

STAY
BEAUTIFUL
with natural remedies



by
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vol 1

Beauty is my passion and my goal is to help every woman to look the best of herself and feel confident. To accomplish this, I regularly share my knowledge through my blog and social media. I post tips and also review products that I personally have tried and recommend.

Problem is that there are so many products out there, that it is impossible to review all. Besides not every product is suitable for everyone and some can even cause damage to your skin, especially if used on a daily basis.

To counter that, in this e-book I am sharing with you over 40 natural remedies for beauty, that are not just easy to prepare but its likely that you already have the ingredients in your kitchen. Some of these remedies I found through online research and are available on internet but most of them were given to me by my mom and have been passed through generations. I have personally used these remedies and have recommended to my family and friends. All of these remedies to my knowledge not just work but also does not have any side effects. However, point to remember is that, none of these remedies are quick fixes or cure for any serious health problems or illnesses but I guarantee that with regular use will be greatly beneficial.

So, enjoy, stay healthy and Stay Beautiful.

Elle Zahra

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NATURAL FACE MASKS

FOR REGULAR SKIN - REMEDY NO 1



Orange peel
Milk

Take some Orange peel and Grind it.
Add milk to make a paste.
Apply to your face and leave it on for 20 mins.
Rinse with cold water.

FOR REGULAR SKIN - REMEDY NO 2

Potato Juice 1 Tablespoon
Yogurt 1 Tablespoon
Honey 1 Tablespoon

Mix, apply and rinse in 15 minutes.



FOR REGULAR SKIN - REMEDY NO 3

Yogurt 1 Tablespoon
Honey Few Drops
Lemon Few Drops

Mix it and apply
Leave it on for 15minutes and rinse it off.



FOR EXTREMELY OILY SKIN



Lemon Juice
Cucumber
Apple Juice



1 Tablespoon
1 Tablespoon
1 Tablespoon



Apply for 20 minutes and rinse.

NATURAL FACE MASKS

FOR COMBINATION SKIN – REMEDY NO 1

Cucumber Juice	1 Teaspoon
Lemon Juice	1 Teaspoon

Leave it on for 15 minutes.
Rinse with Luke warm water.
Apply 3 times a week.



FOR COMBINATION SKIN – REMEDY NO 2

Gram Flour	1 Teaspoon
Milk	1 Teaspoon
Turmeric Powder	Pinch
Vitamin E Oil	Few Drops

Apply, leave it on for 15 minutes and rinse it off.



FOR DRY SKIN

Rose Water	1 Teaspoon
Glycerine	1 Teaspoon
Honey	1 Teaspoon

Apply for 20 minutes and rinse.

FOR WRINKLES

Boiled Potato	1
Vinegar	1 Drop
Glycerine	2 Drops
Pinch of Salt	



Make a paste, apply for 20 minutes. Rinse it with Luke warm water.

FOR SKIN TIGHTENING – REMEDY NO 1

Corn Flour	1 Tablespoon
Fresh Milk	2 Tablespoons
Lemon Juice	Few drops

Make a paste and apply it on the face.
Leave it on for 15-20 minutes.
Rinse it with cold water.



NATURAL FACE MASKS

FOR SKIN TIGHTENING– REMEDY NO 2

Egg White	1 Egg
Aloe Vera Gel	1 Teaspoon
Rice Flour	1 Tablespoon
Almond Oil	1 Teaspoon
Honey	1 Teaspoon



Mix all ingredients really well to get a gooey texture.

Apply it as a mask and leave it on for approx. 15 minutes and peel it off.

Apply once a dry.

FOR SKIN TIGHTENING– REMEDY NO 3

Vitamin E Capsules	4 (Take the oil out and discard the shells)
Egg	1
Calcium & Vitamin C Tablet Fizzy	1
Flax Seed Powder	1 Teaspoon
Water	3 Tablespoons
Rose Water	as Required

Add calcium & vitamin C tablet in water and let it dissolve.

