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Hair Fall

There are several conditions which cause hair fall. Some of the major causes are:

- A prolonged illness
- Surgery
- Stress
- Thyroid hormone imbalance
- Imbalance of male and female hormone
- Few Medicines like anticoagulants, medicines used for gout, chemotherapy for cancer, excess vitamin
- Birth control pills and antidepressants
- In conditions like lupus, diabetes etc.
- Fungal infection of scalp
- Hair styles which involve tying of hair tightly, usage of tight rollers etc.
- Use of harsh chemicals or hot oil for treatment

Hair fall is a very common problem for both men and women. Here are some useful tips for you.

- ✓ Yemeni med: Soak fenugreek (Hilba) in deep pot of water throughout the night. Massage the liquid into the scalp and wrap with a cloth for 3 hours. Repeat everyday for 1 month.
- ✓ Massage the scalp with uncooked egg yolk, leave for 1 hour and wash.
- ✓ Smear red Henna on the scalp and wait for 1 hour, then wash. Repeat for 10-14 days. Beware, your hair will turn red due to henna!
- ✓ Smear castor oil on the scalp and the hair roots but not on the hair, wrap the hair with a newspaper, tie with a cloth and leave overnight, wash in the morning. Repeat every 7-10 days (results will appear after 6-7 treatments).
- ✓ Boil 1 cup of water, add 1 teaspoon of mustard seed, cook for 5 minutes, cool and drink.
- ✓ Blanch scented geranium leaves in boiling water, strain, cool and use to wash the hair.
- ✓ Rub olive oil into the scalp to reduce hair loss.

- ✓ Boil rosemary leaves in water, strain and preserve the liquid in a glass bottle. Use to wash hair every day. You can also put the rosemary water in a sprayer and spray your hair every morning.

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Dark Circles Under the Eyes

Your shiners, your raccoon eyes, your blue luggage... whatever you call your dark under-eye circles, here's what they really are: oxidizing haemoglobin.

Dark under-eye circles begin in the capillaries, the tiny blood vessels that web the delicate skin around the eyes. Now, your capillaries are so small that red blood cells sometimes have to line up, single file, to get through. Frequently, red blood cells get lost and wander into the surrounding skin. This isn't a problem - it happens all the time - and your body has a mechanism to mop up these escapees. Enzymes in your body break down the red blood cells, including their haemoglobin (the molecule that gives them their distinctive red color). No problem, right? Except for one thing, when haemoglobin is broken down, its remaining components have a dark blue-black color. Just like a bruise. So your dark under-eye circles are actually caused by leaky capillaries.

Try one home remedy at a time to get rid of the dark circles.

- ✓ Drink at least ten glasses of water everyday.
- ✓ Take all precautions to avoid strain on the eyes.

- ✓ Eight hours of sleep is a must for all of us, especially for people having dark circles under their eyes.
- ✓ Crush some mint and apply around the eyes.
- ✓ Do not leave cream on the skin around the eyes for long periods. Remove the cream applied around the eyes after 10 min.
- ✓ Close your eyes and cover eyelids with slices of raw potato or cucumber for 15-20 minutes. Wash with warm water and apply a cream.
- ✓ Make a 1:1 mixture of fresh potato and cucumber juices. Soak some cotton and put on your eyelids and keep for 20 minutes. Wash your eyes with cold water.
- ✓ Apply a mixture of lemon and tomato juice (equal parts) on the dark circles 2 times a day.
- ✓ Apply a paste of turmeric powder with pineapple juice, for dark circles under the eyes.
- ✓ Massage with almond oil under and around the eyes at bed time daily for 2 weeks and see the improvement. Almond is a very good skin food and helps to remove dark circles.
- ✓ Rub the area with a powdered Vitamin E capsule and wipe off with a mixture of honey and egg white. This will reduce darkness around the eyes.

- ✓ Put hot and cold clothes alternatively under your eyes for 10 minutes. Then apply some almond oil on the dark surface before going to bed.
- ✓ The acupressure point for eyes is on the mount below the index finger of your palms. Pressing this mount may help.

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Skin Complexion

Lime or lemon juice, turmeric, honey etc are natural bleaches that improve complexion. They remove tan and make your skin fairer. (Note that lemon juice is more effective than lime juice for getting fair complexion).

- ✓ Cucumber juice can be applied on dry as well as oily skin to get fair complexion. To make cucumber juice, grate cucumber (with skin) and squeeze it. Only 1/2 to 1 teaspoon is sufficient for a single application.
- ✓ Drink 10 glasses of water daily. It will help in getting rid of any dark circles under the eyes.
- ✓ Foods for a glowing complexion: Eating apples, guava, pears and peaches, with their skin, gives a glowing complexion.

Try the following pastes, mixtures or scrubs. If done daily, you will see a difference in about 10 days. The fair complexion procedures are also applicable to babies.

All the mixtures, pastes and scrubs should be prepared freshly as they do not stay for a long time.

- ✓ Apply a mixture of equal amounts of lemon juice and honey on the face and whole body. Leave for 15 minutes and wash off.

- ✓ Apply a mixture of equal amounts of lemon and cucumber juice on the face and whole body. Leave for 15 minutes and wash off. If your skin is dry, use honey and lemon juice.
- ✓ First scrub your face with cucumber slices and then apply cucumber juice (with skin on cucumber) to your face, leave it there overnight and wash in the morning.
- ✓ Apply a gram flour (besan) and turmeric or haldi paste on face and neck. After sometime when it dries, scrub it off gently. This would gradually reduce body hair over a period of time.
- ✓ For 15 days, apply a paste of gram flour (besan), milk (2 teaspoons) and lime juice (3-4 drops) on face and neck for 15 minutes and wash with water. Your complexion should improve. Repeat every 2 weeks.
- ✓ Apply yogurt to the face.
- ✓ Apply grated white radish or its juice for fairer complexion.
- ✓ Mix honey with equal amount of almond oil. Apply on the face every night.
- ✓ Mix oatmeal with yogurt and tomato juice and apply on the face. Wash with cold water after 15 minutes.

- ✓ Apply a mixture of 3-4 drops of lime juice and a grated tomato on face and neck for 15 minutes for 15 days. Wash with cold water.
- ✓ Mix some turmeric with yogurt and apply on the face, neck and arms for 30 minutes. Then wash with cold water.
- ✓ Make a paste of turmeric (haldi) powder with fresh lime juice and apply.
- ✓ Make a scrub of sandalwood powder mixed with almond powder or almond oil and milk. Massage gently on the darker areas like neck, around lips, below eyes, etc.
- ✓ Cut lime in slices and rub on the face slowly 2 - 3 times. Leave for about 5 minutes, and then wash with cool water. Repeat 3-4 times a week.
- ✓ Make a paste by grinding mint leaves in water. Apply on the face and neck for 20 minutes and then wash with water.

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