

Natural Glow With Home Made Beauty Products

By: Savneet Singh



Beauty has different meanings for different people, however, beauty may be defined as any characteristic that gives pleasure to the eyes, ears or mind. Women do a lot of things to look beautiful and young. There are a wide variety of products that are available in the market which claim to make you look attractive, but there is an ugly truth behind all these beauty products.

Chosen unwisely, most personal care and make-up products are nothing

but a brew of toxic chemicals that may lead to serious health risks such as cancer, birth defects, skin rashes, allergies and infertility. The products we use every morning to look beautiful often contain over 200 chemicals like petrochemicals and their by-products (found in skin creams, foundations, lip balms, and more) mercury (found in mascara and eyedrops), lead (found in lipsticks), dioxane (potentially found in shampoos and body washes) and phthalates (found in some nail polishes, hair sprays, and fragrances).

So why use the products that may cause serious health consequences? You can make your own homemade cosmetics which are not only safe and easy to make but are cheaper as well. Here are a few tips:-

Dry skin: Say bye to your moisturizing cream! Olive oil is a very versatile home remedy that can be used for a number of natural beauty purposes. It will moisturize the dry skin of your elbows, cuticles, knees, and feet. Olive oil may also be added to a warm bath for even more moisture and softness.

Get Natural glow: Honey removes wrinkles and acts as a natural astringent and natural moisturizer. You can use it with rose water and milk. Apply this mixture on face and wash you face after 10 minutes. Yogurt softens, hydrates, bleaches and cleanses the skin. Apply it on your face and wash after 6-8 minutes.

Dark circle removal: Cucumber is used for treating dark circles, wrinkles, puffiness of eyes and sun tan. Apply it directly under eyes with a cotton ball. Wash off with cold water after 10 minutes.

Home facial

Make your own fast and easy to use home facial:

Ingredients:

1 tablespoon honey

1 egg white

1 tablespoon glycerin

Flour

Whisk together honey, egg white and glycerin and enough flour to form a paste. Smooth over face and throat. Leave on 10 minutes. Wash off with warm water.

Another facial mask can be made by mixing 2 tbsp fresh cottage cheese, 1 large cucumber (coarsely grinded), 1tsp vegetable oil, and 1 tbsp milk. Add three well grounded parsley leaves and a knife-tip of salt to the mixture. Mix the ingredients well and apply the mask for 20-25 minutes. Wash the mask off at first with warm and then with cold water.

Mouthwash: Wash your mouth with half a glass of warm water mixed with a teaspoon of table salt.

Moisturizer for all skin types: Take 2 tablespoons of glycerin, add 2 tablespoons of rosewater and 2 tablespoons of calendula flower infusion. Whisk these ingredients together so that they are well blended. Store in screw-top bottles and shake well before use. Smooth the moisturizer lightly on the skin, and then remove with a tissue, leaving a thin film on the skin for protection.

Hair rinse: Add 15 ml apple cider vinegar to 1 liter water. Rinse your hair with this to remove all traces of calcium and soap residue from your hair. It will also stimulate the scalp and is excellent for dandruff and itchy scalp. This will also add a bounce to your hair.

Make up remover: Jojoba oil makes an excellent makeup remover, even for most expensive cosmetics. Soak a cotton ball in a mixture of half water and half jojoba to gently wipe off make-up.

Anti-wrinkle lotion: Jojoba oil softens the skin and reduces wrinkles and stretch marks. You can apply it directly to the skin. It reduces lines and other signs of aging, and has a positive effect on skin conditions such as psoriasis.

Sunscreen lotion: Extract chopped cucumber with a squeezer, and then mix the extract with ¼ cup of glycerin, ¼ cup of rose water. Shake well and keep in an airtight glass bottle and preserve the bottle in the lower compartment in the refrigerator. You can add 2-4 drops of lemon juice in it.

