

# **The unlimited uses Of Apple Cider Vinegar for Skin and Health**





In week 350 we are sharing the facts and unlimited usage of VINEGAR, for centuries fermentation has been used in many cultures, and it continues to do so. I grew up with foods being fermented by my mother or the Nana, both of them taught me the best value of fermentation. Here, we wish to share it, so you and your family can benefit from it, Our family uses Vinegar from food to hair, skincare pets, to repel insects and so much more.

For centuries, apple cider vinegar has been used for many purposes: cleaning, polishing, cooking, salad dressings, skin and hair treatments and to relive wellbeing challenges and many more uses.

Whether your kitchen cupboard is graced with the most elegant wine vinegar or cheap and cheerful malt, the chances are that somewhere in the house you will have a bottle of this precious product.

At the heart of even the fanciest variants is a simple enough compound: Acetic Acid. Officially called ethanoic acid, with the formula  $\text{CH}_3\text{CO}_2\text{H}$ , the acid is the result of oxidizing ethanol, the alcohol in intoxicating alcohol drinks.

Leave a bottle of wine of any kind exposed to the atmosphere and within a few days it will have taken on a sharp and sour taste as more and more of the alcohol is turned to this weak acid by acetic acid bacteria and it works like a magic act every time. These species are common in the air and come in a range of genera from *Acetobacter* to *Acidiphilium*, but all with the distinct urge to oxidize ethanol to gain energy.

In its familiar domestic form (food use), vinegar is typically only around five percent acetic acid by volume with most of the rest water, plus traces of other compounds.

For industrial use, acetic acid was originally derived from vinegar, but since the early twentieth century, it has largely been produced from wood or, most recently, by reacting methanol and carbon monoxide over a catalyst.

**According**

**to:** <http://www.rsc.org/chemistryworld/podcast/CIIEc>

## [ompounds/transcripts/vinegar.asp](https://www.chemicals.org.uk/compounds/transcripts/vinegar.asp)

Most of the acetic acid produced this way is not destined for our vinegar bottles, which retain the old 'fermentation' methods from alcoholic drinks, but rather as a raw material in the production of three broad types of compounds. The largest proportion goes to the manufacture of vinyl acetate monomer, itself a starting point for the polymer polyvinyl acetate or PVA, familiar to many people through its wide use as a glue. Another significant chunk of the over 6 million tons produced each year is used to form acetic anhydride, a step in the production of cellulose acetate, used in coatings and photographic films. Much of the rest will either act as a solvent or be used in the production of esters for inks and paints.

In its vinegar form, acetic acid makes its way into all areas of catering. Vinegar's partnering with salt, when associated with chips, is legendary in the UK at least, in some parts of which it is also an essential additive to mushy peas, modifying the gluey pea juice to a more palatable and zesty mix. By extension, vinegar makes its way into flavoring for crisps (or potato chips) and is a major component of bottled sauces.

You are also likely to find vinegar in your store cupboard acting as a preservative. While brine can be used in pickling, the most popular approach for picking vegetables is to use vinegar, which ironically, given its bacterial origins, has the role of killing bacteria to preserve otherwise perishable food

Apple cider vinegar is a product of double fermentation. This is a process in which sugars in food are broken down by bacterias and yeast. In the first stage of fermentation, the sugars are generally turned into alcohol. The word vinegar originates from the French, meaning "Sour Wine", Vinegar can be made from all sorts of products, like fruits, vegetables

and grains – Apple Cider vinegar comes from apple scraps or pulverized apples.



You probably saw it in the supermarkets, the bottles containing cloudy sediment at the bottom. These sediments are known as the “ Mother of Vinegar “ and are mostly composed of beneficial bacteria from acetic acid. The main ingredient in apple cider vinegar or any vinegar is acetic acid, part citric, malic and lactic acids.

## Acetic acid

At the heart of even the fanciest variants is a simple enough compound: acetic acid. Officially called ethanoic acid, with

the formula  $\text{CH}_3\text{CO}_2\text{H}$ , the acid is the result of oxidizing ethanol, the alcohol in intoxicating drinks. Leave a bottle of wine exposed to the atmosphere and within a few days it will have taken on a sharp-sour taste as more and more of the alcohol is turned to this weak acid by acetic acid bacteria. These species are common in the air and come in a range of genera from *Acetobacter* to *Acidiphilium*, but all with the distinct urge to oxidize ethanol to gain energy.

Pure acetic acid is a clear liquid which in the lab is usually called 'glacial', a term that refers to its tendency to produce crystals that resemble ice at low room temperature. In its familiar domestic form, vinegar is typically only around five percent acetic acid by volume with most of the rest water, plus traces of other compounds. Vinegar can be as clear as the original acid but often has the colorings from its source, the wine, for example, in wine vinegar.

## Citric Acid

from: [http://www.sciencedaily.com/terms/citric\\_acid.htm](http://www.sciencedaily.com/terms/citric_acid.htm)

Citric acid is a weak organic acid found in citrus fruits.

It is a natural preservative and is also used to add an acidic (sour) taste to foods and soft drinks. In biochemistry, it is important as an intermediate in the citric acid cycle and therefore occurs in the metabolism of almost all living things. It also serves as an environmentally benign cleaning agent and acts as an antioxidant. Citric acid exists in a variety of fruits and vegetables, but it is most concentrated in lemons and limes, where it can comprise as much as 8 percent of the dry weight of the fruit.

# Malic Acid

from [http://acidpedia.org/malic\\_acid/](http://acidpedia.org/malic_acid/)

Malic acid is a component of many of the foods that we eat daily. Although it is found as a naturally occurring organic compound in various fruits, many choose to take malic acid supplements to increase their overall health, as well as treat various maladies. Today, the acid is most commonly used as a food additive and preservative. It is a mild and relatively harmless acid when used in appropriate amounts. As a food supplement, it is generally considered beneficial for health and is present in large amounts in apple juices. As when taking any supplement, however, you should not exceed the recommended amounts for consumption.

# Lactic acid

from: [https://en.wikipedia.org/wiki/Lactic\\_acid](https://en.wikipedia.org/wiki/Lactic_acid)

Lactic acid is an organic compound with the formula  $\text{CH}_3\text{CH}(\text{OH})\text{CO}_2\text{H}$ . It is a white, water-soluble solid or clear liquid that is produced both naturally and synthetically. With a hydroxyl group adjacent to the carboxyl group, lactic acid is classified as an alpha hydroxy acid (AHA). In the form of its conjugate base called lactate, it plays a role in several biochemical processes.

Lactic acid is found primarily in sour milk products, such as koumiss, laban, yogurt, kefir, some cottage cheeses, and kombucha. The casein in fermented milk is coagulated (curdled) by lactic acid. Lactic acid is also responsible for the sour flavor of sourdough bread.

Vinegar can be made from almost any fermentable carbohydrate source, including wine, molasses, dates, sorghum, apples,



pears, grapes, berries, melons, coconut, honey, beer, maple syrup, potatoes, beets, malt, grains, and whey to mention a few.

The use of vinegar with a variety of plants or essential oils for cosmetic purposes can be traced back to the Romans and was fashionable during the 19th century as vinegar de toilette.

# *Skincare with Vinegar*

Vinegar is known to treat:

- Jellyfish & Bee Stings
- Corns & Calluses
- Athlete's Foot
- Age & Sun Spots
- Soften Cuticles
- Sunburn
- Itching
- Bruising
- Wrinkles
- Deodorant
- Acne, Eczema, Psoriasis
- Nail & Other Fungus



More info at:

[www.NaturalHealthcareStore.com](http://www.NaturalHealthcareStore.com)

Read

more:

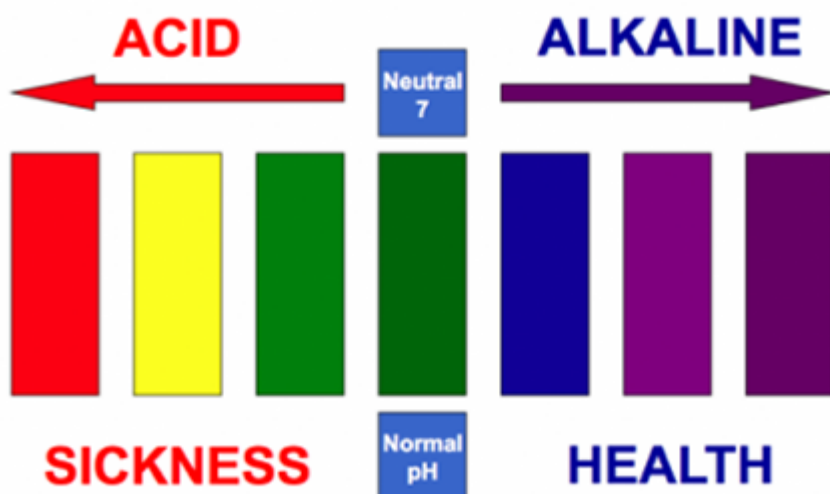
<http://www.care2.com/greenliving/apple-cider-vinegar-skin-tip.html#ixzz3DtJqRutT>

Hippocrates known as the father of modern medicine used apple

cider vinegar as a health tonic.

Christopher Columbus sailed with 55 gals. drums aboard his ships to fight scurvy.

Apple Cider vinegar is said to speed up metabolism and found that vinegar also burns fat faster.



**Alkaline Acid Balance** – Despite being an acidic solution, apple cider vinegar has an alkalinizing effect on the body.

Some alternative practitioners recommend using apple cider vinegar to restore alkaline acid balance. The theory behind the alkaline diet is that our blood is slightly alkaline (with a normal pH level of between 7.35 and 7.45) and that our diet should reflect this pH level. Proponents of the alkaline-acid theory believe that a diet high in acid-producing foods leads to a lack of energy, excessive mucus production, infections, anxiety, irritability, headache, sore throat, nasal and sinus

congestion, allergic reactions, and increased risk of conditions such as arthritis and gout.

Despite being an acidic solution, some proponents of apple cider vinegar believe it has an alkalinizing effect on the body. As such, they recommend one to two teaspoons of apple cider vinegar in water as a daily health tonic.



**3** Carbonated Water, Club Soda, Energy Drinks

**4** Popcorn, Cream Cheese, Buttermilk, Prunes, Pastries, Pasta, Cheese, Pork, Beer, Wine, Black Tea, Pickles, Chocolate, Roasted Nuts, Vinegar, Sweet and Low, Equal, Nutra Sweet

**5** Most Purified Water, Distilled Water, Coffee, Sweetened Fruit Juice, Pistachios, Beef, White Bread, Peanuts, Nuts, Wheat,

**6** Fruit Juices, Most Grains, Eggs, Fish, Tea, Cooked Beans, Cooked Spinach, Soy Milk, Coconut, Lima Beans, Plums, Brown Rice, Barley, Cocoa, Oats, Liver, Oyster, Salmon

**7** Neutral pH  
Most Tap Water, Most Spring Water, Sea Water, River Water

**8** Apples, Almonds, Tomatoes, Grapefruit, Corn, Mushrooms, Turnip, Olive, Soybeans, Peaches, Bell Pepper, Radish, Pineapple, Cherries, Wild Rice, Apricot, Strawberries, Bananas

**9** Avocados, Green Tea, Lettuce, Celery, Peas, Sweet Potatoes, Egg Plant, Green Beans, Beets, Blueberries, Pears, Grapes, Kiwi, Melons, Tangerines, Figs, Dates, Mangoes, Papayas

**10** Spinach, Broccoli, Artichoke, Brussel Sprouts, Cabbage, Cauliflower, Carrots, Cucumbers, Lemons, Limes, Seaweed, Asparagus, Kale, Radish, Collard Greens, Onion

Acetic Acid inhibits the activity of several carbohydrates-digesting enzymes, including amylase, sucrase, maltase, and lactase. As a result, when vinegar is present in the

intestines, some sugars and starches temporarily pass through without being digested, so they have less impact on blood sugar.

- improves insulin sensitivity during a high-carb meal by 19-34% and significantly lowers blood glucose and insulin responses.
- 2 tablespoons of apple cider vinegar before bedtime can reduce fasting blood sugars by 4%
- Numerous other studies show that vinegar can increase insulin sensitivity and significantly lower blood sugar responses during meals.



Make sure you get the raw Apple Cider vinegar to get the most benefits from it. Apple Cider vinegar which is unfiltered, unheated, unpasteurized with plenty of the MOTHER VINEGAR. The mother is made up of living nutrients and bacteria. This is where most of the health benefits come from. It doesn't have a great look, but is the most nutritious and has many of the bacterial and anti-fungal properties.

The ingredients of raw Apple Cider vinegar: potassium, pectin, malic acid, acetic acid, and ash ( ash creates alkalinity in the vinegar and helps to maintain a healthy alkaline state)









**Apple Cider vinegar for the Skin:**  
**[Dr Frank Lipman](#) great site to visit**

# According

# to

<http://www.drfranklipman.com>

There are several key attributes to ACV for maintaining beautiful skin, and exfoliation is one of them. Exfoliating is a key element for keeping youthful healthy skin. There are several ways to exfoliate, and one of them is by “digesting” dead skin cells, which the acids in ACV do. This mild cell turnover is widely used as a skin treatment to improve, soften, and smooth skin texture. The new skin layer once revealed, is more vibrant, youthful, and healthy.

