Most beauty products available in the market include different types of chemical ingredients, leave alone preservatives, emulsifiers and stabilizing agents. While FDA vouches for the safety of these chemicals, these might harm us. We have all forgotten how to seek nature’s help in skin care and are increasingly dependent on beauty products that are loaded with chemicals. In this fast paced lifestyle, we think it is easier to use them, knowing they aren’t healthy or helping with skincare in the longer run. With more documentation that proves how certain chemicals have harmed us over the years, increasingly more people are resorting to nature for their skin care requirements. Let’s take a look at a list of different recipes that help in dealing with the most common skin care problems...
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Aging is a natural process resulting in physical and emotional changes. One of the visible effects of aging is the changes to one’s skin structure, which reflects as wrinkles, age spots, liver spots, pigmentation, etc. Besides, the outer layer of skin that’s otherwise called epidermis becomes thinner, making the skin susceptible to bleeding, frost bites and heightened sensitivity. Taking good care of the skin by following a regular moisturizing and cleansing regimen can help reduce injury and also combat aging related issues. Let’s take a look at few remedies that aid with combating aging related issues like wrinkles, age spots, pigmentation, etc.
Natural Remedies that Offset Aging related Issues

Recipe 1

Name: Avocado Mask

Purpose: Offset Age Related Skin Changes

Ingredients

Avocado - 2 Tbsp
Honey - 2 Tbsp
Fresh Cream - 2 Tbsp
Flaxseeds - 2 Tbsp

Instructions

Step 1 - Take a ripe Avocado, deseed and scoop out the flesh onto a mixing bowl.

Step 2 - Use a spatula or gently crush the Avocado flesh, so it’s easy to apply.

Step 3 - Add in the honey and cream to crushed avocado.

Step 4 - Use a mixer to grind the flaxseeds and add it to the bowl. Mix well.

Step 4 - Wash your face and apply this mixture to your face. Leave it on for an hour.

Step 5 - Wash off with cold water and pat dry.

Avocados are one-stop solution for all your skin related issues due to aging. It’s loaded with Vitamins A, B, D & E, coupled with other nutrients like potassium, healthy fats, etc. It’s an ideal moisturizer and being loaded with nutrients, gently nourishes and cleanses the skin. It helps remove fine lines, wrinkles and also treats red spots, eczema and soothes sensitive skin.
**Recipe 2**

**Name:** Chocolate Mask  
**Purpose:** Reverses Aging Signs  
**Ingredients**  
Cocoa Powder - 1 Tbsp  
Full Cream - 1 Tbsp  
Honey - 1 - 2 Tsp  
Oatmeal - 1 Tsp  
**Instructions**  
Step 1 - Crush the oatmeal and make a coarse powder using a blender or mixer.  
Step 2 - Take a mixing bowl and add in cocoa powder, cream and honey. Mix well.  
Step 3 - Add in the oatmeal powder and mix again. You can adjust the quantity of honey and cream to get a thick paste.  
Step 4 - Wash your face and apply this mask evenly. Let it sit for 10 - 15 minutes.  
Step 5 - Wash off with lukewarm water and pat dry.  
Cocoa is rich in polyphenolic anti-oxidants, thus aiding with reversing aging signs and UV inflicted skin damage. When this is coupled is moisturizers like honey and cream, it replenishes and rejuvenates your skin.
Recipe 3

Name: Egg Mask

Purpose: Wrinkle Reduction

Ingredients

Egg Yolk - 1

Honey - 1 Tsp

Milk Powder - 1 Tbsp

Instructions

Step 1 - Take a mixing bowl and add the milk powder and honey. Use a spatula and mix gently avoiding formation of lumps.

Step 2 - Add the egg yolk and mix well.

Step 3 - Wash your face and neck and apply this mask.

Step 4 - Let the mask sit for 10 - 15 minutes and wash off with cold water.

