

BLINK BEAUTY

# Skin Home Remedies That Actually Work

BLINK 100% ORGANIC INGREDIENTS



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READY?

## WORDS FROM FOUNDER



### **Carol Mthembu**

“We all wish to attain the perfect balance between work life , home life and family life. The driving forces of one’s existence is set against these components . Sometimes you need to make it about you . Thank yourself with some well deserved time - out for some self care ; be it a day or an hour to unwind . You have one body to work with , do right by it”

@carolmthembu

# INTRODUCTION

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## TAKING CARE OF YOUR SKIN DOESN'T ALWAYS REQUIRE EXPENSIVE PRODUCTS OR TREATMENTS. MANY EFFECTIVE REMEDIES CAN BE FOUND RIGHT AT HOME, USING NATURAL INGREDIENTS THAT ARE GENTLE AND BENEFICIAL FOR YOUR SKIN.

Skincare is essential for maintaining a youthful and vibrant appearance. By incorporating natural remedies into your routine, you can address common skin issues without relying on harsh chemicals. Remember, consistency is key, and with patience, you'll see the benefits of these gentle, effective treatments. Take the first step towards beautiful skin and embrace the power of home remedies today.

Natural ingredients like honey, aloe vera, turmeric, and coconut oil offer numerous benefits. These remedies can moisturize, soothe, and brighten your skin, providing a natural and cost-effective way to enhance your skincare regimen. Simple yet effective, these home treatments can help you achieve glowing, healthy skin, free from the side effects of synthetic products.

Take the first step towards beautiful skin and embrace the power of home remedies today. Understanding your skin and using these natural solutions can lead to long-lasting results and a complexion you can be proud of. Start now and see how nature's gifts can transform your skincare routine.





# CHAPTER 1

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## HOME REMEDIES FOR DRY SKIN



Honey and Cinnamon Mask

- Mix 2 tablespoons of honey with 1 teaspoon of cinnamon.
- Apply the mixture to your face and leave it on for 10-15 minutes.
- Rinse off with warm water.
- Use this mask once or twice a week.



Aloe Vera and Tea Tree Oil Gel

- Extract fresh aloe vera gel from an aloe leaf.
- Add 2-3 drops of tea tree oil to the aloe vera gel and mix well.
- Apply the mixture to your face, focusing on dry and acne-prone areas.
- Leave it on for 20 minutes, then rinse with lukewarm water.
- Use this remedy daily or as needed.



Oatmeal and Yogurt Mask

- Blend 2 tablespoons of oatmeal into a fine powder.
- Mix the oatmeal powder with 2 tablespoons of plain yogurt to form a paste.
- Apply the paste to your face and leave it on for 15-20 minutes.
- Rinse off with warm water, gently massaging your skin in circular motions.
- Use this mask 2-3 times a week.

consistency



## HOME REMEDIES FOR DRY SKIN

### Purpose of the above remedies

#### Honey and Cinnamon Mask

Honey is a natural humectant, which helps retain moisture, and has antibacterial properties. Cinnamon has antimicrobial properties that can help reduce acne-causing bacteria.

#### Aloe Vera and Tea Tree Oil Gel

Aloe vera is known for its soothing and moisturizing properties, while tea tree oil is a powerful antibacterial agent that can help treat acne.

#### Oatmeal and Yogurt Mask

Oatmeal is excellent for gentle exfoliation and soothing dry skin. Yogurt contains lactic acid, which helps moisturize and has mild exfoliating properties that can help with acne.

## HOME REMEDIES FOR OILY SKIN



### Clay Mask (Bentonite or Kaolin)

- Mix 1 tablespoon of bentonite or kaolin clay with enough water or apple cider vinegar to form a smooth paste.
- Apply the paste to your face, avoiding the eye area.
- Leave it on for 10-15 minutes, or until the mask is dry.
- Rinse off with warm water.
- Use this mask once or twice a week.



### Witch Hazel Toner

- Pour a small amount of witch hazel onto a cotton pad.
- Gently swipe the cotton pad over your face, focusing on oily and acne-prone areas.
- Allow it to dry naturally.
- Use this toner twice daily, after cleansing.



### Green Tea and Lemon Juice Toner

- Blend 2 tablespoons of oatmeal into a fine powder.
- Mix the oatmeal powder with 2 tablespoons of plain yogurt to form a paste.
- Apply the paste to your face and leave it on for 15-20 minutes.
- Rinse off with warm water, gently massaging your skin in circular motions.
- Use this mask 2-3 times a week.

consistency



## HOME REMEDIES FOR OILY SKIN

### Purpose of the above remedies

#### Clay Mask (Bentonite or Kaolin)

Clay masks are excellent for absorbing excess oil and drawing out impurities from the skin. Bentonite and kaolin clays are particularly effective for oily skin.

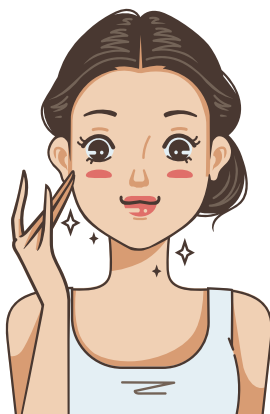
#### Witch Hazel Toner

Witch hazel is a natural astringent that helps tighten pores, reduce excess oil, and soothe inflammation.

