

MODULE IV

- ✓ Ayurvedic, Herbal and Natural skin care tips that help brighten skin and impart a healthy glow
- ✓ Secrets of the best natural skin lightening products that you can find in your kitchen!
- ✓ Tips on skin whitening and getting rid of uneven skin tone
- ✓ Maintaining a fair and healthy complexion

HOW TO MAINTAIN A FAIR AND HEALTHY COMPLEXION



Congratulations on having achieved a lighter and healthier looking skin. However, you must now take proper care to maintain your newly achieved fair skin as it won't take long for sun and other factors to darken your skin again.

Keep up the treatment, but instead of following it on a daily basis you can limit The Genesis Skin Whitening Treatment to twice a week. This ensures that you maintain and continue to improve the complexion and health of your skin. First off, there are certain preventive measures that you must follow:

- Your regular cleansing, toning and moisturizing should not be compromised upon. Make sure that you end up removing dirt and dead skin cells from your face every single day, no matter how tired you are.
- The treatment is not for a limited period of time. You must not go back to your old habits once you achieve your desired skin tone.
- Swear by the sun block cream. When you find one that perfectly suits your skin type and skin condition, use it on a daily basis and keep a spare tube handy so that you do not slag when you run out of your current one.

- During the summer season, reapply sunscreen every two hours for maximum coverage. The summer sun can cause tremendous damage to your skin; in fact it can darken your complexion by two tones in just 3 hours. Always step out with sunscreen on and get a separate sunscreen for your body as well.
- If you are stepping out during the peak hours (that is noon to 3 pm) make sure that you apply sunscreen or use an umbrella to shade yourself from the sun's rays. If you are off for a day at the beach, stock up on sunscreen and wear a wide brimmed hat to minimize the effect of the sun.
- Follow the diet prescribed in the treatment and try to get some sort of a rigorous work out at least thrice a week. The sweat and endorphin released will do wonders for your skin.
- If possible, try to go for sauna sessions after working out. The steam helps to remove impurities from the skin and make it appear fairer and gives a healthy glow to the skin. If you cannot manage a sauna session, at least try to use a steam bowl for your face. This could precede your cleansing and toning session and will prove to be particularly effective if you want to remove unwanted black and white heads from the face.

SKIN CARE TIPS

- All of us use milk on a daily basis either to put in beverages or meals. Next time just take a few teaspoons of milk in a bowl and dip a piece of clean cotton and then apply all over your face and neck. Milk is the best cleanser and also helps in minimizing open pores.
- If you have a rose plant at home, take a few petals, put it in a bowl and add 5 drops of almond oil. Now using your fingers crush the petals and let it mix thoroughly with the oil. Apply the mixture on your face for beautiful and radiant skin.
- Hibiscus is a common flower that has religious significance, but it can also work wonders for your skin and hair. Crush a few petals and apply on your face and hair before taking a shower. The flower act as a conditioner and you will experience soft and supple skin after rinsing it off.
- If you really want beautiful skin, get a small pot of Aloe Vera plant. You do not need a large space for this particular plant to grow, so you can easily keep it on your windowsill. Aloe Vera is laden with goodness and can help to treat acne, blemishes, rashes, tan and also works wonders for your internal health as drinking Aloe Vera juice is a recommended detoxification method.
- Next time you are making a fruit salad, take a piece of papaya and rub it on your face. Papaya has great anti oxidants and helps to improve the complexion of the skin along with hydrating and moisturizing.

