

GLOW

Magazine

The Magazine for Your Beauty and Fashion Tips

Summer 2019

Issue 1



Summer Issue
*Fashion trends to look out
for this summer*

*Ways to Get a Clearer
and Brighter Skin*



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WAYS TO GET A CLEARER AND BRIGHTER SKIN



Blemishes and acne are things women don't want on their body, but with pollution, stress and hormonal imbalance all this can occur but there are ways this can be prevented or kept at bay.

Dr Shiel a Rheumatologist analysis the skin to be the body's outer covering, which protects against heat and light, injury, and

infection. The skin regulates body temperature and stores water, fat, and vitamin D in the body. The skin, which weighs about 6 pounds, is the body's largest organ. It is made up of two main layers: the epidermis and the dermis. That is why the skin must be properly taken care of and protected to reveal a brighter and smoother complexion.

Dr Karuna Sabnani, said how an individual eat, what an individual eat, and what an individual will eat directly affect the condition of the skin.

In an article with the Insider Dr Kenneth Mark, a cosmetic dermatologist and Peter Thomas Roth, the CEO of the 'Clinical Skin Care' both knows how hard it is to treat and get rid of acne. Both ex-

perts agreed on the use of 'salicylic acid' to treat pimple as it unclogs pores, has anti-inflammatory and exfoliates the skin by removing blacka and white heads on the face.

Roth explains that salicylic acid which is a chemical exfoliant helps to clear out pimple by penetrating the skin by, cleaning out and clearing out pores, removing blackheads and whiteheads, reducing the appearance of fine line, wrinkles, discoloration and pore size. Roth believes it is the best for treating and preventing breakouts and they are also in variety of product with come in different prices that are quite affordable.

Dr Mark advised against oil and ointment has they can be too thick for the

skin. He then proposed that avoiding thick product, oil free, alcohol free, fragrance free products are the best thing to do as they do not clog the pores.

Roth suggested things women should do to prevent breakout; explaining that exfoliating the face and body is very important as they help to keep the skin clean and remove dead cells. Although, excessive over-exfoliating can dry out the skin and lead breakout. He continued to say it's a good idea to have lots of water, vegetables and fruits and food rich in water to have smooth and clear skin.

The expert recommended that individual with normal to oily skin should exfoliating two to three times a week and those

with sensitive skin with about once a week because exfoliating daily can strip the skin of its natural oil which can cause more breakout.

Dr Mark said there are two main causes of breakout; poor sleeping habit and changes in the hormonal system and suggested that individuals who wants to have good skin should try as much as possible to get enough sleep and keep the stress level down. He mentioned in the article that there are lots of food that can be given acne although they vary from individual to individual. He said diary, fried food, and food with lots of sugar can trigger breakouts.

'The hotter the shower (or bath) the more the water will remove natural



skin oil and dry your skin out', says Dr Justine Hextall, FRCP Consultant Dermatologist for the Woman's Health. Dr Hextall advised women to avoid this by washing the face with lukewarm water. If the skin gets itchy after a shower it indicates that the water is too hot which can lead to dry, flaky and uneven

skin tone Dr Hextall said. Senior Naturopathic Skin Therapist Emily Segal, who wrote on the clear skin expert's blog mentioned mistakes individuals make when it comes to pimple. The first is washing the skin with the wrong ingredient and over washing it. continue on page 25....

COCONUT OIL DIYS

Coconut oil are given little to no credit for what they do. They are made from coconut. The oil in coconut is extracted to make the oil. There are lots of benefits of using coconut oil, they are... coconut oil has various use they can be eaten, used as moisturizer, used as makeup removal, used to make facial scrub and lip scrub and hair mask.

This article shows you tricks to using coconut oil as a DIY(Do It Yourself)

Homemade Mayonnaise

If you want to make homemade mayonnaise, and don't want to buy from the stores here are the ingredient. Make sure before you start that all the ingredients listed below are at room temperature.

- Raw eggs (yolk) 4-5
- Powdered mustard 1/2tbsp
- Salt. A pinch
- Apple cider vinegar (mother) 2tbsp
- Coconut oil 3tbsp
- Herbs(optional) 1tbsp

Preparation

- Separate the egg

yolk and white in a bowl
 □ Pour the egg yolk into the blender or food processor with the powdered mustard and salt.

□ Add any choice of herb or spice that you will like to try.

□ Add the apple cider vinegar

□ Blend the ingredients together and add the coconut oil in very little quantity at a time so that the oil can mix properly with the egg.

□ Scoop out from the blender and store in closely tight container and store in the fridge and consume within 2 weeks



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Coconut oil as moisturizer

If you have dry skin and your body lotion is not moisturizing your dry skin properly we got you covered.

You can easily use coconut oil as your body cream. You can rub coconut oil on your skin immediately.

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FACE MASK DIYS

Honey Facemask

Mix two to three spoons of honey to a spoon of coconut oil and rub on the face and leave for five to 10 minutes it will leave your skin look radiant.



Bentonite clay mask

Mix your four tbsp of Bentonite Clay mask with 3tbsp of apple cider vinegar to create a smooth paste. Apply on the face and leave until fully dry. After wash face with lookwarm warm water, then pat the face dry with a towel to get the smooth face.



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