With a pH similar to skin, AVC helps restore and balance your skin’s pH and acid mantle. This too is key to healthy, beautiful skin. The acid mantle is the combination of sebum (oil) and perspiration on the skin’s surface. This barrier protects the skin and makes it less vulnerable to environmental damage (smog, sun, and wind), less prone to dehydration, and also inhibits the growth of foreign bacteria and fungi (enabling skin to be healthier and have fewer breakout and blemishes. Acne, allergies and other skin problems become more severe as the skin becomes more alkaline).” Mild” soaps are often alkaline (pH 9.5-11), and remove the natural acid protection as well as extract protective lipids (fats) from the skin. Washing with soap can increase this alkaline state and make the skin even more vulnerable to irritation and infection. Most people are cleansing with products that are breaking down their acid mantle and causing increased skin issues. Balancing your pH is an imperative part of maintaining healthy skin.



## **14 Benefits of Apple Cider Vinegar:**

from:

<http://www.onegoodthingbyjillee.com/2013/09/28-health-and-beauty-benefits-of-apple-cider-vinegar.html>

### **Tame tummy troubles.**

The pectin content in ACV helps treat diarrhea by forming bulk fibrous matter. The pectin also forms a protective coat for soothing the colon lining and intestinal spasms. Try mixing one or two tablespoons into water, or clear juice like apple juice.

### **Prevent indigestion.**

Sip before eating, especially if you know you're going to indulge in foods that cause indigestion. Add 1 teaspoon of honey and 1 teaspoon apple cider vinegar to a glass of warm water and drink it 30 minutes before you dine.

### **Help clear a stuffy nose.**

Mix a teaspoon of apple cider vinegar in a glass of water and drink. This helps sinus drainage.

### **Help for hiccups.**

Since hiccups are often caused by either low stomach acid slowing the digestion of protein, or eating too much...ACV can be a great solution for hiccups. It restores the acid balance in the stomach and eases irritating spasms of the diaphragm.

### **Soothe a sore throat.**

As soon as you feel the prickle of a sore throat, take some ACV to help head off the infection at the pass. Turns out,

most germs can't survive in the acidic environment vinegar creates. Just mix  $\frac{1}{4}$  cup apple cider vinegar with  $\frac{1}{4}$  cup warm water and gargle every hour or so.

## **Reduce swelling.**

Rubbing apple cider vinegar onto swollen hands or feet reduces swelling. A wonderful thing during pregnancy!

## **Extinguish exhaustion.**

Exercise and sometimes extreme stress cause lactic acid to build up in the body, causing fatigue. Apple cider vinegar contains potassium and enzymes that may relieve that tired feeling. Next time you're feeling beat, add a tablespoon or two of apple cider vinegar to a glass of chilled vegetable drink or to a glass of water.

## **Relieve nighttime leg cramps.**

ACV taken diluted in water twice daily, will dissolve acid crystals in the blood and provide potassium, calcium and other essential minerals to the body needed to ease the leg cramps.

## **Banish bad breath.**

Due to its acidic properties, Apple Cider Vinegar makes a wonderful remedy for bad breath or halitosis. Simply add 1/2 tablespoon of ACV into a cup of water and gargle the mixture in your mouth for 10 seconds at a time until the cup is empty.

## **Fight yeast infections.**

One of the best home remedies to treat a yeast infection is Apple Cider Vinegar. Add 1 and a half cups of ACV into a bathtub filled with warm water, and then soak in it for about 20 minutes. This should be done once a day for the first 3 days of the infection

## **Foot or skin fungus.**

Just as ACV can help kill Candida in the body, it is often useful against yeast and fungus on the skin and nails. If you have foot or toe fungus, soak the feet in 1 cup of ACV in water or apply directly to the affected area. For skin fungus or yeast, apply ACV directly. For children or those with sensitive skin, it is best to dilute the ACV with water before applying to the skin.

## **Control blood sugars.**

The anti-glycemic effects of apple cider vinegar help to improve insulin sensitivity, which is essential to maintain the sugar levels of blood. Mix one teaspoon of Apple Cider Vinegar in a glass of filtered water and take 3 times a day to steady your stomach's rate of digestion which in turn will keep blood sugar levels more consistent. If you are diabetic, consult your physician.

## **Boost weight loss.**

Many people claim that Apple Cider Vinegar promotes weight loss by speeding up the metabolism. A suggested remedy is to mix 2 teaspoons of the vinegar into a glass of water and drink this before every meal or sip it slowly throughout the day

## **Lower blood cholesterol.**

Research has indicated that apple cider vinegar improves the lipid profile of blood by decreasing the levels of triglycerides and low-density lipoprotein cholesterol (LDL-C) or bad cholesterol, as also by increasing the levels of high-density lipoprotein cholesterol (HDL-C) or good cholesterol. If you have high cholesterol, consult your physician.







from: <http://www.apple-cider-vinegar-benefits.com>

## Weight Loss

Another major apple cider vinegar benefit is weight loss. Although no one is sure how it works, it has helped many people lose weight. Click on the Weight Loss section to find out what the experts recommend as far as how much to take and how often, and the latest theories on why it works.

## Cooking with apple cider vinegar

Apple cider vinegar is an amazingly versatile cooking ingredient. It adds a tangy taste to many drinks and deepens the flavors of numerous foods. It's important to note that vinegar is a major ingredient in most condiments. Mayonnaise and tomato ketchup account for more than 10% of the vinegar production in America.



## Pet care

### Ear Care Product

Unfortunately a large percentage of dog and cat visits to the veterinarian are for ear problems, but the good news is, you

can help reduce these visits by cleaning your pet's ears on a regular weekly basis.

An inexpensive way to do this is to dip a soft cotton ball into a solution of equal parts apple cider vinegar and water and use it to swab the inside of his or her ear.

For an infected ear, use 5 ml of the 50:50 vinegar-water solution per 20 lbs (9 kg) of body weight, applying the solution with a syringe obtained from your local pharmacy. Gently rub in the solution then wipe the inside of the ear with a soft cotton ball. This should be done daily for 5 days.

The vinegar helps to control the growth of unfriendly bacteria and other microorganisms that are a common cause of ear infections, and as a result, this will help keep your pets from scratching their ears.

## **Fleas and Ticks**

Rather than use commercial sprays, powders, pills, or collars that use very toxic chemicals to kill fleas and ticks, many people prefer to take a more natural holistic approach. According to Martin Goldstein, DVM, some of these products could also be harmful to your pets.

As an alternative, Roger DeHaan, DVM, suggests using a homemade shampoo and rinse that kills fleas and at the same time soothes irritated skin:

Add to an 8-ounce bottle of your favorite pet shampoo, 10 drops of tea tree oil, and one tablespoon (15 ml) of aloe vera and shake well.

Shampoo your pet as you would normally then wait for 6-10 minutes.

Rinse with apple cider vinegar diluted in water. (1 tablespoon ACV to 1 pint of water)

For minor flea infestations, another recommendation involves washing your pet with a gentle shampoo, followed by a thorough rinse then spraying on apple cider vinegar diluted with an equal amount of warm water. Allow the pet to drip or shake dry.

The fleas will drown in the soapy shampoo water and the vinegar rinse will acidify your pet's skin making it very unattractive to other fleas and ticks.

## Relief for skin problems

Apply unpasteurized apple cider vinegar with the aid of a soft cotton ball, directly to burns or skin acne to soothe and promote healing.

For dry itchy skin, hot spots, or skin infections you can bathe your pet in warm water then rinse him or her with a solution of 1 part ACV to 3 parts water. This vinegar rinse will also leave their coats soft and shiny.



## Beauty benefits of apple cider vinegar

from:

<http://www.bodyandsoul.com.au/beauty/body/beauty+benefits+of+apple+cider+vinegar+,24363>

In its raw form, apple cider vinegar alkalises your system promotes healthy digestion, and encourages the growth of healthy bacteria in your body. It also helps promote cellular cleansing.

In her book, *The Beauty Detox Foods*, celebrity nutritionist Kimberly Snider (her clients include Drew Barrymore, The Black Eyed Peas' Fergie, Channing Tatum, Teresa Palmer, and Vince Vaughan), to name only a few, says, "Raw apple cider vinegar is high in minerals and potassium ... it has antiseptic qualities and can help cleanse your digestive tract, promoting bowel movements."

Because of this, it is thought to help clear away congestion, blemishes, and acne.

"I have noticed a definite link between constipation and acne in my clients," says Kimberly. "Raw apple cider vinegar is a strong digestive aid, helping to cure constipation and stimulating stomach acid, which aids in digestion. Its antiviral, antibacterial, and antifungal properties are of further benefit in dealing with candida and yeast issues."

It is indeed one of nature's most powerful beauty ingredients. Kimberly warns that you must ensure you use raw and unfiltered, which implies that it is still unpasteurized and contains its original enzymes. She advises to sprinkle it over salads in place of your regular dressing or to dilute a tablespoon in a glass of water about 20 minutes prior to eating.

You can use it topically, too. It brightens the skin, adds gloss to your hair, and can even lift away stains from your nails. Here are a few handy hints!

- Use apple cider vinegar in place of your regular toner. Drench a cotton wool ball with water first, and then dip it in the vinegar. Sweep it lightly over your face and throat, avoiding the eyes. It will promote clarity of complexion,



diminish discoloration and age spots and help to clear away pimples.

- Use it as a final rinse through your hair after washing and conditioning. Leave it on for half an hour, then rinse away to lift the smell, but leave mega-watt shine. It's also thought to relieve dandruff when applied straight to the scalp.

- Soak stained fingernails in a bowl of pure apple cider vinegar for twenty minutes. Rinse, and massage a small amount of olive oil into each nail bed. Likewise, swish a mouthful of it between your teeth to promote a healthy oral environment and also assist in lifting away mild stains on your teeth.

- Apple cider vinegar has really powerful astringent, toning properties. Because of this, it's thought to be effective on cellulite. As part of your cellulite plan, which should include a well-balanced diet and plenty of exercises, try soaking in a warm bath with a cup of apple cider vinegar added.



## Why You Should Wash Your Face With Apple Cider Vinegar

from

<http://www.healthyandnaturalworld.com/wash-face-apple-cider-vinegar/>

### ACV for Age Spots

ACV contains powerful alpha hydroxy acids to help remove dead

skin cells and reveal a fresher and healthier complexion underneath them. Many expensive commercial face washes bang on about the tiny amounts of alpha-hydroxy acids they've added to their products, but ACV is full of far higher levels, of which are alive and ready to revive your skin. The 'natural' ingredients in commercial face products are actually dead and useless by the time they are processed and bottled up.

When you use ACV for age spots, apply a little undiluted ACV directly onto the age spots with a cotton wool bud and leave for about 20-30 minutes once or twice a day before rinsing off. Do it for about 6 weeks to see if you notice any improvement.

Before you use ACV all over your face, it is advisable to test it on a small area of your face. Under the chin is a good spot, just in case you do get a reaction, then it's not too noticeable!

To apply ACV to your skin, simply use a cotton bud and gently glide over the skin to remove make-up, oil, and impurities. Be careful not to get it in your eyes!. If you are suffering from a breakout, then be warned it will sting your pimples. However, this should feel like a 'good' hurt, and not be intolerable.

When you use AVC for the first time, after 5 minutes, it is a good idea to rinse it off with warm water. This is just so your skin isn't too exposed to ACV on your first time. If you don't get a reaction, then the next time you use it, don't wash it off, and then you can build up your skin's tolerance. It is best to apply the ACV toner at night as ACV can increase sensitivity to ultra-violet rays.

Don't leave your body out. ACV isn't just for your beautiful face. If you suffer from acne on your back, you are not alone. Fortunately, ACV is wonderful for treating acne on the back too. If you're worried about how you're going to apply it,

then just use a spray bottle.

## More Uses For Apple Cider Vinegar

from

<http://www.drfranklipman.com/apple-cider-vinegar-and-skin-care/>

**Hair rinse:** Apple cider vinegar gets rid of residue build-up on hair, leaving it soft and shiny. Mix  $\frac{1}{4}$  cup apple cider vinegar with 2 cups water. Apply after shampooing.

**Dandruff:** Mix 1 part apple cider vinegar to 3 parts warm water, apply to scalp. Use a hair toner/dye bottle or any bottle that has a pointy tip that will allow you to get the liquid directly on your scalp.

**Deodorant:** Since ACV helps adjust the skin's pH level, it helps to eliminate odor-causing bacteria. For underarms use a cotton ball to apply, for feet: Add  $\frac{1}{2}$  cup ACV to a bowl of water; soak feet.

**Acne:** Mix 1 part ACV, and 3 parts Rooibos tea and apply to blemishes. You can add a drop of Tea Tree Oil or Oregano oil as well.

**pH balancing toner:** Mix 1 part ACV with 4 parts water for your base.

For acne/oily skin replace water with rooibos tea.

For dry skin replace water with chamomile tea or cucumber-infused water (leave several slices of cucumber in the water overnight).

For aging skin replace water with green, black, or white tea.

## **Skin perfecting mask**

### **Ingredients**

1 teaspoon deep-sea mud  
1 teaspoon rose water  
 $\frac{1}{4}$  teaspoon ACV  
 $\frac{1}{8}$  teaspoon yogurt  
 $\frac{1}{16}$  teaspoon nutritional yeast  
1 teaspoon kombucha

### **Instructions**

Mix all ingredients together. To balance the texture, you can add more mud or yogurt (to thicken) or kombucha or water (to thin). (If you cannot find deep-sea mud or rose water locally you can either eliminate them from the mask replacing the mud with arrowroot and the rose water with plain water.

And last but not least, if you have achy, swollen hands and feet: Rub them with a little apple cider vinegar.



## Tela Organics Volume Shampoo

Supports healthy hair growth and provides incredible body and shine.



