

**What do doctors say about
eyelash growth and
enhancement techniques?**

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On week 353 we are sharing what do doctors say about eyelash growth and enhancement techniques? Thank you for your visits, likes, and shares. So many of you have been with us for so many years we very grateful for it, thank you from all of us.

An introduction to eyelash hypotrichosis and why women are trying to grow longer eyelashes.

What causes eyelash hypotrichosis?

- *Summary: Eyelash hypotrichosis is defined as having lower than average length, thickness, and/or a number of eyelashes. Causes of eyelash hypotrichosis include hereditary, aging, chemotherapy, medical treatment, eye surgery, and physical trauma.*
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2861943/>
 - Causes of eyelashes hypotrichosis are many, including hereditary, aging, chemotherapy, other medical treatment and unknown causes. Physical trauma involving the face, eye surgery, and trichotillomania may also cause thin or absent lash growth
- <https://www.latisse.com/FAQs.aspx>
 - Eyelash hypotrichosis is the medical name for having inadequate or not enough lashes. Eyelash hypotrichosis is defined as having lower than average length, thickness and/or the number of eyelashes.
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4828511/>
 - Physiologically, during the period of pre-menopause in women density of estrogen in the blood lowers with the natural rise of androgen concentration, which might be the cause of androgenic hair loss.

There are lots of “tips” on how to grow your eyelashes online. Some of them definitely have no scientific evidence behind it at all and some of them are just commercial advertising, so it would be great to get some professional opinions on them.

A brief introduction to the doctor: Dr. Sandy Skotnicki
<https://g.co/kgs/8fmqtJ>

prevalent tips for growing eyelashes on the Internet



1 Coconut oil

Online sources: Not only is coconut oil nutritious, it is also a miracle product for your body, especially as a treatment for dry hair and dry skin. Its natural properties hydrate and

encourage growth in hair, and I recently found out that the same principle applies to eyelashes. So I got myself some virgin 100% organic coconut oil to find out what the fuss is about.

What does the doctor say?

“There is no scientific data to support the use of coconut for prevention of eyelash loss or to help the eyelashes grow longer. Applying vaseline around the eyes can cause inflammation/irritation for some people”

2. Castor oil

What does the doctor say?

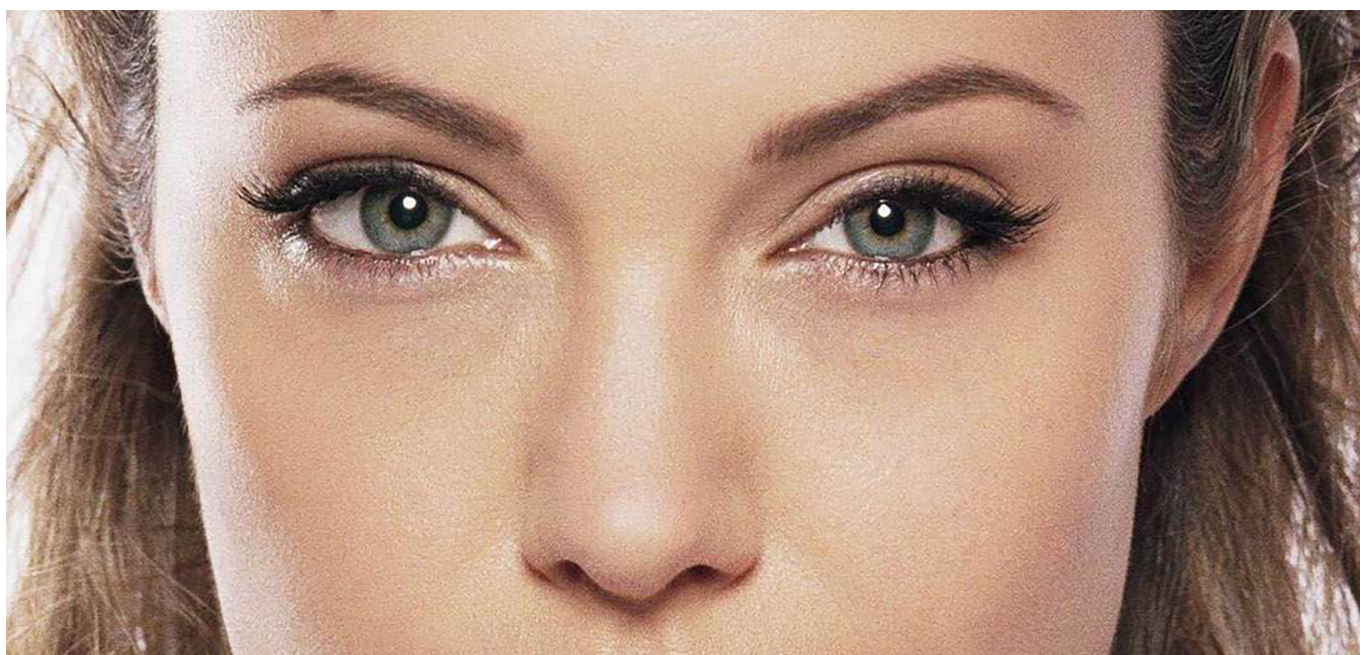
it is really the only herbal treatment shown in limited research to potentially improve hair loss and women use it for regrowing eyelashes and eyebrows.