Add oil taken from vitamin E capsules and mix in Flax seed powder.

Add beaten egg and mix it really well.

Leave this mixture for 15 minutes to settle before application.

Keep mixing it while you apply and massage it in the skin in circular motions and in upward direction.

Let it dry and reapply in the same manner.

Repeat the process twice more.

After the last reapplication dries, spray rose water over the face to remove it.

Rinse with room temperature water.



NATURAL FACE MASKS

FACE GLOW - REMEDY NO 1

Yogurt 1 Tablespoon
Vinegar 4 drops

Mix and apply on your face as a mask.
Leave it on for 20 mins then rinse with water, no soap.



FACE GLOW - REMEDY NO 2

Cold Tomato 1

Peel the skin off. Mash the tomato into a paste and apply on your face.
Leave it on for 20 minutes then rinse.

This is great for smooth skin and it also prevents black heads.



FACE GLOW - REMEDY NO 3

Fresh Aloe Vera 1 Leaf

Slice it in half and scrape the gel out.
Apply ½ Teaspoon every morning and ½ Teaspoon every evening.
keep it on for at least 25 mins or as long as possible before washing it off.
Perfect for fading marks.



NATURAL FACE MASKS

FOR BLEMISHES & PIGMENTATION

Water	1 Cup
Orange Peel	2 Oranges
Aloe Vera Gel	1 Tablespoon

Boil orange peels in water until 2 Tablespoons remains. It will become orange water once all the essence is dissolved in water. Let it cool down

Whisk Aloe vera gel really well (Gel scrapped from fresh aloe vera is more effective but the one that's available in the market will also work). Add earlier prepared orange peel juice into the aloe vera gel and mix it thoroughly. Leave it on for 20 minutes and then rinse with room temperature water.



FOR PIGMENTATION

Yogurt	2 Tablespoons
Lemon Juice	1 Tablespoon
Honey	1 Tablespoon
Fresh Papaya	1 Tablespoon

Mix all ingredients well to make a paste. Massage it on your face. Leave it on for 20 minutes and then rinse with room temperature water.



NATURAL REMEDIES FOR FACE

ACNE - REMEDY NO 1

Alum

1 piece of about 2-inches

Melt Alum it in a pan, let it cool and grind it into powder.
Mix it with water to make a paste.
Apply it on the spot Leave it on for few hours.



ACNE - REMEDY NO 2

Honey

3 Teaspoon

Cinnamon powder

1 Tablespoon

Mix to make a paste and apply every night before sleep.
Apply daily for 2 to 3 weeks to see visible results.



ACNE - REMEDY NO 3

Mint Tea

Boil 10-20 Mint leaves, drink it as many times as you can.

ACNE - REMEDY NO 4

Vitamin E oil

Apply directly over the marks twice a day.
This is great for removing marks.



NATURAL REMEDIES FOR FACE

EXFOLIANT - REMEDY NO 1

Ground Almond
Milk or Cream

1 Teaspoon
Enough to make
a textured paste

Mix well and apply in circular motion and rinse.



EXFOLIANT - REMEDY NO 2

Gram Flour 1 Tablespoon
Ground Rice 1 Tablespoon
Aloe Vera Gel 2 Tablespoon
Lemon drops a few
Honey ½ Teaspoon
Ginger Juice 2 drops

Mix, apply as a mask
Leave it on for 15 minutes and rinse.

FOR PATCHY BROWS

Castor Oil as required

Apply at least three times a day.



FOR EYEBAGS

Place either Cucumber Slices, Used Tea Bags or Potato Slices
for about 10 minutes on your eyes and relax.



TOP TIP: Drink at least 2 litres of water every day.

