



BEAUTY SECRETS AND DIYs FROM ALL AROUND THE WORLD

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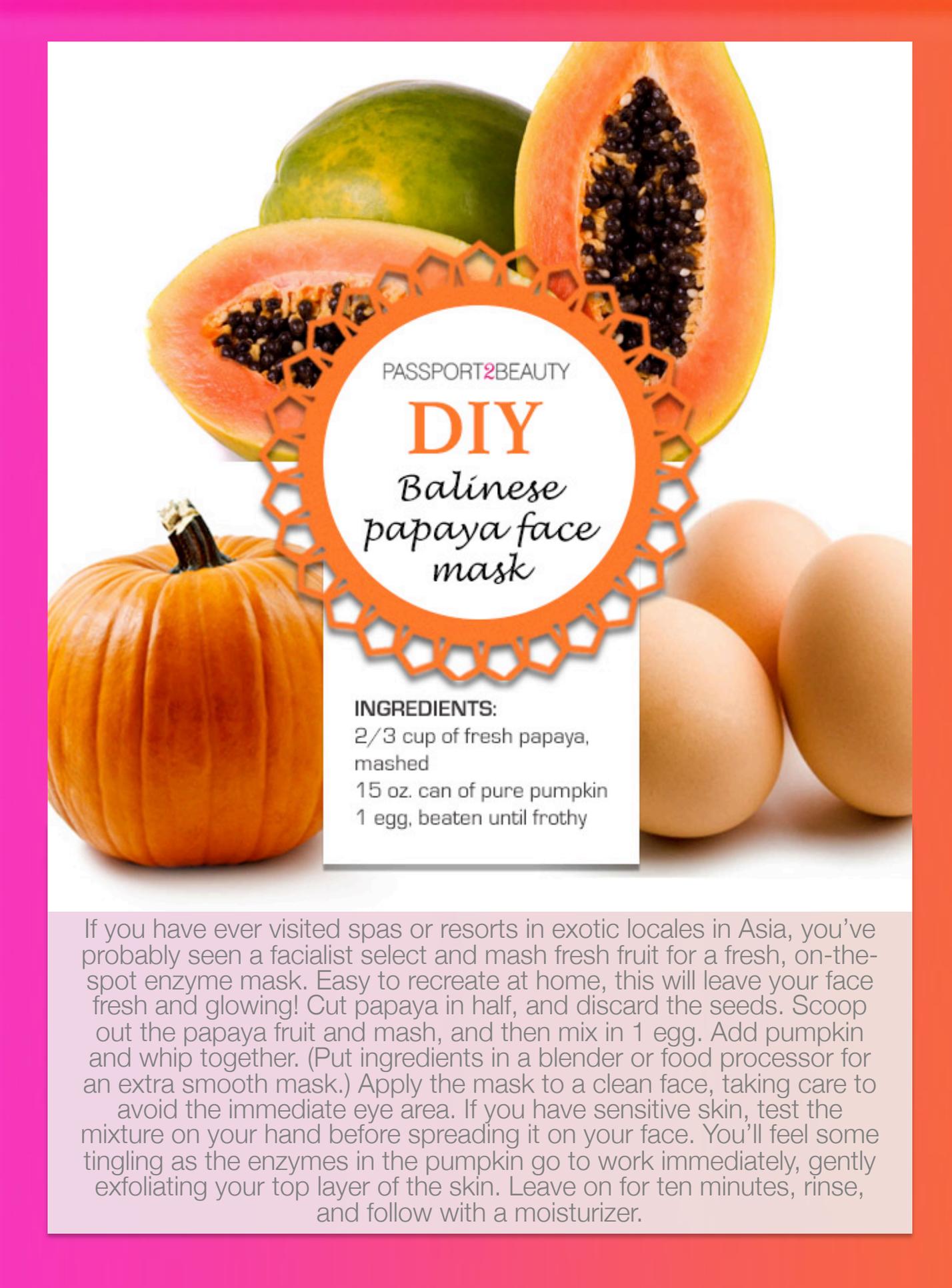
INDIAN *Beauty Secret*

TURMERIC



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Indian women know the secret to getting rid of unsightly stretch marks! Their secret?-Mix 1 cup of plain yogurt with 1 tablespoon of turmeric, and apply the paste onto your stomach and waist (or anywhere else you may have stretch marks). Leave it on for ten to fifteen minutes, and then jump in the shower for a quick rinse. These gorgeous women swear by this potion to keep their skin smooth and supple, and to combat stretch marks...especially when baby is on its way.



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DIY

*Balinese
papaya face
mask*

INGREDIENTS:

2/3 cup of fresh papaya,
mashed

15 oz. can of pure pumpkin

1 egg, beaten until frothy

If you have ever visited spas or resorts in exotic locales in Asia, you've probably seen a facialist select and mash fresh fruit for a fresh, on-the-spot enzyme mask. Easy to recreate at home, this will leave your face fresh and glowing! Cut papaya in half, and discard the seeds. Scoop out the papaya fruit and mash, and then mix in 1 egg. Add pumpkin and whip together. (Put ingredients in a blender or food processor for an extra smooth mask.) Apply the mask to a clean face, taking care to avoid the immediate eye area. If you have sensitive skin, test the mixture on your hand before spreading it on your face. You'll feel some tingling as the enzymes in the pumpkin go to work immediately, gently exfoliating your top layer of the skin. Leave on for ten minutes, rinse, and follow with a moisturizer.