3. Cutting eyelashes so that it will grow stronger and longer

What does the doctor say?

“There is no data on this.”

Medical Treatments for Eyelash Growth



1. Bimatoprost (Latisse)

Approved source Hair follicles have a cyclical behavior pattern. The growth phase of the eyelash lasts approximately 30 days. Although the exact mechanism is unknown, it is believed that Latisse increases the proportion of hair follicles in the growth phase of the hair cycle.

The most common side effects include an itching sensation, eye redness, skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids. While very infrequent, increased

brown iris pigmentation of the colored part of the eye has occurred, which is likely to be permanent.

<https://www.latisse.com/FAQs.aspx>

<http://www.latisse.com/SafetyAndSideEffects.aspx>, [Latisse prescribing information](#)

- The most common side effects after using LATISSE® solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients in the clinical study. LATISSE® solution may cause other less common side effects, which typically occur on the skin close to where LATISSE®

- is applied or in the eyes. These include skin darkening, eye irritation, dryness of the eyes and redness of the eyelids.
- This is one of the most common questions I get asked. LATISSE® use may cause increased brown iris pigmentation of the colored part of the eye which is likely to be permanent. While very infrequent, increased iris pigmentation has occurred when LATISSE® solution was administered. Do not apply LATISSE® in your eye or to the lower lid. Ask your doctor for complete application instructions.

What does our doctor say?

It's "clinically proven". Latisse or the drug Bimatoprost can thicken and lengthen fine hairs – eyelashes and in some cases eyebrows when used regularly. This is because the hair follicle stays in a growth cycle for a longer period of time before it is shed.

Non-medical options to boost eyelash appearance

1. Extension

Online source: A basic set (typically 70 to 80 lashes per eye) can range anywhere from \$100 to \$400 and because eyelashes grow and eventually fall out, you've got to go back every few weeks for fill-ins, which can cost anywhere from \$50 to \$165, depending on how many new lashes you need.

What does the doctor say?

Eyelash extensions can damage the natural lash. some women may be allergic to or develop an allergy to the adhesive that is used.

2. Lash-boosting mascara Mascara

Online Source: A blend of arginine, acid proteins, and Pro-Vitamin B5, etc helps eyelashes grow.

What does the doctor say?

“There is no scientific evidence to back them up.”

Summary

There are too many unverified “facts” floating on the internet. It's always advised to consult a “true” doctor online or offline.

Additional Q&A to Consider

- 1. In terms of diet, what can we do to naturally grow stronger, fuller lashes? What foods should we be eating, and what in those foods is helping hair growth? How does that process work?**

What does the doctor say?

From review article on supplements and hair growth
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6380979/#>

Eyelashes are continuously lost and replaced. The growth phase is typically around 3 months and then the hair follicle sheds the hair and a new one grows. A diet with supplements that help with hair growth would be beneficial, but the science is scant.

Unfortunately, there is a lot of information on the internet about biotin in the diet (eggs are high in biotin) as well as biotin supplements for hair growth – but there is little scientific evidence that biotin improves hair growth in normal individuals.

There is some evidence that selenium may help hair growth. A study showed newly forming hairs take up selenium after receiving trace elements in the blood. Brazil nuts are rich in selenium. But too much selenium can make hair brittle.

Vitamin D can be helpful in patients who have hair shedding on the scalp. The research is unclear for eyelashes. Foods high in vitamin D include fatty fish, beef liver, cheese, and mushrooms.

At the present time, there is insufficient research to suggest zinc, riboflavin, folic acid or Vit B 12 rich foods help with hair growth.

- 1. How can makeup affect the health of our lashes? What steps can we take to prevent negative effects, and are there specific ingredients we should avoid? Are there any types of makeup or ingredients that are healthful for our lashes?**

What does the doctor say?

Mascara can damage the eyelashes if not removed nightly and it builds up. It can lead to loss of eyelashes. Using eyelash curlers that are not cleaned can also lead to loss as the eyelashes can stick. I counsel to avoid extensions; the glue can lead to loss of natural eyelashes and at times allergic reactions. Some oils can moisturize the eyelashes like castor oil but there is no evidence they lead to increased growth.

- 2. Why is using an eyelash comb important? What does an eyelash comb actually do in terms of making your lashes more luscious?**

What does the doctor say?

I would not say they are vital to the eyelash health, but they can impart a bit of a curl and help separate lashes for easier application of mascara.

