



OUR KITCHEN BEAUTY PARLOUR

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Time should not steal the magic of your personality. Nature's mix and match Beauty aids have always promoted freshness and loveliness to enhance your looks. Choose the right ones for yourself from the different Potpourri of nature's bounty. An urge for self beautification and the need to look good is essential to a woman's existence.

Various facemasks

- 1) Massage creamy curd all over the face and neck till oil floats. Leave it for sometimes and later wipe it out with a napkin wrung out in warm water followed by cold water, Excellent to combat a dull and lustreless complexion.
- 2) Mix half a lime with honey. An excellent moisturiser at any time for all skin types in all seasons.
- 3) Wipe the white of an egg and spread it evenly on your face. A good tightening up – lifting mask for the face. It's also effective on a burnt skin with dark marks.
- 4) A tiered complexion, which is also dry. Mix an egg yolk to a teaspoon of baby oil/olive oil/sesame oil and massage well into the skin. Egg packs are protein nourished beauty aids.
- 5) A lemon cream packs for teenagers. To fresh milk cream add lemon juices, chana aata and a pinch of turmeric. Let it stretch. Remove with tepidwater followed by splashed of cold water. It takes care of pimples too.
- 6) Apply a raw potato paste to bring your complexion alive at the same time removing dirt and hidden toxins as well. Very thin wafer _ like slices can be stuck underneath the dark circles of your eyes as well as on all troubled spots including eczema patches.
- 7) Massage slightly crushed raw cucumber or applies its paste all over the face. Sticky skins respond very well to a cucumber mask, which is high in sodium. Its regular application keeps the skin cool and also prevents it from wrinkling. Wish to reduce a little weight? Drink a glass of cucumber juice on an empty stomach or when the need arises to snack in between meals.
- 8) While Cleopatra had all the time at her disposal and wealth at her command to wallow and dabble in ass's milk, we too can at least dab some cold fresh cow's milk on our faces. Aged complexions can massage warm fresh milk cream all over the face and neck daily in the mornings by scooping out the fresh cream from the top of the vessel. A pinch of turmeric added gives better results. Massage over the hands, toes, elbows or any rough spots and slough off dead skin and dirt, without any cost involved.
- 9) Water melon juice or its pulp is cooling agent, which helps effectively get rid of the rashes on your face and neck. For better results don't discard the white part green rind.
- 10) Fresh mosambbi or orange juice is a good cleanser, replenisher and refresher, both externally and internally.
- 11) Apply the banana pulp either by itself or mixed with cold milk, honey or cream which is more suitable during the winter season. Its regular application will make your family members' 'gobananas' over you, honey!
- 12) When peaches are in season make it a point to apply the soft pulp over the face for a peaches and cream complexion, by adding fresh cream if you like.
- 13) Relax in bed with ice cubes wrapped in a clean plastic bag, shifting the same in different directions and also over closed eyelids. Water in whichever form is hydrotherapy treatment and cold water serves as an excellent natural tightner cum astringent keeping the skin smooth and glowing. Before dressing up, make it a point to splash plenty of cold water on the face to tighten the pores as well as prevent the outside dust and grim from blocking the pores.
- 14) Tulsi, Neem, Pudina all made into a thick paste individually will keep facial skin flawless, ageless and evergreen. Do eat few leaves every day to make your immune system strong enough to ward off

any disease that tries to invade your internal system.

- 15) Cold tomato from the fridge remove the top squeeze the pulp applies it directly over your face. A few drops of lime added will further help to shrink enlarged pores. The lycopene found in the red pigment of the tomatoes help destroy cancer precipitating free radicals, so eat your tomatoes freely.
- 16) An apple mask serves as an excellent tonic and cleanser for the face especially if you have an oily skin.
- 17) Multanimitti mixed with hot water and allowed to rest on the face for 50 to 60 minutes, then washed off with hot water followed by splashes of ice cold water helps to draw out the impurities inner congestion to the surface thus eliminating waste.
- 18) Mix uncooked oatmeal and scrub off instead of soap. You can make a coarse paste and mask your face.
- 19) Mask the face with ripe papaya paste. After 20 minutes wipe off with water and apply coconut oil all over. Its regular use will take care not only of pimples and marks but also get rid of tiny lines and wrinkles while removing darkness and dullness from the complexion.
- 20) Fresh buttermilk serves as a good skin cleanser. A blemished complexion could be washed with buttermilk

CONCLUSION

Nature and God are two sides of the same coin. Let us begin by reflecting and recognising God's presence in everything. And while we have wiped out the clouds from our visage with these natural remedies, its time we do some internal cleansing by removing the accumulated dust the cobwebs of yesterday's resentments, ill- will and hatred to make room for peace, love, joy and happiness in the years to come.