NATURAL REMEDIES FOR FACE

BLACK HEADS - REMEDY NO 1

Lemon juice	3 Tablespoons
Cold Milk	3 Tablespoons
Rose Water	1 Tablespoons
Ice	1 or 2 Cubes
Gauze Cloth	as required

Soak the gauze cloth into lemon juice and put it on your face for 10 minutes.
Cleanse with rose water.
Take a fresh piece of gauze cloth, soak it into cold milk and put it on your face for 10 minutes.
Gently massage your face with Ice cube.



BLACK HEADS - REMEDY NO 2

Egg White	1 Egg
Rose Water	1 Tablespoon



Whisk egg white and apply it on your face like a mask (do not talk or change facial expressions as much as possible).
Rinse it off
Apply Rose Water

Optional: Add lemon and honey to it for added benefit of skin tightening.



BLACK HEADS - REMEDY NO 3

Apricots	2 to 3
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Mash them into a pulp, and apply on your face for 15 minutes and then rinse.

FOR BRIGHT TEETH

Honey	½ Teaspoon
Salt	a Pinch

Mix it well.
Brush with it every day.



NATURAL REMEDIES FOR LIPS

FOR LONG LASTING LIP COLOUR

Almond oil	½ Tablespoon
Cinnamon Powder	½ Tablespoon
Honey	½ Tablespoon
Lemon juice	½ Tablespoon

Mix it into a paste and keep it in a Sauce tub.
Apply 10 minutes prior to applying a lip coulor.



FOR SOFT LIPS DURING EXTREME WEATHER CONDITIONS

Vitamin E Oil –	Ideally from a capsule
Fresh Cream	1 Tablespoon
A few Lemon Drops	

Mix it and apply to your lips every night before sleep.



FOR DARK / DISCOLOURED LIPS

Lemon Juice	1 Tablespoon
Sugar as much as needed to give it a scrub texture	

Mix it and rub it for 1 minute.
Wash it off.



BONUS TIP

Apply Coconut Oil for a week for softer lips.



NATURAL REMEDIES FOR HAIR



SOFT & SHINY HAIR - REMEDY NO 1

Teabags	5
Water	1 Litre

Put teabags in the boiling water, simmer for a while. Cover the pan and leave it overnight.

Use this water as last wash after your shampoo and conditioner and leave it on. Don't rinse.

SOFT & SHINY HAIR - REMEDY NO 2

Ginger Juice	1 Tablespoon
Any Oil	2 Tablespoons

Mix and massage in the roots.



FOR BALDNESS & HAIR GROWTH

Fenugreek seeds	1 Tablespoon
Onion Juice	3 Tablespoon
Radish Juice	3 Tablespoon
Lemon Juice	2 Tablespoons
Garlic Juice	1 Tablespoon
Water	½ Cup

Put water in a pan and add Fenugreek seeds. Cook it on high heat until only 3 tablespoons of water remain.

Strain it and add onion juice, radish juice, garlic juice and lemon juice.

Mix it and apply it on the bald patch twice a day, keep it on for 20 to 25 minutes then rinse it with water.

Do it for 2 weeks.

You can keep this mixture for up to 3 days.



NATURAL REMEDIES FOR NAILS

HEALTHY NAILS / NAIL BREAKAGE - REMEDY NO 3

Tomato Juice 2 Tablespoons
Milk 2 Tablespoons

Mix them well.

With the help of a Cotton ball apply the mixture to the nails and massage it on.
You can either leave it on or wash it after 20 mins.



NATURAL REMEDIES FOR WEIGHT LOSS

WEIGHT LOSS - REMEDY NO 1

Nigella seeds ½ Teaspoon
Water 2 Cups



Boil Nigella seeds in water until only one cup of water remains.
Drink 1 cup every morning and 1 in the evening.

WEIGHT LOSS - REMEDY NO 2

WEIGHT LOSS - REMEDY NO:2

Hot water 1 Cup
Lemon Juice of ½ Lemon
Honey 1 Teaspoon



Mix Lemon Juice and Honey in one boiling cup of water.
Drink first thing in the morning and last thing at night.

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