

CLEAR

2 TBSP HONEY 1 TSP LEMON JUICE



OVERNIGHT

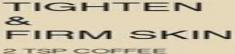
1 TBSP TOMATO JUICE

GET RID OF OILY SKIN

SKIN

2 TBSP MILK

2 TBSP ALOE VERA GEL 1 TSP TURMERIC



1 TSP HONEY



CLEAR BLACKHEADS

1 TSP LEMON JUICE 1 EGG WHITE

GLOWING SKIN

2 TBSP YOGURT 2 TSP LEMON JUICE



HEALTHY

1 TBSP COCONUT OIL 1/4 TURMERIC

CLEAR UP ACNE

1 TSP CINNAMON



Skin Deep Natural Recipes For Healthy Skin And Hair

Ian Pickup

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