



HEALTH TOTAL

Simple - Real - Scientific

YOUR

D.I.Y. GUIDE

TO

Gorgeous,
&
Glowing Skin



Flaunt Your Skin!!

Healthy skin has an irresistible glow and energy, no matter what a person's age. The daily challenges our faces are exposed to, leave the skin's natural renewal system down.

Your skin is the largest organ that you have, so you want to take care of it. Glowing skin is the hallmark of beauty. As we grow older, our skin is bound to age, but time is not your skin's greatest enemy. Sun exposure, smoking, poor diet, environmental toxins, excess alcohol consumption, stress, harsh foods, lack of sleep and little or no exercise also push your skin to age faster and form wrinkles.

We receive several queries on skin care, so we've put together a guide that will help you keep your skin glowing naturally. Just read on to discover our homemade beauty boosters that will bring back your gorgeous, supple and glowing skin!

Beauty Booster No.1

HAVE A DAILY SKINCARE ROUTINE

EXFOLIATE

Exfoliation is an important skincare routine. It gently removes dead and dry skin and reveals the beautiful skin beneath. We've curated few homemade exfoliation scrubs that are gentle, effective and safe.

Homemade Scrubs (All skin types)

OATS + HONEY: In a bowl take 1 tbsp of coarsely powdered oats. Add 1 tbsp rose water and a few drops of lime juice. You can add ½ tsp honey and make it into a smooth paste. Apply it evenly and rub gently for a minute, leave it for about 10 mins, wash off with cold water & pat dry.



SUGAR + GREEN TEA: In a half cup of green tea, add 2 tbsp of sugar and the same amount of cream. Mix well and gently massage on your face for five minutes. Leave it for 15 minutes and then rinse it off with cold water.



HONEY + LIME WATER: Lemon contains citrus acid that helps keep the skin clear by removing dead cells. Apply the fresh lime juice, mix 1 tsp honey and 1 tsp sugar. Massage it on your face and neck. Leave it for 20 minutes and then rinse it off. Try it for a week and enjoy a glowing skin.





CLEANSE & TONE

A daily cleansing routine is a must – whether oily, dry, or normal, doesn't matter. Washing your face with a gentle face wash helps remove dirt, pollutants and bacteria. Regular cleansing helps keep blackheads, whiteheads and pimples at bay. A toner helps correct the pH balance of your skin. Here are some homemade toners.

Homemade Toners (Oily Skin)

APPLE CIDER VINEGAR: Mix 1 tbsp of apple cider vinegar in 1 cup of water. Immerse a cotton pad in the liquid and apply on face.



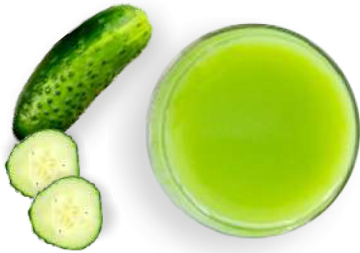
MINT LEAVES: Boil 6 cups of water & add a couple of mint leaves. Allow the solution to cool. Saturate a cotton pad with the solution and wipe your face with it.

CHAMOMILE TEA: Boil a chamomile tea bag in a cup of water for 5 minutes. Let it cool and store the tea in a bottle. Apply this on your face with a cotton pad after every wash.





Homemade Toners (Dry Skin)



CUCUMBER JUICE WITH ROSE WATER: Extract 3 tbsp of fresh juice of a ripe cucumber and mix it with 4 tbsp of rose water. Mix well and pour the concoction into a spray bottle. Use it after cleaning your face to wash off dryness of the skin.



COCONUT WATER & MILK TONER: Mix 1 tbsp of coconut water with 1 tbsp of raw milk (before boiling). Soak a cotton ball and gently wipe your skin with this toner. Use this toner twice a week to fight off your skin's dryness and related problems.



MILK & ROSE WATER TONER: Take 4 tsp of raw milk before you heat it to boil for your morning coffee/tea. Mix in a few drops of rose water or of lime juice. Rub it all over your body and then wash with cold water. Do this twice a day & your skin will feel baby soft.





MOISTURISE

Moisturise your skin, no matter the weather or your skin type. Moisturising keeps your skin hydrated and keeps it looking young and supple.

ALOE VERA MOISTURISER :

Ingredients:

- 2 tbsp coconut oil
- 4 tbsp aloe vera gel
- 1 tsp vitamin E oil
- 2 tbsp almond oil

**Method:**

- Mix the oil with aloe vera gel in a container. Then, add the melted coconut oil.
- Apply on your face, neck, arms and hands. This moisturiser rejuvenates your skin, keeps wrinkles at bay, and protects your complexion from harmful UV radiation.

ALMOND OIL MOISTURISER FOR DRY SKIN :

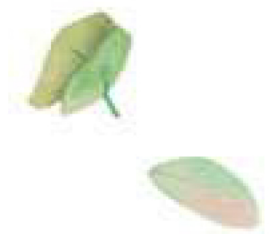
It is loaded with vitamin E, potassium, zinc and other essential vitamins. Almond oil is hypoallergenic and recommended specially for dry and sensitive skin. Honey is known as an effective natural antibacterial. Rose water soothes the skin of any irritation and revitalises it.

Ingredients:

- 1 tbsp almond oil
- 1 tbsp honey
- 2 tbsp cocoa butter
- 2 tsp rose water

**Method:**

- Melt the cocoa butter and almond oil in a container on very low heat.
- Once melted, remove from heat, add rose water and honey to the solution.
- Mix well and then allow it to cool down. Apply on face and neck.



