

Natural Beauty



Hair care recipes

1. Olive Oil Hair Mask

Mix 5 tablespoon of olive oil with 2 eggs. Apply thoroughly to hair. Wrap head with plastic wrap or a shower cap. After 15 minutes rinse well.

2. Honey & Olive Oil Hair Mask -1

Mix 2 tablespoon honey with 3 tablespoon olive oil. Apply thoroughly to hair. Cover hair with plastic wrap or a shower cap. After 15 minutes shampoo and rinse well.

3. Beautiful Gorgeous Hair Mask -2

After you shampoo your hair, pour 1 cup fresh lemon juice or vinegar through hair and massage and rinse with water. Apply your usual conditioner and wash with water. It will remove all the dirt and your hair will be shine sparkling. Do not repeat this method before 2 weeks.

4. Beautiful Gorgeous Hair Mask -3

Grind fenugreek (methi) seeds soaked in water overnight. Massage this paste on scalp and hair and leave it for 15-20 minutes. Wash it off with a mild shampoo. This paste is good for all types of hair problems, viz. dandruffs, falling hair, thinning of hair, baldness, split hair, etc.

5. Hair Rinse for soft and shiny hair

Mix 1 Tbsp of following herbs with enough boiling water and let it stand for 1/2 an hour. Add 1/4 cup apple cider vinegar and mix well. Shampoo your hair. Pour mixture over hair repeatedly. Vinegar will seal the hair cuticle.

Use the herbs as following:

For hair general care: rosemary leaves, nettle, burdock root, elder flowers

For dry hair: chamomile flowers, comfrey root, nettle, elder flowers

For oily hair: lemon peel, peppermint, lemongrass

6. Shining Hair

Mix juice of one fresh orange, water, 1 tablespoon Honey and a few drops (5-7) of sandalwood oil. Use as an after-shampoo rinse.

Beat two eggs in a tablespoon of milk and apply on your hair. Rinse your hair after 5-7 minutes to get an instant shining.

Add 2 tablespoons of apple cider vinegar in water and rinse your hair.

7. For Damaged Hair

Mash a ripe banana with a few drops of almond oil and massage into hair. Leave it for about 15 minutes. Rinse with soda water and then shampoo and condition.

8. Falling Hair, Hair Loss

Rub Indian gooseberry (*Amla*) into the scalp regularly. It can show wonderful results, it will stop hair falling.

9. Rehab Hair Mask

Perfect for dry, bushy hair with split ends. Nice and simple, blend 3 tablespoons honey and 3 tablespoons olive oil. Comb it through your hair thoroughly and leave on for 15 minutes before washing it off with warm water.

Body Care

1. Lemon Foot Mask

Blend 1 tablespoon vodka, 1egg, 1cup whole milk, ½ cup lemon juice as well as possible. Pour into a bowl big enough to soak your feet in. To use, soak your clean feet in the mixture for about 15 minutes. Use your toes and feet to massage your toes and feet with the mask. If it's convenient and comfortable, use can hold your feet up long enough for the mixture to dry a bit. Then soak again. Afterward, rinse feet well with warm water and give yourself a light foot massage with any kind of massage oil you have on hand. Enjoy your pampered feet!!

2. Cinnamon Hand soak

This soak will leave your hands (or even feet!) silky soft, and slightly scented with cinnamon. Mix 2 cups of water, 1 cup milk, 2 tablespoons olive oil and 2 pinches of cinnamon in a microwave-safe bowl large enough to fit both of your hands. Put the bowl in the microwave for 20 seconds, or until the mixture is quite warm, but still comfortable to touch. Soak your hands in the mixture for 10 minutes. When you are done soaking, take your hands out, rinse them briefly with lukewarm water, and pat dry.

3. Oatmeal Bath soak

Oatmeal baths are great for dry, itchy or irritated skin. This is an easy way to bathe with them so they can work their magic! Mix your favourite essential oils together and let them sit for a few hours so they can blend together nicely. Add 3 cups of whole oats (make sure they aren't instant oats!!) to the essential oils and then drop in 4 tablespoons of olive oil. Pour the infused oats into a muslin bag or old pantyhose and tie a knot. Drop into a warm bath and enjoy a loooooong soak!

4. Indian Lassi Bath Milk

This exotic recipe will leave your skin nourished and replenished. Mix 300ml plain yogurt with 2 teaspoons of powdered cardamom, 1 teaspoon nutmeg and ½ teaspoon turmeric. Make sure it's all mixed very well before pouring into your bath before your soak. This will last as long as the yogurt would in the refrigerator so long as you keep it tightly closed.

5. Brown Sugar Body scrub

This is the easiest and quickest recipe that leaves your entire body feeling soft, smooth and sweet! Simply mix half a cup of brown sugar, preferably Demerara, with 1 ½ tablespoons of runny honey and 5 drops lemon juice OR 5 drops vanilla extract. Scrub up and enjoy! Just don't use on broken skin.

