



## BODY AND FACE

### BENEFICIAL PROPERTIES OF EXFOLIANTS

Homemade exfoliants help dry mature skin by removing dead cells from its external layer, also stimulating the physiological cellular regeneration.

Coarse salt, sugar, and sodium bicarbonate are the basic ingredients to prepare a homemade exfoliant. It makes skin smoother, brighter and elastic; for this reason it is indicated for skin exposed to stress and pollution and for dry and aged skin. Immediately after the application of an exfoliant skin appears smoother and brighter;

after more applications, performed regularly, skin will be regenerated, hydrated and look younger.



### COARSE SALT AND SODIUM

The exfoliant effect will be more effective by rubbing salt on skin. Instead of coarse salt it is possible to use sodium bicarbonate: thin grains will exercise a more delicate action instead of sodium chloride.

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### SUGAR CANE OR REFINED SUGAR:

Sugar cane is effective and delicate on skin; exercises an exfoliant action by rubbing the product on the skin; it also brightens up the external layer. In fact sugar cane contains a good quantity of glycolic acid that is an ingredient for brightening and exfoliant cosmetics.

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### PEELING - SCRUB

Use it once a week; on delicate skin use it once or twice a month.

#### INGREDIENTS

- 1 spoonful of olive oil
- 2 spoonful of salt or bicarbonate or sugar

#### METHOD

Mix sodium bicarbonate or sugar and olive oil until you obtain a creamy solution; rub slightly with circular movements on your face, previously moistened, insisting on the spots that you want to exfoliate more.

Finally wash with a delicate soap and warm water

#### ...AGAINST STRETCH MARKS

Using olive oil during first months of pregnancy effectively prevents the making of stretch marks. Massage the critical spots two or three times a day with pure olive oil: thighs, buttocks, breasts, belly and upper arms. Begin utilizing olive oil before pregnancy, if possible, or from the first month of gestation and continue the treatment also during nursing.

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### PURIFYING MASK

#### INGREDIENTS

- 1 spoonful of olive oil
- 1 spoonful of white clay

#### METHOD

Amalgamate well the two ingredients and apply a thin layer of mask on your face excluding eye contour.

Rinse with warm water after 10 minutes.