BONUS BEAUTY

RECIPES

Teeth Whitening, Removing Nail Stains, Thickening Your Eyebrows and Lashes, & Fixing Callused Feet

BARBARA & NAYRI
Natural Teeth Whitener

This combination is a terrific natural teeth whitener. By simply mixing a small amount of baking soda and hydrogen peroxide into a paste-like consistency, you are able to use it and brush your teeth as usual. Hydrogen peroxide works to clean your mouth, gums and teeth with its strong anti-bacterial applications.

**Baking soda** (sodium bicarbonate), can work to grab on to the dirt, grime and stains and removing them with the gentleness provided from the hydrogen peroxide.

Be careful to create a paste on the more liquid side, as you don’t want too much baking soda, as it can scrub some of your enamel off.

Coconut Oil Pulling For Great Breath and White Teeth

**Coconut oil** has great antimicrobial properties and has been a recent game changer in the natural teeth whitener arena. Besides having a delicious taste to start your morning, the oil not only helps remove stains, but can also protect your porous teeth from further staining. There are a couple of options of how to use coconut oil. First, you can put a spoonful of oil in your mouth, allow it melt and swish it around (without swallowing) for 5-20 minutes. The other options you can do, is add a few drops of oil on to your toothbrush, and brush as normal.
Orange or Lemon Peel Whitener

This is a controversial one. Many people are afraid of the acidity on enamel, but many people report that these two are great whiteners. If you are not wanting to risk the acidity, rinse with hydrogen peroxide after. This will also eliminate bad breath!

Strawberry Paste Whitener

Malic acid, that’s the magic ingredient in strawberries! This component is great for dissolving red wine, coffee and tea stains! All you need to do is smash up one to two strawberries and add a dash to a teaspoon of baking soda. Scrub your teeth for 5-7 minutes, flossing out any seeds that may have gotten stuck between your teeth, and rinse. Great to use 1x a week.

NAILS

Strengthening Garlic Polish

Do you have brittle nails that break easily? If so, a stinky but great solutions is... garlic! Chop up some fresh garlic and add it to clear nail polish. Allow the garlic to sit in the polish for 1- 1½ weeks, then apply!

Nail Stains Gone For Good

A lot of women have yellowish, stained and unsightly nails! You don’t have to any more. It’s as simple as soaking your nails in lemon juice for 10 minutes and you should see an immediate reduction or elimination of stains! Show off those nails, girl!
Stronger Nails

By soaking your nails in a bowl of warm olive oil and vitamin A oil you are able to replenish the moisture your cuticle beds needs to help grow strong nails. If you notice that your skin is peeling around the beds, you need this treatment ASAP!

Grow Your Nails

Castor Oil is another fantastic oil for helping you grow long, healthy and beautiful nails. Use this on your fingers or toes every day for a couple of months and notice the incredible growth.

HAIR

Towel Dry Tresses

Instead of using a hair dryer and drying out your hair, grab a terry cloth towel instead. Wrap your hair in a very tight towel after showering and wear it until your hair is dry. This will save your hair from damage from excessive drying.

Cold Rinse

There are numerous factors that dry out your hair besides a hair dryer, flat iron or curling iron... Often our hair can easily become dry, unruly and brittle. One way to combat this is finishing any shampoo and conditioning with an arctic rinse. This technique seals your cuticles and closes the shaft of each lock. This will create stronger, and more vibrant hair!
Daisy Hair Blonde

Daisies are lovely little flowers, but did you know they can lighten your hair too? This is a great option for blondes or those of you with light brown hair. Boil a cup of daisies in water for about 5 minutes, then removing them from the water. You can pour the water over your hair and let it dry.

EYELASHES

Thicker Eyebrows and Eye Lashes

Castor oil! This inexpensive trick has been used for centuries for thickening eyebrows and eyelashes. Apply every night, consistently for longer, thicker hair!

Curly Eyelashes, Like a Sexy Doe

Rather than use one of those contraptions from the store, that scare the bejesus out of me, you can simply use a spoon! It’s the perfect trick to achieving the sexy, curled up eyelash look. With closed eyes, take a small spoon (teaspoons work well) and cupping up on your lid. Be careful with the edge of the spoon being so close to your eyes. The bottom of the spoon should align with the roots of your top lashes. Press your lashes with your thumb and hold for 5-10 seconds. Once complete, add mascara to set the look in.
FEET

Calluses and Corns

While you are treating your nails, take a look at your feet. Do they appear rough with corns and calluses? If so, keep that Castor oil out and apply it directly to your affected areas. You can massage the oil to the areas until the pain and swelling disappear.

Dry, Cracked Feet- NO MORE!

This simple recipe can make the roughest feet soft. Take 1 large, cooked and mashed butternut squash, add 3 cups of whole milk with an additional 2 cups safflower oil. Combine these into a container that can fit your feet comfortably. Put your feet in the container for 30-45 minutes. Rinse off with warm water and cover with slippers to keep the moisture in.

Dry, Feet #2

So you don’t want to play with oils? Here’s another option for you- take 4 cups of warm whole milk and combine it with 1/8 cup baking soda over a stove until warm. Pour into a container that will comfortably fit your feet. Put your feet in the container for 15-20 minutes. Rinse off with warm water, following with coconut oil and covering with thick socks.
LIPS

Luscious Lips

Castor oil again? YES! This is one fierce oil! Make sure you don’t taste or drink this-you will regret it, but it does miracles for dry, cracked lips. Rub a little bit on your lips and it’ll help heal current cracks while preventing further dry, damage.

SKIN

Acne Fighting Magic

One more time, I promise ;). Yes, Castor Oil works great for cystic acne. It helps decrease the inflammation while killing bacteria. Put it on before bed, and notice the great improvement by morning!
Acne Scar Treatment and Acne

Combining 1/3 cup of hot white tea and 1/3 cup of apple cider vinegar can help restore pH balance while removing impurities and cleaning pores to reduce future flare ups. Apply this mixture to flare ups and scars then remove with warm water after 30 minutes.

Pimples and Aging Signs

Baking soda and water are great at drying up acne. Combine the two into a paste. Apply it to any areas of concern. When the paste dries, it will pull out dirt and oil from your pores. If you are showing signs of aging, add a drop of vitamin E oil to the mixture, as this potent antioxidant to help you stay looking young.

Dark Spots

Fresh ginger is an old trick to lighten dark spots over the period of a couple of weeks. Just rub fresh ginger on your clean face for several minutes for a few weeks to reduce dark spots and aging spots.

Rose Water Toner

A cotton ball can be used to apply rose water as a toner. Take rose petals and add to mineral water. Allow it to sit for 15 minutes before removing petals to use water.

Black and Whitehead Removal

Mix two minced garlic cloves with 1 tablespoon of sugar and 2-3 tablespoons of unflavored yogurt along with one pinch of salt. Massage this combination on your face, paying special attention to the areas you're most prone to black and whiteheads. Rub in a circular motion for 30-60 seconds. Rinse off with warm water and pat dry.
Skin Brightening Mask

Combine 2 tablespoons of yogurt, with 1 teaspoon of fresh lemon juice with 1 teaspoon of matcha powder. Mix these ingredients well and apply to your face for 15-20 minutes. Remove with warm water and pat dry.

Make-up Remover with Moisturizer

You can make this delicious, moisturizing makeup remover. Add a tablespoon of extra virgin olive oil with 1 cup of Aloe Vera juice in a resealable bottle. Shake up the mixture prior to use. Apply and remove makeup with a cotton pad or ball.

Barbara Stater and Nayri Ishkhanian
BeautyinYourKitchen.com