## Eminence Organics Bamboo Firming Fluid

Eminence Organics Bamboo Firming Fluid (1.2oz) visibly tightens the skin with a powerful blend of anti-aging botanicals that nourish the skin while stimulating cell regeneration and production of collagen. You'll notice a youthful difference after just a few uses





## Trilogy Certified Organic Rosehip Oil

Trilogy Certified Organic Rosehip Oil: nature's way to achieve your most beautiful skin.



## Bio Ionic Whisper Light

Bio Ionic Whisper Light is an ultra-light and extremely quiet conditioner with a cord!

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# The Power of Face Reading

# **your face never lies Part 2**

Hello again, we hope you enjoy part one of The Power of Face Reading, your Face never lies. We are grateful for your visit, likes, and shares.

Here in part two week 350, we are continuing with parts of your face and samples of face mapping enjoy, and if you want please contact us and let us know what you thought of the posts are.

## **Types of foreheads**





## **The straight forehead (The progressive thinker):**

This person follows a progressive style in his thinking; he can't jump to the third point without first knowing the

second. Sometimes he is misunderstood as a child and thought of as dumb, but in fact, he may be very intelligent; it's just his progressive style of thinking that needs to be taken into consideration. This person may not have the fastest reflex action response; if he drops something, he may not be able to catch it before it reaches the ground. He may have problems working under pressure as he needs more time to think progressively; that may make him lose control in the last ten minutes of exams.

## **The sloped forehead (The fast responder) :**

That person builds conclusions fast, to the extent that he may interrupt you many times when talking because he keeps on guessing what are you about to say. This person may get bored talking to someone with a straight forehead because of the speed difference between them. The response of such a person is very fast, and that's why you tend to find most football and basketball players with sloped foreheads, you're also most likely to notice how players with straight foreheads aren't that good because of their slow responses, and again I repeat, this is not related to intelligence at all. One final thing about such people is that they are fast decision-makers, which may cause them many problems.

## **The curved forehead (The creative) :**

This person is very creative, just notice how the forehead of those who study fine arts; you will notice how most of them have curved foreheads. That person would hate restrictions and

rules; he likes to use his imagination, and would probably hate math and accounting but excel in arts. When the forehead is curved and occupying a big section of the head, that person may tend to be very intelligent or even a genius. You'd be safe asking that person for help within the need of a creative solution to any problem you're facing.

## Chin

### Pointed chin:

A person with a pointed chin is a stubborn person just like the one with long front teeth. Having both features tends to make the person very stubborn. He has a very fierce inner resistance that can be triggered by being pushed. When dealing with such a person, you must depend on your flexibility because pushing against him will yield no result.

### Square chin:

A square-chinned person is a challenger; he always challenges destiny by standing up tall upon falling, he never gives up until he reaches what he wants. He is usually very competitive and considers everything, even sports, as a challenge rather than look at the fun part of it. This person has the ability to point out the pros and cons of any issue, something that makes him a very good consultant and a debate over. To get along with him, avoid igniting his fighting spirit and take his opinions into considerations.

## **The small chin:**

Having a small chin is usually associated with having a pointed chin. In face reading, whenever the facial features are relatively smaller to those of normal people, then the person is a sensitive person. People with small chins and small facial features are very sensitive to criticism and overwhelming life events. Criticize those people and they will hate you, shout at them and they may not approach you again. In order to get along with a sensitive person try to be more nurturing than usual

## **Cheek Bones**

People with protruding cheekbones leave an impression of respect and presence. Protruding cheekbones, in face reading, represent courage and adventure-loving. A person with protruding cheekbones never escapes a fight; he is full of courage and has fewer problems with the idea of taking risks or trying something new. He is not bound by a certain comfort zone or definite habits; he just follows his instincts and accepts new challenges. This person also loves to travel and explore new places.

## **Facial Lines**

We are not born with facial lines; they are developed in our lives. Lines can reflect a certain personality trait as we will see below:



## **Two vertical lines between the eyes:**

This person is very hard to himself, he rarely takes the time to celebrate his achievements; he may push himself to work until he falls down.

## **More than two vertical lines between the eyes:**

This person is usually very idealistic, he tends to be a perfectionist; he wants everything to be done perfectly and everything to be in its place. If that person is your manager, then you may be in deep trouble because meeting his perfectionism could be very hard.

## **Horizontal lines across the nose:**

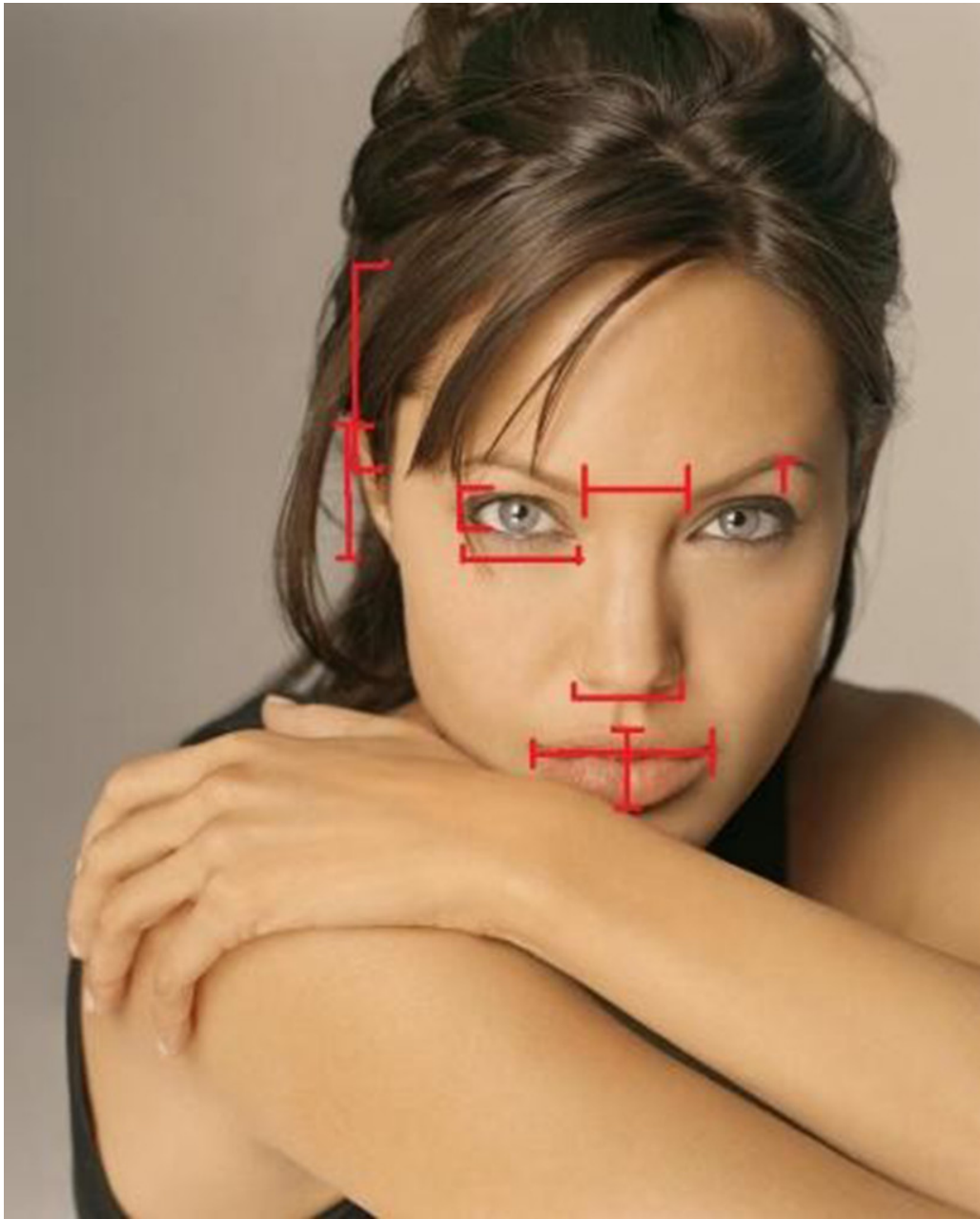
Some people have horizontal lines crossing over the top of their nose. These people are overly responsible; probably have been given lots of responsibility when children. These people rarely think about having fun

▪

## **Grief lines:**

Some people have two lines below their nose and on either side of their mouth. Those are called grief lines because they appear when that person is sad for prolonged periods; a loss of someone close may result in the appearance of these lines

**Balance and proportion are important in face reading**



Balance and proportion are important in face reading, as in Chinese paintings. There are needs for harmony between the mountains (the yang element, represented in the face by the bones) and the rivers, (the yin element which is the soft tissue). Although a face may be considered beautiful by society, in face reading terms it may be too yin (upturned nose, large wide mouth, eyes too far apart, thin eyebrows). Many models have this look. In our language we have many expressions to describe character traits: pay through the nose, two-faced, keeping one's nose clean, chinless wonder? We may have forgotten how these came into a language in the first place, the mouth relates to communication, and the chin signifies determination, ambition, and practicality among other traits. So, face reading can be used, sum up a person's energies, to get a health read-out, to assess character, fortune, and other a tributes to help gain self-knowledge and to plan for good health.

There are numerous ways to read a face in Chinese physiognomy: 3 Quarters, 8 Trigrams, 108 Spots, examining the shapes, the colors, the wrinkles, and the moles, just to name a few. A master of face reader usually employs the combination of several techniques to gain multiple perspectives and perform cross-examination.

# WHAT YOUR SKIN IS TELLING YOU

## FOREHEAD (Poor digestive system)

Reduce high amounts of fat in diet  
Drink antioxidant-rich green tea  
Up water intake to flush toxins out  
Pin bangs up

## HAIRLINE (Hygiene)

Ensure complete removal of makeup  
Ensure scalp cleanliness  
Cease use of pore-clogging hair products  
Thoroughly rinse off traces of hair shampoo

## BETWEEN BROWS (Liver)

Avoid alcohol and dairy products  
Eat lighter foods  
Avoid late night snacks  
Check for food allergies

## ABOVE BROWS (Immunity)

Breakouts here during a cold.  
Take it easy, drink up and eat  
vitamin C-rich foods.

## EYES & EARS (Kidneys)

Acne and dark circles here can  
be caused by dehydration.  
Drink > 8 glasses of water a day  
Avoid caffeine and salt.

## CHEEKS (Lungs)

Take in fresh air with long and  
regular walks.  
Clean your cell phones and  
pillow cases

## BELOW CHEEKS (Hormones)

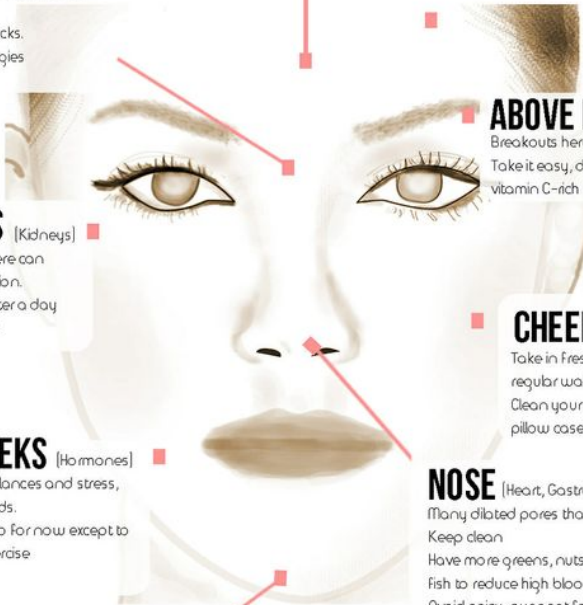
Due to hormonal imbalances and stress,  
especially during periods.  
There is little you can do for now except to  
hydrate, sleep and exercise.

## NOSE (Heart, Gastrointestinal issues)

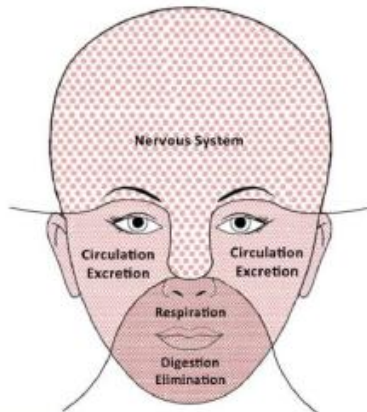
Many dilated pores that clog easily are here  
Keep clean  
Have more greens, nuts and Omega-rich  
fish to reduce high blood pressure.  
Avoid spicy, pungent foods, meat and salt.

## CHIN (Stomach)

Improve digestion by adding more fibre  
and detoxifying.  
Avoid late night snacking.



## Introduction to Topography of Internal Organs According to Chinese Medicine



© Chinese Medicine 2002  
Illustration: Fengshi, Canada

We have 'topography' of the internal organs of the body mapped on the face. So, with this 'topography of the internal organs' on the face in mind, when we observe ourselves and other people, what do we look for?

The main feature we look for in any area of the face is **swelling and/or tightness**. Using the map of the face, wherever we see an area that is puffy and swollen, this signifies the organ corresponding to the area is swollen and enlarged, or "expanded". "Expanded" means that they are out of balance – tired, weak, inflamed, and affected by a pathogen or suffering from emotional or physical stress.

You may for example notice on the skin of the forehead of most people some horizontal lines, usually between three and seven. These are normal. However, if the lines on the forehead stand out prominently so as to be noticeable, this is an indication that the organs associated with this area are too expanded.

Another example: if we notice that the tip of the nose, which corresponds to the heart, is swollen and expanded, then this means the heart is swollen and expanded.