- 3. What should we avoid if we want to naturally grow thicker, longer lashes? Why?**

What does the doctor say?

Trauma to the eyelashes via curlers and mascara that is not removed regularly. Wearing waterproof mascara routinely which is harder to remove again can lead to trauma and loss of eyelashes.

- 4. How effective are the following home remedies to apply to the eyelashes for growth? Which ones might actually help, and which ones should be avoided?**

What does the doctor say?

Moisturizing your eyelashes just like your hair can make it more subtle and if it is less dry or brittle will keep it healthier. Avoid products with a multitude of ingredients that could irritate the delicate eye area. Castor oil is a good option for moisturizer.

EVEDARE Advanced Eyelash Growth Serum with Enhancing Peptides and Botanical Vitamins for Longer, Thicker, Fuller Lashes, Natural Extracts Improve Strength, Reduce



Luxury Lash Enhancing Serum – EVEDARE eyelash serum has been scientifically tested to produce stronger, thicker lashes with fuller volume in just weeks thanks to the all-natural plant extracts and essential vitamins your lashes need.

Promote Healthy, Active Growth – Packed with Ginkgo Biloba, Bergamot, and Red Onion extracts our lash growth serum works to nourish hair and enhance circulation from root to tip while creating thicker, fuller results you'll love.

LiLash Purified Eyelash Physician-
Formulated Serum for Fuller &
Longer Looking Eyelashes



PHYSICIAN FORMULATED SERUM – Using groundbreaking technology and a unique formula blended with the finest ingredients, LiLash conditions and nourishes follicles to boost the appearance of length, thickness and curl of your lashes so that you can be your best, authentic self

90-DAY SUPPLY (2mL) – Use for 90 DAYS for FULL RESULTS! In less time than it takes to swipe on a single coat of mascara, transform your very own lashes into LiLashes, by using LiLash Purifying Eyelash Serum. Your LiLashes will begin to wake up around 4 weeks and reach full bloom in 60-90 days

**Halloween History, Tutorials,
Recipes, Pumpkin Carving and
More...**

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Hello everybody, first of all, we would like to thank you for your enormous support and the thousands of visits and loving messages, we are so thankful.

On week 352 we are sharing fantastic insights into Halloween culture, foods, and pumpkin carvings by one of the most talented artists, a lot of research and love has gone to the post, enjoy share and like if you do, be safe and remember your health so let's consume small amounts of SUGAR, if possible.

From all of us at isabelsbeautyblog.com

Here is a gift from us, the tutorials from Rick Baker, WOW! what a treat from a master. He has set such an example for all of us in the make-up industry, he is excellence and perfection with such grace. We are honored to share these with you.

We thought that it would be fun to share carving pumpkins with an amazing artist and sculptor as Andy Bergholtz. WOW! again another gift to complete Halloween post #2. We added some fun easy recipes, enjoy and share with your friends and family, and don't forget to click LIKE to keep us going, thank you, thank you from all of us.

