

Turmeric: a godsend for skincare

An age old remedy for not one but a plethora of problems, Turmeric is a godsend to help us deal with all our skin problems and more. Although it comes in a lot of fancy packaging nowadays in foreign brands, nothing beats the local raw stuff. Curcumin is the real hero here, the bioactive compound present in turmeric which has anti-inflammatory and antioxidant properties, allowing turmeric to be the exceptional product it is.

NATURAL SKIN BRIGHTENER

It is one of best natural skin brighteners out there. The antioxidants help add luster to the skin and makes it glow. The most effective way to achieve this is to mix in some turmeric with Greek yogurt and honey and use as a wash off face mask. The post mask glow from within is strong and noticeable, and regular use can create a huge difference.

ACNE TROUBLE

One of the most disturbing skin conditions out there is the acne, and worse are the scars they leave behind once they are gone. Turmeric, with its anti-inflammatory properties, work on the pores in the skin, helping to calm it down. This eventually reduces the acne. And with long term use, one will notice that once the stubborn acne is gone, the turmeric also works to fade the scars, leaving nothing but a smooth canvas for your skin.

CLEARER UNDER EYE

The lightening and brightening property of the turmeric makes it perfect to be used



under the eye, where we often notice dullness. Applying a thin layer helps stimulate circulation in this area eventually reducing the puffiness and the darkness.

BYE-BYE STRETCH MARKS

A mixture of turmeric, extra virgin olive oil and a wedge of lemon makes the perfect paste to rub onto your stretch marks. Doing this twice a day will provide visible results, and you will see the scars fading in no time.

LESSER KNOWN FACT: HEALS WOUNDS

Lesser known use of the turmeric is as a healer. The anti-oxidant and anti-inflammatory properties are not only for brightening the skin, but can also help to reduce and heal wounds more quickly than it naturally would. The curcumin has a positive effect on the skin tissue and collagen which aids in reviving your skin back to its original form.

By Anisha Hassan
Photo: Collected

Neem: a time-tested ingredient

For all natural beauty and skin-care routines, Neem (Indian Lilac, Azadirachta indica) holds an unparalleled place. It is not just the leaf that is useful, rather the entire tree has its benefits. The seeds, and bark can be used both externally and internally. The tree itself acts as an insect repellent.

For a smart way to incorporate neem into your skincare routine, handy packs as well as neem leaf oils with a variety of ingredients are a good way to go.

Powdered neem leaves with rose water and lemon juice can work to reduce oiliness on facial skin. The astringent qualities of the lemon paired with the bacteria killing properties of the neem are the key here.

A paste of neem leaves with yoghurt used regularly can reduce dark spots. This combination works with yoghurt, evening out the skin tone with the neem leaves, reducing rashes and breakouts.

For reducing acne and pimple, mixing grated cucumber with crushed neem leaves and argan oil can work wonders. Here, the

cucumber has a cooling effect on the skin and the argan oil has an added benefit of stopping further acne.

To get rid of dark circles under the eyes, a daily application of neem leaf paste is a good cure. The antioxidants in it help reduce the skin pigmentation, thus reducing the dark skin under the eyes. Plus, it helps moisturise the delicate skin under your eyes.

For sunburns this summer, mix in aloe vera leaf gel with neem leaf juice and apply the mixture two or three times daily till the sunburnt skin heals.

For a full body treatment, boiling a handful of neem leaves and using the neem leaf infused water in your bath can have a lasting effect in preventing infections and dryness. Also, mixing neem oil with coconut oil can make an excellent massaging oil.

As with any good practice, this all natural ingredient's results can be seen with regular usage.

By LS Desk
Photo: Collected



NEW

Power of Nature
Harnessed by Lifebuoy
 New Lifebuoy Neem & Turmeric
 100% better Skin Protection*



*As per lab test, on indicator organism as compared to soap bar without actives