One area of the face that is important to note is that under the eyes. Looking closely at every human being under the eyes, you will notice a thin line etched in the skin drawn from the corner of the eye down and outward toward the periphery of the eye. The area above this line, between it and the eye itself, corresponds to the kidney - left eye, left

kidney, right eye, right kidney. Below this line is the area which corresponds to what is usually described as "general intestinal condition", underneath both eyes, below the line etched in the skin. Bags under the eyes indicate a large intestine (colon) problem, or kidney problems. The bags right under, straddling the lower eyelids are kidney bags, the ones below them are large intestine (colon) bags.

### COLOUR

### SIGNIFICANCE

black or grey	stagnation or stagnant water
green	toxicity or a sluggish liver that is not detoxifying
red	inflammation or an overactive heart or nervous system or trapped fire
yellow	putrefaction or things staying in the body too long, especially in the stomach
white	frozen or a lack of energy or poor exchange of air to the lungs

Also, if the liver is dealing with a pathogen, it can make a person more irritable or angry. Conversely, a person who is angry or irritable is much more likely to be affected by a pathogen.

**As you can see, the emotions and the functioning of the organs are intertwined.**

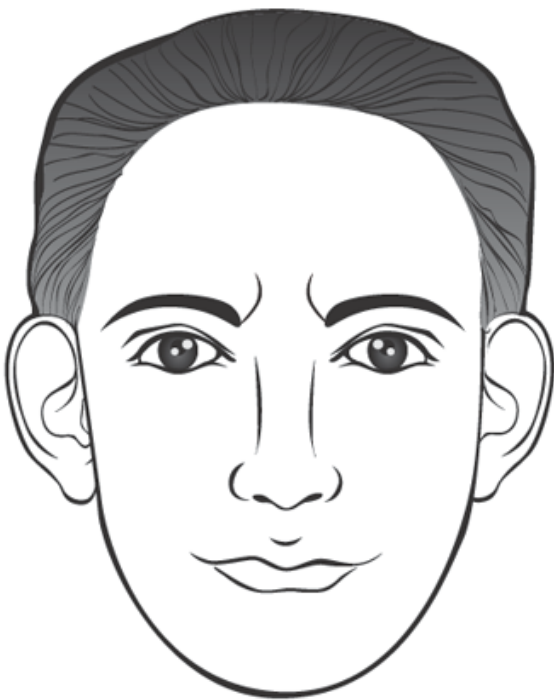
### Significance of Colours

The most commonly seen colours on the face are **black, red, and white**. Toxicity and putrefaction often are seen together as a yellow-green colour (like the colour of jaundice) but show up on the face less often because the liver is usually so good at detoxification.

When these colours show up in the areas correlated with each organ, they can signify either a physical or emotional problem. Distinguishing between the two can be accomplished only by questioning. For example, the area between the eyebrows is correlated to the liver. Redness in this area shows inflammation of the liver that can be caused by a pathogen or emotional irritation or anger. Either condition affects the liver.

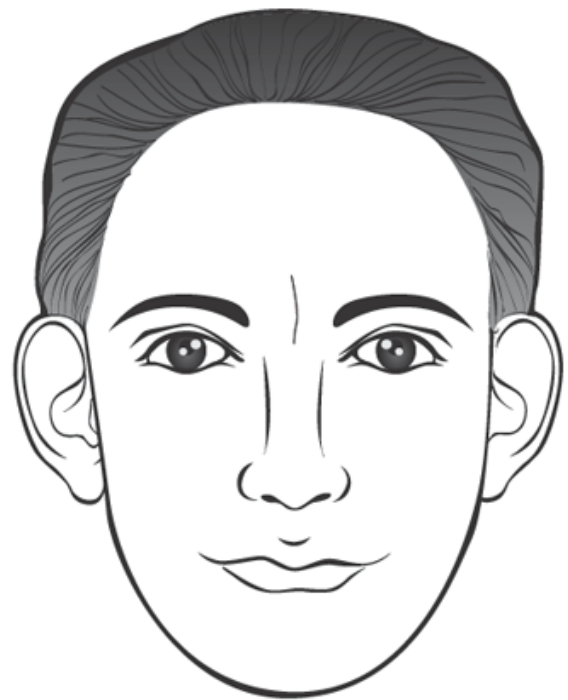
One example of what lines on

# the face mean



## **Lines Locking the Life Palace**

This indicates a troubled and stressful life. Also, it suggests that the person might be at the crossroads of his or her career, or someone who thinks far too much. It can also indicate loneliness and being misunderstood by others.



## **Needle Piercing Through the Heavenly Heart**

This denotes loneliness in marriage, and is typically negative for married women. It indicates 'not having a husband' and that one will see one's husband and children infrequently. For males, it suggests isolation from the family.

**Following is a brief introduction  
to the 12 Houses method.**





## 1. Fortune House (Fude Gong)

It gives an overview of your general fortune trend. An ideal Fortune House should be round, full, and smooth with no

visible marks, lines, or scars. Flaws in these areas reflect challenges in your life, which can be in the form of poor health, distressful relationships, or money troubles.

## 2. Parents House (Fumu Gong)

It is associated with Heaven Luck; in this regard, its state is quite a testimony to the situation that your parents were in

and your relationship with them. A forehead that is wide, round, and shining speaks of a good family inheritance, a comfortable upbringing, and early achievement, while a small, bony, or disfigured one illustrates an uneasy childhood.

## 3. Career House (Guanlu Gong)

Again, being broad, round, and smooth is the basic criteria to identify a good Career House. If on the top of that, you also

have prominent cheekbones and protruding eyebrows, you shall have a great chance to achieve great success in your chosen field.

## 4. House of Travel (Qianyi Gong)

If it is in any way disfigured with scars or deep lines, you might be better off staying put. Furthermore, jobs or businesses involving transportation, tourism, or import/export

are, understandably, not your best choice.

## 5. Life House (Ming Gong)

The key to your fortune is deposited here. Naturally, being smooth and shiny is ideal, which suggests a trouble-free life journey. If it is recessed, dimpled, or scared, or there are permanent horizontal lines between the brows, or eyebrows meet in the middle, you may face a bumpy road ahead.

## 6. House of Siblings (Xiongdi Gong)

Eyebrows and the areas directly above them represent and it also oversees your relationship with your friends and colleagues. The state of your hair has a direct connection to the physical conditions of your parents at the time when you were conceived, which means it has a lot to do with your genetic make-ups. Brows that are dark, thick, long, smooth, orderly, and located high above eyes indicate a healthy hormone level that gives rise to affection, calmness, and courage. If they look sparse, thin, pale, short, or chaotic, or too close to eyes, or marked with a scar, you could be tormented by your own physical or emotional states.

## 7. Assets House (Tianzhai Gong)

Your eyes portray your intelligence and temperament, and the very quality of these dispositions plays an important role in your asset acquisition endeavor. Good Asset Houses are constituted with eyes that are long with large pupils and clear whites, and up-eyelids that are broad and full. Recessed

or narrow eyelids exhibit impatience. If the whites are colored with red streaks, and worse, if the streaks pass through a pupil, you should brace yourself for challenges in reference to your financial concerns.

## **8. House of Marriage (Qiqie Gong)**

Being full and smooth in appearance indicates a happy marriage. A receded house, however, rings a bell on extra-marital affairs. If the area bears visible spots, scars, black moles, or messy lines, your marriage could have challenges due to some unscrupulous conduct.

## **9. House of Children (Ernu Gong)**

This area is closely related to the cerebellum and also governs your love and sex life, so again, being full and round is better than being flat or receded. Dim moles or slant lines across the area are especially undesirable, suggesting some challenges regarding your own sex life or your children's future development.

## **10. Health House (Jie Gong)**

If the House is broken or marked with horizontal lines, or if it is stained with spots, marks, or discoloration, you shall pay extra attention to your health, especially your digestive system.

## 11. Wealth House (Caibo Gong)

A nose that has a high and straight bridge, big and round tip, full and fleshy wings, and invisible nostrils, not only indicates sound physical health, a positive mental attitude, also denotes success in career and abundance in wealth. On the other hand, a nose that is low, or crooked, pointed, or narrow, bony, or with a contoured bridge, upturned tip, visible nostrils, reveal a problematic personality, a troublesome financial situation, or a difficult career path. If blood vessels are clearly visible or have a dim blue color tone the surface, pay attention to blood pressure and heart health. When a nose turns bloody red, which is dubbed Fire in Lounge in Chinese physiognomy, it should be viewed as a to the excessive warning sign.

## 12. Popularity House (Nupu Going)

This House rules your relationship with your colleagues, subordinates, or younger generations, and foretells your situation in your old age. When they are round and full, you can expect to enjoy your popularity among your followers. But if it sharps off, or appears crooked or boney, you probably should reconsider your dream of being a politician. And what's more, you'd better prepare for self-support during old age.

Marks, spots, scars on, and even shapes of your face can change over time, meaning your fate can alter through the years. You can utilize your Man Power (your attitudes – good deeds, better learning, and hard work) and the Earth Power (your environment – favorable Feng Shui) to neutralize the Heaven Power (your time of birth – what you have inherited from your parents and your previous lives). Ultimately, you are the real creator of your own fate. When you change your heart, you change your face; when you change your face, you

change your fate.

**Here are some examples of  
Face reading**

## Let's do Face Reading



- Long & Thin Face
  - Tolerant, Stubborn, Hopeful & Hardworking
- Far Off Eyebrows
  - Broad-Mindedness, Easy-going & friendly
- Sparkling Eyes
  - Enthusiastic & Benevolent
- Manly Nose
  - Strong Character, Observing
- Professional Lips
  - Experienced & Tolerant

## Large Pupils

If a person looks at us with large pupils, this can often be evaluated as a sign of sympathy and admiration. In any case, large pupils are evidence of a positive basic trend. This is why they are also called the „lover's eyes“.



### Character Traits

#### Large pupils indicate

- keen intuition, spontaneity and making decisions based on a gut feeling
- strong emphasis on emotions
- inclination towards melancholy and (day)dreaming
- that the person tires more quickly; in addition, such people get excited more quickly and are more fearful than those with smaller pupils
- creative talent
- quicker access and an easier time in opening up to others

### NOTE

A great variety of thoughts and emotions can expand our pupils.

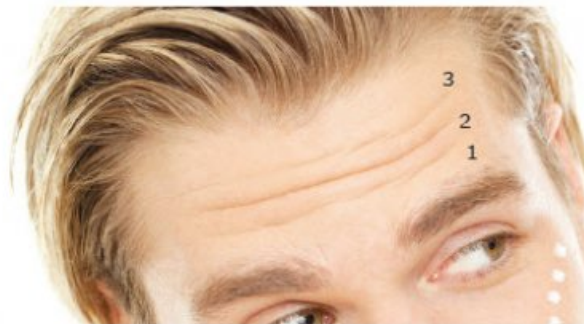


## Horizontal Forehead Wrinkles

People have a different number and various shapes of horizontal forehead wrinkles. Younger people sometimes also have hidden wrinkles that appear when they frown.

**Three main lines** are differentiated and associated with various areas of life.

- The bottommost main line symbolises the material level (1)
- The middle main line symbolises the self or the ego (2)
- The uppermost main line, which runs directly beneath the hairline, symbolises creativity and the spiritual or non-material level (3)



### Thickening of the Lower Lip's Edge

If the tissue beneath the lower lip is thickened like dough, this is called the thickening of the lower lip's edge. Such a thickening of the lower lip's edge usually means problems with the detoxification organs, especially the liver in this case. Above all, this can be due to the abuse of alcohol and tobacco or strain due to medications or foreign substances.

The following detoxification organs indicate by swellings in various places on the lower lip's edge when they are strained:

- The **gall bladder** causes a distinct swelling to the right and left of the middle.
- The **pancreas** causes a swelling in the middle.
- The **spleen** causes swelling on the outer corner of the lower lip's edges.

The swelling of tissue below the lower lip usually quickly goes away again, but action should be taken if this swelling **continues**.

When there are also pimples in the chin area in addition to a swelling on the lower lip's edge, the possibility of abdominal or genital diseases should be considered. Sore areas under the nostrils would also reinforce this diagnosis.



## People with dominant upper part

- indicates *intelligence* and a *logical approach* towards problem solving.
- Thus, people with dominant upper parts will be more interested in *fact* and *logical thinking* than others.
- A wide forehead shows that the person is intelligent but a small forehead *doesn't mean* that he is not.



## CHEEKS - happiness

- Round, full cheeks, sometimes hanging down in soft folds upon neck, show *gluttonous tendencies*.
- Dimples of the cheeks and chin are tokens of the *affectional nature* and denote the active passions of *amateness* and a *desire to please* and *attract the admiration* of others.
- Dimples near corners of mouth are evidences of *mirthfulness, love of fun* and *good humor* and *wit*.

**Big and circular ear tops:**

mean you are especially clever and exceptionally savvy.

Ears that stand out have a place with exceptionally enthusiastic and physical individuals who are suited to working outside and not being limited to a work area.

Taking a look at celebrity appearances can likewise let us know a ton about big names and what they are truly like:

Gary Lineker - ears that stand out - energetic and physical identity characteristics.

Victoria Beckham - to a great degree little ears - demonstrates a touchy soul.

Terri Hatcher - has magnificent symmetry in her face, especially with the situating of her ears, which demonstrates that she is fit for adjusting her expert, social and individual life splendidly.



