

# Beauty with summer fruits

Very simple homemade beauty recipes from popular summer fruits

In the summer, your skin may be sunburned, your hair will be dry and frizzy, your body will have an unpleasant odor and appear more acne with oily skin, etc. can be effectively overcome with very simple homemade beauty recipes from popular popular summer fruits.



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## Here are ways to beautify with fruit in summer days

first

### Tomatoes have the effect of slowing down the aging process of the skin

Tomatoes contain a lot of antioxidants, Beta Carotene, a variety of vitamins, which have the effect of reducing the aging process of the skin, which means the prevention of wrinkles and age spots effectively.

1. Oily and acne skin care - If your skin is oily and often suffers from acne, apply sliced ??tomato to your face, lie down for about 15 minutes, then wash your face with water. often. Practice regularly twice a week, you will get positive signs.
2. Care for dry skin - You can make your own tomato and honey face mask to take care of dry skin, keeping it fresh and smooth. The method is very simple, use 1 tablespoon of honey mixed with 1 tablespoon of ripe tomato flesh. Apply this mixture to your face, avoiding the eye area. Lie down for 15 minutes and rinse off with cold water.
3. Taking care of hair when going to the pool - On summer days, swimming is a favorite sport of many people to "hide and avoid" the sweltering heat. However, swimming pool water contains many chemicals,

especially chlorine, that make hair dry and frizzy. Don't worry too much about this, because by making conditioner from tomatoes will help your hair become soft and smooth, ending tangles. After washing your hair with normal shampoo and water, use tomato juice - tomato puree then apply evenly from the roots to the ends of the hair. Use a hot towel to wrap around the hair for about half an hour and finally wash it, the nutrients and vitamins in the tomato will penetrate deep into the hair roots as well as the scalp.

2

### **Mangoes help keep the scalp healthy, shiny hair and reduce frizz**

Mango contains vitamins and minerals that help keep the scalp healthy, hair shiny and reduce frizz.

1. Make hair shiny conditioner - Take a ripe mango, remove the peel and puree. Then add 1 tablespoon of olive oil and 2 tablespoons of lemon juice. Whisk all these ingredients together, and you have a homemade conditioner that helps prevent split ends and frizz.
2. Helps lose weight effectively - A study has been conducted and the results: eating mango has the ability to reduce fat quickly, improve the digestive system, protect the heart and regulate the level of cholesterol in the blood.
3. Helps to lose weight - Research has also shown that mango seed extract has the ability to accelerate metabolism in the body, which is one of the reasons why mangoes have a weight loss effect. So in your daily diet, don't forget to add mango as a main fruit.

3

### **Watermelon treats sunburned skin**

The hot summer plus the harsh sun is the reason why your skin is prone to sunburn if you are careless in skin care and protection.

1. Sunburn treatment - To eliminate the burning sensation and help the skin quickly regenerate new cells for the skin after sunburn, mix cucumber and watermelon juice together - two equal parts water . Using a cotton ball to soak this solution on your face, you will feel the coolness on the skin instead of the burning sensation of a skin that is damaged by sunburn.
2. Skin care - You can also keep watermelon juice in the refrigerator and use this water to wash your face regularly every day is also a very effective skin care method in summer days.

4

### **Avocados care for the skin of the elbows and feet**

The skin on the elbows, knees, and ankles is often rougher and rougher than other skin areas due to the much movement of the joints here.

1. Elbow skin care - Want the skin in the elbow area to be smooth and soft, white as beautiful as other skin areas on the body, use a ripe avocado puree and apply on these skin areas. Should be done twice a week.
2. Make a facial mask - You have many ways to make a face mask with avocado very effectively because avocado contains a lot of vitamins and beneficial fats.
3. Goodbye crow's feet - The crow's feet appearing more and more around the eye area is a sign of aging and the aging process of the skin.

4. To slow down this process and remove crow's feet, use a ripe, pureed avocado, maybe add 1-2 drops of olive oil. Do not in front of the mirror, apply this mixture evenly on the eye area, need to be careful not to get inside the eyes. This type of mask can also be applied to hair after shampooing.
5. Improve sun tanned skin - If exposed to a lot of sunlight, delicate skin will be very susceptible to sunburn, even showing signs of scabbing. To minimize these bad effects on the skin, use ripe avocado, crush it and apply it on the sunburned skin.

5

## Coconut

1. Clean dandruff - Unwilling "snowflakes" on the shoulders will make you lose confidence when appearing in front of a crowd. To want the dandruff flakes to recede by themselves, use coconut water to wash your hair regularly. This way effectively eliminates dandruff, gives you shiny hair and especially does not cause irritation to the scalp.
2. Body lotion - Want to take care of the skin on the body, you just need to mix one part coconut water with three parts regular bath water and soak in it for about 15 minutes. The nutrients and coconut oil will penetrate deeply and nourish the skin effectively. In particular, this is also a way to help you prevent rashes and heat rash that are common on the skin on hot summer days.
3. Treats dry skin - Coconut oil is refined from the fruit oil that has the ability to treat dry skin. After bathing, applying coconut oil on your body can help provide regular moisture to the skin. You won't have to worry about the feeling of rough skin anymore.
4. Eliminate body odor - Body odor is your problem in hot summer days when the body produces a lot of sweat. You can regain your confidence by mixing 2 soda and 3 cornstarch in a bowl. Then slowly add 5 tablespoons of coconut oil and stir to form a paste. Store this mixture in a box and use it gradually. Apply the mixture on the armpits or soles of the feet, which are the areas that produce a lot of sweat, causing body odor. After about half an hour, wash it off with water. It should be done once a day.

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