You can also apply egg white and honey, in case you don’t like the smell of yolk. This pack helps with reduction of wrinkles and spots.
Recipe 4

Name: Tomato Mask

Purpose: Reduction of Wrinkles & Skin Tightening

Ingredients

Raw Tomato - 1 / 2 tomatoes
Chickpea Flour Or Green Gram Dhal Flour - 1 Tbsp
Lemon Juice - 1 Tsp
Turmeric Powder - A pinch or two

Instructions

Step 1 - Grind the tomatoes in a mixer, though you can also use pure tomato puree.

Step 2 - Add the flour, turmeric powder and lemon juice to a mixing bowl.

Step 3 - Empty the ground tomato paste into the bowl and mix well.

Step 4 - Apply it over your face and neck evenly and leave it on for 10 - 15 minutes.

Step 5 - Wash off with cold water.

You can do this 2 - 3 times a week, for wrinkle free younger looking skin. Though chickpea flour is ideal, some feel it makes their skin dry. Those with sensitive or dry skin can substitute with green gram dhal flour to combat dryness problem.
**Recipe 5**

**Name:** Apple Cider Vinegar Potion  
**Purpose:** Reducing Age Spot and Pigmentation  

**Ingredients**  
Apple Cider Vinegar - 1 - 2 Tsp  
Orange Juice - 1 Tsp

**Instructions**  
Step 1 - Take a mixing bowl and add vinegar and orange juice.  
Step 2 - Stir well, to ensure the ingredients are blended well.  
Step 3 - Wash your face and apply this mixture on age spots and pigmented skin.  
Step 4 - Wash off with cold water after 15 minutes.

Apple cider vinegar has scores of skin benefits. It reduces pigmentation, treats acne, eczema and warts, etc. It’s an excellent detoxifier, pore cleanser and astringent. It tightens skin, reduces wrinkles and fine lines. You should notice reduction in spots and marks within few days.
Recipe 6

Name: Cabbage Mask

Purpose: Skin Tightening

Ingredients

Cabbage - Few Leaves
Egg White - 1
Rice Flour - 2 Tsp

Instructions

Step 1 - Use a mixer or blender to grind the cabbage leaves. You can add water to make a paste.

Step 2 - Take a mixing bowl and add the egg white and rice flour.

Step 3 - Empty the cabbage paste into the mixing bowl as well. You can also strain the paste and use the extract alone.

Step 4 - Mix all the ingredients to a paste consistency. Ensure lumps aren’t formed.

Step 5 - Apply this mask for about 15 minutes and wash off with warm water.
Hair Removal

Though hair growth is a normal phenomenon, excess hair growth especially in women can be embarrassing. Facial hair is the most common complaint in women, though hair on one’s hands, legs or underarm hair can also be a cause of worry. Though hormones play a key role in unwanted hair growth, it could be curbed using tropical remedies. Alternatively, hair removal can also be done at home. Let’s take a look at a few hair removal methods.
Natural Remedies for Hair Removal

**Recipe 7**

**Name:** Turmeric Mask

**Purpose:** Facial / Body Hair Removal

**Ingredients**

- Turmeric - 2 Tsp
- Chickpea Flour - 2 Tsp
- Milk - As Needed
- Fresh Cream - 1 Tbsp

**Instructions**

Step 1 - Take a mixing and add in all the ingredients. You can add more turmeric powder or flour based on your requirement.

Step 2 - Mix well and ensure there are no lumps. The consistency should be thick not runny.

Step 3 - Apply the paste after washing your face.

Step 4 - Leave it for about 25 minutes or longer (till it dries completely).

Step 5 - Remove the dried paste by rubbing with palms in the opposite direction of hair growth.

Applying turmeric powder during shower and washing off reduces hair growth.
Recipe 8

Name: Honey Mask

Purpose: Facial Hair Removal

Ingredients

Potato - 1/2 potatoes

Yellow Lentils - 1 Cup

Lemon Juice - 4 Tbsp

Honey - 1 Tbsp

Instructions

Step 1 - Soak the lentils overnight. Crush them and add them to a mixing bowl.

Step 2 - Peel and grind the potato (es) using a mixer. Use a sieve or strainer to get the extract.