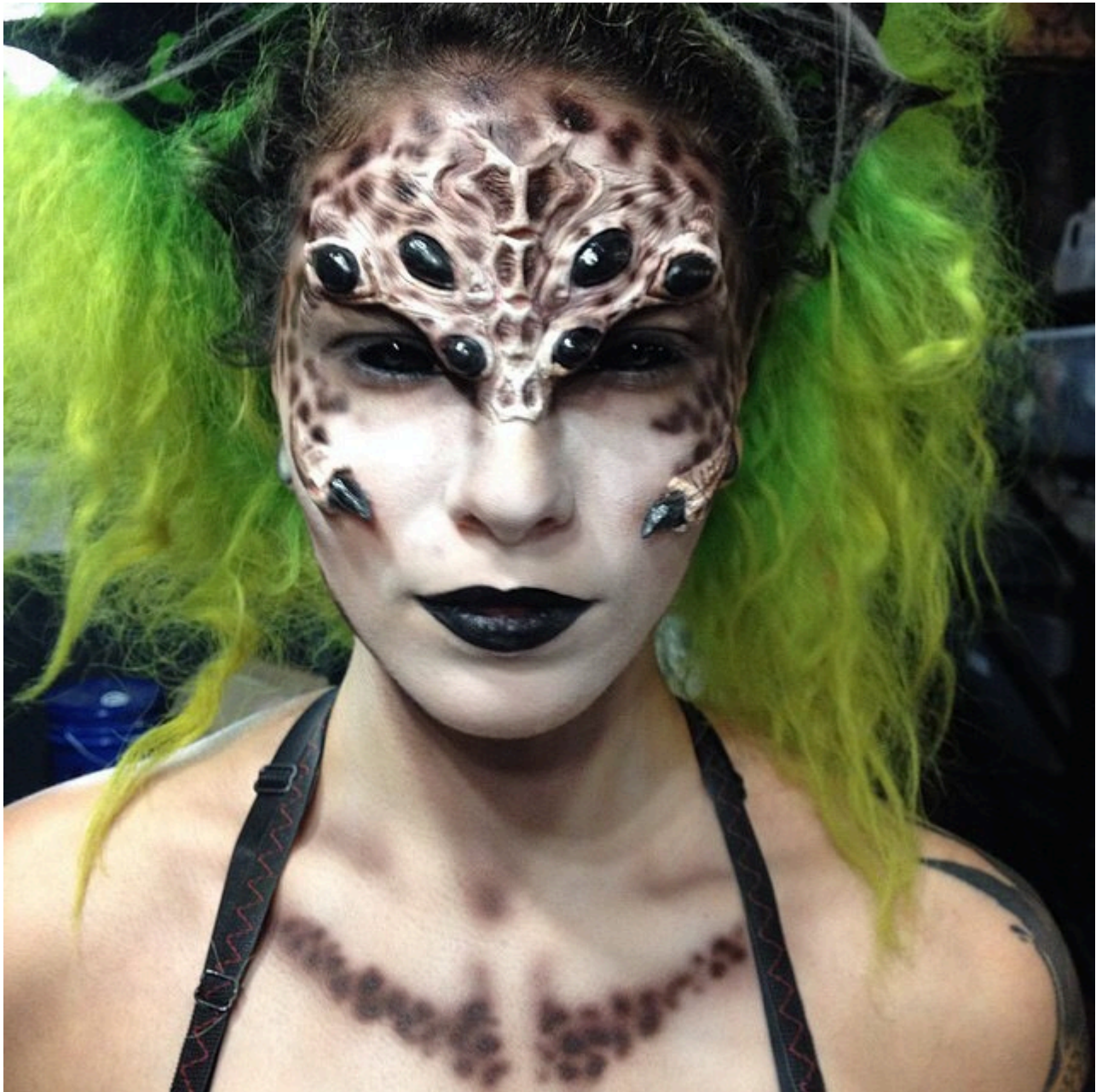
We wish you health, happiness, and your ideal success.

History of Halloween

from www.halloweenhistory.org

Halloween is a holiday celebrated on the night of October 31. The word Halloween is a shortening of All Hallows' Evening also known as Hallowe'en or All Hallows' Eve.

Traditional activities include trick-or-treating, bonfires, costume parties, visiting "haunted houses" and carving jack-o-lanterns. Irish and Scottish immigrants carried versions of the tradition to North America in the nineteenth century. Other western countries embraced the holiday in the late twentieth century including Ireland, the United States, Canada, Puerto Rico, and the United Kingdom as well as Australia and New Zealand.



Halloween has its origins in the ancient Celtic festival known as Samhain (pronounced "sah-win").

The festival of Samhain is a celebration of the end of the harvest season in Gaelic culture. Samhain was a time used by the ancient pagans to take stock of supplies and prepare for winter. The ancient Gaels believed that on October 31, the boundaries between the worlds of the living and the dead overlapped, and the deceased would come back to life and cause havoc such as sickness or damaged crops.

The festival would frequently involve bonfires. It is believed that the fires attracted insects to the area which attracted bats to the area. These are additional attributes of the history of Halloween.

Masks and costumes were worn in an attempt to mimic the evil spirits or appease them.

Make up Examples for Reference

















Make up by Rick Baker



Face Painting by Alexander-khokhlov





Trick-or-treating, is an activity for children on or around Halloween in which they proceed from house to house in costumes, asking for treats such as confectionery with the question, "Trick or treat?" The "trick" part of "trick or treat" is a threat to play a trick on the homeowner or his property if no treat is given. Trick-or-treating is one of the main traditions of Halloween. It has become socially expected that if one lives in a neighborhood with children one should purchase treats in preparation for trick-or-treaters.

Halloween around the world

from: <http://www.novareinna.com/festive/world.html>
and <http://www.travelchannel.com/interests/haunted/articles/halloween-around-the-world>

As one of the world's oldest holidays, Halloween is still celebrated today in several countries around the globe, but it is in North America and Canada that it maintains its highest level of popularity. Every year, 65% of Americans decorate their homes and offices for Halloween...a percentage exceeded only by Christmas. Halloween is the holiday when the most candy is sold and is second only to Christmas in terms of total sales.



Ireland

The traditional birthplace of Halloween, Ireland is, naturally, home to one of the biggest celebrations: the Spirits of Meath Halloween Festival in County Meath, where an ancient Celtic festival we now know as Halloween began more than 2,000 years ago. Throughout the country, Halloween is welcomed with bonfires, party games, and traditional food, such as barmbrack, an Irish fruitcake that contains coins, buttons, rings, and other fortunetelling objects; and, of course, beer (among other drinks of choice). Fortunetelling is

part of the old Irish Halloween tradition. If a young woman gets a ring that has been baked in a pastry or bread or even mashed potatoes, then she'll be married by next Halloween. Tricks are also part of the Irish Halloween scene. Kids knock on doors, then run away before the doors get opened by the owner. Hopefully, this takes place after they've already acquired the candy during a previous foray through the neighborhood.



