

Hello Glow 150 Easy Natural Beauty Recipes For A Fresh New You By Stephanie Gerber

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"Über den Autor und weitere Mitwirkende Stephanie Gerber is a Nashville-based natural living blogger and founder of helloglow.co/. She?s a writer who, after the kids go to bed, likes to raid the fridge?for facemask ingredients. Leseprobe. Abdruck erfolgt mit freundlicher Genehmigung der Rechteinhaber. Alle Rechte vorbehalten. Simple At-Home Facial MAKE THE MASK JUST FOR YOU DRY SKIN Mash and add ½ avocado and add 1 tablespoon olive oil. ACNE-PRONE Smash ½ banana until smooth and add 1 teaspoon turmeric. DULL SKIN Add 1 tablespoon each fresh lemon juice and honey.

MATERIALS 1 tablespoon baking soda Milk or water ½ cup (140 g) organic, full-fat, plain Greek yogurt 1 to 2 teaspoons coconut oil TOOLS Measuring cups and spoons Washcloth RECOMMENDED FOR All skin types FREQUENCY OF USE Weekly 1 / Prep Remove all makeup, and make sure your hands are clean. Use a headband to pull back your hair. 2 / Exfoliate Baking soda is wonderful for exfoliation?the texture is just right for a gentle scrub. Add a small amount of milk or water to the baking soda to make a paste. Then, using your fingers, massage it into your skin with small, circular motions. Start with your jaw and move upward, working the scrub into blackhead-prone areas like the chin, forehead, and nose. (Always avoid the eye area.) Rinse with warm water, and there you have it? a super-inexpensive at-home dermabrasion! 3 / Steam A hot washcloth is the perfect way to give yourself a quick steam. Estheticians know this step is the key to opening pores, increasing circulation, and prepping skin so that masks and moisturizers can easily penetrate the pores and do their thing. For this steam, simply wet a washcloth under hot water (but not too hot?don?t burn yourself!), wring

out excess water, and apply it to your face until the washcloth cools. Do this step two or three times.⁴ / Apply a Mask It may sound simple (just one ingredient?!), but you can't go wrong with a full-fat organic Greek-yogurt facial mask once a week. (Just make sure the yogurt has no added sugar, which can accelerate aging.) Let the yogurt's lactic acid, probiotics, and fatty acids exfoliate dead skin cells, soften fine lines, and lighten age spots. Liberally apply the mask to your face and neck with clean fingers, avoiding the eye area as always. Leave the mask on for between 15 and 20 minutes, then remove gently with warm water and a washcloth.⁵ / Moisturize Don't be scared of putting oil on your skin! Gently massage a small amount of coconut oil (jojoba oil would also work) over your face and neck. It's a great way to end the facial—and the smell makes you feel like you're on vacation."

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