

# The 3-step Au Natural Routine with the benefits of coconut

The aisles of supermarkets are lined with a plethora of beauty products that promise skin health in various ways. All these choices tend to confuse buyers. The choice of an all-natural beauty regimen has seen such as huge fan following recently. Given the beauty products that are not organic tend to slather chemicals, and the related feel, to our skin.

These days we have seen the beauty regime moving to a brand new mantra of "live healthy live green." Thus, you will see many skin care products of late being filled with the goodness of natural ingredients that remind us of our grandmother's skin care secrets. Women today want their products to work but also need the assurance of its safety on application.

One of my favourite recommendations is the tried-and-tested remedy for several skin ailments and instant beautification- products filled with coconut extracts. Coconuts

have many different nutrients and vitamins present in it that make it a great ingredient for skin care.

The various benefits of coconut milk are known for immediate skin brightening. With the winter season in full swing, it is essential to stock up on products that retain moisture, so that you are not plagued with dry and flaky 'winter itch'. An ideal product, beneficial for all skin types, is one that has coconut milk as its base ingredient. I advise the best ever practice of adopting the "all-weather Cleanse-Exfoliate- Moisturise routine the au-natural way!"

Coconut milk based lotions are versatile in nature and are the best way to maintain our glowing skin. In my experience some of the most efficient usage of coconut based lotions are outlined below.

## EXFOLIATE

Fatty acids present in coconut milk ensure that you can use it to exfoliate your skin,



without stripping it of its natural oils. Make two very effective full-body scrubs by mixing equal parts of coconut milk with sugar or mixing roasted and chopped almonds and honey in coconut milk and apply it on your face and neck. Leave it on till it dries a bit, before washing it off. You will be left with supple, glowing skin that you can confidently flaunt to a rapt audience.

## CLEANSE

Fatty acids present in coconut milk are also the reason why it makes a great cleanser. Coconut milk can be used to clean your skin of the dirt that collects on it in the course of the day. Lotions, on the other hand, are a popular means to remove make-up. Thus, it is only natural to opt for a coconut milk based lotion, since you will be able to free your skin not only of all cosmetics, but grime and dirt too.

## MOISTURISE

Coconut milk is all our skin needs for daily moisturisation. The natural miracle fruit is known to have eminent soothing proper-

ties that help instantly replace lost moisture in dehydrated skin.

The natural collagen found in coconut is an excellent remedy for dry skin as its plumps the skin rendering instant softness. It is also a good ingredient to add into face masks. Another trade secret is that coconut milk based lotions are highly recommended in moisturising our feet, elbows and knees- essentially, any part of your body that could use some extra moisturisation.

The easy and quick absorption property of coconut milk based moisture onto our skin is advantageous in case of being used on the feet.

Our skin needs a handful of simple treatments to maintain its optimum health- adopt this inexpensive natural routine and see the great difference by inclusion of coconut milk into your beauty regime with these easy steps.

**Photo: Sazzad Ibne Sayed**

**Model: Doyel**

**Make-up: Farzana Shakil's Makeover Salon**



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