

Remedies 4

homemade beauty



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Remedies 4... homemade beauty

Companion Remedies for Homemade Beauty

[ClearSkin-A Gel](#) - Promotes healthy clear skin and encourages a smooth and trouble free complexion.

[The Natural Science of Skin and Skin Care](#) - Learn about the science behind beautiful, glowing skin

[Mediac](#) - Homeopathic remedy temporarily treats symptoms of acne vulgaris including [blackheads](#) on the face and body

[RosaRex](#) - Homeopathic remedy temporarily reduces facial redness, flushing and bumpy texture

[Invigorate Skin Tonic](#) - Promotes healthy functioning of the

epidermis and tissues to nourish and support firm, supple skin

[Halitonic](#) - Promotes mouth freshness, as well as systemic cleansing and purifying.

[ReGrow Plus](#) - Promotes circulation, hormonal and thyroid functioning for healthy hair and nail growth.

[Total Balance Women's Plus](#) - Essential nutrients needed to help prevent degeneration and premature aging.

[Skin Dr.](#) - Helps maintain lymphatic functioning, promoting blemish-free healthy skin.

[EcoSlim](#) - Promotes healthy metabolism, liver, thyroid and digestive functioning

[Nail-RX](#) - Effectively treats and resolves nail fungal infections naturally

pH Balancers



[Elderberry Syrup](#)

Created for Planetary Herbs by licensed acupuncturist and clinical herbal



[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da

Use this cleansing, restoring rinse after your regular cleansing or after any or all of the skin treatments on this page. Apply with clean sterile cotton balls or gauze or simply splash on, being careful to avoid your eyes:

Basic Balancer

- 3 cups distilled water
- 1/3 cups apple cider vinegar
- Combine water and vinegar. Pour into a clean decorative decanter and store in the bathroom.

Various [Essential Oils](#) or herb infusions (in place of the plain distilled water) may be added to the basic balancer for fragrance and/or therapeutic value:

For oily skin add one of the following oils or infusions:

- [Calendula](#) (marigold)
- [Geranium](#)
- [Horsetail](#) herb
- [Sage](#)
- [Yarrow](#)

For dry, sensitive skin add one of the following oils or infusions:

- [Borage](#)
- [Cornflower](#)
- [Houseleek](#)
- [Lady's Mantle](#)
- [Marshmallow](#) (roots and leaves)
- [Parsley](#)
- [Sorrel](#)
- [Sweet Violet](#) (flowers and leaves)

[Acne](#)

1) Make a face pack of bran plus baking soda and water. Mix into a paste, apply to the face, leaving on for 15 minutes. Rinse with solution of 1 part apple cider vinegar and 8 parts water.

2) [Parsley](#) : Use an infusion of fresh [Parsley](#) to wash the skin

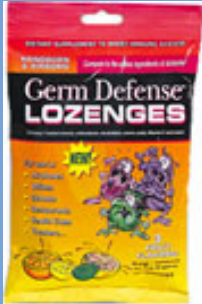
3) Mint: [Peppermint](#) is an excellent antiseptic wash for [Acne](#).

4) Garlic: Peel and mash eight [Cloves](#) of fresh [Garlic](#). Apply to face



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



Great Health Sites

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[Naturally Beautiful Me](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

avoiding the area around the eyes. Leave on for about 15 minutes. Wash off with a warm cloth. Finish with a rinse of the vinegar pH balancer.

5) Wine: Breakouts can be controlled by applying wine with a cotton ball, white wine for fair skin, red wine for darker complexions.

6) After washing skin rinse with any of the following herb infusions:

- [Chamomile](#) which is purifying
- [Yarrow](#) to eliminate toxins
- [Catnip](#) which is an antiseptic
- [Lavender](#) which is antiseptic
- [Thyme](#) which is a strong germ killer

7) Dilute some [Lemon](#) juice with water, dab pimple with solution to kill germs, cool inflammation and improve blood [Circulation](#).

8) Purchase or make your own [Calendula](#) (marigold) ointment. Apply to reduce inflammation and speed healing. Or make an infusion and apply as a compress to the skin.

9) Lady's Mantle [Acne](#) Remedy

An infusion of lady's mantle herb is an excellent soothing and healing face rinse.

Antiseptics

1) [Tea Tree](#) oil is a powerful antiseptic. Use it for [Acne](#), either diluted or full strength.

