Get Naturally Gorgeous Skin with These 4 Home Remedies

A peaches-and-cream complexion with a picture-perfect, porcelain skin – isn't that every woman's dream? Irrespective of the profession you're in, or the age bracket you fall under, it is important to have flawless skin. It goes a long way in enhancing your beauty and adding to your charisma.

Today, both men and women lead extremely hectic and stressful lives. Lack of sleep, inadequate nutrition, exposure to pollution, alcohol use, and smoking contribute to unhealthy skin. Sure, there are a lot of skin-care products that are readily available, but most of them are loaded with chemicals. They may help you get clear skin now, but may not be good for you in the long-term.

What you need is something natural, something that will give you the desired results without any of the short-term or long-term side-effects.

Here are a few home remedies for naturally gorgeous and clear skin, using ingredients right out of your pantry.

1. Honey and Cinnamon Face Mask

This is a great face mask that can be concocted using just two ingredients. The mask is effective in fighting acne as both honey and cinnamon have anti-microbial properties. Here's how you make it:

You will need

1. 2 tablespoon honey
2. 1 teaspoon cinnamon

Usage

- Rinse your face and pat dry it.
- Mix the honey and the cinnamon together until they have formed a smooth paste.
- Apply this paste to your face and leave it on for around 10-15 minutes.
- Rinse your face completely and pat dry.

2. Apple Cider Vinegar Toner

Another anti-acne remedy that can kill off the troublemaking bacteria, it is great to be used as an astringent which can dry up all the excess oil on your skin. Further, it is alkaline in nature and balances the pH level of your skin, which makes it harder for bacteria to thrive on it. Here’s how you use it:

You will need

1. Unfiltered apple cider vinegar
2. Fresh water

Usage

- Wash your face and pat dry.
- Take 1 part vinegar and dilute it with 3 parts water to make a solution.
- Using a cotton ball, apply this solution directly to your acne/blemishes.
- Leave it on for around 10 minutes. Wash your face and pat dry.
- Reapply this solution several times during the day, washing your face thoroughly after each application.
- Make it a point to use a good moisturizer afterwards, if you feel your skin becoming drier than usual. You may want to consider using coconut oil for moisturizing due

to its antimicrobial, antifungal, and antibacterial properties, which go a long way in preventing breakouts.

3. Honey and Strawberry Face Scrub

Strawberries are well known for being high in salicylic acid, which is an important ingredient in many commercial acne-treatment products. It allows the skin to shed its dead cells more readily, opens up clogged pores, and clears the hidden bacteria. After use, it also shrinks the pores to a certain degree, which prevents them from clogging up further. Strawberries combined with honey, which is antibacterial and anti-inflammatory, make for a sweet way to fight acne!

You will need

1. 3 strawberries
2. 2 teaspoon raw honey

Usage

- Wash your face and pat dry.
- Wash the strawberries and mash them a little. (Mashing them too much will make them runny, and we don’t want that).
- Add the honey to the strawberries and thoroughly mix them together.
- Apply this mixture to your face. Massage it and let it rest for about 15-20 minutes.
- Wash your face with water and pat dry.
- If your skin feels drier than usual, use a good moisturizer. Coconut oil is great for hydrating skin as it deep-conditions and softens your skin.
- Use this scrub twice a week for a month to see the effects.

4. Sodium Bicarbonate Mask/Scrub

This wonderful ingredient works its magic not only in cakes, but also on your skin. It is great for treating acne-prone skin, thanks to its mild antiseptic properties, which make it fight bacteria and fungus. It also helps dry up the excess oil on your skin, and exfoliate it via the process of microdermabrasion.

You will need

1. Baking soda
2. Water

Usage

The great thing about this recipe is that it can be used as a facial mask as well as a scrub. The procedure of preparation differs though.

For a mask:

- Mix equal parts of baking soda and water to form a thick paste.
  Rub it on your skin in slow circular motions for a couple of minutes.
- Leave it on for around 15 minutes.
- Rinse thoroughly and pat dry your face. Moisturize, if needed.

For a scrub:

- Mix half a cup of baking soda with 1/4th cup water.
- Apply the scrub to your face, massaging it in thoroughly.
- Leave it on for around 5 minutes and rinse well.
- Pat your face dry and moisturize, if needed.

Conclusion

The above recipes are not only effective, they are easy to make. The natural and easily-available ingredients will ensure that you do not waste another penny on those chemical-laden, skin-care products ever again. And the best thing is you will never have to worry about suffering the side-effects; you can simply enjoy your beautiful, clear skin. All you need is a little discipline and dedication in preparing and applying these treatments regularly. You should see the desired results in no time.

Recommended Supplements:

- Shillington’s Kidney/ Bladder Formula
- Shillington’s Liver/Gallbladder Formula
- Shillington’s Blood Detox
- Oil of Oregano – Gaia Herbs
- Coconut Oil
- Lymphagogue Compound – Wise Woman Herbals
- Lavender Essential Oil – Wise Woman Herbals

Further Reading:

- *Natural Remedies for Acne*
- *Healthy Skin*
- *How to Kill Candida and Balance Your Inner Ecosystem*
- *The Power of Our Hormones and How To Balance Them*
- *Make Your Immune System Bulletproof with These Natural Remedies*
- *Inexpensive Easy Detox The One Gallon Challenge*