

Beauty Tips for Home & Body

Home

How to Organize Your Home

1. Develop a house cleaning list or routine for you and the kids.
2. If you have small children, have a small kid's area in almost every room.
3. Use large baskets or other containers for "catch-alls" and quick clean-ups.

How to Organize Your Child's Room

1. Throw out what you don't use.
2. Divide the room into areas.
3. Make clean-up easier.
4. Have your child do a quick cleaning up routine before bed.
5. Use child-height storage and shelving.
6. Be realistic with your expectations.

Beauty

Tips to stop and prevent the hair loss

1. **Hot oil therapy:** Pick oil of any kind like coconut oil, olive or canola and boil it up, after heating for five to six minutes get it down and allow it to reach room temperature. Massage the oil to the scalp with the finger tips and keep a bath cap for an hour. Then rinse off the hair with warm water.
2. **Coconut oil:** Cut the coconut into pieces and grind them, squeeze and filter the milk from it, apply over the scalp and calm down for an hour to two and rinse off. The fine tissue nourishing properties will makes your hair strong and you can notice the less hair fall with this tip.
3. **Apply extracts:** Grind or blend the garlic and separate the juice from it, apply to the scalp and leave it for whole night and take a shower in the morning. You can also use onion or ginger instead of garlic. Using of the garlic and ginger may give pop up little burns, so check yourself before applying to the entire scalp.
4. **Massage your head:** Try to give massage for your head atleast two times a week, it improves the circulation of blood. Good blood circulation promotes the activeness of the hair follicles and strengths the roots. The levels of circulation can be increased with the addition of sesame oil or almond oil or any essential oil.
5. **Use green tea:** One of the easiest and effective method to reduce the hair fall is using green tea. Warm the green tea and apply it to entire scalp with the help of q-tip, allow it for an hour and rinse off thoroughly. The rich antioxidants present in the green tea will boost up the hair growth and also fights with falling hair.
6. **Meditation:** We can see people with hair loss though their care is excellent from external and internal, so in such conditions we can suspect the hair fall problem is due to mental tension and stress. To come out from the stress scales practice meditation, it also restores the hormonal imbalance.
7. **Aloe vera:** Aloe vera is consisting of natural conditioners and vitamins which can help prevent the hair fall. Cut a tentacle and remove the gel from it. Apply the gel to scalp and rinse off with luke warm water after an hour. It works effectively for the dry, infected and irritated scalp. Work with this for two times a week to nab the best results.
8. **Neem hair tonic:** Neem has got many advantages for the skin, hair and health. It has many benefits when it is used regularly. To prepare the hair tonic with neem, boil the neem leaves in water and let it to become half of its initial amount. Rinse off the hair by using this topic

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for two to three times a week to get rid off the hair fall problem.

Care for Beautiful Nails

1. **Filing Nails:** File nails when the white part of the nail tip has grown 1/4" from the pink part of the nail. Filing nails before the nail is 1//4" long can weaken the nail. Allowing the nail to grow to a length longer than the base pink nail length will be sure to make them break easily. Nail files from side to side would weaken nails. When filing, go from the corner to the center in one direction. Follow the groove on the side of your nail.
2. **Buffing Nails:** Buffing nails can give them a shinier finish. Start at the cuticle and work your way down to the tip with medium pressure. Don't use a back and forth movement as heat builds up and this can damage your nails. Continue lightly until all ridges on the nail surface have disappeared.
3. **Clean Nails:** Be sure that nails are clean and dry, free of any oil or lotion, before applying polish. Remove any old polish from nails.
4. **Base Coat:** Always use a Base Coat and let it dry for at least 1 minute. The Base Coat helps to keep nail polish from chipping and makes polish last longer.
5. **Applying Polish:** Apply two coats of polish. You should be able to cover the nail in three strokes, one on each side and then one in the middle.
6. **Drying Time:** Always allow your polish to dry thoroughly for several minutes before you apply the next coat. This will avoid the new coat from dragging on the surface of the previous coat and allow the next layer adhere better. Darker shades take longer to dry. Avoid fast drying polish. It does not last as long.
7. **Top Coat:** Once your nail polish has dried, apply a clear Top Coat to seal it. Continue to apply the Top Coat daily to keep nails looking fresher longer.

Facial Care with Fruit

1. **Banana :** Banana fruit facial acts like a natural cleanser. A good ripe banana is that all you need for this. Nicely mash a ripe banana and apply it evenly on you are face and neck. If you have acne you can add a little honey or lemon juice. Leave it on for 15-20 minutes and wash off with cold water, pat dry.
2. **Tomatoes :** Tomatoes are better for a oily skin. Tomatoes are well known to remove scars and pimples too. Squeeze a tomato, apply the pulp evenly on you are face and neck. Leave it for some time. While washing the seeds of the tomatoes acts like a scrub, so clean in circular motion.
3. **Grapes :** Grape fruit facial is good for acne treatment. Mash some grapes to get a smooth pulp of the fruit. Apply this pulp on your face and neck. Let it dry, wash it off using cold water and pat dry.
4. **Papaya :** Papaya fruit is commonly known for glowing skin. This wonder fruit can remove skin tan and rejuvenates the skin. Get a good ripe papaya, scope off the pulp. Now massage the pulp on you are face and neck for 15-20 minutes. After some time wash it off with cold water and feel the difference.
5. **Cucumber :** Cucumber facial is very good for dry skin type. This actually cools your skin too. Grate some cucumber, extract some juice from it. Now apply the juice on you are face and neck. Leave it for some time until it gets dry by its own. Wash off with cold water and pat dry. The left off pulp after taking the juice can be used as an eye mask. It relaxes your eyes.
6. **Strawberry :** Strawberry facial is good for tanned and dull skin. Grind some strawberries with little water to get a smooth pulp. Now apply this pulp evenly on your face and neck, leave it for some time. Wash off with cold water and pat dry.
7. **Kiwi :** Kiwi fruit is also good to remove tan. Take some kiwi fruit puree add a spoon of

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- yogurt mix well. Now apply this mixture to your face and neck, leave it for 20 minutes. Wash it off with cold water and pat dry.
8. **Mixed fruit** : This pack acts like a toner for the skin. It makes wonders on oily skin. To a bowl add the pulp of all the fruits and mix well. Now apply the same and let it dry, wash off.
 9. **Lemon** : Lemon juice helps to fade the scare and prevent them too. Add a little lemon juice to honey and apply it. Wash after some time.
 10. **Apples** : Apple face mask helps to soften your skin. Grind some pieces of apples to smooth paste add little honey. You can refrigerate this mixture and then apply on your face and neck, wash off after some time. You get a baby soft skin.