6. Cinnamon Sugar Scrub

Another variation – just a bit more decadent! Mix the juice of one lemon with 1 tablespoon olive oil, 1 cup of sugar, ¼ cup milk or cream and a couple of dashes of cinnamon.

Facial Care

1. Summer Watermelon Toner

Strain 3 tablespoons of juice from a watermelon and get rid of all the seeds and fruity bits. Combine with 1 tablespoon vodka, 2 tablespoons witch hazel and 2 tablespoons water. To use: pour a small amount on a clean cotton pad and apply it to your face. Store in the fridge between uses to retain freshness. The toner will keep approximately one week.

2. Buttermilk and Fennel Cleansing Milk (For Oily Skin)

Heat the ½ cup buttermilk and 2 tablespoons of crushed fennel seeds in top of double boiler for 30 minutes. Turn off the heat and let the mixture steep for 2 hours. Strain, cool, pour into bottle and refrigerate. Keeps for 2 weeks.

3. Chamomile Cleansing Milk (For Dry and Sensitive Skin)

Heat ¼ cup cream, ¼ cup milk and 3 tablespoons chamomile flowers (fresh or dried) in top of a double boiler for about 30 minutes; do not allow milk to boil. Turn off heat and let sit for about 2 hours, strain. Pour into a bottle and refrigerate. Keeps for 2 weeks.

4. Kiwi Facial Cleansing Cream

Put one kiwi in a food processor and puree. Add 2 tablespoons yogurt, 1 tablespoon almond oil, 1 tablespoon finely ground almonds and 1 tablespoon honey. It will form a thick and creamy paste. Use like any facial cleanser. Rinse with plenty of warm water.

5. Fennel Thyme Cleanser

Pull the small thyme leaves off the stem of 2 sprigs, crush 2 tablespoons fennel seeds. Bring to a boil in ½ cup water. Squeeze the juice from ½ lemon into the hot mixture. Let it steep for 20 minutes. Strain the liquid out, pour it into a clean glass bottle or jar and refrigerate until ready to use.

6. Basil acne cleanser

Steep ¾ teaspoons dried basil leaves in 500ml boiling water. Cool then apply to face with cotton wool.

7. Baking Soda Mask to Fight Acne

This is so easy to make and can work wonders if your skin likes it. (Remember, not every cause of acne is the same, so you need to try different remedies and masks until you find the ones that work for you.) All you need are two ingredients. Baking Soda (NOT baking powder) and water. Mix a little together in your hands after washing your face with a mild cleanser and apply gently to your skin. Once you've coated your face with the baking soda and water mix, let it sit while you do other things around the house, or relax and read a book. Rinse the baking soda film off your face and feel how soft and clear it feels. If your skin enjoys this recipe, and your acne improves, then you may try it several times a week to help clear your acne.

8. Egg White Mask

This is simple and quite frugal. There have been many instances of people reporting excellent results from trying it. What is it? Egg white. Simple egg white. All you need to do is separate the yolk from the egg whites. Then whip the egg whites until it is nice and frothy. Apply it to your clean face (using clean hands). Leave on for approximately 20 minutes and wash off with warm water. The result? Tightening of the skin, clearing of red spots.

9. Apple Cucumber Mask

Especially good for oily skin. The citrus juices are great astringents and make your skin feel refreshed and alive. Combine ½ cucumber (peeled), 1 egg white, ½ teaspoon lemon juice, ½ teaspoon lime juice and 1 teaspoon apple mint leaves. Mix well in a food processor until nice and smooth then refrigerate for 10 minutes. Apply a layer to a completely cleansed face and leave on for 20 minutes. Apple Cucumber Facial Mask is best when used immediately as the ingredients are perishable. The leftovers can be refrigerated in the coldest section of the refrigerator for up to 1-2 days but should be discarded after that.

10. Coffee and Cocoa Facial Mask

This easy mask combines the richness of milk and cocoa with the astringent properties of coffee to leave normal to oily skin refreshed and enlivened. Mix 4 tablespoons very finely ground coffee and 4 tablespoons cocoas powder with 8 tablespoons of whole milk or cream until you have a pudding like texture. Spread across clean face and neck, avoiding eye and mouth area, rest for 15 minutes then rinse off with warm water.

11. Easy Oatmeal mask

Very simple mask that'll have your skin feeling super soft. Simply mix 2 tablespoons whole uncooked oats with 1 or 2 tablespoons plain yogurt. Make sure you really squish the oatmeal flakes; they'll begin to soften and break the more you stir. The resulting past should be a nice creamy consistency. When done spread the mask over your face and neck and relax until mask is dry. Then rinse off gently with warm water. Follow with your favourite toner and moisturiser.

12. Firming Honey face mask

This is a nice facial mask for normal to oily skin. Place egg white into a bowl and stir well. Add oil and honey and stir to mix. Add the flour, a small bit at a time until a paste is formed. The paste should be thick enough to spread on your skin, but not so thick that it pulls or tugs at the skin. Smooth the mixture over your clean face and throat and relax for 20 minutes. Rinse well with warm water. Tone and/or moisturize as usual.

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