Step 3 - Add the potato juice, lemon juice (fresh lemon juice is ideal) and honey to the mixing bowl.

Step 4 - Mix well and apply on clean face.

Step 5 - Remove with your palms in the opposite direction of hair growth when dry.

Potatoes also help lighten the skin, like in the case of underarms or around the mouth.
Recipe 9

Name: Sugar and Honey Pack

Purpose: Facial / Body Hair Removal

Ingredients
Sugar - 6 Tsp
Honey - 3 Tsp
Lemon Juice - 1 Tsp

Instructions

Step 1 - Mix honey, lemon juice and sugar in a bowl. You can make more or less if this mixture per your requirement in the ratio of 6:3:1.

Step 2 - Heat the mixture in a microwave on high till it becomes like gel. Alternatively, you can heat it on stove by stirring constantly, till it reaches thick paste like consistency.

Step 3 - Let it cool down for a bit and then, apply a thin layer on your face, hands and legs.

Step 4 - Once the paste is applied, put a thin cloth on the paste and pull it off in the opposite direction of your hair to remove them.

It’s more like wax treatment, but leaves your skin supple and glowing.
**Recipe 10**

**Name:** Egg Pack  
**Purpose:** Facial Hair Removal

**Ingredients**
- Egg White - 1 Egg’s  
- Sugar - 1 Tbsp  
- Corn Flour - ½ Tbsp

**Instructions**

Step 1 - Separate white from yolk and add it to the mixing bowl.  
Step 2 - Add sugar and corn flour to the egg white.  
Step 3 - Use a fork or whisker to beat ingredients and make a paste.  
Step 4 - Apply this on your face, typically where you have unwanted hair.  
Step 4 - Once it dries, pull off the mask firmly in the opposite direction of hair growth.
**Natural Hair Removal Methods**

**Bonus!**

You can also remove hair by shaving, using epilators, trimmers or tweezers.

Shaving is ideal for underarm or pubic hair, where it’s tricky, painful or risky to use wax or similar treatments.

- Remember to use a shaving cream, gel or soap before shaving. Never dry shave!

- Shave in the direction of hair growth, though if you don’t want ingrown hair, or extending hair strands which may prick, shave the opposite direction of hair growth.

- Remember to follow up with an antiseptic dab after shave, or use witch hazel and rosemary oil to avoid razor burn.

Trimmers can help trim hair, when it is longer. You can then shave or use one of the recipes mentioned above to remove hair completely.

Using tweezers for hair removal is ideal when you want to remove a few strands in a particular area, or the left off hair after waxing.

Epilators are similar to trimmers, except that they remove hair from the root.

You can use a pumice stone, or a sand paper to remove unwanted hair. You need to rub in the opposite direction of hair growth. It could be fairly painful, though not as much as wax treatments. However, it can leave your skin red and itchy. Apply witch hazel, rosemary oil and coconut oil to soothe the area post rubbing.
Under Eye Circles & Puffy Eyes

Under eye circles are a very common problem and most dermatologists and plastic surgeons encounter this often. Dark circles under eyes, or under eye circles make a person look tired and aged. There are many reasons that can trigger under eye circles including fatigue, lack of sleep, allergies, improper lifestyle, hereditary factors, excessive sun exposure, aging, cold or sinus infection, rubbing your eyes or scratching it, or even loss of fat or collagen. Under eye circles are mostly harmless and often point to health conditions like anemia or iron deficiency, etc.

Much like under eye circles, puffy eyes are also a cause of concern for many. Basically, tissues around the eyes called orbits swell due to fluid accumulation. Scientists say it’s because water moves from places where there’s less salt content, to where there’s more salt content, like under the eyes. The reasons could be anything from crying incessantly, aging, having a meal loaded with salt, or even cold. Other reasons could be improper sleeping position, rubbing eyes or even due to allergies. Though they aren’t a cause of worry when it occurs occasionally, it could signal kidney problems or an underactive thyroid if it persists.
**Recipe 11**

**Name:** Tomato Pack

**Purpose:** Removing Under Eye Circles / Dark Circles

**Ingredients**

- Tomato - 1
- Lemon - ½
- Chickpea Flour - 1 - 2 Tsp
- Turmeric Powder - A pinch

**Instructions**

Step 1 - Use a mixer to grind the tomato and extract the juice using a sieve. You can also use tomato paste though!

