



Natural Beauty – Making Your Own Skin And Hair Treatments Is As Easy As 1-2-3

The quest for beautiful skin and hair is prevalent among women. You can make inexpensive, natural beauty and hair treatments from ingredients you have in your home that will perform just as well or better than products you purchase in the store.

If you only have one natural beauty remedy in your pantry, make it Olive Oil. It's extremely versatile and can be used on every part of your body.

Olive oil is excellent for removing mascara. It's much better than petroleum jelly or baby oil and is beneficial to the skin around your eyes.

Use a few drops of olive oil in warm water for a wonderful at-home manicure. Apply your favorite lotion afterwards to lock in the moisture.

Beeswax and olive oil melted and poured into a small tin makes wonderful lip balm that will keep your lips soft and smooth.

Dry feet can be healed after one night of this treatment. Before bed, rub olive oil into your dry, cracked feet. Do not rinse. Then, put a cozy pair of socks on and go to sleep. Your feet will drink in the moisture and feel much better by morning

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Add a few drops of olive oil to your bath water for the best skin softener you can imagine. And, if you're feeling extra decadent, then add a few drops of essential oil for a natural aromatherapy bath.

A very small amount of olive oil applied to dry hair will condition and get rid of frizz. This is a great leave-in conditioner.

Olive oil can also work as a shaving cream for men with [try this](#) sensitive skin.

Don't buy those expensive Sea Salt Scrubs. Make your own. Just add sea salt to olive oil and you've got a sea salt scrub that will feel like heaven. Add a drop of essential oils if you'd like your scrub scented.

Please use caution when using olive oil in your bathtub as it will get quite slippery and you don't want to fall.

It is not necessary to pay a lot of money for beauty treatment products. The things you have in your very own kitchen can often be the best beauty products available.