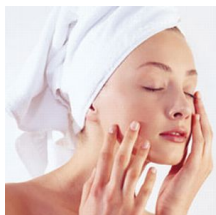


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By: Alexandra Lupu, Health News Editor



## [Have a Beautiful Complexion-Use Natural Masks for Your Skin](#)

*There are natural remedies for every type of skin everywhere around us - all we have to do is becoming aware of their curing powers*

There are natural remedies for every type of skin everywhere around us - all we have to do is become aware of their curing powers. Keeping our skin healthy and beautiful- the eternal problem of every woman. For solving it we can find the most efficient remedies in our kitchen or garden, among the various fruits or vegetables we eat daily, rather than on the cosmetic shop's shelves that provide us extremely expensive products. Once we learn that our skin needs vitamins and minerals coming from natural sources exclusively, not the chemical substances in face creams or lotions, we will consider the free gift Nature offers us: the multifarious plants surrounding us that we sometimes do not even notice. Not taking into account the fact that natural skin care is safer, less expensive and easy to use, after only a few minutes of preparation. Usually, there are different products for every step in the skin care process. It starts with cleaning and goes on with scrubbing, purifying, toning and moisturizing. But there is an alternative to these: applying natural masks to your complexion which will help you maintain your look healthy, radiant and glowing by including, at the same time, more beauty stages in a single one. Depending on every skin type (normal, combination, sensitive, oily or dry) there are fruits and vegetables to enhance the beauty of your appearance. Women that have a normal skin are the most lucky of us, as their epidermis has a fine even texture, a proper balance between oil and moisture contents and is therefore moist and neither greasy nor dry. For this type of skin there are masks for maintenance that may consist of any of the following: carrots, honey, peaches, rose petals, papaya, limes, oranges, bananas, strawberries, cucumbers, almonds and many others. For example, a fresh and healthy looking complexion can be obtained instantly by applying on your face a paste of mixed bananas and strawberries. Leave it for about 20 minutes and you will notice the difference immediately. Dry skin is most commonly prone to wrinkles and lines as it is unable to retain moisture and the sebaceous glands cannot produce sufficient amounts of sebum. This type of skin becomes often dehydrated and needs special care by continually moisturizing it. Masks for dry skin are made of chamomile, lavender, peppermint, bananas, honey, milk, yoghurt, egg yolk, butter, strawberries etc. For preventing wrinkles, make a paste of bananas, yogurt and honey and apply it on the skin for 15-20 minutes then clean it with warm water. Oily skin is opposed to the dry skin, because the over secretion of sebum makes the skin surface oily. The problem with this type of skin is that excess oil on its surface attracts dirt and dust from the surrounding environment that lead to the forming of black heads, white heads, and spots. That is why the most important for oily complexion is to be cleaned thoroughly. For oily skin masks we may use: apples, tomatoes, husk, yeast, lemons or limes, egg yolk, oat flour etc. Mix the juice from half a lemon with half a glass of oat flour and the white of an egg then apply it to the face and rinse off when it is dry. In this way you can clean and purify your skin in order to remove dirt and sebum excess. The most common skin type among women is the combination complexion. This is made of both oily and dry skin. Usually the facial area made of forehead, nose and chin (the T zone) is oily, while the rest of the face has normal or dry skin. In this case, each part of the face should be treated separately according to the problems - the T zone against sebum and the rest of the face against dryness. Sensitive skin, as the name implies, has a very fragile texture and becomes irritated when exposed to changes in climate. The recommended natural ingredients for this type of skin are honey, milk, bananas etc.