Step 2 - Take a mixing bowl and add the tomato juice to it.

Step 3 - Deseed the lemon and squeeze the juice into the mixing bowl.

Step 4 - Add turmeric powder and chickpea flour and mix well.

Step 5 - Apply this paste under the eyes and let it sit for 15 minutes.

Step 6 - Wash off with cold water and pat dry.

Though the results will be obvious within a day or two, it depends on the intensity of the circles.
**Recipe 12**

**Name:** Tomato Crush  
**Purpose:** Eliminating Dark Circles / Under Eye Circles  

**Ingredients**  
- Tomato - 1  
- Lemon - 1  
- Mint Leaves - A bunch  
- Salt - As required

**Instructions**

Step 1 - Add the tomato and mint leaves to a blender with adequate salt.

Step 2 - Deseed and squeeze the lemon and add in the juice to the blender along with other ingredients.

Step 3 - Grind them together adding enough water.

Step 4 - Empty the contents into a glass. Drink this twice a day for reduction in dark circles.

You can add honey for improving the taste, which is also very healthy. This drink improves one’s health by providing important nutrients, eliminating the cause of dark circles. You will witness reduction and disappearance of dark circles eventually and also feel a lot better.
Recipe 13

Name: Skin Vitalizing Pineapple Potion

Purpose: Removing Dark Circles / Under Eye Circles

Ingredients

Pineapple - A few chunks
Honey - 1 Tsp
Lemon Juice - 1 Tsp
Turmeric - A pinch

Instructions

Step 1 - Grind the pineapple chunks into a fine paste (preferably the core, or use ripe pineapple to use the flesh as well).

Step 2 - Use a sieve to get the pineapple extract.

Step 3 - Add the honey, lemon juice and turmeric to a mixing bowl.

Step 4 - Pour in the pineapple juice and mix well.

Step 5 - Apply this mixture under your eyes and wash off after 5 minutes.

Pineapple is a gift you can give your skin! Pineapple core helps reduce not just dark circles, but also eliminates wrinkles and when used regularly, delays aging signs. Consuming pineapple regularly has scores of benefits for your health and skin.
**Recipe 14**

**Name:** Orange Pack  
**Purpose:** Reduction of Dark Circles / Under Eye Circles

**Ingredients**
- Orange Juice - 1 Tsp
- Chickpea Flour - 1 Tsp
- Honey - 1 Tsp

**Instructions**
- Step 1 - Take a mixing bowl and add in the ingredients.
- Step 2 - Mix well and ensure there are no lumps.
- Step 3 - Apply it under your eyes.
- Step 4 - Leave it on for about 15 minutes and wash off.

If you can, put the orange juice in the fridge for a few minutes before making this pack. This is not compulsory, but helps a great deal.
Recipe 15

Name: Magic Oil

Purpose: Removing Dark Circles / Under Eye Circles

Ingredients

Almond Oil - 1 Tsp

Vitamin E Oil - 1 Tsp

Vitamin C Oil - A drop or two

Honey - 1 Tsp

Instructions

Step 1 - Take a mixing bowl and add almond oil, Vitamin E oil, Vitamin C oil and honey.

Step 2 - Mix well and apply under your eyes.

Step 3 - Massage gently and let it sit for 10 - 15 minutes.

Step 4 - Wash off and pat dry.