France

Halloween, the three millennia-old, famous folklore celebration has its roots in the Celtic and Anglo-Saxon world. Let's see when and how did it get to France? How do the French people celebrate Halloween? Let's take a closer look.

Halloween, as a folk celebration, only appeared in France in the '80s and at that time was only celebrated by the English-speaking communities in bars or restaurants, not by all the French people. The French people only became familiar with Halloween at the beginning of the '90s. In 1992 the company César who specialized in fancy dress costumes decided to work on a way to settle in France and market their products but THE year of the massive marketing launching was 1997 when American companies such as Disneyland, Coca-Cola, and McDonald's began using Halloween images in publicity campaigns in France. Even the French telecommunication society France Telecom commercialized an orange cell-phone named Olaween related to the holiday.

In France, Halloween is usually celebrated by young people in costumes going to parties at friends' places, or clubs. The costumes themselves tend to be traditionally "scary" (vampires, ghosts, and witches, rather than costumes like princesses, superheroes, or even policemen or nurses which are popular in the United States and Great Britain they really cater to scary.

Stores and commercial centers decorate their windows and pastry and candy shops sell sweets and chocolate using the theme of Halloween.

French children also go from house to house trick-or-treating, which is translated as «des bonbons ou des coups de bâton » in French.

Controversial Halloween

Halloween in France nowadays is rather controversial, due to several reasons. One of the main reasons is that traditionally

between October 31st and November 2nd, the French, particularly the older generations, visit cemeteries, honor saints, and attend religious services. Therefore, Halloween is seen as a distraction and a lack of respect for these celebrations of dead people.

Nowadays, Halloween is taking root in France. And, of course, the French love to dress up and have a party by culture. The jury is still out on if Halloween is gonna stick, but you can be sure that when Yves St. Laurent puts a Halloween costume on the fashion runway, the French take notice.

Nowadays, shops and trademarks use the images of Halloween, pumpkins, skeletons Bats, ghosts,s, etc... in their ads, so now, French people know it well, and some even start to celebrate Halloween with their kids. Why not? is so much fun for the whole family. The French traditionally love to get in costumes, and it's quite common to have a costumed New Year party or a costumed birthday, even more so among kids.



Mexico

No nation celebrates the dead with festivities better than Mexico. In fact, “Dia de los Muertos” (Day of the Dead), is celebrated over several days, from Oct. 31 through Nov. 2. It’s not Halloween at all, but rather a way that All Souls Day comes to life in Mexico. The celebration offers a chance to remember the deceased, tell their stories, and celebrate their lives. Family feasts, skull-shaped sweets, lots of tequila, dancing and mariachi music, as well as parades of people dressed as skeletons, all ensure that one’s ancestors are well remembered. The celebration is embraced across Mexico, with huge festivities even in the smallest of villages.



Germany

In Germany, Halloween is celebrated as All Saints Day. In southern Germany, it's celebrated from October 30 to November 8. Typically, in this and many other Catholic parts of the world, All Saints Day is spent attending church, honoring the saints who have died for the Catholic faith, as well as visiting and remembering dead family members, usually graveside. Additionally, Germans hide their knives, so the returning spirits presumably won't get harmed by random knife movements during the day.



Austria

In Austria, some people will leave bread, water, and a lighted lamp on the table before retiring on Halloween night. The reason for this is because it was once believed such items would welcome the dead souls back to earth on a night which for the Austrians was considered to be brimming with strong cosmic energies.



Belgium

The Belgians believe that it is unlucky for a black cat to cross one's path and also unlucky if it should enter a home or travel on a ship. The custom in Belgium on Halloween night is to light candles in memory of dead relatives.



Canada

Halloween is celebrated in Canada on or around October 31. It is a day to mark the single night in the year when, according to old Celtic beliefs, spirits and the dead can cross over into the world of the living. Some people hold parties and children may trick-or-treat in their neighborhood.



China

In China, the Halloween festival is known as Teng Chieh. Food and water are placed in front of photographs of family members who have departed while bonfires and lanterns are lit in order to light the paths of the spirits as they travel the earth on Halloween night. Worshippers in Buddhist temples fashion "boats of the law" from paper, some of which are very large, which are then burned in the evening hours. The purpose of this custom is twofold: as a remembrance of the dead and in order to free the spirits of the "pretas" in order that they might ascend to heaven. "Pretas" are the spirits of those who died as a result of an accident or drowning and whose bodies were

consequently never buried. The presence of “pretas” among the living is thought by the Chinese to be dangerous. Under the guidance of Buddhist temples, societies are formed to carry out ceremonies for the “pretas,” which includes the lighting of lanterns. Monks are invited to recite sacred verses and offerings of fruit are presented.



