

Cool down with cucumber packs and cumin seeds



'Cool as a cucumber' is a phrase that is very true to the intrinsic value of a cucumber. It is one vegetable that is known to have a cooling effect on the body. It is packed with health benefits and is not only good to eat but also has multiple benefits when applied on the skin.

Cucumber juice mixed with the juice of a lemon makes an excellent skin toner.

Simply scrape off the skin, cut it into pieces, and blend the cucumber, with some water. Proceed to squeeze out its juice with either a muslin cloth or a sieve. Mix with the juice of a lemon and store it in a refrigerator in a spray bottle.

A spritz of this mixture 1 or 2 times daily, especially in hot weather can leave your skin looking fresh and glowing.

A face pack of pureed cucumber mixed with some yoghurt makes an excellent facial mask. Mix some cucumber pulp with 2 spoons of thick yoghurt to make this



pack. Apply and wash off after 20 to 30 minutes. This is a great way to remove a suntan or relieve sunburn. It also effectively lightens any kind of skin blemishes.

Cucumber pulp when mixed with honey and rose water makes a very good hydrating pack for the skin. Just leave it on for 15

minutes. You will notice an instant glow on your skin once you wash it off.

Cucumber pulp with Fuller's Earth is very effective in treating acne. Two spoons of Fuller's Earth mixed with the pulp and a teaspoon of lemon juice can help dry out acne and relieve the redness.

Leave it on for 15 minutes then wash off. If Fuller's Earth has a drying effect on your skin then just apply it locally on acne.

CUMIN SEEDS

Cumin seeds have multiple benefits too. It can be used in three forms — as seeds, powdered or as oil. Cumin is known to aid in digestion and is good for people who regularly suffer from gastric problems. It also has antibacterial properties that help cure skin issues such as boils and acne.

Apart from making cumin a part of your regular diet, its topical application is also beneficial for the skin. Make a paste by taking equal quantities of black and white cumin

seeds with milk or cream. Apply the paste on the skin and rinse off after 20 minutes. Doing this twice a week will bring about a significant change in your skin for the better.

Cumin oil is also known to be a good toner for the skin, especially when mixed with apple cider vinegar.

A pack made with cumin powder and turmeric powder taken in proportions of 1:3 and mixed with honey brings about an instant glow to the skin. To treat suntan and sunburn use the same by replacing yoghurt with honey.

Regular kitchen items have since long been known to aid in skin care. However, whenever you try any new pack or facial mask, always do a little patch test by applying it on the under-side of your arm, just to make sure your skin is not allergic to any of the ingredients.

By Samina Hossain
Photo: Collected

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