2) [Burdock](#) leaves in a poultice are excellent for boils and swellings, and as a wash for [Acne](#).

3) [Thyme](#) is a powerful antiseptic making it an excellent wash for pimples

4) [Garlic](#) has well known antibiotic properties making it an excellent treatment for pimples and [Acne](#). Apply peeled, mashed [Garlic Cloves](#) to pimples and other skin blemishes.

Astringents/Tighteners/Toners

1) Cucumber is cooling, gentle astringent, use the juice or mashed pulp.

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2) Eggwhite Toner

Clean face thoroughly using any natural cleanser. Apply raw eggwhites to the skin and leave on for at least 15 minutes. Wash off with tepid water.

3) [Elderflowers](#), [Lavender](#), [Orange](#) flower water and rosewater are all classic toners for all skin types. Make a strong infusion of any of the above, refrigerate and use within 3 days.

4) Lecithin Toner

Dissolve lecithin granules in [Jojoba](#) or [Almond](#) oil. Apply to face and throat as a day or night cream.

5) [Lemon](#) is a strong astringent, dilute with water before using, being careful to keep away from eyes.

6) [Lemon](#) Toner

- 1/2 cup [Lemon](#) juice
- 1 cup distilled water
- 2/3 cup [Witch Hazel](#)

Combine all ingredients. Pour into a clean bottle or decorative cosmetics container. Shake well before using. Apply with a clean cotton ball.

7) [Pine](#) Toner

- 2 cups fresh [Pine](#) needles
- 1 cup distilled water
- 1/2 cup [Witch Hazel](#)

Place [Pine](#) needles in small saucepan with distilled water. Bring water to boil. Allow water to cool completely then strain and discard [Pine](#) needles. Add [Witch Hazel](#) and stir well. Pour into a clean bottle or decorative capped container. Apply to skin with a cotton ball. Store in a cool dark place.

8) Protein Toner

Beat together 1 Tbsp milk, 1 tsp honey and 1 egg. Apply to face and neck. Leave on as long as desired. Rinse off with warm water followed by a splash of cold.

9) Queen of Hungary Water



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This water can be used as an astringent, aftershave, deodorant, hair and skin tonic and even as an inhaled headache remedy:

- 1 part roses
- 1 part [Lavender](#)
- 1 part [Rosemary](#)
- 1 part [Sage](#)
- 1 part [Orange](#) peel
- 1 part [Lemon](#) peel
- 2 parts [Mint](#)

To 2 ounces apple cider vinegar, add 2 ounces of the above herbal formula. Put in an air-tight glass jar, let steep for about 2 weeks. Strain and add 1 1/2 cups pure distilled rosewater. Pour into a decorative, air tight decanter and use daily.

10) [Rose Water](#) & Glycerine Astringent

- 1/2 pint [Olive Oil](#)
- 1 ounce [Rose Water](#)
- a few drops of [Glycerin](#)
- 1 ounce vodka

11) [Sage](#) Astringent

- 4 Tbsp dried [Sage](#)
- 4 Tbsp vodka
- 1/4 tsp [Borax](#)
- 3 Tbsp [Witch Hazel](#)
- 10 drops [Glycerin](#) or honey

Steep the [Sage](#) in vodka for 2 weeks then strain. Dissolve [Borax](#) in [Witch Hazel](#), stir in the saged vodka and [Glycerin](#). Pour into bottle with a tight cap. Shake before each use.

12) Strawberry: Mash strawberries, use as an astringent and cleansing face mask.

13) Violet: Simmer [Violet](#) flowers in a little milk to make a softening and mildly astringent face lotion.


14) Witch Hazel: Use an extract of [Witch Hazel](#) as an astringent, a skin freshener and to soothe skin irritations.

