

HEALTHY BEAUTY

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Good health is the greatest gift a person can have. Being called beautiful is the best feeling a woman can experience. Looking healthy by having both beautiful and healthy body is a blessing that women appreciate most. Taking good care of yourself; eating nourishing food, getting enough sleep and regularly exercising are proof that beauty ties to wellness. The essence of beauty is looking healthy and being comfortable in one's own skin. It helps to build self-confidence and improve communication skills.

Looking and feeling healthy is not cheap. Visits to the spa, salon and beauty parlour may harm your wallet but worry no more; there are a lot of beneficial home remedies you can do that is friendly to you and your wallet. The essential of home remedy is to be resourceful with items and products around you. Let's begin with the easiest one that uses only two ingredients that are available in every household, which are sugar and honey. These two ingredients can help you treat chapped lips.

Chapped lips may happen due to hot weather and excessive lips licking. Stop licking your lips! Even when you are feasting your eyes with yummy-looking food that tempts and appetises you, licking lips will only make them drier and prone to being chap. The reason being is that saliva can contain certain bacteria that could worsen the chapped lips, here's how you can treat them to get you on your way to having healthier moisturised lips.

Step 1: Mix a teaspoon of sugar with honey (Do not eat the mixture no matter how tasty

looks. You surely do not want to get diabetes while treating your lips)

Step 2: Using a toothbrush, dap it on the mixture and scrub your lips in a circular motion for a good 3 to 4 minutes.

Step 3: Wash your lips with warm water and voila! You are done.

Honey is replaceable with olive oil or petroleum jelly such as Vaseline. If these two items are not lying around somewhere at home, you could opt for sugar with a little bit of warm water. You may do this twice a week and please always be mindful to scrub gently as we do not want to worsen the situation.

Now that you have moisturised lips let's check on your breath. Most Malaysians enjoy eating our traditional salad or also known as '*ulam*'. Bitter beans are one of the popular *ulam* among Malaysians. As much as you enjoyed eating it, bitter beans leave bad after taste in your mouth and cause it to stink. If for some reason, a toothbrush, toothpaste or mouthwash are not available around you, I have two tips for you to try doing after eating bitter beans. These tips can be used depending on which sources are available to you at that moment. If you are at a restaurant and about to eat bitter beans dish, try to see if there are any cucumber available. You can eat the cucumber in between your bitter bean dish as it helps to neutralise the taste and the pungent smell, or you can also drink fresh milk before and after having your meal. By doing this, the milk may help reduce the smell for a short period, but you may want to brush your teeth and tongue as soon as you can.

An egg and facial cotton work wonders to remove whiteheads and blackheads. I have been using this home remedy since I was a teenager. It is the easiest to prepare and the best part is, it requires a very minimal cost. An egg and facial cotton are all that you need. Firstly, dip a facial cotton in an egg white. You want to ensure both sides of the facial cotton are covered with egg white and then

you arrange the facial cotton all over your face like you are creating a face mask. Please leave it to dry and then peel it off your face. Finally, wash your face with warm water.

You will have a smoother and cleaner face as the egg white pulled out dry skins, whiteheads, and blackheads from your face. Sometimes you can even see them on the dried facial cotton. I do this once every fortnight and I sometimes only apply it on my nose area where whiteheads are more visible.

Eyes are the windows to the heart. Through visions, we can see emotions and look deep into someone's soul. However, tired eyes make you look older than you truly are. Getting enough sleep may reduce the puffiness but it cannot treat eyebags problem. To reduce eyebags, tea bags are your saviour at home. Follow the steps below to prepare the "tea bags for eyebags" spa session.

Step 1: Pour hot water into a jug, put 2 tea bags in it and then add 2 tablespoons of sugar.

Step 2: Enjoy a hot cup of tea with your preferred cookies.

Step 3: Take the tea bags out of the jug, leave it to cool at room temperature then squeeze the excess water.

Step 4: Put one tea bag to cover each eye.

Step 5: Sit back, enjoy and relax.

Step 6: After 20 – 30 minutes wash your face with warm water.

This method is used to relax those tired eyes from excessive screen exposure. The hours spent scrolling on your social media topped with the 8 hours a day spent staring at the computer screen at work, your eyes deserve to be pampered once a week.

Though home remedies usually use products that are natural and available near you, you still need to take extra caution when doing it. Know if you have an allergy or are in doubt towards a particular product, consult your doctor or physician before using them. Beauty is health; health is beauty.