

*With a whole new year upon us, this could be the best time to rediscover your beauty and present the new "YOU" !*

*Make this an opportunity to give yourself an honest self-appraisal. There is no doubt that looking good makes you feel good too. It definitely improves your self-esteem and boosts self-confidence.*

*A total program of head-to-toe beauty can be really rejuvenating and can help you reinvent your image. Remember every part of the body deserves attention. No matter how well you are dressed, or how skillfully you apply your make-up, neglected hands and feet can completely take away from the look you are trying to achieve.*

*Beauty is the TOTAL IMPACT that YOU package together and put on display.*

*Questions? Write to [beauty@citymasala.com](mailto:beauty@citymasala.com).*



care and helps you get them right. Most of the ingredients are from the kitchen shelf except for some like essential oils, or dry herbs.

### DAILY FACIAL CLEANSING

For your daily care routine, cleanse your skin twice a day.

**For normal to dry skin** - take half a cup of cold milk and add five drops of either olive oil, sesame seed oil or sunflower oil. Pour this in a bottle and shake well. Cleanse your skin with it, using cotton wool. Store left-over mixture in the fridge.

Begin with a program of ten days, which should include daily, as well as periodic treatments. This program tackles the basics of beauty

**For oily skin** - mix rose water, cucumber juice and lemon juice in equal proportions. Wipe face with this using cotton wool, or apply it on and wash off after 10 minutes with plenty of water. This can also be used for skin with pimples or acne.

**For oily or combination skin** - take one-fourth teaspoon lemon juice and add one teaspoon each of cold milk and cucumber juice. Apply it on the face and rinse well after a few minutes.

### DAILY NOURISHMENT FOR DRY SKIN

Take 50 ml pure almond oil as a base. Add 5 ml wheat germ oil and 2 drops geranium essential oil to it. Pour it in a bottle and shake well. Use a little of this oil and massage it on the skin every night after cleansing with outward and slightly upward movements for about two minutes. Wipe off with moist cotton wool.

**Moisturising lotion for all skin types** - Add one tsp pure glycerin to 50 ml rose water, shake well and keep in a jar, refrigerate if necessary. Apply a little daily on the face at bedtime. For oily skin, add one teaspoon lemon juice to this mixture.

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## DAILY EYE CARE

Take pure almond oil and apply sparingly on the skin around your eyes. Massage lightly using only your ring finger, for a minute around each eye. Leave on for 15 minutes and wipe off with moist cotton wool.

## DAILY LIP CARE

Apply pure almond oil daily and leave on overnight.

from other benefits. Essential oils should never be used by themselves. They must be combined with "carrier" oils, like almond, olive or sesame seed oil. The oil can be warmed before using for a massage.

## FACIAL TREATMENT

Begin your facial treatment on the **first day** with a **facial scrub** and follow the same on the **eighth day**.

mind. Rose water actually has a calming effect and helps remove fatigue and brighten the eyes.

## BODY SCRUB

**This constitutes the third and ninth day of your beauty regime.** Traditionally, *Ayurveda* recommends "ubtan" for body care and to cleanse the skin. You can mix together wheat bran (*choker*), *besan* (gram flour), yogurt or cream of milk and a little turmeric. Additional ingredients like orange and lemon peel powder or almond meal can also be



## DAILY CARE OF HANDS & FEET

Mix together 3 tbsp of rose water, 2 tbsp of lemon juice and one tsp honey or pure glycerin. Apply on your hands and feet and leave on for half an hour. Wash off with water.

As a part of this program, every third day, take some lemon juice and coarse sugar, (the grains of sugar should be large). Mix these together just before use. Apply on the hands and rub gently till the sugar dissolves. Leave on for 5 minutes and wash off with water. Take fresh orange peels, pierce them with a fork and rub the peels on the hands to brighten them.

To soften and nourish the cuticles and nails, mix almond oil and honey in equal quantities and massage it into the hands, nails and cuticles. Wash off with plain water after 20 minutes.

