



Skin Care Tips and Some Skincare Recipes Especially for You

As I have often said, one cannot have bad health and good skin, even though daily skincare is very important. In my book *The Genetics of Health* I give you many tips for good health and eating and exercising for your gene type. Having said all this, one must take care of skin and moisturising and cleansing is especially important because skin is our barrier that has to deal with the environment and external pollutants.

While I am developing my own range of skin serums and skincare that are filled with special natural ingredients and bio-actives, here are 3 of my own recipes for simple skin care that you can make at home. This is just for you, my personal recipes -- so please don't circulate.



1. Recipe for home-made moisturizer

Rose water with a few drops of almond oil (number of drops depends on how oily or dry your skin is) with finely ground beeswax stirred in (needs to be melted and cooled; I use a small metal bowl floating in a large pan of hot water to melt the beeswax). *Remember that almond oil, like many vegetable oils, is comedogenic (by which I mean that it could lead to blackheads or whiteheads) and can lead to acne/pimples, so I'd add only one or two drops.*

2. Recipe for a home-made skin cleanser (my favourite one)

One tablespoon of pure honey, one tablespoon of lemon juice (contains Vitamin C), half a cup of spring or distilled water, one tablespoon of brown sugar (helps cleanse pores), one tablespoon of vegetable glycerine (use two tablespoons if you have dry skin; vegetable glycerine is also sometimes called glycerine or vegetable glycerol. It is a sugar usually derived from plant oils. Vegetable glycerine is used to make sweeteners and used in cosmetics as well. It is also used instead of alcohol to extract botanicals for use in cosmetics and medicines. It is easily available in pharmacies). Mix these together and you have a good home-made cleanser.

To remove heavy make-up, you'll need to add more glycerine as you would for dry skin. This one works well once you've learnt to titrate (or measure and adjust) the glycerine content up or down to suit your skin's level of oiliness.

3. Recipe for home-made chemical exfoliator (works well)

Take equal parts of papaya (pawpaw) and pineapple and mix with an equal part of coarse sea salt. You can use this as a facial scrub. Papaya and pineapple contain enzymes that act as good chemical exfoliants. This works as well as expensive exfoliators you may buy from stores.

Be the first to know about my skincare when launched and for exclusive deals, [please sign up for my newsletter.](#)

Wishing you good health, Dr Sharad P. Paul MD MPhil

Broccoli: anti-cancer (broccoli extracts have shown to reduce skin cancer especially basal cell)

Turmeric: contains anti-inflammatory and anti-tumor agents

Blueberry: contains anti-aging flavonoids

Orange: contains vitamin C - reduces pigmentation and UV damage