REVITALISING APPLE MOISTURISER :

This revitalising homemade apple moisturiser nourishes your skin, keeps it glowing and silky. This works wonders on dehydrated skin. Apple has a range of antioxidants that revitalise your skin. Olive oil has antibacterial properties and hydrates your skin. Make sure you use this moisturiser within a week. You can store it in the refrigerator.

Ingredients:

- 2 apples
- 1 tsp olive oil
- 4-5 tbsp rose water



Method:

- Cut the apples and remove the seeds. Blend the apples with olive oil.
- Make sure you get a smooth, fine paste. Transfer the content to a pot, and allow it to simmer. Remove the pan from the flame & add the rose water.

Beauty Booster No.2

CHANGE YOUR LIFESTYLE

INCLUDE CITRUS FRUITS

Eat citrus fruits like oranges and grapefruits as they are a rich source of vitamin C that helps repair dead skin.



DRINK LOTS OF WATER

Drink the recommended daily amounts of fluids to keep your skin hydrated. Here are some delicious infused waters that make drinking water fun!

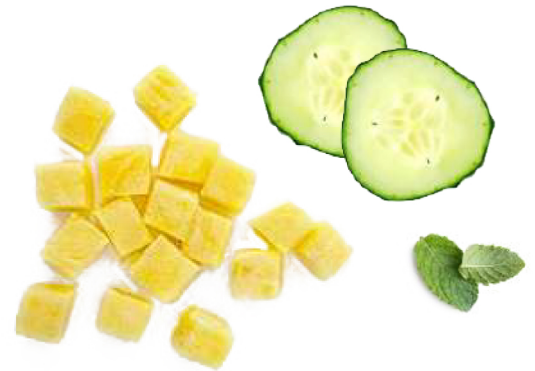
Pineapple-Cucumber-Mint Infused water

Ingredients:

- 1/2 pineapple cut into pieces
- 10-15 mint leaves
- 1/2 cucumber sliced
- 1/2 cup ice

Method:

- Combine all into a pitcher
- Add ice cubes
- Refrigerate for 2 hours



Strawberry water

Ingredients:

- 2 cups strawberry cubes along with its leaves
- 1 litre water
- A few mint leaves

Method:

- Combine all into pitcher
- Add ice cubes and refrigerate for 2 hours
- Add mint leaves
- Drink all day, replace every 24 hours!



Watermelon water

Ingredients:

- 2 cups deseeded watermelon cubes
- 1 litre water
- A few mint leaves

Method:

- Combine them all into a bottle or pitcher
- Add ice cubes and refrigerate for 2 hours
- Add mint leaves
- Drink all day, replace watermelon every 24 hours!





SLEEP

Try and get 7 to 8 hours of peaceful sleep daily. Most of the skin repair work happens during the night, so it is essential to get a good night sleep every day to wake up to skin that feels beautifully fresh and revitalised!



EXERCISE

The perfect remedy for dull looking complexion is exercise. Exercise gets your nutrient rich blood circulating to your skin and contributes to a healthy, glowing complexion.

Beauty Booster No.3

SMOOTHIES FOR A GLOWING SKIN



Cocoa Berry Chia Smoothie

The sweetness of strawberry, chia seeds and the bitterness of cocoa make Cocoa-Berry Chia smoothie quite a refreshing drink. Grab a spoon and straw, and enjoy it for breakfast or as an evening snack.

Ingredients:

- 2 large strawberries
- 5-8 almonds (soaked overnight)
- 1 tsp cocoa powder (unsweetened)
- 1 tsp chia seeds (soaked for 10 minutes)
- 1 cup skimmed milk
- Sweetener (optional)



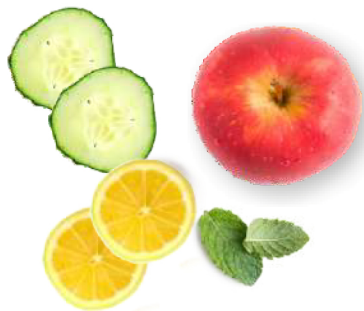
Method:

- Add all the ingredients except the soaked chia seeds in a blender and blend it until smooth
- Add few ice cubes to chill it
- Now add the soaked chia seeds and enjoy a cooling, filling, nutritious breakfast



Apple Cucumber Smoothie

Rich in vitamins, minerals and other nutrients, Apple Cucumber smoothie keeps your skin hydrated and protect your cells.



Ingredients:

- 1/2 cucumber (peeled)
- 2 apples
- 1/2 glass of lemon water
- A handful of mint leaves
- Artificial sweetener



Method:

- Combine all the ingredients and blend them until the desired consistency
- Add a few ice cubes to chill it



Cleanser Smoothie

Cleanser smoothie is loaded with fruits, vegetables and lime. So, it boosts your immune system and flushes out toxins from your body.

Ingredients:

- 1 medium size apple
- 1/2 slice of beetroot
- 1 cup of carrot cubes
- 1-inch ginger
- 1 glass of lemon juice



Method:

- Blend all the ingredients in the blender until you get the desired consistency
- Add a few ice cubes to chill it



Berry Dew Smoothie

Rich in antioxidants that nourish the skin, Berry Dew smoothie makes a great snack or breakfast option.



Ingredients:

- 1 cup skimmed milk
- 1/2 cup strawberries
- 1 tsp chia seeds
- 1 tbsp flaxseeds
- Artificial sweetener (optional)

Method:

- Blend all the ingredients in a blender until you get the desired consistency
- Add a few ice cubes to chill it

So, include these smoothies in your skincare diet and keep your skin hydrated all day!

Disclaimer

This eBook has been written for general informational purpose only. Whatever images you see are from the different sources of internet. Results may vary from person to person.

If you are allergic to any of the ingredients used for making the masks or undergoing any skin treatment, it is advisable to consult your dermatologist before trying these skin care masks.



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