## DAILY BODY MASSAGE

Add 8 drops of pure essential oil to 50 ml olive oil. You can choose an essential oil from rose or lavender. This will provide a natural fragrance, apart

**For normal and dry skin** – take one tsp each of gram flour (*besan*) and almond meal and add one teaspoon olive oil and powdered milk.

**For oily and combination skin** - add one tsp rice flour and 2 tsp yogurt to one tsp of gram flour and lemon juice; mix together and apply on face. Moisten with water and rub gently after 15 minutes. Wash off with water.

**Face Mask** - On the **fourth and tenth** day apply a face mask. Mix ripe papaya pulp with 3 tsp oatmeal and one tsp each of honey and yogurt. You can also add egg white to this mixture. Adjust the quantities of the ingredients to get the right consistency. It should be a thick paste and should not drip. Apply on the face, avoiding the lips and area around the eyes. Wash off after 20 to 30 minutes.

## EYE BRIGHTENER

After applying the face mask, soak two cotton wool pads in rose water and use them as eye pads. Lie down and relax. This is extremely relaxing and refreshing and a great restorer of both body and

added. If you can find a shop selling *Ayurvedic* dry herbs, you can also add powders of lotus seed, rose petals, *neem* and *tulsi* leaves. Mix the dry ingredients to form a paste with milk if your skin is dry or with yogurt, if you have oily skin. Then apply this paste on your body and wash off after 20 minutes.

## HAIR CONDITIONING

Give your hair a quick conditioning treatment before each shampoo. Mix one tsp each of vinegar and glycerin with one egg. Beat them together well. Massage the mixture into the scalp. Then dip a towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for 5 minutes. Repeat the hot towel wrap 3 or 4 times. Leave on the mixture for half an hour and wash your hair.

If you follow this regimen totally and completely, you will see a marked change in your appearance and so will those around you.

*Please send your questions and comments to [beauty@citymasala.com](mailto:beauty@citymasala.com).*

## The Secrets Inside Your Medicine Cabinet

Drinking two glasses of **Gatorade** can relieve headache pain almost immediately, without the unpleasant side effects caused by traditional pain relievers.

**Colgate** toothpaste makes an excellent salve for burns.

Stuffy nose? Try chewing on a couple of curiously strong **Altoids** peppermints.

Muscle aches? Mix 1 tbsp of horseradish in 1 cup of olive oil. Massage the mixture after letting it sit for 30 minutes for some instant relief.

Sore throat? Mix 1/4 cup of vinegar with 1/4 cup of

honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

Cure urinary tract infections with **Alka-Seltzer**. Dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly, even though the product was never advertised for this ailment. (Note : Alka-Seltzer Plus Cold Medicine is NOT the same and contains aspirin, which can cause stomach bleeding if you have ulcers.)

Blemishes? Cover the blemish with a dab of honey and

place a band-aid over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works overnight.

Get rid of unsightly toenail fungus by soaking your toes in **Listerine** mouthwash. The powerful antiseptic leaves your toenails looking healthy again.

To prevent the screws in eyeglasses from loosening, apply a small drop of **Maybelline Crystal Clear** nail polish to the threads of the screws before tightening them.

## Did You Know That?

Rust problems? Saturate an abrasive sponge with Coca Cola and scrub the rust stain. The phosphoric acid in the coke is what gets the job done.

Bug infestation? Try spraying **Formula 409**. Insects drop to the ground instantly.

Splinters? Pour a drop of **Elmer's Glue** all over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

Boils? Cover it with **Hunt's tomato paste** as a compress. The acids from the tomatoes

soothe the pain and bring the boil to a head.

Bruises? Soak a cotton ball in white **Heinz vinegar** and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

Flea infestation? **Dawn** dish washing liquid does the trick. Add a few drops to your dog's bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Goodbye fleas.

Wet dog odor? Wipe down the animal with **Bounce** or any dryer sheet.