JAPANESE
Beauty Secret
SAKE



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Did you know that sake is an all-around miracle worker? This clear rice wine is claimed to be an excellent exfoliant for the face, a great detoxifier for the body, and a tonic that will smooth rough hands and feet. Never mind that it regenerates the skin! Sake is also known to help fade age spots, soothe irritated skin, and ease muscle aches. Add 1 cup of sake to a hot bath for a whole-body detoxification. Bathe for at least ten minutes, and follow with a cool shower. Your skin will feel soft and your muscles relaxed. Love!

A collage of tropical ingredients including coconuts, rice, turmeric powder, and ginger. The background is white with a pink border. In the top left, there are two coconuts, one whole and one cut open to show the white flesh. In the bottom left, there is a wooden bowl filled with white rice and a wooden scoop. In the bottom right, there is a pile of bright yellow turmeric powder and several slices of fresh ginger root.

PASSPORT2BEAUTY

DIY

Tropical Escape body scrub

INGREDIENTS:

1/2 cup of ground rice
1/2 cup of coconut milk
1 tablespoon of turmeric
1/2 cup of fresh-grated
coconut

Ready for glowing gorgeous skin? Try this amazing Tropical Escape Body Scrub – a beauty secret of those stunning Thai beauties! Mix ingredients together to form a thick scrub. Using circular motion, apply the mixture all over your body. Rinse and follow with your favorite moisturizer.

Rice and coconuts are staples of the Thai diet, but are also used as secret ingredients in many Thai beauty routines. Rice works as an excellent exfoliant because of its gentle but gritty nature, and coconut nourishes the skin with its rich hydrating properties. Try this recipe at home for an instant tropical escape and full-body glow!



SCANDINAVIAN
Beauty Secret
ICE COLD WATER



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Scandinavian women know that beautiful skin is just a splash away. These beauties simply drink at least 1½ liters of pure spring water every day, and begin and end their day with 15 to 20 splashes of ice-cold spring mineral water after cleansing, which is said to encourage the skin's own natural functions. In other words, they can skip spending tons of money on expensive skin-care regimens that exfoliate and rejuvenate. The ice-cold water takes care of that for them! Ice-cold water also helps to reduce puffiness while bringing on a rosy glow.



PASSPORT2BEAUTY

DIY
*organic
almond
oil*

INGREDIENTS:

The desired amount
of raw almonds

Take a handful of fresh almonds, blanch them, and let them dry. Grind them in the food processor, then put them in a fine sieve, and press with a spoon until the oil is released. Place in a small bottle, and refrigerate. (Note: This oil can turn rancid very quickly if left at room temperature.) Enjoy!!!



FRENCH *Beauty Secret*

ALMOND OIL



PASSPORT2BEAUTY

Want to know the secret of keeping your eye area smooth and hydrated? French beauties use a dab of sweet almond oil on a pure-cotton ball to remove makeup around this delicate area. Try it yourself! You'll be amazed by the results.



PASSPORT2BEAUTY

DIY

*Indian
Glowing Skin
mask*

INGREDIENTS:

- 1 cup of chickpea flour
- 3 tablespoons of turmeric
(powdered form)
- Almond oil
(enough to form a paste)

No one should have a more visible glow than a blushing bride. Indian women make their skin radiant on their special day with a traditional mixture of chickpea flour (an oil absorbent), turmeric (a great anti-inflammatory and anti-septic), and almond oil (talk about moisture!). Their faces and bodies are instantly exfoliated, and skin is softened and brightened. Mix ingredients into a paste. Apply to the face and body, and let sit for a few minutes. Remove by rubbing off mixture with your hands. This motion will add to the exfoliation process and also help with removal of fine facial hair, better known as pesky peach fuzz. Wash the rest of the mixture and enjoy fabulous, baby-soft skin! Use this mask to celebrate yourself once a week!



POLISH

Beauty Secret

HONEY



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Here is some sweet beauty. Polish women apply honey to their faces as an intensive moisturizer. Just a thin layer does the trick. This sweet, golden goo's firming and moisture-retaining properties make it popular with the older ladies as well, while also helping to protect the skin from the damage of UV rays. Smooth it on, then rinse away after a few minutes for softer skin!



PASSPORT2BEAUTY

DIY

*Spanish Stress
Reducing
Bath*

INGREDIENTS:

1/4 cup of sesame oil
6 cloves
2 cinnamon sticks
Dash of dark rum

Combine ingredients. Steep for one hour in a dark glass bottle. Add three drops to your bath for lifted mood and conditioned skin. There is nothing like a zesty fragrance to get the heart pumping, the mind going...and the mood starts in the kitchen and ends in the bath. Try enveloping your body at home in this zesty bath, sure to kick up any grumpy day!



THAI *Beauty Secret*

MANGO

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Thai women use this enzyme-rich fruit to whisk away dry skin and bleach freckles – thanks to the active enzyme papain (it exfoliates) and the antioxidant vitamins A and C (they speed skin gently). Vitamin C is a citric acid, so you're getting the same benefits as you would from glycolic acid, which aids in exfoliating your skin without having to manually scrub it. It will renew your skin cells faster than if you were to use a manual scrub exfoliant.