# Large middle area



- You focus on prestige, reputation, luxury & quality
- You want to own and have the best
- You won't buy something because it's cheap
- If someone wants to sell you anything, they must convince you how it's going to increase your success
- Ambitious person and likes to have an authority and powerful status

# You can't tell if someone is lying by reading their facial expressions



Microexpressions, as defined by psychologist Paul Ekman (who coined the term "microexpression," basically wrote the book on the little bastards, and has been studying their use in detecting deception for going on half a century, now), are:

...very brief facial expressions, lasting between 1/25th and 1/15th of a second. They occur when a person either deliberately or unconsciously conceals an emotion being felt. Any one of the seven emotions found to have a universal signal may appear in a micro expression: anger, fear, sadness, disgust, contempt, surprise and happiness.

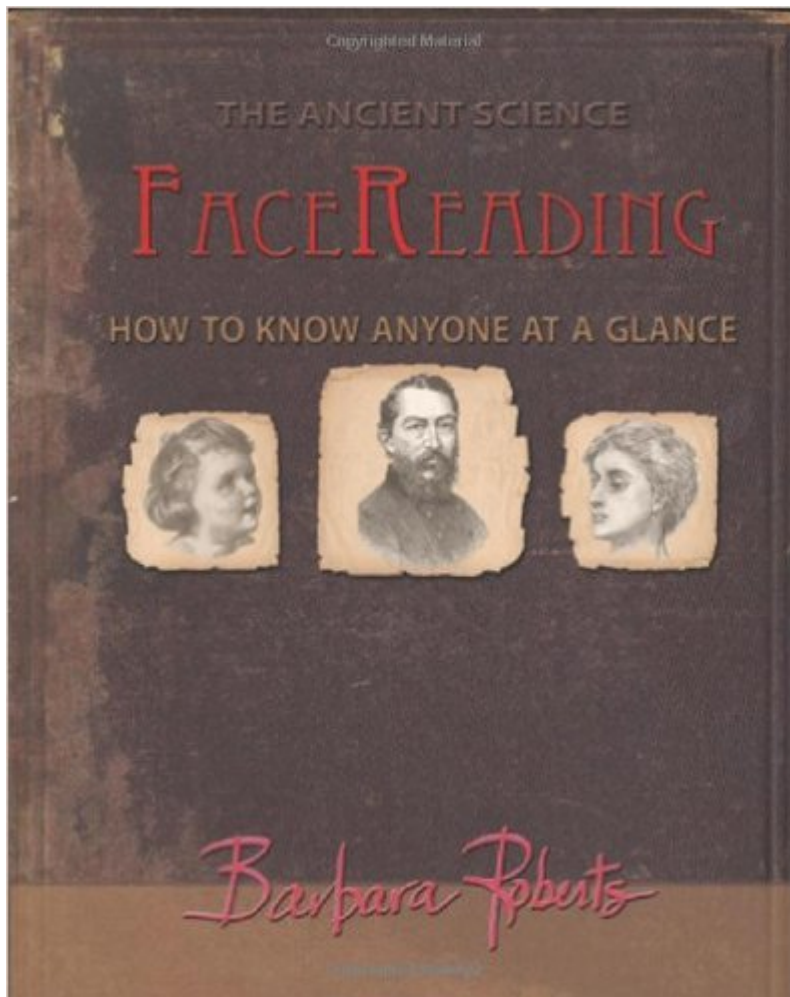
Microexpressions therefore fall under the umbrella of "body language" ("nonverbals," if you're one for parlance), and are distinguishable in that they refer explicitly to the face and specific situations in which they're likely to appear, viz. a situation where the emotion being felt is being either intentionally or unintentionally suppressed.

# CHEEKS - happiness

- Round, full cheeks, sometimes hanging down in soft folds upon neck, show *gluttonous tendencies*.
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- Dimples near corners of mouth are evidences of *mirthfulness, love of fun* and *good humor* and *wit*.

**More Face Reading will come in  
future posts stay tuned**

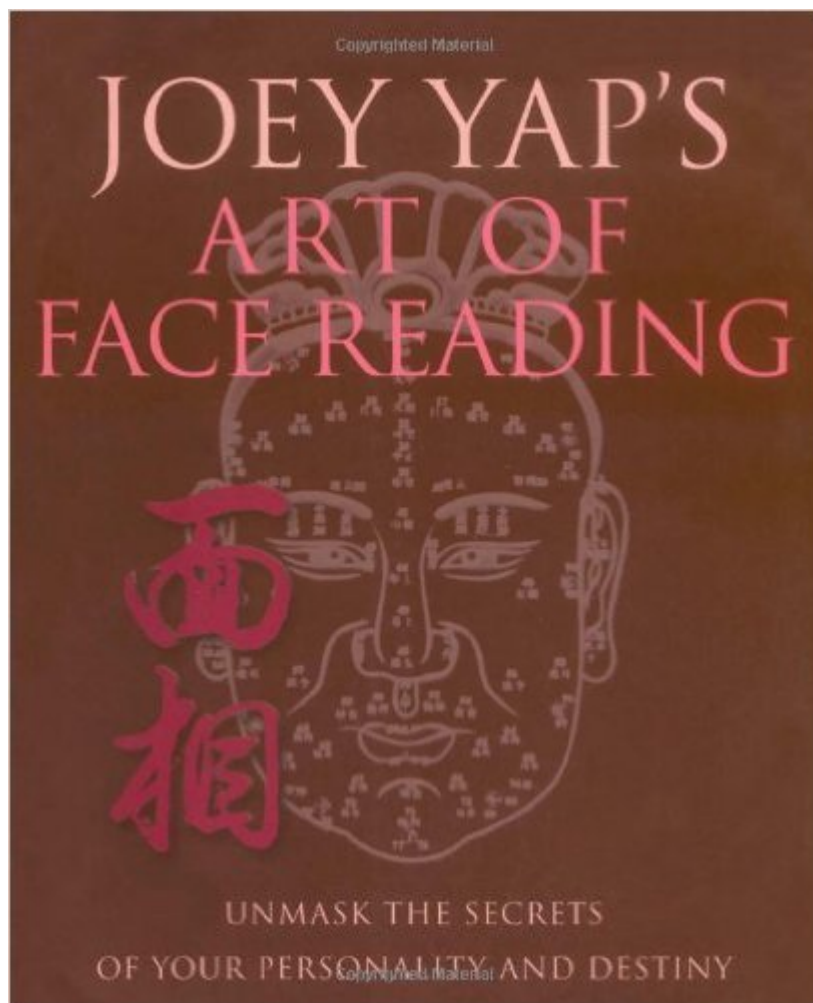




## Face Reading: How to Know Anyone at a Glance

FACE READING WILL HELP YOU – Choose the Career you were born to do. Read your Boss's face. – Protect your children by knowing Dangerous features in strangers – Hire Smart! Know how to choose people of Destiny. – Date safely on the Internet. Avoid mistakes! – Gain insight into your Health or illness by

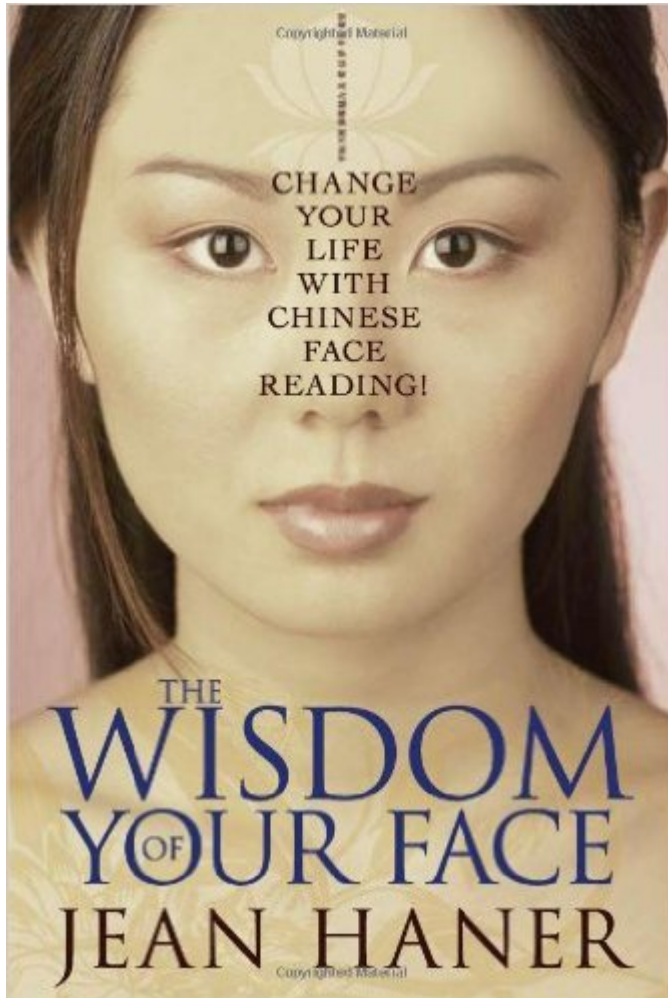
using facial indicators. – Know the Secrets for effectively managing and business strategy – Learn psychological meanings for over 100 Facial Features



**Joey Yap's Art of Face Reading: Unmask the Secrets of Your Personality and Destiny**

Chinese face-reading, or Mian Xiang, is a form of physiognomy,

or the observation of appearances. This ancient technique reveals not only a person's true character but also his or her fortune, luck, and talents. "Joey Yap's Art of Face-Reading" is a brilliant introduction to this powerfully accurate art. In this illuminating guide, bestselling author and master trainer Joey Yap explains how the face is essentially a map of our destiny and luck. With detailed illustrations, he presents the '100-year map' of the face or the 100 points that govern a person's fortune and luck from the age of 1 to 100. He also unlocks the areas of the face known as Officers and Palaces, which tell us about a person's character, future challenges, obstacles and talents in life – along with other facial features such as moles, which Joey explains how to identify and interpret. With this guide, you will learn to use face-reading to examine your own life stages and destiny, and those of others, at a glance.



## [The Wisdom of Your Face: Change Your Life with Chinese Face Reading!](#)

What if you could tell, just by looking at others, how they tend to think, feel, and behave? What if your partner's face revealed the best way to resolve any conflicts between you? And what if you could discover in your own face the wisdom that you need in order to be the best you-you can be?

Based on the same ancient foundation as acupuncture and Chinese medicine, face reading has been in the "research and development" phase for over 3,000 years. When translated to make it meaningful for our Western lives, it's a powerful source of wisdom that we can all access. Chinese face reading

shows you how to live your life in alignment with your own natural flow, find the life path that gives you joy, attract relationships that nurture you, and most of all, enable you to feel compassion for yourself and others. This book will forever change how you see yourself . . . and all the people in your life!

**[Fire TV Stick with Alexa Voice Remote | Streaming Media Player](#)**





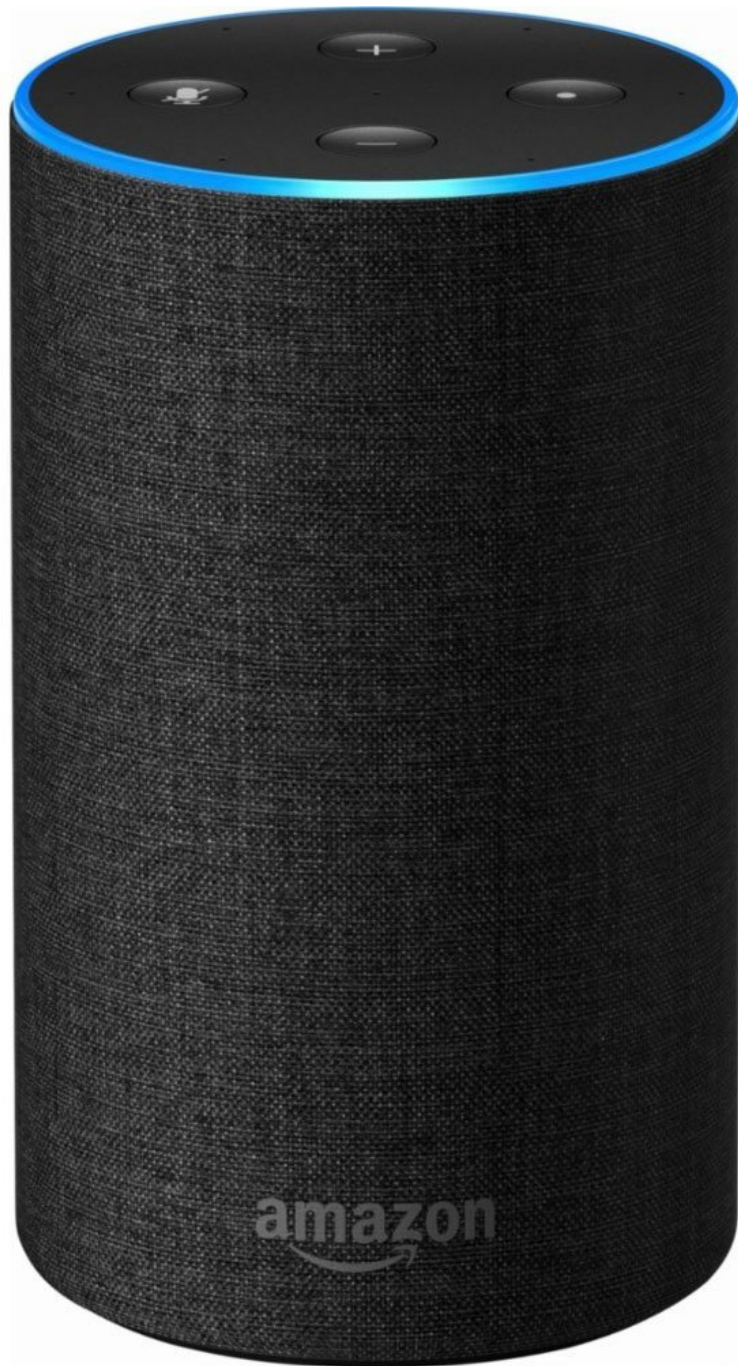


- The next generation of our bestselling Fire TV Stick—now with the Alexa Voice Remote.



