Skin Care? Take It from the Queen Bee

Rumor has it that some people have found their fountain of youth. While one may easily think this is all thanks to modern cosmetic and beauty procedures, you can actually stay young and healthy naturally without the ridiculous cost. How? Let’s take it from the Queen Bee, shall we?

The use of honey bee products for beauty can be traced back as far as Cleopatra’s reign in Nile, Egypt. Cleopatra was one of the earliest historical figures who used honey (and milk) in their baths to pamper their skin. Thanks to modern research, we now know that the famous Egyptian queen was onto something when she included honey in her beauty regimen.

Honey is known to have natural antibacterial properties, making it a popular chemical free skincare alternative for acne treatment and prevention. It’s also naturally rich in antioxidants, so it’s of little surprise to find honey in many anti-ageing beauty products today.

Honey is also used as a skin moisturizer to keep the skin well-soothed, glowing, and freshly hydrated. Honey is also great for improving complexion and unclogging pores because of its antimicrobial and clarifying properties.

Now that we know the basic skin care benefits of honey, let’s move on to different ways we can take advantage of it to achieve youthful and better-looking skin. Here are several home treatments you can easily do to incorporate honey into your beauty regimen:

Moisturizing Facial Mask

Tired of having to deal with dry skin? With its natural

humectant properties, you can bring honey to the rescue. Clean your face with your usual soap and cleanser, and pat it dry. Get a teaspoon of raw honey and spread it liberally onto your face. Let it sit for 15-20 minutes for long-lasting and more effective hydration. Rinse thoroughly with lukewarm water. This beauty regimen also unclogs your pores.

Natural Exfoliator

While you can easily get your beauty treatment at your favorite spa or skin clinic, it’s still more relaxing and cost-effective if you do it at home. Exfoliating skin is highly recommended 1-3 times a week (depending on skin type and condition) to remove dead skin cells. You can make a gentle scrub with honey and baking soda (2 parts to 1 part, respectively). Baking soda powder has light exfoliation properties. Honey, as we already know, has moisturizing and clarifying properties, making this combo a simple and natural concoction to effectively soothe and exfoliate skin. And don’t just limit it to your face – it’s great for the whole body, too.

Acne Treatment

One of the most common causes of acne is a build-up of bacteria and dirt on the skin. Honey’s antibacterial and anti-inflammatory properties can help by preventing bacterial build-up and by soothing the skin irritation and redness caused by acne. Raw honey is recommended because of its unfiltered composition. For acne treatment, simply apply a thin layer of raw honey and let it sit on your skin for 10-30 minutes. Remember, do not rub your skin; rubbing will further irritate your acne. Rinse well with lukewarm water and pat your skin dry.

Hair Mask

Let’s have a quick rundown here as to why honey can be great for hair care and hair growth:

- Honey is a natural emollient, meaning it’s a great organic alternative for hair conditioning because of its softening and smoothening properties.
- Its antioxidant properties are great for scalp care and hair growth.
- As a humectant and with its high sugar content, honey can add and help retain moisture to the hair and scalp.
- Honey’s antimicrobial properties help prevent scalp problems and infections, such as common dandruff and itchiness.

To use honey for your hair mask, you’ll also need olive oil (extra virgin preferred) and lemon (alternative: whipped yogurt). Create a concoction out of 2 tablespoons honey and 3 tablespoons olive oil. Heat together with 1 tablespoon of lemon juice. Apply and leave the lukewarm mixture unto scalp and hair for 30 minutes or longer. Rinse and wash off.

While honey has some amazing benefits, some people are just naturally allergic to it, so it’s still recommended to do a skin test before you use it. The tips mentioned here are basic. You can experiment depending on your needs. Remember that there are a lot of natural products you can actually use; you just have to do some research and careful experimentation to develop the beauty regimen that is perfect for you.

Further Reading:

- *Healthy Remedies for Acne*
- Healthy Skin

Sources:

- *Chemical free skin care alternative*

- *Manuka Honey Medicinal Uses*