



This FREE beauty e-book is brought to you by Euphrates Cosmetics www.euphrates.co.za



1. Drink milk each day - Drinking milk is one of the best things that you can do in order to maintain your beauty. When you drink milk each day, you would be providing your body with the essential nutrients to strengthen your hair and bones. Aside from that, it can also make your skin look younger, enhance your health and the looks of your eyes.
2. Refrigerate toners and floral waters during summer time - Toners and floral water can help you freshen up, especially during the warmer months. Thus, it is best that you keep them inside the refrigerator during the summer months, so that you can use them cold. To feel refreshed, you can always spray your face with it.
3. Never pick pimples - Having lots of pimples on your face can affect your beauty. Thus, you don't want it to multiply. Picking your pimples is actually one of the things that can make you have more of them. This is because pricking it can spread the infection further. Aside from that, it can also damage your skin tissue around the pimple.
4. Exfoliate your hands each week - Having hands that are soft and smooth would definitely add more to your already beautiful image. To achieve that, you should exfoliate your hands once a week, with the use of a natural exfoliating liquid. Use it in light circular movements, so as to gently massage your skin.
5. Fix your yellow nails - Yellow nails is not something that you can be proud off. Thus, if you have

6. Practice a morning skin care routine - Following a skin care routine each morning can help a lot in maintaining your beauty. A typical routine that you can follow would involve removing all dirt from your skin with the use of a deep cream cleanser, and rinsing it with water; applying a mild moisturizer; and, applying a small amount of face powder to control oil buildup.

7. Use cream as your skin cleanser - Cleaning your skin on a regular manner is essential in maintaining its beauty. However, it is best to make use of cream cleanser to do this, since it won't take away the natural oil from your skin, which protects it. Don't use anything that can dry out your skin, since it can become prone to bacteria and cellular damage.

8. Use rosewater as toner - Using rosewater as your toner provides lots of benefits. Aside from maintaining the radiant looks of your skin, rosewater actually contains substances, which can also maintain your skin's moisture. In addition, it is also a good solution that you can use if you have allergic skin or to treat sunburn.

9. Get enough sleep - Getting enough rest is one of the most important things to do, when it comes to maintaining your beauty. You need to have at least 7 to 8 hours of sleep each night; and, it is best that you are already asleep by 10 in the evening, so as to maximize the benefits from your beauty sleep.

10. Drink enough amounts of water - To maintain your beauty, you need to have a skin that has good moisture. To achieve that, you need to drink at least 8 glasses of water each day. Aside from flushing out harmful toxins from your body, it can also get rid of excess heat. In addition, enough amounts of water can also help you maintain your weight, and prevent constipation.

12. Change your beauty routine for summer and spring - Being beautiful means that you are wearing the right types of clothing for the right season. Therefore, you have to become more familiar of the clothing trends for different seasons. Aside from that, unlike summer, during the spring season, your skin needs less coverage; thus, it is best to wear lighter makeup for that time of the year.

13. Apply avocado or coconut oil on your hair during winter - During the winter months, due to the fact that it is too cold, it can leave your hair dry. Aside from that, it can also become brittle, which can lead to split ends. Thus, it is best to apply avocado or coconut oil on it, so that you can ensure that it has good moisture.

14. Check your makeup kit each year - Each and every year, you should open and check your makeup kit. Bring out all the things that it contains, so that you can see each and every item that you have. Checking it properly would allow you to throw away those items that are about to expire, and buy newer ones for you to use for the following year.

15. Take care of your hair brushes - You need to clean your hair brushes in a regular basis, in order to maintain the health of your hair. Keep in mind that whenever you use your hair brush while you are outside, or after going outside, it would accumulate dust or dirt. Therefore, if you won't clean it, then you might be returning back the dust it has collected when you use it after taking a bath, since your hair is wet.

17. Trim your hair every 6 to 8 weeks - It is always a good idea to trim your hair on a regular basis, such as every month, or at least every 6 to 8 weeks. Trimming it can ensure proper hair growth. Thus, it can enhance its shine, aside from preventing the occurrence of split ends.

18. How to condition greasy hair properly - When you apply a conditioner to your oily hair, it is best to avoid applying it directly to its roots. This is because, it can make your greasy hair more oily. Thus, it is best to apply conditioner around the point where your hair meets up with your ears, and up to its tips.

