



# 5 BEAUTY HACKS FROM YOUR KITCHEN



**Wellness Mama**

simple answers for healthier families



# #1 HONEY FACIAL MASK

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No need to drop a lot of money at the spa for great skin, just rub breakfast on your face instead! Many foods like oatmeal, yogurt and honey are beneficial for your skin too!

## **WHAT TO DO:**

Rub a thin layer of raw honey on your face and leave on for about 30 minutes. Rinse off with warm water.

# #2

## STRAWBERRY TEETH BRIGHTENER

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Use strawberries (I know they are red!) and baking soda as a highly effective and natural teeth whitener.

### WHAT TO DO

Make a paste of equal parts mashed or pureed strawberries and baking soda. Put in mouthguard or tooth tray and leave on teeth for up to 30 minutes.

If you don't want to try this way or are allergic to strawberries, [activated charcoal](#) makes a great natural tooth whitener too.

# #3

## AVOCADO BANANA HAIR CONDITIONING MASK

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For an occasional hair strengthening treat, mix up some other breakfast foods into a natural hair mask. This certainly isn't one for everyday use, but it makes hair shiny and smooth and even works on really curly hair (according to a lucky friend with lovely curls!)

### WHAT TO DO

Mix one banana and one avocado and puree until smooth (great way to use overripe bananas and avocados!). Add essential oils if Banana isn't your fragrance of choice. Comb through clean, damp hair and put a shower cap on. Leave on for at least 15 minutes and rinse out in the shower. Go sign up to audition for a hair commercial!

# #4

## SOFTENING SUGAR SCRUB

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Sugar is not good for your body. It is, however, great for your skin! Since your skin doesn't metabolize and store glucose or fructose like your fat cells do, sugar is a great way to tighten and smooth skin! Sugar scrubs in stores are expensive! Sugar scrubs in the kitchen are not!

### WHAT TO DO

Mix equal parts of white or brown sugar and olive or almond oil and add essential oils of choice (optional). To exfoliate skin, rub the mixture onto skin and massage in for a couple of minutes. Rinse off with warm water.

Enjoy!

# #5

## **BANANA CITRUS SKIN-FIRMER**

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Bananas are naturally rich in nutrients that are great for the skin and can help repair skin elasticity. When combined with Vitamin-C rich citrus, banana makes a great skin-firming mask that helps control excess oil production on skin.

### **WHAT TO DO**

Mash a 2 inch piece of ripe banana with 1 tablespoon of lemon or lime juice and apply to face. Leave on for 10 minutes and rinse with warm water.