#### Green Tea and Lemon Juice Toner

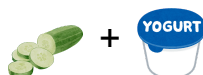
Green tea is rich in antioxidants and has anti-inflammatory properties, while lemon juice contains vitamin C and natural acids that can help control oil and brighten the skin.

## HOME REMEDIES FOR **NORMAL SKIN**



### Honey and Aloe Vera Mask

- Mix 1 tablespoon of honey with 1 tablespoon of fresh aloe vera gel.
- Apply the mixture to your face and leave it on for 15-20 minutes.
- Rinse off with lukewarm water.
- Use this mask once or twice a week.



### Cucumber and Yogurt Mask

- Blend half a cucumber into a smooth paste.
- Mix the cucumber paste with 2 tablespoons of plain yogurt.
- Apply the mask to your face and leave it on for 15 minutes.
- Rinse off with cool water.
- Use this mask 2-3 times a week.



### Rose Water Toner

- Soak a cotton pad in rose water.
- Gently swipe the cotton pad over your face after cleansing.
- Let it dry naturally.
- Use this toner twice daily, morning and night.

consistency



## HOME REMEDIES FOR **NORMAL SKIN**

### Purpose of the above remedies

#### Honey and Aloe Vera Mask

Honey is a natural humectant and has antibacterial properties, while aloe vera soothes and moisturizes the skin. This combination is perfect for maintaining the health of normal skin and preventing acne.

#### Cucumber and Yogurt Mask

Cucumber has cooling and hydrating properties, while yogurt contains lactic acid that gently exfoliates and moisturizes the skin.

#### Rose Water Toner

Rose water is a natural toner that helps maintain the skin's pH balance and controls excess oil, which can help prevent acne.

# CHAPTER 2

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## HOME REMEDIES TIPS FOR BEST RESULTS

### ~1~

**Patch Test:** Always perform a patch test before using any new remedy to ensure you don't have an allergic reaction.

### ~2~

**Hydration:** Drink plenty of water to keep your skin hydrated from within.

### ~3~

**Balanced Diet:** Eat a balanced diet rich in fruits, vegetables, and healthy fats to nourish your skin.

# 6

Tips for maintaining healthier skin throughout the day.





## MAINTAIN HEALTHIER SKIN **THROUGHOUT THE DAY**

**Stay Hydrated:** Drink plenty of water throughout the day to keep your skin hydrated from within. Aim for at least 8 glasses of water daily to maintain skin elasticity and a healthy glow.

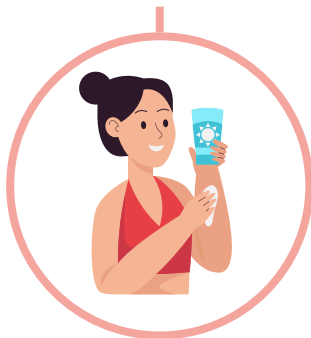


**Cleanse Twice Daily:** Cleanse your face in the morning and before bed to remove dirt, oil, and impurities. Use a gentle, pH-balanced cleanser suitable for your skin type to avoid stripping your skin of natural oils.



## MAINTAIN HEALTHIER SKIN **THROUGHOUT THE DAY**

**Use Sunscreen Daily:** Apply a broad-spectrum sunscreen with at least SPF 30 every morning, even on cloudy days. Sunscreen protects your skin from harmful UV rays that can cause premature aging, sunburn, and skin cancer.



**Moisturize Regularly:** Use a moisturizer suited to your skin type (gel-based for oily skin, cream-based for dry skin) after cleansing and applying any serums. Moisturizing helps maintain the skin's barrier and prevents dryness.

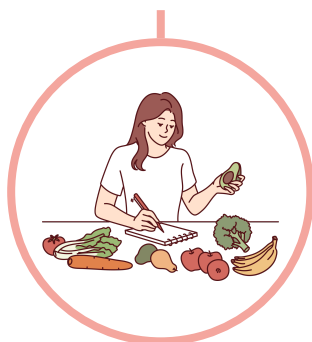


## MAINTAIN HEALTHIER SKIN **THROUGHOUT THE DAY**

**Avoid Touching Your Face:** Try not to touch your face throughout the day to prevent transferring dirt, oil, and bacteria from your hands, which can lead to breakouts and irritation.



**Eat a Balanced Diet:** Incorporate a variety of fruits, vegetables, whole grains, and lean proteins into your diet. Foods rich in antioxidants, vitamins, and healthy fats, like berries, leafy greens, nuts, and fish, contribute to healthier skin by providing essential nutrients.



## CHAPTER 4

To the busy blink beauties who have no time for home remedies

### Oily skin

Salicyclic acid  
Niacinamide  
Retinol

### Ageing skin

Retinol  
Peptides  
Arginine

### Sensitive skin

Hyaluromic acid  
Arginine  
Zinc  
Aloe Vera

### Dry skin

Hyaluromic acid  
Ceramides  
Centella





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**REMEMBER - CONSISTENCY**