Tips for beautiful Nails:

- Scrub your hands and nails and clean the dirt underneath them. There is nothing uglier than a woman with dirt and soil under her nails. It is unhygienic and it is also unladylike. Dip a cotton-tipped swab in hydrogen-peroxide and clean under the nails to whiten them.
- Before a manicure dip your nails in a cup of warm water with one tablespoon of lemon juice.
- Insert your fingertips in half a lemon and twist your fingers back and front to clean the cuticles and nails. Cuticle is the skin at



the base of your nails.

- For a professional looking manicure, make sure that your nails

(Continued on page 30)

Are You Assertive?

(Continued from page 14)

Results:

If your score is 25 or above, you're a born leader ready to take charge in any workplace situation. "A born leader is someone who is willing to accept decision making responsibility often on the spur of the moment. That person is also willing to accept the consequences for those decisions. The born leader is willing to take risks, and break the rules," says Robert Evans Wilson, Jr., a speaker, humorist, and author of *The Un-Comfort Zone*, a column on motivation that runs in many publications. A born leader often possesses distinct qualities. "A born leader has the qualities of vision, determination to make that vision a reality, humility, and sincerity. A born leader understands human nature," says Dr. Rebecca Staton-Reinstein, president of Advantage Leadership, Inc. in North Miami Beach, FL. "A born leader

loves people, and wants to make a better life for them."

If you've scored 24 or below you are more likely not a leader, but more of a follower in the workplace. While you may follow orders and get a pat on the back from your boss every so often, you're not the person who will step up to the plate in a crisis, or any other situation. "Someone who is not a born leader--a born follower--is someone who is risk-averse. Someone who feels comfortable following the rules, and the way things have always been done," says Wilson. In fact, someone who doesn't possess leadership qualities is "more focused on his or her immediate needs, doesn't have clear ambition, is not willing to sacrifice and work hard to achieve goals, and does not want to make life better for other people as a driving force in his or her life," says Staton-Reinstein.

Legal Corner - To B or Not to B

(Continued from page 22)

the 245(i). The fact that she was a derivative beneficiary of an I-130 petition that was filed prior to April 30, 2001, and that she was physically present in United States on December 21, 2000, makes her entitled to the protection of Life Act, commonly referred to as 245(i). People who fall under this category, even though out of status are allowed to initiate their green card process and adjust their status. Their adjusting status is not confined only to the petition which initially qualified them to be entitled to 245(i) benefit.

In other words, her option to adjust status is not limited only to getting married. If your niece is well educated/well qualified and if she gets a job offer from a U.S employer, it will be possible to initiate a green card process for her based on employment. Now whether she qualifies under EB-2, EB-3, or other worker category will depend upon her qualification as well as the kind of job she is offered.

Ms. Syed is a practicing attorney with Perez and Associates, specializing in immigration law. Please send your questions concerning immigration issues to legal@citymasala.com

Natural Glow With Home Made Beauty Products



(Continued from page 26)

are properly filed. First, you have to remove any trace of old polish on your nails. Applying a new slick of color on top of the old one will just make your nails look thicker.

- Trim your nails and file them so that they are of the same length and shape. It would be best to keep your nails short because the longer the nails, the more prone they are to chipping and breaking.
- Always apply nail polish on either side of the nail first and then towards the center to smooth out any thickness on the sides. Also, let the first coat completely dry before

applying the second and third coats. People do not have patience to wait for their polish to dry, which results in smudged nail color which looks terrible. You could also, dip your nails in ice-cold water to ensure that the polish has set well and does not smudge. If you want to have a professional-looking nail polish, make sure that you don't go overboard and apply four coats of colors.

- Nail polish removers and acetones have a very drying effect on the skin. After removing old polish, always massage a cream to keep the skin around the nails soft and smooth.
- Do not use nail products containing formaldehyde.
- Water, fresh fruits and vegetables, protein from meats and fish, and vitamins (multi and E, in particular) all stimulate nail growth. Eating gelatin helps your nails grow strong and healthy.

Remember that "Beauty is a reflection of your inner health."