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# BEAUTY?

## IT COMES NATURALLY.

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Looking good does not have to come at a hefty price. Contrary to what you read in some magazines, you need not spend a large sum of money on brand-name cosmetic products in order to achieve that desired look. They say some things in life are free, and beauty is just one of them! In this article, you will learn some quick and easy ways to flaunt your best side using all-natural ingredients. Whether it is frizzy hair or puffy eye bags, we have a solution just for you.

### MIRROR MIRROR ON THE WALL, WHO'S THE SLIMMEST OF THEM ALL?

At some point in time, many of us have been concerned about our weight because we are conscious of how we appear in public and in front of our friends. You may have also heard of people who dabble with drugs in an attempt to slim down but these stories ultimately do not have a happy ending. This is because the use of drugs for the wrong purposes leads to devastating consequences that do more harm than good. Despite the fact that there are some celebrities who consume drugs or smoke, there is no co-relation between their vice practices and their seemingly attractive looks.

If you are aiming to achieve a desired weight, natural is the way to go. You may have heard of how methamphetamine ('Ice') is being abused as a quick weight loss solution but be alert—the 'slimming' effects are only temporary and are extremely hazardous. What's more, 'Ice' will also severely distort the facial features of the abuser seen in the form of rotten teeth and sunken face.

● GETTING COMPLIMENTS FOR LOOKING GOOD  
NEED NOT COME AT A HEAVY PRICE.

● SIMPLY GO NATURAL AND PUT YOUR  
BEST FOOT FORWARD TODAY!

### GIVE ME SOME NATURAL BEAUTY TIPS!

Achieving your desired weight can be done the safe and natural way. Adopt a sensible diet and complement it with an exercise regime that fits your daily schedule.



Puffy eyes? Gently place some cold cucumber slices over the eyes to alleviate dark and puffy eye bags. Lie back and relax while waiting for the cucumber to work its magic.

Deeply condition your hair once a week with olive oil. This will give the hair a smoother and healthier appearance.



If you are plagued by skin problems, tea tree oil is a good natural combatant against acne and may even be gentler than some medical treatments. You can also try dabbing the liquid of vitamin E capsules on the skin or mix it with some moisturizing lotion to soothe inflammation. Do a patch test before trying this.