19. Avoid shampoo or hair products that are filled with sulfates - It is always best to check on the label of the shampoo that you are about to buy from the grocery store. This way, you can avoid products that are filled with sulfates. Sulfates can be harsh to your hair, which can dry up its cuticle.

20. Make it a practice to remove makeup before bedtime - Whenever you go to parties, and you find yourself too sleepy to remove your makeup before you sleep, then it is best not to apply makeup at all. Leaving makeup on your skin for the night can dry up your skin. Aside from that, it can also irritate it, which can lead to pimples.

21. Remove dead skin with the use of an exfoliate product - Accumulated dead skin can cause your skin to get irritated or dried up. Therefore, it is best to remove them, with the use of an exfoliate product. Just limit the process for 2 or 3 times in a week though, since some exfoliating products may also contain substances that can dry your skin.

22. Reapply sunscreens every two to three hours - When you purchase sunscreen lotions, you may come across products, which would indicate that it can last for the whole day. However, in most cases,

23. How to properly choose organic beauty products - It is a good idea to purchase organic beauty products, since they are not loaded with toxic chemicals. However, you should also make sure that the product you are purchasing is really organic. To ensure that this is the case, choose only those that are certified by a government agency, as true organic.

24. What to do after using a hair conditioning mask - When you make use of a hair conditioning mask, it can actually open up the hair cuticles. To make sure that your hair cuticles are closed after using the said mask, all you need to do is to apply a cold water rinse. Cold water can actually close your skin pores, as well as the hair cuticles.

25. Make use of clarifying shampoo to maintain the health of your hair and scalp - It is not uncommon for a woman to make use of certain hair care products for the whole week, especially when reporting for work or attending parties. Because of that, these products can leave certain chemicals on your hair and scalp, which may eventually harm it. To clear your hair from such substances, make use of a clarifying shampoo at the end of the week.

26. What to do with a chipped nail polish - If your nail polish has been chipped, if you still have time, you can always visit the parlor to get it fixed. Since they are the experts, you can entrust your nail polish to them. However, if you don't have time for that, you can actually add glitter on top of it, in order to hide the chip from the public.

27. How to prevent undesirable eye bags - When the area just below your eyes appear puffed, you

28. Exfoliate your ingrown hairs - Having ingrown hairs is not just unsightly, but it can also be painful. To fix it, you can actually exfoliate, so that you would be able to remove the dead cells. On top of that, it could also help the ingrown hair to finally go back to its normal growth.

29. When to apply creams - Creams can help you provide the moisture needed by your skin. However, it is best to apply them after taking a bath. This is because showering can actually wash out the natural oil from your skin. Therefore, when you apply the cream, it can help your skin in regaining back its natural oil and moisture.

30. How to keep hair color as vibrant as possible - Getting a new hair color can be expensive nowadays. Thus, it is best to maintain the vibrant of your hair color for as long as possible. To achieve that, you can simply make use of shampoos and conditioners, which are made for hair that has been colored. Just make sure to choose quality products, so that you would benefit from them.

31. Use a concealer to hide any imperfections - Whenever you have a pimple that you want to hide, you can always make use of a concealer for it. Aside from pimples though, you can also make use of it for any skin blemishes. Just choose a concealer that comes from a reputable company, so that you can be assured of its effectiveness.

32. Cleansers are better to use on face than soaps - When it comes to taking care of your face, it is better to use cleansers for it. Cleansers are actually gentler to your skin, and they can prevent breakouts. Thus, if you want to have healthier skin, use cleansers for your face, and soap for your body.

33. Wearing sunglasses to prevent wrinkles on your face - If you are expecting to get exposed to the sun for the most parts of the day, then you should wear sunglasses. A good pair of sunglasses would enhance your beauty, since raw foods are still filled with vitamins, enzymes and other nutrients that not just take good care of your eyes, but it can also prevent wrinkles. This is because, without it, you would be squinting, which can cause wrinkles.

34. Raw food is better - Eating raw foods means not overcooking your meals. Such kind of practice will

35. First thing to do in the morning - It is best that when you wake up in the morning, you drink a glass of water, and eat a piece of your favorite fruit, like banana. This would ensure that your skin is properly hydrated, and the fruit would also help in maintaining its radiance. In addition, such a practice can also help you maintain your weight, or lose some.