- Enjoy tens of thousands of channels, apps, and Alexa skills with access to over 500,000 movies and TV episodes from Netflix, Prime Video, Hulu, HBO, SHOWTIME, NBC, and more. Plus, access millions of websites such as YouTube, Facebook, and Reddit with browsers like Silk and Firefox.
- Launch and control content with the included Alexa Voice Remote. Simply say, “Play Game of Thrones” or “Launch Netflix” and Alexa will respond instantly. Plus, play music, find movie showtimes, order a pizza, and more—just ask.

## **Echo (2nd Generation) – Charcoal Fabric**



- All-new Echo (2nd Gen) has a new speaker, new design, and is available in a range of styles

including fabrics and wood veneers. Echo connects to Alexa to play music, make calls, set music alarms and timers, ask questions, control smart home devices, and more—instantly.

- Just ask for a song, artist, or genre from Amazon Music, Spotify, Pandora, and more. With multi-room music, you can play music on compatible Echo devices in different rooms. Echo can also play audiobooks, radio stations, news briefs, and more.
- Call or message almost anyone hands-free with your Echo device. Also, instantly connect to other Echo devices in your home using just your voice.
- The new speaker, now with Dolby processing for crisp vocals and dynamic bass response. Echo can fill the room with 360° omnidirectional audio.
- With seven microphones, beamforming technology, and noise cancellation, Echo hears you from any direction—even while music is playing
- Just ask Alexa to check your calendar, weather, traffic, and sports scores manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers, and more
- Alexa is always getting smarter and adding new features and skills. Just ask Alexa to control your TV, request an Uber, order a pizza, and more.

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# **The Power of Face Reading your face never lies Part 1**

**The Power of Face Reading  
your face never lies**







This post on week 349 is about one of my favorite and most fascinating subjects I have studied. When I lived in China I was introduced to Face Reading and anytime I could I would go to learn from the readers Wow, it is like they know your whole story and of your ancestors as well. A well tuned professional face reader can describe you and your ancestors

so well that it may make you feel that he or she has been involved in your life on a daily basis. It is amazing. The accuracy and finesse of the system.

You may know someone who people adore. Most likely this person isn't wrinkle-free and doesn't have perfect features according to the general model of what is perfect, this is the blueprint of our feelings and our life mapping our experiences, the day to day history of our lives, I notice when people get plastic surgery in a few months people started to go back to how they looked before, that inspired me to do some research on the source about this fact and I remember my studies on Face Reading and Bingo!! there it was we make all these lines and formations on our entire body, not just the face. Droopiness and all those details that we start resenting and disliking, but if we get to know why it is happening our perception shifts to the understanding that if we made it happen we can change it, Chinese medicine teaches all the organs involved in Skin, Muscles, and basically the whole body, and how we are fully interconnected, I notice that when I teach this subject in my classes people are very surprised. It is amazing to me that most people don't have a conscious relationship that we are fully connected to our mind, body, and spirit. For the most part, everyone is running around so fast and the common denominator is I don't have time!!!! So when we are in our heads all the time it is no wonder we feel that we get up and function all day with just our head and nowadays with the phone being attached to it. Well, dear readers that definitely is not it and if you wish to change your physiognomy and get to know more about the people you deal with in a daily basis and even the ones you don't know this post can give you a very accurate mapping, I love to be able to understand how my whole system works and many miracles happen in our bodies minute to minute. Please enjoy and share so many people can benefit from it.



# Face Reading With Joey Yap



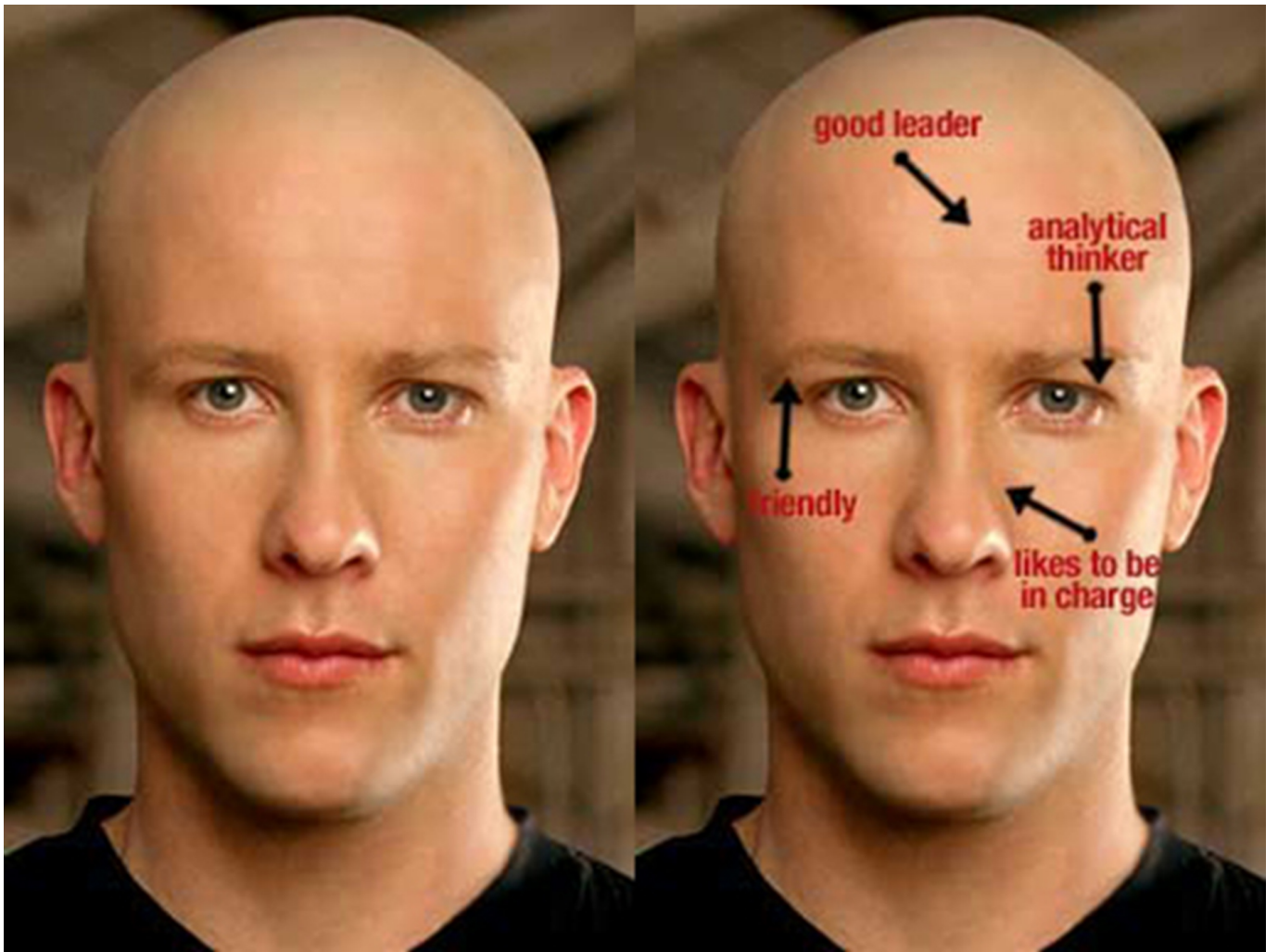
She was a perfect sample of the radiance,

## **kindness, and compassion that read through her beauty.**

Yet when he or she walks into a room, everyone's heart just soars and is turning head time. What they are responding to are the information that radiates out from that individual's face and body language. When people are living according to their true nature, everyone finds them beautiful.

With that being said, here we are posting a few facts about face reading there is so much more to it, we will continue to share with you in the future, here you can research more with the links provided.

## **What certain areas of the face mean**

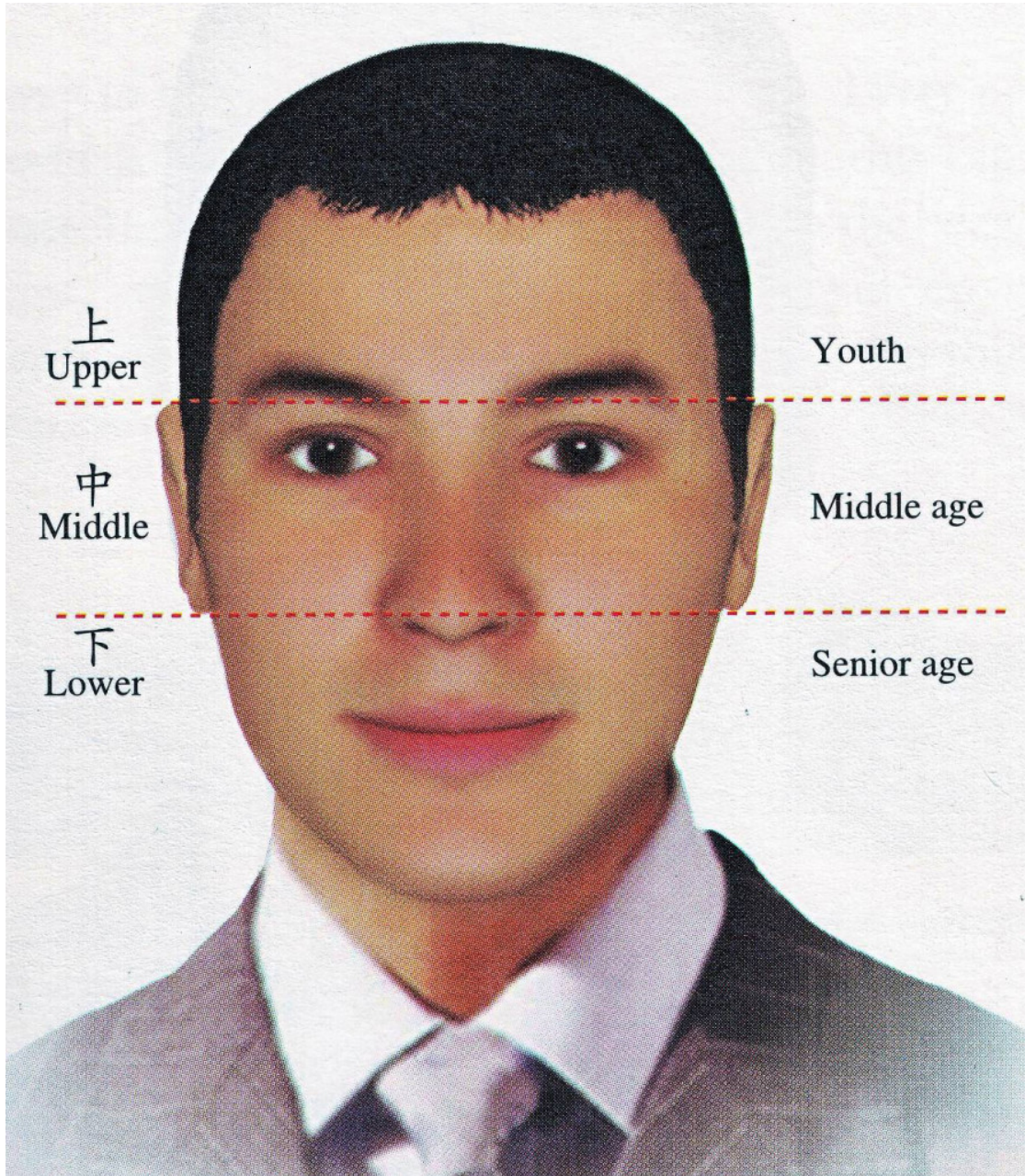


From <http://english.eastday.com>

Chinese face reading is as relevant today as it has been in the past and its use is definitely cross-cultural. We all have

a blend of elements and all faces reflect part of our nature pattern. Face reading first started in China during the 6th century BC, it was not affiliated with any religion. It is thought that they were probably Taoist shamans from rural areas such as Szechwan who specialized in non-traditional arts. By 220 BC, the art of face reading was established in Chinese life and classic tales, such as the Golden Scissors and Bamboo Chronicles, were written at this time.

Also, there were professional face readers during this time that combined the roles of priests, astrologers, and counselors. They were well-educated men with great compassion for humanity. The Chinese simply understood the concept that the face represents the story, energies, health, and fortune of a person so to live in harmony with the prevailing energies of the five elements, yin and yang, and the seasons they dedicated much time to the study of Face Reading. This wisdom has seen a huge resurgence in the West during the past 20 years with the growth of acupuncture, Chinese herbal medicine, Feng Shui and Qi Gong.