Czechoslovakia

In Czechoslovakia, chairs are placed by the fireside on Halloween night. There is one chair for each living family member and one for each family member's spirit.



England

At one time, English children made "punkies" out of large beetroots, upon which they carved a design of their choice.

Then, they would carry their "punkies" through the streets while singing the "Punkie Night Song" as they knocked on doors and asked for money. In some rural areas, turnip lanterns were placed on gateposts to protect homes from the spirits who roamed on Halloween night. Another custom was to toss objects such as stones, vegetables, and nuts into a bonfire to frighten away the spirits. These symbolic sacrifices were also employed as fortune-telling tools. If a pebble thrown into the flames at night was no longer visible in the morning, then it was believed that the person who tossed the pebble would not survive another year. If nuts tossed into the blaze by young lovers then exploded, it signified a quarrelsome marriage. For the most part, however, the English ceased celebrating Halloween with the spread of Martin Luther's Protestant Reformation. Since followers of the new religion did not believe in Saints, they saw no reason to celebrate the Eve of All Saints' Day. However, in recent years, the American "trick or treating" custom, together with the donning of costumes for going door-to-door, has become a relatively popular pastime among English children at Halloween, although many of the adults (particularly the older generations) have little idea as to why they are being asked for sweets and are usually ill-prepared to accommodate their small and hopeful callers.



Japan

The Japanese celebrate the “Obon Festival” (also known as “Matsuri” or “Urabon”) which is similar to Halloween festivities in that it is dedicated to the spirits of ancestors. Special foods are prepared and bright red lanterns are hung everywhere. Candles are lit and placed into lanterns which are then set afloat on rivers and seas. During the “Obon

In Korea, the festival similar to Halloween is known as “Chusok.” It is at this time that families thank their ancestors for the fruits of their labor. The family pays respect to these ancestors by visiting their tombs and making offerings of rice and fruits. The “Chusok” festival takes place in the month of August.



Sweden

In Sweden, Halloween is known as “Alla Helgons Dag” and is celebrated from October 31 until November 6. As with many

other holidays, “Alla Helgons Dag” has an eve that is either celebrated or becomes a shortened working day. The Friday prior to All Saint’s Day is a short day for universities while school-age children are given a day of vacation.



United States

In the United States, people celebrate Halloween by wearing scary costumes. They also dress up like popular celebrities, children’s show characters, princesses, superheroes, and much more. After dressing up, kids go trick-or-treating. They go from house to house in their neighborhoods and ask for treats

such as candies and snacks by saying, "Trick or treat!" According to tradition, if no treat is given, they can play a trick on the homeowners. The traditional scary and modern fun sides of Halloween are seen today as the Jack-o'-lanterns that people create by carving scary faces on pumpkins. Homeowners place Jack-o'-lanterns in front of their houses to scare evil spirits and to welcome trick-or-treaters. Other modern fun activities that reflect the traditional past of Halloween include watching horror movies and visiting haunted houses.

[Amazing Halloween Pumpkin Carving](#)

[Andy Bergholtz Carves Harvey Dent Pumpkin](#)

[Two Face Pumpkin Carving by Andy Bergholtz](#)

[How to Carve Incredible Pumpkin Faces](#)

[Rick Baker Making Up Rick Baker](#)

[Rick Baker – How To Create the Day of Dead](#)

[Rick Baker – How To Create the Monster's Bride](#)

[Bet You Didn't Know: Halloween](#)

Strawberry Ghosts via [Miss CandiQuik](#)



These chocolate ghosts come together before you can say “Boo!” Just dunk ripe strawberries in melted white chocolate and let them cool on a baking sheet in the fridge. Add mini chocolate chip eyes and mouths and they’re ready for spooky snacking

Bat Bites



These bite-sized bats have an adult-friendly flavor from the goat cheese, cream cheese, and pesto mixture. The kids will love to shape the bats' bodies, decorate their faces, and give them wings. Keep it simple by preparing just about everything ahead of time.

Ingredients

- 1 (4 oz.) package cream cheese, softened
- 8 ounces soft, mild goat cheese, at room temperature
- 1/4 cup pesto
- 2 tablespoons coarsely ground black pepper
- 2 tablespoons poppy seeds

- 8 pitted olives, sliced
- 32 peppercorns
- 32 triangular blue corn chips or free-form wing shapes made from leftover tortillas

Preparation

Mash together cream cheese, goat cheese, and pesto. Chill for 40 minutes.

Shape mixture into 16 2-inch balls, about 1 heaping tsp. each. Roll in black pepper and poppy seeds to cover. Press two olive slices into balls for eyes and place peppercorns in centers for pupils.

Insert chip on either side of the ball for wings; serve.

Snack-o'-Lantern Fruit Cups via Pennies on a Platter



Looking for a festive way to serve dessert? Look no further – these carved-out oranges make a perfect container for fruit salad.