Almond oil has scores of benefits, so does Vitamin E oil. They help treat numerous skin conditions and are excellent to reduce aging related skin issues. Vitamin C helps lighten skin and also nourishes it, though it can sting or burn sensitive skin. So use it with care, or substitute with lemon juice instead.
**Natural Remedies for Puffy Eyes**

**Recipe 16**

**Name:** Chamomile Tea Magic  
**Purpose:** Bringing down under eye swelling / Puffy Eyes  
**Ingredients**

Chamomile - 1 Tsp  
Green Tea - 1 Tsp  
Salt - A pinch or two

**Instructions**

Step 1 - Add a teaspoon of chamomile herb and green tea leaves to a bowl.  
Step 2 - Add water and heat it for a few minutes.  
Step 3 - Dissolve the salt in a few drops of water.  
Step 4 - Strain the tea and add in the salt solution to the left out tea leaves.  
Step 4 - Wrap this in a tissue paper and let it cool down.  
Step 4 - When slightly warm, keep the wrapped moist tissue on your eyes. Remember to cover your eyes fully.  
Step 5 - Now, place a soft moist cloth over them and leave it for a few minutes.

Chamomile has stress busting benefits and when this is coupled with tea, it enhances the results. You can skip the salt if you want to! Drink the tea, since it has loads of health benefits. Black tea works as well, though I prefer green tea better.
**Recipe 17**

**Name:** Cucumber Peel  
**Purpose:** Reducing Under Eye Bags / Puffy Eyes & Dark Circles

**Ingredients**

- Potato - ½ or 1  
- Cucumber - ½ or 1  
- Lemon Juice - 1 Tsp  
- Turmeric Powder - A pinch or two

**Instructions**

Step 1 - Peel the potato and dice it.  
Step 2 - Peel the cucumber and dice it.  
Step 3 - Add the diced cucumber, potato, turmeric powder and lemon juice to a blender and grind to a fine paste.  
Step 4 - Refrigerate this mixture for about 30 minutes and then apply under your eyes.  
Step 5 - Wash off with warm water after 10 - 15 minutes and pat dry.

This pack can also be applied all over your face to reduce pigmentation, dark spots, acne, excess sebum secretion, blackheads, etc.
**Recipe 18**

**Name:** Almond Rescue

**Purpose:** Reducing Puffy Eyes & Dark Circles

**Ingredients**

Almonds - 3

Potato - 1

Honey - 1 Tsp

**Instructions**

Step 1 - Soak the almonds overnight and peel the skin in the morning.

Step 2 - Peel the potato and dice it.

Step 3 - Add diced potato and almonds to a blender and make a fine paste.

Step 4 - Empty contents into a mixing bowl and add honey.

Step 5 - Mix well and apply it under your eyes.

Step 6 - Wash off after 15 minutes and pat dry.
Recipe 19

Name: Olive Soothe

Purpose: Reducing Puffy Eyes

Ingredients

Olive Oil - 1 Tsp

Tea Bags - 2

Cotton Ball - 1

Water - As Needed

Instructions

Step 1 - Wet the tea bags and refrigerate them.

Step 2 - While they are refrigerated, dab the cotton ball in olive oil and apply around your eyes.

Step 3 - When the tea bags are ready, place them on your eyes.

Step 4 - Sit back and relax for about ten minutes.

Step 5 - Wash off and pat dry.

Refrigerating the tea bags helps a great deal with puffy eyes.
Cellulite Removal

Cellulite, otherwise known as dermopanniculosis deformans, adiposis edematosa, gynoid lipodystrophy, orange peel syndrome or status protrusus cutis, is a condition where the subcutaneous fat that lies within fibrous connective tissue appears as nodules or skin dumpling as a result of herniation. This is more common in females than males and appears around pelvic region, abdomen and lower limbs.

The reasons vary from hereditary factors, to improper lifestyle, circulation or lymphatic irregularities, distribution of subcutaneous fat, hormonal imbalance, etc. It is more of a cosmetic problem, though there’s no cure for cellulite according to experts. However, you can bring down cellulite formation and get rid of unsightly cellulite using a few home remedies.
**Natural Remedies that Help Reduce Cellulite**

**Recipe 20**

**Name:** Coffee Scrub  
**Purpose:** Cellulite Removal

**Ingredients**

- Coffee Grounds - 6 Tbsp (use pure coffee, instant)
- Coconut Oil - 3 Tbsp
- Brown Sugar - 3 Tbsp

**Instructions**

Step 1 - Melt coconut oil if you refrigerate or if it is frozen due to temperature.

