

Beauty Tips 101.

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“FALL” into a new beauty routine as cooler weather threatens our skin. Here are some approaches.

Now that fall is here, it is time to shake up your beauty regimen to adjust for cooler weather and the changes it can bring to your body. Try these easy to incorporate beauty tricks to help keep your hair, nails and skin looking and feeling their best.

skin

When the weather is cooler, it is likely that your skin will be exposed to conditions that can cause dryness and chapping. Adjust your skin care routine accordingly by exfoliating once a week and switching to a slightly heavier moisturizer to protect your skin. Exfoliating removes dead skin cells and allows moisturizers and other skin care products to do a better job.

Fall's annual pumpkin crop can contribute to your new beauty routine by providing a nourishing facial mask. This bright orange food is not only high in vitamin A, C and antioxidants; it also has wonderful moisturizing properties.

To make a quick and easy mask, blend 2 tablespoons of cooked pumpkin with 1 tablespoon of honey. Apply to your face and leave on for about 10 to 15 minutes. Rinse thoroughly.

Pumpkin also makes a great exfoliant for the rest of your body, which may begin drying out through the fall and winter season. Here is a great body exfoliant to whip up yourself and use at the end of your shower.

Prepare a gentle scrub by combining 1/2 cup cooked, puréed pumpkin with 1/2 cup brown sugar. Apply to your body using gentle, circular motions. Rinse with warm water.

hair

Healthy hair is synonymous with beautiful hair! Conditioning the scalp with oils can help to strengthen new hair growth and reduce shedding and breaking. Try these homemade, oil based moisturizers to cure post-summer hair blues.

- Beat the yolk of 1 egg until it is frothy, add 1 teaspoon baby oil then beat again. Mix into 1 cup of warm water. Massage into the scalp and throughout hair. Rinse well.
- Mix two whole eggs with four tablespoons of olive oil. Smooth through hair. Wrap head with plastic wrap, and leave in hair for 10 minutes. Rinse well.



nails

Just as skin and hair can become dryer, your nails are likely to become more fragile as the weather changes. Keep them smoothly filed to avoid snags that lead to ripping and breakage. Also avoid fast drying nail polishes that contain isopropyl alcohol (IPA), which can cause them to become even more brittle and flaky. As with hair and skin, your nails will benefit from moisturizing. Here is a recipe for a sensual nail treatment for hands and feet.

- Mix 1 tablespoon natural clay with 1 teaspoon olive oil and 3 drops of lavender essential oil. Massage into nails and cuticles, leave on for 5 minutes, rinse and pat dry. You can also substitute sesame oil or tea tree oil.
- Finally, artificial heat can intensify the drying of hair, skin and nails. Consider using a humidifier to add moisture to the dry air inside your home.