上  
Upper

Youth

中  
Middle

Middle age

下  
Lower

Senior age

Mental

Emotional

Physical



**Apollo ~ Sun ~ Fire**  
Resolute Stubborn  
Suppressed Emotions  
Physical - Volatile  
Closed Minded



**Jupiter ~ Ether**  
Determined Reliable  
Humanitarian  
Idealistic - Steadfast  
Self reliant



**Neptune ~ Moon ~ Water**  
Affectionate Happy  
Nurturing  
Mothering - Generous  
Manipulative

Mental

Emotional

Physical



**Mars ~ Earth**  
Practical - Physical  
Earthy Passion  
Steadfast - Reliable  
Gets Things Done



**Venus ~ Water**  
Sensitive - Flexible  
Warm- Idealistic  
Caring - Creative



**Mercury ~ Air**  
Intellectual - Quick  
Open Minded  
Organiser - Persuasive  
Restless

Mental

Emotional

Physical



**Saturn ~ Fire ~ Earth**  
Volcanic Determined  
Introverted  
Earthy Passion  
Intuitive - Cautious



**Uranus ~ Water ~ Ether**  
Strong-Minded  
Sensitive Flexible  
Compassionate  
Understanding



**Pluto ~ Water ~ Air**  
Emotional Sensitivity  
High Aspirations  
Mentally Active  
Needs Grounding

## The Principles of Face Reading: Chart from The Joey Yap Store

The starting principles of face reading that we are here discussing are the cosmic energies of the five elements and yin and yang. The elements are clear symbols and they represent qualities of energy within each person that are reflected in the face. A very elaborate physical, psychological and emotional profile can be constructed, incorporating the energies of the features, the life points of the face, the three divisions from top to bottom (forehead, midface and lower face) which show the nervous, circulatory and digestive systems and the facial zones which represent the internal organs is pretty accurate to say the least.

Each individual face is a map of the past, present, and future. The past is described as our inherited constitution, starting with our mother's pregnancy, our childhood, and adolescence, with each difficulty or every support in the family, and our very early years as we start out in the world. The present reflects our health at the precise time of the reading.

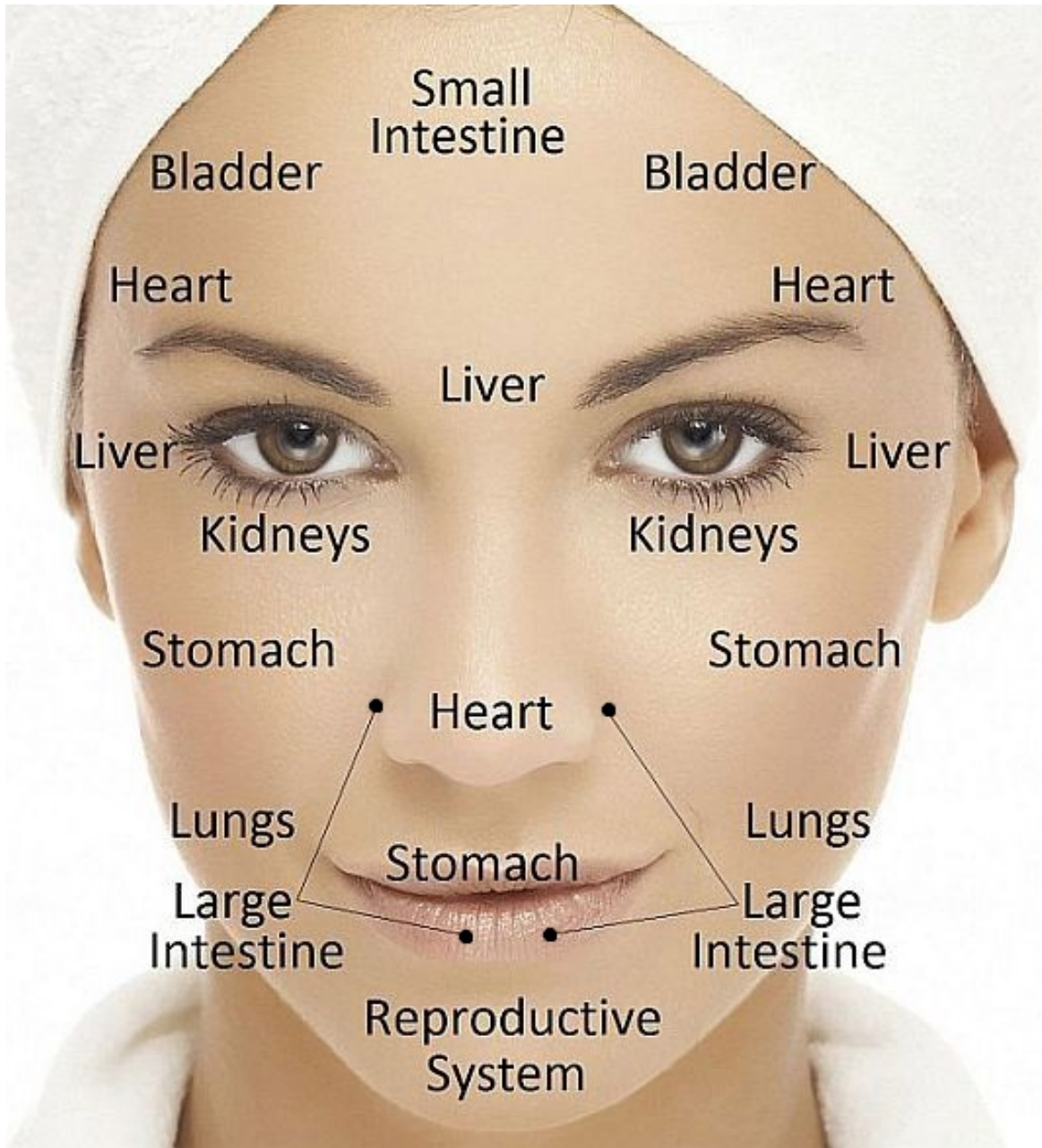
Coco Chanel said: Inappropriate diet, persistent negative emotions, drugs, toxins, and stress all contribute to lines, congestion, and colors on the face.

With that said the facial zones affected are related to the internal organs under stress like the rest of our physical



wellbeing. In the same way that the feet are a microcosm of the whole body in Reflexology, so the face shows the inner health status and the person behind the persona. The future is not predestined in the Chinese philosophy: acts of compassion can definitely lengthen one's life, and taking greater care with health can resolve possible future challenges. Sometimes destiny and the ups and downs of life can be improved by facial surgery? Correcting squints help one's fortunes during the years 35-40. However, nose jobs, which expose the nostrils and shorten the nose can affect the end of the 40s by creating many physical challenges.

## **Our Face and the areas representing our organ connection**



**Here are some examples of various shapes and qualities of face reading:**

## **What Eye Shapes Mean**







### **One White Eyes**

Center-focused eyes. Grandfather was someone of authority. Does not bode well for physical health, especially the heart.



### **Lower Three White Eyes**

Belong to celebrities or those with social standing. Tend to be snobbish and arrogant. Are afraid of heights, and prone to legal disputes.



### **Big Eyes**

Typically passionate characters, generous and not calculative. Proactive and easily adaptable, and more in tune with the senses.



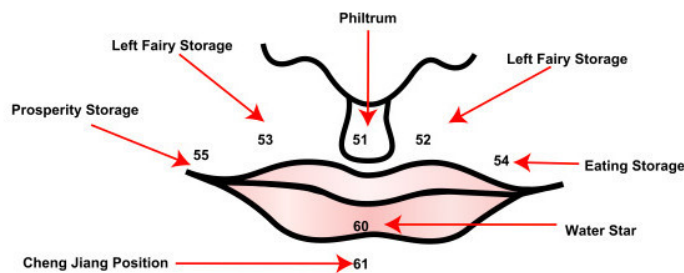
### **Big and Round Eyes**

Have expressive talents. Tend to trust people easily, and typically easy communicators who constantly need love.

# What Mouth Shapes Mean

JOEY YAP'S  
FACE READING REFERENCE CHARTS

**Mouth** 嘴



**Wide Mouth**

Ability to make money no matter where one ends up. They are usually happy-go-lucky and popular, but may tend to lack direction in life.



**Small Mouth**

Generally good-hearted people, but rarely happy. They tend to be amicable and have many friends, but may whine or complain a lot.



**Upper Lips Thick / Protruding**

Indicates a personality that feels a need to be wanted and loved by others. Sentimental in nature, and place greater value over emotional bonding than physical love



**Lower Lips Thick / Protruding**

Indicates a strong character that is independent and self-reliant. A tendency to be self-motivated, and values physical gratification over emotional love.



**Thick Lips**

This indicates a person of passionate temperament. They tend to be adoring, demonstrative, and enthusiastic when in love.



**Square Mouth**

Typically a lucky individual who can find success and happiness in all areas of life. Usually an honest and levelheaded personality, and liked by all.



**Round Mouth**

Indicates a personality with no hidden agenda, and content with what they have. Prone to constant worries, and generally lack a sense of security.



**Reverse Boat Mouth**

Typically a solitary nature, and may be sad and morose. Lack affinity with friends and loved ones. May also be stingy when it comes to money matters.



**Pearl in the Sea**

The 'Pearl' indicates a person who likes to argue, and always argues to win. Good at debating and articulating an argument.



**Smiling Mouth**

Typically belongs to happy people who are grateful for what they have in life. Clever and straightforward, and also indicates a creative or artistic nature.



**Crooked Lips**

May have a wagging tongue, and a tendency to be scheming and wily in relationships. Will take advantage of superiors.



**Lined Mouth**

The lines that appear on a mouth aren't good lines – they are indicators and harbingers of loneliness. May live to an old, lonely age.



# What Face Shapes Mean

Charts from [The Joey Yap Store](#)

## Round Face:

These shapes of faces are known as water-shaped faced people. They have a plump more round and fleshy face. They are known to be sensitive and caring. And the individuals that possess them are thought to have strong sexual fantasies. If you are looking forward to a long-term and stable relationship, these people are proved to be the right choice.

## Oblong Face:

The long, thin face is called in Face Reading the wood shape face. These people may have a more muscular or athletic physique. They are thought to be very practical, methodical and tend to be more overworked for the most part. They have weighed along with narcissism and most likely have problematic relationships.

## Triangular Face:

These shape types are usually related to a thin body and with a definitely intellectual persuasion. They are considered to

be very creative and thought to have a very fiery temperament according to Chinese face readers.

## **Square:**

These types of faces are known as the metal shape face. These people are thought to have an intelligent, highly analytical, and decisive mind. The face shape is associated with an aggressive and dominating nature personality.

## **Rectangular Face:**

Here these types of faces signal some variety: they tend to dominate but with less force, often they get their way in politics, business, sports, being always balanced, sometimes ambitious, sometimes melancholic is a very large range.

## **Oval Shaped Face:**

Expresses a character is somewhat balanced, sweet, even charming, in which case those individuals are often best diplomats, but also able to duplicate, women are often outstanding artists. Sometimes they can be dangerous, but temperamentally very are weak, and also often they are weaker in physical strength, in many cases underactive.

# **Face Shape and Profile**

## **The Broad face shape:**

Having a broad face shape means that the height and width of the face are very close to each other in length. People with a broad face are confident by nature unless for an unforeseen reason he has lost his self-confidence somewhere throughout his life. When we talk about confidence by nature, what we mean is that he's usually secure and confident about doing things for the first time; meaning he's fine with new experiences. This type of person has got good influencing abilities; he usually has a relatively larger space distance between his eyes (and has a very high tolerance) because of his broad face. This type of person may not be interested in small details but would be rather interested in the bigger picture or the full view. For example, when telling him about a car accident, don't bother telling him about the car colors because he wouldn't be interested in the details are not important to him, he may not be even interested in the car types involved he wants to get to the point. From these qualities, we conclude that someone like that would make a good manager; that's why you would notice how most managers are of the broad-faced type.

## **Thin face Type:**

The thin face is very easily noticed because it appears to be longer than most normal faces. People with thin faces have faces that are much higher in length than in its width. A thin-faced person is more confident by experience and not by nature, which means that when trying something new, they may feel afraid or anxious. If they have a small eye distance too, then they may be interested in small details. The main challenge concerning thin-faced people is fear; fear is a very

big part of their lives and this may make them stick to a certain comfort zone and curb their adventurous side completely.

## Round face:

People with round faces are very friendly by nature, and they like social gatherings and for the most part, provide a nice company. When intending to ask for help, try to choose the round-faced type because they may be friendlier than the other people around.

Thank you for your visit are so very grateful for the time and attention you put into, please share so other people can benefit, check-in for part two.

Much love, and gratitude from all of us at Isabel's Beauty Blog

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## DIY Skincare Recipes

# DIY Skincare Recipes



On week 348 we are sharing:

Folk medicine occasionally referred to as alternative or traditional medicine, is a part of healing that has an extensively long history. Folk medicine originates back 5,000 years. The dispensation of history is divided into three eras, the classic historical era, the medieval era, and modern eras. I was raised with herbs and home remedies since a baby and in Chile, Doctors practiced in a very different manner for the most part and by that, I mean western medicine combined with Homeopathy and herbology so for me, I always use what I felt at that moment had its place for whatever need. Two-thirds of the world's population live in countries that have inadequate resources to access modern medicine so I found that the reason folk medicine is formally acknowledged in many countries. Today it is still extensively used due to their perceived effectiveness.

It is vital to be informed and careful about possible compound interactions before using any Folk formula. Like anything, nature has its own contradictions as well. Please use your discretion and do a small test when in doubt, always remember to consult with your health practitioner, have fun and enjoy.

# Use of Turmeric to correct hyper-pigmentation



Mix a little amount of turmeric with cucumber juice or lemon. Apply this to the pigmented area of your skin. Leave it for ten to fifteen minutes and wash off. Do this for a few days and gradually normal color of your skin will return. Lemon is a great astringent. Turmeric is an antiseptic and antioxidant that helps skin challenges such as this.





## 4 Amazing Conditioners You Can Make At Home

[www.naturalhairkids.com](http://www.naturalhairkids.com)



### Honey Conditioner

**Ingredients:**

1/2 cup honey  
2 tablespoon olive oil



**Directions**

Make sure your child's hair has been thoroughly shampooed. In a bowl, mix honey with olive oil. Heat mixture in microwave for 30 seconds. Apply to hair, then cover head with shower cap for 15-30 minutes. Rinse out with conditioner and style as usual.