Step 2 - Add all the ingredients to a mixing bowl and mix them to get a thick paste.

Step 3 - Massage them onto the skin where you spot cellulite. Don’t forget to use firm pressure when doing so.

Step 4 - Wash off after you are done.

Coffee helps with reducing cellulite, due to it’s fat metabolizing ability when applied tropically. It also exfoliates the skin gently, leaving it fresh and firm. Use this twice or thrice per week for best results.
Recipe 21

Name: Cayenne Potion

Purpose: Cellulite Reduction

Ingredients

- Cayenne Pepper - ½ Tsp
- Lemon Juice - 1 Lemon
- Water

Instructions

Step 1 - Deseed and squeeze the lemon juice into a glass.

Step 2 - Add cayenne pepper and water to it.

Step 3 - Drink this thrice every day. You should see obvious results in only 30 days!
**Recipe 22**

**Name:** Juniper Massage  
**Purpose:** Cellulite Reduction

**Ingredients**
- Olive Oil
- Juniper Essential Oil

**Instructions**
1. Combine Olive Oil and Juniper Oil in a mixing bowl.
2. Massage this oil firmly onto the affected areas.
3. Relax!

You should see noticeable difference within a month.
Recipe 23

Name: Coconut Rub

Purpose: Cellulite Removal

Ingredients

Coconut Oil

Brush

Instructions

Step 1: Apply coconut oil to the affected areas and massage in a circular motion gently.

Step 2 - Use the brush and brush vigorously.

Step 3 - Brushing should be in the direction of heart, in other words, towards the heart. Do long strokes and apply good amount of pressure. Follow this routine regularly for about 30 days.

While this method does leave the skin sensitive at times, it’s one of the best cellulite removal methods around. You can dry brush, though it will probably make it inflamed and sensitive. Coconut oil aids with cellulite reduction, and also gives it moisture bringing down the damage as compared to dry brushing. You can always follow up with a soothing olive oil or jojoba oil or almond oil massage to reduce skin irritation, redness or dryness.
**Recipe 24**

**Name:** Cayenne Scrub  

**Purpose:** Cellulite Removal

**Ingredients**

- Coffee Grounds - 6 - 8 Tbsp  
- Cayenne Pepper - 1 Tsp  
- Olive Oil - 10 Tbsp

**Instructions**

Step 1 - Add all the ingredients to a mixing bowl and mix well.

Step 2 - When a nice paste consistency is achieved, apply it onto the affected areas and massage.

Step 3 - Leave it on for about 5 - 10 minutes and wash off.

Coffee is already a potent cellulite crusher, when combined with Cayenne Pepper, the results are stupendous!
**Skin Lightening & Brightening**

Skin is the largest organ of our body and undergoes a lot of stress and roughage in the form of sun exposure, pollution, etc. It protects our body, helps regulate temperature and moderates it, blocks toxins from entering our body, etc. Further, hormonal imbalance or even allergies affect our skin. Due to pollution, sun exposure, hormonal imbalance, few medications and health conditions, there are several changes in our skin, leave alone aging or other triggers.

Skin blemishes are common due to acne, rosacea or other conditions, whereas, sun exposure tans skin. By using these natural remedies, you achieve skin lightening, skin brightening, remove sun tan and achieve a blemish free skin.
Natural Remedies for Skin Lightening

**Recipe 25**

**Name:** Honey Lotion  
**Purpose:** Skin Lightening / Whitening  
**Ingredients**  
Cucumber - 1  
Honey - 2 Tsp  
Lemon Juice / Apple Cider Vinegar - 2 Tsp  

**Instructions**
Step 1 - Peel and dice the cucumber.  
Step 2 - Add the diced cucumber to a blender and grind well. Now, use a sieve to get cucumber extract.  
Step 3 - Pour the cucumber juice, lemon juice or apple cider vinegar and honey into a mixing bowl and mix well.  
Step 4 - Apply this mixture and leave it on for about 15 minutes.  
Step 5 - Wash off with clean water and pat dry.  

