of Raw Garlic (more if you can) everyday to lose weight.

Oatmeal

Oatmeal is the kind of breakfast you can have how much you want and still lose weight. This low calorie high fibre food also

lowers LDL. You can add honey instead of sugar sprinkle some cinnamon to enhance the taste.

Apple Cider Vinegar

This is an age old remedy for weight loss. All you have to do is take 1 tbsp. Apple Cider Vinegar mixed in a Cup of Water and drink it everyday.

Papaya

Papaya is rich in fibre and an enzyme called Papain which helps in digestion. Papain also weight naturally. Have a Bowl of Papaya everyday to reap its benefits. It is also good for your skin.

Wellness Secret 28:

Managing PMS Smartly



PMS can make you go nuts so every woman needs to know how to manage her PMS smartly without going insane or driving others insane.

First of all take a few deep breaths because deep breathing is the first thing that works instantly to calm you down. PMS tends to get worse with age and I would say for some it would get worse after childbirth so you need all the tips and tricks up your sleeve to cope with PMS.

Every time you feel irritated and weepy take a few deep breaths.

Foods and Supplements for PMS

Eat healthy, PMS will make your food cravings worse but don't give in. Avoid those Fries, Chocolates and Sugary and Salty Food as they tend to make the problem worse. Eat lots of fruits and veggies. As I mentioned earlier you are what you eat, it applies to PMS too. The healthier you eat the better you feel.

Have Foods rich in Calcium and Magnesium

Try this Smoothie to soothe your mind and body.

Saving The Sanity Smoothie for PMS

1 Cup Milk (Goat's Milk or Cow's Milk if you can tolerate).

1/2 Avocado

1/2 Cup Almond and Pistachio

2 Tbsp. Flax Seed, Sunflower Seed and Pumpkin Seed

1 Tbsp. Extra Virgin Coconut Oil

1 Banana

1 Tbsp. Raw Honey

A pinch of Cardamom Powder

Crushed Ice

Mix everything together in a blender and your PMS Smoothie is ready. This Smoothie is rich in Calcium, Magnesium and Vitamin B6 all of which are absolutely important during PMS. Calcium and Magnesium also help with PMS Cramps and aches.

Evening Primrose Oil is another supplement you might benefit from. It will reduce breast tenderness. Chamomile and Lavender Tea can reduce your irritability and aches. Have a big Bowl of Oatmeal with Honey and Cinnamon, it will help you distress because of the B Vitamins.

Homeopathic remedy Ipecac 30c can help with Nausea and Headache associated with PMS, Pulsatilla 30c and Sepia 30c for weepiness and Hypersensitivity, Mag Phos 30c for Cramps and Insomnia and Chamomilla 30c for Digestion and Irritability.

Health Secret 29:

Boosting Your Immunity



Good Health is the foundation of Beauty. If you are not well it shows up on your face. When you are healthy and happy your face glows and your hair looks better. So having a good health is very important if you want to look beautiful.

7 Natural Ways To Boost Your Immunity

Vitamin D

Vitamin D is known as the sunshine Vitamin because our body can make enough Vitamin D by just being exposed to the sunlight for 15-20 minutes a day (without sunscreen). Lack of Vitamin D results in a poor immune system and it's no wonder that Winter is the Flu season because people hardly get to see any sunlight. Vitamin D Drops can increase your Vitamin D levels and boost your immunity. Carlson's D Drops are one of the best Vitamin D Drops on the market and our family uses the same. You can take 2000IU during the Flu season and 1000IU as an immune enhancer during the rest of the year. Get sunlight whenever you can because that's the best way to get Vitamin D and use supplements only if you aren't able to get any sunlight. High level of Vitamin D also reduces PMS.

Vitamin C

Vitamin C is rich in antioxidants and help your body fight free radicals. Its a wonderful immune boosting vitamin and you should get plenty of Vitamin C everyday from foods. Vitamin C rich foods are Orange, Kiwi, Strawberry, Cayenne Pepper, Guava, Bell Pepper, Broccoli, Lemon, Papaya, Watermelon, Indian Gooseberry and Tomato. If you are not getting enough Vitamin C from your food, its better to go for an additional supplement specially during the Flu season. Rosehip based Vitamin C supplement is a better bet. You can also try herbs like Thyme, Cilantro, Rosemary and Parsley.

Zinc

Up your zinc intake to boost your immunity and avoid the Flu. Zinc is a mineral that helps prevent upper respiratory tract infections and plays a vital role in combating the Flu. Take zinc supplement (I prefer capsules over lozenges because like lozenges because they are full of sugar) as soon you feel fluish to prevent or shorten the duration of the flu. Have foods rich in Zinc like Sesame (lots of tahini on your toast), Oysters, Pumpkin Seeds, Low fat Meat, Dried Watermelon Seeds, Beans, Spinach, Asparagus, Pecans and Cashews.

