

10 Natural Beauty Products That Will Help Improve Your Daily Routine



Let's face it, we now live in the 21st century where beauty standards have skyrocketed in comparison to those of the past.

The beauty industry is a multimillion-dollar industry that provides consumers with products to help them with all of their skin, face, hair, and body needs.

Majority of these products, however, contain harsh chemicals that shouldn't be used topically. Some products could be useful in seeing a difference in your beauty needs short-term but end up having negative long-term effects.

Think about it this way, what you put in or on your body should compare to the nutrient labels on your food — filled with ingredients you can name and recognize.

People around the world are now realizing the benefits of incorporating natural products in their everyday lives. Below, I've provided you with 10 natural

beauty ingredients you can begin to incorporate in your daily regimen to elongate your natural beauty.

Honey

Honey is a great humectant (something that absorbs and retains moisture) filled with antioxidants.

You can use honey as a face cleanser, as an ingredient in a face mask, or you can use it in your hair as a conditioning treatment for dry, damaged hair.

Just make sure if you use it in your hair you rinse it out really well, it can tend to be a bit sticky and messy.



Cinnamon

Cinnamon has great anti-aging properties. Use cinnamon as an ingredient in a face scrub, body scrub, or even use it in a detoxifying drink to cleanse your body.

It can help you manage your weight as it improves blood sugar and lowers your cholesterol.

Apple Cider Vinegar

Apple cider vinegar has many proven health benefits.

It is high in acetic acid and contains properties that get rid of bacteria. It can be used as an added ingredient in a hair cleanser for your scalp to get rid of any product buildup. You can also use it to get rid of pimples and control acne.

Also, try adding a couple spoonful's of ACV to a detoxifying drink to cleanse the body to manage your metabolism. Tip: add cinnamon as well.

Avocado

This superfood is not only beneficial for the inside of your body but outside as well.

Try incorporating mashed avocado in a moisturizing homemade face mask or with honey and egg whites for as a super conditioning treatment for dry strands.

Egg

Egg proteins are extremely beneficial to for your overall health. Try whipping up some egg whites in a bowl to use as an exfoliate for your face, or to get rid of acne and wrinkles.

Egg whites can also be used for oily hair to get rid of some of the excess oil and leave your hair bouncy and luxurious.

Lemon

When life gives you lemons, make lemonade! Or better yet, take advantage of its astringent properties to improve the appearance of your skin.

You can also try using lemon to lighten the color for your hair and give yourself natural highlights. Just squeeze some lemon juice onto your hair and sit out in the sun for a few hours.

You'll be amazed at the results! Oh, and make sure you rinse out the lemon juice after.

Shea Butter

Shea butter is a fatty oil that derives from the Karite trees usually found in Africa. This fat has many antioxidant, healing, and anti-inflammatory properties.

It is commonly used to improve the appearance of skin and hair. Use it on your

skin as a natural moisturizer and even as a sun protector. It can be used as a moisturizing component for dry hair as well.

Coconut Oil

Coconut oil not only improves the taste of your food, but it improves your overall health and beauty.

Try using coconut oil for dry skin, as a conditioning hair treatment, to remove face makeup, as an ingredient in a face scrub, or even use it as a substitute for shaving cream!

Olive Oil

Olive oil is a staple ingredient in many of our kitchen cabinets. It has antibacterial properties that can be great for your face and hair.

Use olive oil as an ingredient in a face mask or scrub, as a makeup remover, or even as a face cleanser! I'm currently using it along with castor oil to perform the oil cleansing method as my daily face cleanser and am loving it thus far.

You can also use olive oil as a pre-shampoo treatment or as a conditioning treatment to soften dry hair.

Marula Oil

Marula oil is known as one of Africa's beauty secrets. It contains powerful antioxidants and essential fatty acids perfect for all skin types. Did I mention it boosts cellular activity, hydrates, and repairs the skin?

Marula oil also contains vitamin E in order to promote the production of collagen. Try using it in your everyday skin routine and see how you'll be amazed at the results!