Apple cider vinegar can be substituted instead of lemon juice for those with sensitive skin. As mentioned earlier, use fresh lemon juice for best results.  

You can add turmeric to this recipe and also apply to your underarms to get rid of dark underarms!
Recipe 26

Name: Glycerin Pack

Purpose: Skin Lightening / Whitening

Ingredients

Sandalwood Powder - 1 Tbsp
Glycerin - 1 Tsp
Rose Water - 1 Tsp
Lemon Juice - 1 Tsp

Instructions

Step 1 - Add all the ingredients to a mixing bowl and mix well. You can adjust the quantity based on your requirement.

Step 2 - Apply the paste and leave it on till dry.

Step 3 - Wash off with cold water and pat dry.

Glycerin moisturizes and lightens the skin, leave alone combating various infections. You can apply this pack thrice a week for best results.
**Recipe 27**

**Name:** Orange Peel Pack  
**Purpose:** Skin Lightening / Whitening  

**Ingredients**
Orange Peel Powder - 1 Tbsp  
Yoghurt - 1 Tbsp  

**Instructions**

Step 1 - You can buy orange peel powder, or prepare at home by drying a few orange peels and grinding them. Take a mixing bowl and add in orange peel powder and yoghurt.  

Step 2 - Mix well and apply on clean skin.  

Step 3 - Leave it for about twenty minutes and wash off with warm water.  

This is a very effective remedy and suitable for dry or sensitive skin as well. You can use this on your face, hands, neck, etc. It’s one of the best, yet simple recipe for skin lightening or whitening.
Recipe 28

Name: Strawberry Mask

Purpose: Skin Lightening / Whitening

Ingredients

Strawberries - 2 - 4 Fresh, chopped

Pineapple - About ¼ cup, fresh, chopped

Yoghurt - About 4 Tbsp (plain)

Honey - 1 Tbsp

Instructions

Step 1 - Mash the pineapple and strawberries using a masher, or use a blender for this.

Step 2 - Transfer the mashed fruits to a mixing bowl.

Step 3 - Add yoghurt and honey to it and mix well.

Step 4 - Apply to clean skin and let it sit for about 10 minutes.

Step 5 - Wash off and pat dry.

Being rich in Vitamin C and Antioxidants, both pineapple and strawberries repair, rejuvenate and lighten skin. Besides, this pack gently exfoliates the skin and nourishes it. Not just lightening the skin, it also reduces pigmentation effectively.
Natural Remedies for Skin Brightening

Recipe 29

Name: Chickpea Flour Rub

Purpose: Skin Brightening / Lightening

Ingredients

Chickpea Flour - 1 Tbsp
Lemon - 1
Cucumber - 1

Instructions

Step 1 - Peel the cucumber, dice it and add it to a mixer. Grind to a fine paste.
Step 2 - Empty the paste into a mixing bowl and add chickpea flour to it.
Step 3 - Deseed and squeeze the lemon juice into the bowl and mix well.
Step 4 - Apply this paste to clean skin and wash off after 10 minutes.

It also lightens the skin, besides brightening it.
**Recipe 30**

**Name:** Olive Scrub  

**Purpose:** Skin Brightening  

**Ingredients**  

Virgin Olive Oil - 1 Tbsp  

Sugar - 1 Tbsp (Larger granules)  

**Instructions**  

Step 1 - Take a mixing bowl and add both olive oil and sugar. You can adjust the quantity per your requirement.  

Step 2 - Mix and use it as a scrub.  

Step 3 - Wash off with clean water.  

This pack gently exfoliates the skin and makes it brighter. It is considered as a good bleach recipe as well.
**Natural Remedies for Lightening Sun Tanned Skin**

**Recipe 31**

**Name:** Papaya & Oats Mask  
**Purpose:** Sun Tan Removal / Lightening  
**Ingredients**

Papaya - Peeled and chopped, about ¼ cup  
Oatmeal - 1 Tbsp  
Honey - 1 Tbsp

**Instructions**

Step 1 - Add the chopped papaya to a bowl and mash it. Alternatively, you can use a blender for this.