Halloween Green Tea Martinis



Ingredients

- 2 ounces vodka
- 6 green tea bags
- 1- $\frac{1}{2}$ ounces fresh-squeezed lime juice
- 1/2 ounce agave nectar

Directions

1. Infuse a 750ml bottle of vodka with 6 teabags, 3 each of Numi Rainforest Green, and Numi Ginger Sun, per instructions above.
2. Mix all ingredients except garnishes in a cocktail shaker with ice and shake for 15 seconds. Strain into a martini glass.

Apple Almond-Butter Bite Backs



With apple's coming into their prime season, it's no wonder there are two recipes that incorporate them into our list. These Apple Bite Backs look amazing and taste even better, plus they don't actually bite.

Ingredients:

- Apples
- Almond Butter
- Jam

- Almond Slices

First slice the apple on either side of the core, leaving 2 halves with the core free standing. Cut the halves into half slices again. Then cut a triangle middle slice out of the skin side of the apple leaving an open mouth shape. Spread the almond butter (or jam) into the mouth of the apple. Stick almond slices in as teeth! (recipe from ohsheglows.com)

Vegetable Plater Ideas







Chocolate Dipped Halloween Strawberries

Big, ripe strawberries and are dipped in rich Belgian white and dark chocolate, drizzled with royal icing, and decorated with spine-chilling decorations like ghosts and spiders.

Included in this Gift

- Twelve (12) Fresh Strawberries Covered in Belgian Chocolate.
- Arrives in an Insulated Gift Box for Perfect Presentation.

Presentation

Berries are wrapped for freshness and nestled in compartment trays within an elegant gift box. A free card with your personal gift message is included.



Perfectly Pumpkin Bouquet

Red spray roses, vibrant yellow sunflowers, and whimsical Halloween decor fill the contents of this festive pumpkin bouquet. A stylishly spooky way to decorate for the holiday!

Gift Includes:

- Red Roses
- Yellow Miniature Sunflowers
- Burgundy and Orange Chrysanthemums
- Fall foliage, and more.

Features:

- A free gift card with a personal message.
- Arrives in a fun pumpkin container.
- Hand-delivered to the recipient's home or office.
- Same day delivery available.
- A plush teddy bear, balloons, or candy can be added to your order.



The Republic of Tea Cardamom Caramel Black Tea

Warm cardamom spice mingles with sweet notes of caramel in this soothing, full-bodied cup of black tea. Add a splash of milk for a creamy indulgence.

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

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/

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

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

Read

more:

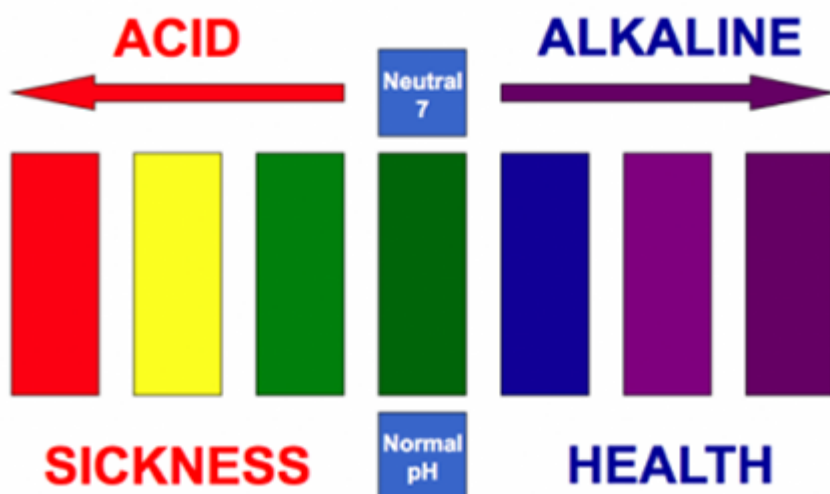
<http://www.care2.com/greenliving/apple-cider-vinegar-skin-tip.html#ixzz3DtJqRutT>

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!

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



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.

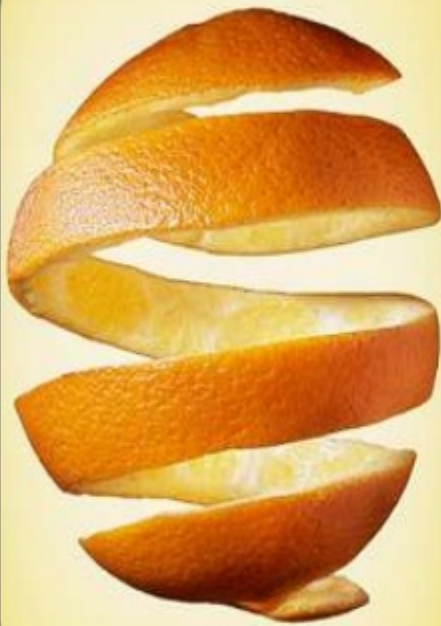
Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also

