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Simple and Effective Home Remedies for Natural beauty by [Cody](#)

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These days, the cosmetics in the stores are so highly priced that one just can't afford the entire make up kit every time it is required. Even if you buy and use those expensive brands, the results are not always guaranteed. More often than not, the artificial ingredients only run into new skin problems. Don't get carried away by the commercials of the unnatural cosmetics you had seen on TV using any of the popular services such as FiOS TV. In order to avoid all the fuss, it is always better to go for simple natural home remedies to enhance your natural look. The homemade products are much more effective and beneficial for the skin. All right! If you are here looking for natural homemade beauty remedies, then scroll down and find some useful ones!

Pimples

After you have got pimples, the first thing you need to keep in mind is not to prick them. The pimples are formed due to the excessive production of sebum by the hormones. They contain loads of bacteria that are capable of spreading through the surface of the skin if the pimple is pricked or broken. This will only worsen the case and result in further infection and ultimately more pimples! So let the pimples remain untouched even if the irritation persists. Nevertheless, you may try out the following remedy to get rid of the itching on the affected skin area.

Apply honey on the pimples. Honey can be soothing to the skin. Moreover, honey is also a natural anti bacterial agent that can effectively get rid of the bacteria on the skin and prevent infection. Just apply honey on the pimpled area using cotton or clean cloth and allow it to stay on the skin for about 15 minutes before washing it.

Fairness

Tan is one of the main reasons why we lose our skin color over a period of time. Nevertheless, the first thing that you may do to get rid of the tan is to apply a clay face mask and get rid of all the dead skin cells that had gotten accumulated over the years. Then you can proceed by applying a mixture of gram flour, yoghurt, and lemon juice on the skin. Allow it to stay on the face for 20-25 minutes and wash it off. Do this once a day twice a week and you will have a shiny skin in a matter of two-three weeks!

Turmeric powder also works wonders for the skin. Take two teaspoons of turmeric powder, lemon juice, and half a bowl of milk and mix them together in a bowl. Apply the mixture to the affected skin surface and let it dry out for some time. This simple home remedy will bring back the brightness on your skin in no time.

Teeth Whitening

The discoloration of the teeth may be caused due to plethora of reasons such as tobacco chewing, excessive smoking, improper oral hygiene etc. Even the stains of coffee and tea if allowed to stay on can cause yellowing of the teeth. Whatever the reason for the discoloration may be the original color of the teeth can be restored by following the simple tips given below.

One of the best home remedies for white teeth is by treating it with baking soda. Make a mixture of one tablespoon of vinegar, half tablespoon of baking soda, and a pinch of table salt. Rub the mixture gently against the teeth. These ingredients apart from getting rid of the discoloration will also kill the bacteria due to their powerful chemical properties. You may follow this procedure once a

week to prevent the further occurrence of discoloration.

Alternatively, you may scrub a mixture of two drops of hydrogen peroxide and half tablespoon of baking soda and apply it on the teeth. People who have tried it have got amazing results. So, if you are looking for a white set of teeth, then it's your turn to try out and benefit from the above-mentioned tips.

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