Step 2 - Add oatmeal and honey to mashed papaya and mix well. You can coarsely crush oats for better results.

Step 3 - Apply this pack to your face or other sun tanned areas.

Step 4 - Let it sit for about 30 minutes and wash off.

This not only helps with sun tan, but also with sun burn!
Recipe 32

Name: Barley Mask

Purpose: Sun Tan Lightening / Removal

Ingredients
Barley Powder - 1 Tbsp
Yoghurt - 1 Tbsp
Turmeric - 1 Tbsp

Instructions
Step 1 - Take a mixing bowl and add all the ingredients and mix well.
Step 2 - Apply on suntanned skin and leave it about 15 - 20 minutes.
Step 3 - Wash off and pat dry.
This lightens sun tan and also, helps repair skin.
**Recipe 33**

**Name:** Pumpkin Pack  
**Purpose:** Sun Tan Lightening / Removal

**Ingredients**
- Ash Gourd - ¼ Cup  
- Fuller’s Earth - 1 Tbsp  
- Turmeric - 1 Tbsp

**Instructions**
- Step 1 - Grind the ash gourd and extract the juice from it.  
- Step 2 - Take a mixing bowl and add in all the ingredients.  
- Step 3 - Mix to form a fine paste and apply to clean skin.  
- Step 4 - Leave for about 15 minutes and wash off.

This pack reduces tan effectively.
**Natural Remedies for Clear & Blemish Free Skin**

**Recipe 34**

**Name:** Papaya & Pumpkin Peel  
**Purpose:** For getting blemish free clear skin

**Ingredients**
- Pumpkin - $\frac{1}{4}$ Cup  
- Papaya - $\frac{1}{4}$ Cup  
- Pineapple - $\frac{1}{4}$ Cup  
- Gelatin - As needed

**Instructions**

Step 1 - Grind together pumpkin, papaya and pineapple.  
Step 2 - Extract the juice and pour into a bowl.  
Step 3 - Add a small pack of unflavored gelatin and bring to a boil.  
Step 4 - Switch off flame and let it cool.  
Step 5 - When the temperature is comfortable, apply this pack to your face.  
Step 6 - Relax and let it dry (about 20 minutes).  
Step 7 - When dry, peel off!

**Tips**

You can alternative skip the boiling and gelatin, add apply the paste as a mask to your face (or) Dab a cotton ball in the extract and apply it on your face.  

This pack not brightens and lightens your skin, besides reducing blemishes and skin pigmentation. Makes your skin clear and blemish free overtime.
Recipe 35

Name: Banana Pack

Purpose: Clearing skin pigmentation and blemishes

Ingredients

Banana - 1
Milk / Curd - ¼ Cup

Instructions

Step 1 - Mash the banana with skin using milk or yoghurt.
Step 2 - Apply to clean face or skin and let it dry (about 15 minutes).
Step 3 - Wash off and pat dry.
Recipe 36

Name: Rosehip Clear Skin Oil Blend

Purpose: Clearing blemishes & skin pigmentation

Ingredients

Jojoba Oil - A few drops (Carrier Oil)
Argan Oil - A drop or two (Carrier Oil)
Rosehip Oil - A few drops (Essential Oil)
Tea Tree Oil - A drop or two (Essential Oil)
Lavender Oil - A few drops (Essential Oil)

Instructions

You can prepare a blend and keep it handy to use when needed, since it is difficult to prepare in miniscule quantities. You use essential oils like tea tree, rosehip and lavender, with carrier oils like Jojoba and Argan. Just apply it regularly to reduce skin problems including acne and clear blemishes.

Tips

You can skip Argan oil if it difficult to get, or costly.

You can apply rosehip oil directly to the skin as well. It has scores of benefits including reversing signs of aging. You can skip it in the recipe and use it directly as well!

Lavender oil is an excellent skin vitalizer and stress buster.

Remember, a few drops of essential oil should do for most purposes. For about 200 - 500 ml of carrier oil, add a few drops of essential oil.