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

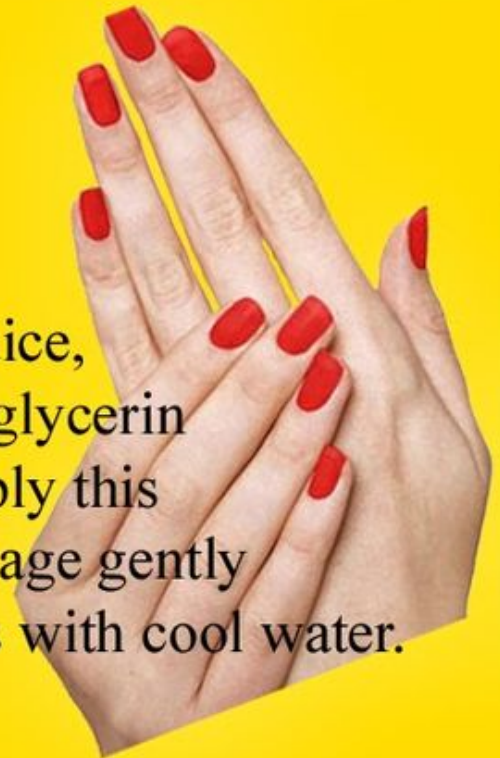
Ingredients :

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

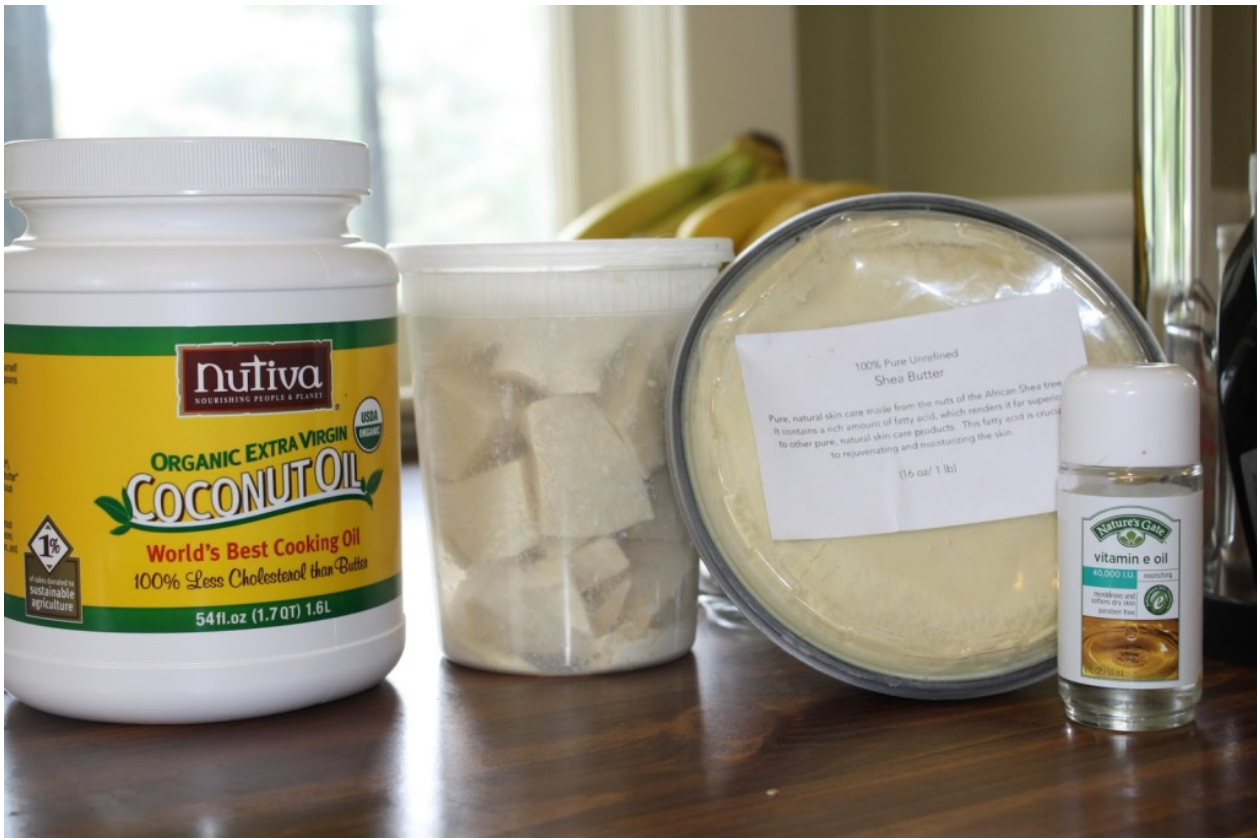


Puffy, tired-looking eyes?

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.