### Avocado Conditioner

**Ingredients:**

1 avocado (peeled)  
1 egg yolk  
1 tablespoon jojoba oil



**Directions**

Make sure your child's hair has been thoroughly shampooed. Combine all ingredients together in a bowl until smooth. Massage mixture into scalp and hair. Leave in for 20 minutes. Rinse out with conditioner and style as usual.

### Banana Conditioner

**Ingredients:**

1 banana (peeled)  
1 egg  
4 tablespoons milk  
5 tablespoons olive oil



**Directions:**

Make sure your child's hair has been thoroughly shampooed. Mix all the ingredients in a blender or food processor. Apply the mixture to your hair- from root to end. Let soak into your hair for about 15- 30 minutes. Rinse out with conditioner and style as usual.

### Coconut Milk Conditioner

**Ingredients:**

1 cup coconut milk  
1 peeled and mashed avocado  
1 tbsp of honey



**Directions**

Make sure your child's hair has been thoroughly shampooed. Combine all ingredients in a small bowl. Either apply mixture directly to hair, or preheat mixture in microwave for 30-45 seconds. Massage mixture into hair and scalp. Cover hair with a shower cap for 15 min-60 min. Rinse out with shampoo/conditioner and style as usual.

# Anti-Wrinkle treatment for ideal skin



Whisk the tomato juice with an equal amount of milk. Store this mixture in the refrigerator. Apply this pack routinely twice a day. Leave this on your face for 10 minutes. This works as one of the best natural home aid for Skin Care.

# Honey and milk



For dull and dry skin: Honey and milk are soothing and

nourishing for skincare. These are the things that come straight from the breakfast table. One can apply our traditional moisturizer to the skin. It not only lightens complexion but also helps keep skin healthy and moist, aside from the Lactic acid in the milk helps the skin with a light resurfacing. It is very effective for dull and dry skin. Ghee can also be used as a moisturizer. Both ghee and malai can be used as a night cream.

## Malai



Malai is an Indian cooking ingredient. It is made by heating non-homogenized whole milk to about 80°C (180°F) for about one hour and then allowing it to cool down. A thick yellowish layer of fat and coagulated proteins forms on the surface, which is skimmed off. The process is usually repeated to remove most of the fat. Malai has about 55% butterfat. Buffalo milk is thought to produce better malai because of its high-fat content. Buffalo milk with fat contents varying from 5 to 12% is heated and boiled and then allowed to cool up to 4 degrees Celsius for best results. Similarly, cow's milk with milk fat from 3 to 5% is boiled and cooled to make malai.

## **The banana-honey face pack**



Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face.

Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also

gives it a supple feel.

The banana-honey face pack: Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white (use pasteurized egg), and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face. Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also gives it a supple feel.

Soften cuticles with honey: Whisk together three tablespoons of almond oil, 3 tablespoons of raw linseed oil, and 3 tablespoons of honey. Use this mixture to massage your nails and fingers.

## Orange Peel



- Peel the orange and let its skin dry in sunlight for some days.
- Grind it in the mixer-grinder and apply the paste on the face.
- Let it remain for 10 minutes and rinse.
- See the glow and freshness on the face!

## Cucumber









Cucumber cleanses the skin and helps to soothe the skin and bring back the glow of the skin. Scrubbing the neck with cucumber removes the dead skin cells.□ Apply grated cucumber or cucumber juice on the dark neck.

Gently scrub the neck for a few minutes□ Wash it off after 15 minutes

# Lemon Juice



Lemon Juice – □The citric acid present in the lemon juice is a natural bleaching agent. If you have sensitive skin, you will have to dilute lemon juice for this purpose. Apply lemon juice to the dark skin of the neck using cotton ball Leave it there for 10-20 minutes and wash it off with water.□ Do not expose the skin to sunlight after applying lemon juice.

## Home made beauty tips for glowing skin

### Ingredients :

A pinch of Turmeric powder  
Milk cream (thick layer formed on  
top of milk after cooling)

Honey

Take milk cream, a pinch of turmeric powder and add few drops of honey. mix it well till it forms a thick paste, Apply the paste as a thin layer on your face and let it dry for 20 minutes. This will result in skin glow.



# Avocado-Honey Moisturizer



According to:  
<http://www.rd.com/slideshows/8-natural-recipes-for-amazing-skin-from-a-plastic-surgeon/#slideshow=slide2>

Avocado-Honey Moisturizer A moisturizer is an anti-aging must. By helping your skin retain moisture and acting as a

temporary filler for wrinkles, it makes your complexion look smooth. Dr. Ordon says that his patients love this recipe because it makes their skin look and feels dewy, and youthful.

Ingredients: 3 tablespoons of fresh cream 1/4 avocado 1 tablespoon honey

Directions: Place all three ingredients in a blender and puree into a smooth cream. Apply it to your skin and leave on for at least an hour. Rinse off with warm water.

## Cornstarch





You may think cornstarch can only be used to thicken your gravy, but it's also useful in easing itchy, dry skin, it works miracles for chickenpox or itchy rashes. Make a paste and apply to skin let it dry and remove with a wet warm cloth and apply Aloe Vera Gel. Sprinkle a handful in the bathtub and have a soak, if you can, do not rinse, pat dry and wait a few minutes before you apply moisturizer, I highly recommend Coconut Oil.

# Oatmeal



Adding oatmeal to your bath will soothe your skin. The oats are packed with vitamin E, a nutrient vital to healthy skin.

Oatmeal is also used as a folk remedy for treating dry, chapped hands. Rub your hands with wet oatmeal instead of soap. Dry your hands with a towel, then rub them with dry oatmeal. Vinegar. Try this folk remedy for chapped hands: Wash and dry hands thoroughly, then apply vinegar. Put on a pair of soft gloves and leave them on overnight.

## Home made beauty tips for soft hands

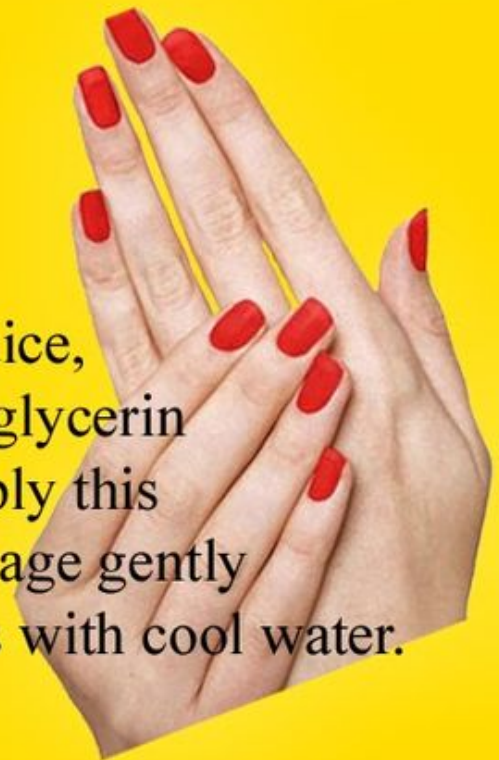
### Ingredients :

Lemon juice – 1 tsp

Tomato juice - 1 tsp

Glycerin – little bit

Take equal quantity of tomato juice, lemon juice and add little bit of glycerin and then mix them together. Apply this mixture on your hands and massage gently for 10 minutes. wash your hands with cool water. Do this daily for 10 to 15 days to soften your hands.



# Mayonnaise



Mayonnaise straight from the jar will make hair soft and shiny. The egg nourishes brittle hair with protein, while the vinegar gives it body and bounce.

Try this mixture to regain supple hair: Mix one teaspoon powdered brewers' yeast with four ounces of apple cider vinegar to create an after-wash rinse. Pour it over wet hair and let stand at least a minute before rinsing. □Dry skin

For a homemade scrub, mix ground oats and honey. Rub all over your face—especially your nose, make sure you scrub gently. The scrub part of the mixture will remove dry, scaly skin while the honey seeps in as a moisturizer. Rinse completely off and pat dry, and your skin will be glowing and baby soft. Only use this remedy once a week.

For super dry skin, use olive oil. Rub it in prior to a bath or shower. You may substitute peanut, sesame, or sunflower oil.

A quart of milk in a hot bath is a luxury as well as a skin toner. It's a trick nearly as old as time.

## Teabags



Puffy, tired-looking eyes?

Used tea bags make excellent eye cosmetic After dunked, drain it and place it over your closed eye (one for each) and hold it there for a few minutes. Redness, soreness, swelling, and irritation will disappear like magic.

**Bug Off Citrus Butter**







One

way to keep pesky little critters fully controlled

1/2 cup Cocoa butter

1/2 cup Coconut oil

1/2 cup Shea butter

1/2 cup Sweet Almond Oil 1 tsp vitamin E oil

10 drops Citronella essential oil 5 drops orange essential oil

Place the Cocoa butter, Coconut oil, and Shea butter in a large glass jar or glass measuring cup.

Place inside a pan with about 2 inches of water. Heat over medium heat until everything melts completely, stirring gently with a wooden spoon or chopstick. Remove from heat and add the sweet Almond oil, essential oils, vitamin E, and citronella oil. Mix thoroughly.

Place the mixture in a sanitized jar.

Chill in your fridge for about an hour. The mixture should be firm, but not too hard. once the mixture is chilled, use your mixer or hand mixer to whip it to a smooth consistency.

## Sweet Chai Tea Bomb



At last the soothing comfort of spicy Chai Tea for you for your bath! You got to love it, don't you agree? YumYum body. You can also use Green Tea powder. Clove Oil is very strong and can be too much for sensitive people so use a very small amount.

You may not need the Witch hazel if the honey does its job, I use it in batches that seem too dry. I like the round bomb mold best for this recipe.

1 cup of Citric Acid  
2 cups baking soda  
3 tablespoons kaolin clay  
1/4 cup organic brown sugar  
3 tablespoons sweet Almond Oil  
2 tablespoons Organic tea powder  
2 tablespoons honey  
10 drops or less for sensitive skin do a patch test when the full mixture is done  
5 drops vanilla essential oil  
Witch Hazel to bind

Place the dry ingredients in a glass bowl and work with gloved hands until there are no lumps.

Add the sweet Almond oil, honey, and the essential oils to a mixture, and blend with a whisk. Test the consistency with your hands. The mixture should hold together when squeezed. If it feels crumbly, spritz in some witch hazel to bind. Pack the mixture firmly into the mold Set aside for ten minutes then tap lightly on the back of the mold to release it, enjoy.

# Banana, Strawberry, Kiwi, and Honey Face Mask



When it comes to face masks for oily skin is this simple yet very nourishing natural solution.

Ingredients: 1 ripe banana, 3 Strawberries 1 tablespoon of honey, 10 drops of lemon juice, and Kiwi slices for the eyes.

You should mix the banana and honey in a bowl. Then, add the lemon juice and combine them. Once the mixture is ready, apply it on your face and let it work its magic for about 15 minutes. In the end, rinse with lukewarm water and wipe your complexion with a washcloth.

## **Cucumber, Egg White, Lemon, and Clay Mask**



This mask is just perfect for cleansing clogged pores. As its name suggests, you'll need the following ingredients: 1 tablespoon of egg white,  $\frac{1}{2}$  teaspoon of clay, a few drops of lemon juice, and 1 egg white.

Add all these ingredients together and mix them until a smooth paste is formed. Then, apply the mask on your face, but make sure to avoid the eyes area and leave it for about 20 minutes. Finally, rinse with warm water.

## **Strawberry and Yogurt Facial**





You should know that the yogurt will help exfoliate your acne-prone skin.

Ingredients: 4 ripe strawberries, 1 teaspoon of plain yogurt

Firstly, wash thoroughly the strawberries, then use a fork to mash them. Add the plain yogurt and stir until it becomes smooth. Then apply this mixture on your face and let it sit for 10-15 minutes. Use warm water for rinsing.

## Homemade Juice Mask



Both lemon and strawberries have natural astringents that are perfect for fighting acne.

Ingredients: 1 teaspoon of lemon juice, 1 cup of strawberries, 2 egg whites, 3 teaspoons of honey, and 4 drops of essential oil.

You should mash the strawberries with a fork until they form a smooth paste. Then, add the lemon juice, honey, and egg whites and mix them together. Apply the formed mixture on your face and let it stay for about 10 minutes. Rinse with warm water and warm cloth.

## Oatmeal Face Mask



For this mask, you'll need 1 tablespoon of honey, some oatmeal, and 1 egg yolk.

You should take a small bowl and mix there the egg yolk and

honey. Then, add slowly some oatmeal so that you create a thick paste. Apply the mask on your face and neck and let it sit for about 15 minutes. In the end, rinse with warm water.

## **Apricot, Yogurt and Clay Mask**



This is an amazing natural face mask because it nourishes your skin and regulates its oiliness. We recommend using it once or twice a week. You can easily create it with the following ingredients:  $\frac{1}{2}$  teaspoon of clay, 1 apricot and 1 tablespoon of yogurt.

Firstly, you should peel the apricot. Then add it into a blender and mash it. Add the yogurt and clay and blend them together until a paste is formed. Apply it carefully on your face and leave it for 20 minutes. Then rinse with warm water.

## **Turmeric and Yogurt Face Mask**





Ingredients: 2 tablespoons of rice flour,  $\frac{1}{4}$  teaspoon of turmeric powder and  $\frac{1}{2}$  cup of plain yogurt.

Mix all these ingredients until they form a smooth paste and afterward apply the mixture on your face and let it sit for about 15-20 minutes. Then use a wet cloth for rinsing.