36. Preventing grey hair - Making use of oil for your hair can help in preventing grey hair. However, to make it more effective, you can add a few drops of rosemary essential oil to it. Aside from that, you can also eat a teaspoon of curry leaf chutney at least every other day, since it has components, which can strengthen the cells that form the pigmentation from within.

37. Seal your nail polish - Having a nail polish that is shiny and glossy offers a beautiful sight to see. Thus, it is best that you prevent it from scratches and peeling by applying a top coat over your nail polish. By applying a top coat to seal the nail polish, you would be able to extend its beauty even for 7 days.

38. Highlight the color of your eyes by wearing the right color of shirts - Don't forget that you can also

39. Apply avocado or coconut oil on your hair during winter - During the winter months, due to the fact that it is too cold, it can leave your hair dry. Aside from that, it can also become brittle, which can lead to split ends. Thus, it is best to apply avocado or coconut oil on it, so that you can ensure that it has good moisture.

40. No more refined foods - One of the best ways to stay as beautiful as ever is to avoid eating refined or highly processed foods. Such types of foods can rob you of important nutrients that are needed by your body, and that could make your skin look dull. Aside from that, they can also get you constipated.

41. Pomegranate gives natural protection from the sun. The high content of anti-oxidants in this fruit ensures that it keeps on fighting against the free radicals that are responsible for damaging the cells. Regular consumption of this fruit will keep your tissues and cell healthy.

42. Tomato is a fruit that is multifunctional, not only beneficial for maintaining a healthy body, but the tomatoes are also effective for maintaining skin health and beautiful. Tomatoes can work well on any skin type. They can provide help to overcome the problem of acne and oily skin.

43. Spinach is effective in clearing up acne, thus maintaining healthy skin. To get rid of acne, you can make a face mask by blending spinach with little water and applying it on your face for 20 minutes. This will remove dirt, oil and inflammation from your skin, thus refreshing and rejuvenating it from

45. The positive effects of green tea when it comes to preventing and fighting against cancer are well known. The content is rich in polyphenols which fight free radicals are among the leading causes of cellular mutations leading to skin cancer. As in most cases of skin cancer is a preventable disease, you should start drinking and using green tea products on your skin as soon as possible.

46. It has been proven that products based on the extract of this type of tea reverse the aging process at the cellular level, so with this in mind, you should start using these products to prevent your skin cells to deteriorate . Remember it is easier to prevent than to fight against the aging effect. Used regularly, skin products containing green tea increases the elasticity of the skin and reduce fine lines and wrinkles.

47. Jojoba oil is structurally very similar to our natural oil on our skin (sebum), so it can Penetrate& deep clean all the skin's layers.

48. Add 2 cups of powdered milk to your bath. It will make your skin look absolutely gorgeous and feel so smooth, silky and soft.

49. Drink plenty of water for a beautiful complexion. Get eight hours of sleep every day. Not enough sleep will make you look tired and older.

50. Hands age fast! Use a slice of lemon and rub it on the back of your hands. This will lighten any age spots and prevent future ones!

52. Fast mask that can tighten your facial skin mix up an egg and a bit of lemon juice, and apply directly to your skin.

53. Take a cup of milk and warm it in the microwave. Soak the hands for 5 minutes. This helps hydrate the skin and strengthen the nails.

54. DRY SKIN issues? Just a few drops of olive oil to damp skin 2-3 times a day. It's that simple!

55. Dark chocolate contains a very potent antioxidant called flavonol, which is believed to replenish rough skin and protect against the sun.

56. Harsh chemical-filled products strip your natural oils away, while natural products balance your oil production

57. Easy homemade scrub for glowing skin! Olive or avocado oil and sugar (preferred brown) Try it out today!

58. Did you know exercising helps fight wrinkles? The increased blood flow helps deliver oxygen and other nutrients to your skin

59. Eat slower - When you eat in a slower pace, you would end up with lesser amounts of food in your stomach. This is because, your body would take a certain amount of time to send a signal to your brain that it is already full. Thus, when you eat slower, you would already feel that you are already satisfied, even when you have not consumed the usual amount of foods that you eat yet.