15) Lemony [Lavender](#) Toner

- ✓ Anti-aging
- ✓ Scientifically Formulated
- ✓ ALL NATURAL no side effects


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- 3 drops [Lemon](#) oil
- 3 drops [Lavender](#) oil
- 3 teaspoons of distilled water

Use a soft cotton ball to massage mixture into the skin after cleansing. Follow with a [Moisturizer](#) if desired

[Blackheads](#) & Blemishes

- 1) Heat honey slightly and apply to face, tap face gently with your fingers. Wash honey off with warm water then rinse with cool water. A bit of wheat germ may be added to the honey before applying.
- 2) To loosen and cleanse [blackheads](#), make a paste of oatmeal, honey and an eggwhite. Apply to the skin, massage for 10 minutes then rinse with tepid water.
- 3) For [blackheads](#), make a paste of oatmeal and water.
- 4) For [blackheads](#), make a paste of [Almond](#) meal and water.
- 5) Blotchy skin: Make a mixture of 1 part apple cider vinegar and 8 parts water. Store in a decorative bottle in the bathroom. Rinse face 1-2 times a day with the solution.
- 6) For [blackheads](#), rub with a slice of tomato

Brown Spots and Freckles

- 1) Apply odorless [Castor Oil](#) or [Vitamin E](#) nightly.
- 2) Apply [Lemon](#) juice as a bleach to the spots
- 3) An old folk remedy for freckles: Dissolve some suger in the juice of one [Lemon](#). Apply mixture to each freckle with a camels hair brush!!!!

Dry Skin

- 1) Make a puree of 1 banana and 1 papaya, peach or avacado. Apply to skin. Leave on for at least 20 minutes then rinse with warm water, followed by a [Moisturizer](#) of natural margarine or natural vegetable oil.
- 2) Apply natural mayonnaise, either homemade or from natural foods store. Massage into skin, leave on for 15-20 minutes, rinse thoroughly with warm water.

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Face Lift

Combine a handful of strawberries, a handful of grapes, 1/2 pear, 1/2 apple and 1 oz. [Orange](#) juice in a blender. Apply a thin layer of honey to face, then apply fruit mixture to face. Leave on for 30 minutes. Rinse with warm water. Finish with a rinse of the vinegar pH balancer.

Large Pores:

- 1) Mix [Almond](#) meal with enough water to make a paste. Apply to pores for 20 minutes. Rinse with warm water, then apply with hazel or a solution of apple cider vinegar and water.
- 2) Mix table salt and buttermilk into a paste, apply on enlarged pores and massage well. Rinse with warm water.

Lines and Wrinkles:

- 1) Apply the leftover eggwhites in the bottom of the shell to the lines under your eyes
- 2) Apply odorless [Castor Oil](#) to the crepe-like skin under the eyes or on the throat.
- 3) Prick 3 capsules of [Vitamin E](#) and drain into small bowl. Add 2 tsp plain yogurt, 1/2 tsp honey and 1/2 tsp. [Lemon](#) juice. Apply to face with cotton ball. Leave on skin for about 10 minutes. Rinse.

Makeup Removers

- 1) Apply milk or plain yogurt to face with a cotton ball, then rinse.
- 2) Eye Makeup Remover
 - 1 Tbsp [Castor Oil](#)
 - 1 Tbsp light [Olive Oil](#)
 - 2 tsp Canola oil

Blend all ingredients together. Apply with tissue or cottonball to remove makeup on and around the eyes.

[Moisturizers](#), Creams and Lubricants

- 1) Peaches & Cream Moisturizing Lotion

Peel and mash one very ripe peach. Strain through a sieve to extract all the juice. Mix peach juice with an equal quantity of fresh cream. Keep refrigerated.

2) High Protein [Moisturizer](#)

Beat 1 egg yolk into 1 cup whole milk. Apply to face with fingertips. Bottle and store remainder in refrigerator.

3) Apply any of the following vegetable, seed or nut oils to the skin

- Virgin [Olive Oil](#)
- [Sesame](#) oil
- Peanut oil
- [Avocado](#) oil

4) Use 2 parts [Rose Water](#) and 1 part [Glycerin](#) to make a lotion. Apply nightly and work into skin.

5) Buy a pound of natural margarine from the health food store, NOT the supermarket. Store in refrigerator. Apply enough to cover smooth skin. It will absorb into the skin and surprisingly, does not leave a greasy residue.

Oily Skin

1) Make a puree of fresh tomatoes, apply to the skin

2) Beat together 1 egg white, 1 tsp spirits of [Camphor](#), 1 heaping Tbsp skim milk powder and a scant drop of [Essential Oil](#) of [Mint](#). First apply a thin film of odorless [Castor Oil](#) to the skin, then apply a thick layer of the egg white mask. Lie back for about 15 minutes. Wash off with warm water, then rinse with an apple cider vinegar and water solution or [Witch Hazel](#).