Raw Garlic

If you are a garlic lover chances are that you are the last person to catch the flu in your family/circle specially if you eat raw garlic everyday. Raw Garlic is nature's potent antibiotic and is wonderful in boosting your immunity. I love Raw Garlic and I use it liberally in salads, soups and just pop them when I feel Fluish and it works like magic every single time. Sometimes if I forget to take raw garlic during the flu season and if I can't catch up with the initial popping of raw garlic it still works to lessen the severity and duration of flu and helps me recover quickly without making me feel drained and down. Have tons of

raw garlic(as much as you can handle) as soon as you feel that you are gonna be coming down with the Flu and if possible make it a habit of eating raw garlic everyday to avoid the Flu. Garlicky breath is better than the Flu :)

Manuka Honey

This is one thing I can't live without! I use it on my face, hair and internally to boost immunity and I call this a miracle product of nature which has so much to offer in terms of health and beauty benefits. Make sure you go for UMF 15+ (UMF 20+ is even better) and up if you are using this as immune enhancer. You can take 1 tablespoon everyday during the Flu season and use it as a sweetener in your Tea, Smoothie, Toast, Dessert etc. Its very thick and tastes yummy, there couldn't be a sweeter treatment than Manuka honey for the Flu.

Essential Oils

Anti-bacterial and anti-viral essential oils like Tea Tree, Lemon and Eucalyptus can do wonders for you. Burn some essential oils (5-6 drops) in an oil burner or use it as a room spray. To make a room spray all you need to do is fill a spray bottle with water and put 20-30 drops essential oils (you can use either one of them or mix all 3) and shake well. Spray whenever required. Make sure lemon essential oil doesn't touch your skin because it can cause allergic reactions.

Apple Cider Vinegar

There are so many uses of Apple Cider Vinegar and Flu is one of them. You can mix 1 teaspoon Raw honey 1/2 a teaspoon Cayenne Pepper and 1 Tablespoon Organic Unfiltered ACV .

Wellness Secret 30:

Uplifting Aromatherapy



There are times when we feel so stressed out that we don't see any way out. Times like these might make us less optimistic and even depressed. So how to maintain your sanity during such times and stay positive?

Aromatherapy can help you during such time. You need your own sanctuary and some quiet time for yourself so that you can revive yourself and come out feeling happy and optimistic.

Rose Oil Massage

Rose Essential oil is very uplifting and it instantly makes you feel better. Add 5-6 drops of Rose Essential oil to 1 Tbsp. Carrier Oil and massage yourself. This recipe is also wonderful in reducing PMS and the risk of Postnatal Depression.

Geranium and Ylang Ylang Soy Candle

You will need:

1 Pound (450gms) Soy Wax

1/2 oz (15ml) Geranium Essential Oil

1/2 oz(15ml) Ylang Ylang Essential Oil

Tart Mold (you can use Muffin, Chocolate or Candy Mold if you don't have a Candle Mold)

Steel Jug or pyrex Glass to melt the Wax

Pour 2 Glasses of Water in a Saucepan. Take 1 pound Soy Wax and put it into the wax melting jug. Place this Jug inside the saucepan and let the wax melt in a very low heat. DO NOT leave the wax unattended and do not let the water boil. If you have a Candle making or Chocolate/ Candy Making Thermometer dip it into the wax pot to check the temperature. I use Ecosoya Pillar Blend Wax and its melting point is 130° F. Check with your wax supplier for the melting point of the wax.

Once it reaches its melting point turn off the heat. Add your Essential Oils.

Stir it with a wooden stick and pour it into the mold. Let it sit for a few hours and umold it. Your Aromatherapy Soy Tarts are ready. You can burn it using any tart burner.

Don't use Dyes or Fragrance Oils because they are not safe.

You can also burn Rose, Geranium, Ylang Ylang, Neroli, Petitgrain and Orange Essential Oils in an oil burner to de-stress yourself.

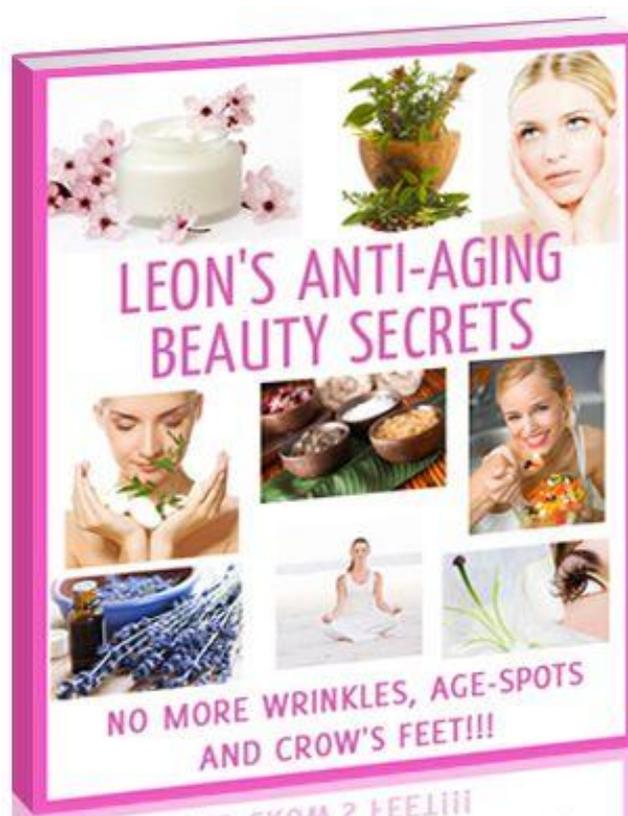
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