- Do not throw out the peels of citrus fruits like oranges and lemons, these can be dried, grinded and made into effective scrubs.
- Rubbing cucumber on your face while you are busy working in the kitchen or just sitting idly in front of the TV is a good way to lighten your skin without any hassle.
- Have some leftover white bread? Just put these in a bowl of milk or curd and let it soak for 20 minutes. Then mash the bread and make it into a paste, your conditioning face pack is ready.
- For dark acne spots and pigmentations and even sun rash, a potato can be an effective cure. Cut a slice of potato into half and rub it all over your spots for about 10 minutes before rinsing off with cold water. Potato has anti inflammatory properties and hence if you end up getting a burn: quickly rub a slice of potato over the spot, to avoid burn boils and redness.
- Drink at least 4 cups of green tea daily. Green Tea has anti oxidants that help to detoxify your internal system and purify blood, indirectly green tea helps in improving the health and complexion of your skin. You can also alternate between drinking green tea and half a lime mixed in a glass of lukewarm water as both the drinks have tremendous health and skin benefits.
- No one eats the last part of the banana, use it to make your skin glow by rubbing it over your face and neck for an instant glow face pack.
- Applying orange juice too can help to tighten your skin, lighten spots and act as an anti-ageing solution.
- Most of us love staying up till the wee hours. Staying up till late can take a toll on your skin and hair too. Notice how your hair feels greasier if you've stayed up till late and your skin looks pale? Ayurvedic principles suggest that you should sleep with the sunset like the rishi munis (saints), but it is not possible for us today to sleep with sunset. However, you should try to sleep by midnight and wake up before 10. The idea here is to follow the principles of nature as our internal and external health is to a great extent influenced by the forces of nature.
- Get fresh air, talking a walk in the morning when the air is yet to be polluted is recommended not just for its health but also for its beauty benefits. Fresh air improved blood circulation and removes purities from the blood, deep breathing in the morning (try Pranayama, a deep breathing yoga exercise that removes stale air from your body) air will help in improving your internal and external health.
- Wash your face as soon as you get up in the morning. When you are sleeping, your skin releases extra oil that helps to repair the damages done to the skin throughout the day. Although, this natural oil is good for your skin, it attracts dirt and pollution, making your

skin darker. Cleansing your face first thing in the morning ensures that you get rid of the stale natural oil and dirt.

- Ancient Indians used Ghee on their faces as moisturizer. Ghee when mixed with a few drops of lemon juice or rose water hydrates and lightens skin. For naturally pink lips, apply ghee mixed with a pinch of turmeric on your lips before going to bed.
- Chamomile tea can help to detoxify your body and also lighten skin. Brew chamomile tea and apply the liquid on your face and skin, let it stay on for about 15 minutes and then rinse off with water. Chamomile tea has skin bleaching properties and helps to lighten skin and hair
- Shaving creams contain harsh chemicals that can make your skin several tones darker. For men, use shaving creams that contain natural ingredients like Vitamin E, Aloe Vera and which is derived from herbs. Women also resort to shaving their body parts, as much as possible try to get your hair waxed rather than shaved or use a razor.
- Massaging your face with sandalwood oil at night will help to lighten skin tone, moisturize your skin and reduce wrinkles and other signs of aging. The oil might be difficult to procure and is also a tad bit expensive as compared to regular almond or coconut oil, but it has immense health and beauty benefits.
- One of the most common trends today is to bleach skin using harsh chemicals. Bleaching does whiten the skin almost instantly, but the effects are not long lasting and it can also cause damages to the skin over a prolonged period of time. Try to naturally lighten your skin rather than going for chemically laced products.

AYURVEDIC HERBS THAT HELP IN WHITENING SKIN



There are numerous herbs that help in whitening skin and reducing wrinkles and fine lines. Most of the herbs can be found in your kitchen and the others are widely available at your local super market.

Turmeric- We have already highlighted the importance of turmeric powder in skin lightening, but the turmeric root is better than its powdered form, mainly because of the fact that the powder you get from the market is not hundred percent pure. You can either soak the turmeric herb in milk to make a paste, or grind it to a powdered form and then use it in face packs

Kesar (saffron) - Kesar might be expensive but has a of health and skin benefits. Having kesar with milk helps to purify blood, reduce impurities and thus help in skin lightening. You can also add a few strands of kesar to soak in a bowl of milk overnight and then use this milk to make a face pack.

Manjith- This herb is as effective as topical treatment when it comes to reducing acne and pimple marks.

Carrot Seed- Stock up on these and grind them to a powdered form. Mix this with milk and apply on your skin. This doubles up as both a scrub and moisturizer and is especially effective on chapped lips and dark spots on the face.

Quince Seed- If you want to fight the signs of ageing, make sure you never run out of quince seed. These help in increasing collagen, tightening your skin, fighting wrinkles and age spots, and make your skin look younger and fairer.

Lady's Mantle- Lady's Mantle also known as Tragus is known for its ability to lighten and soften skin. This is widely used as an ingredient in bleaching products, owing to its naturally bleaching properties. If you have age spots, freckles, acne scarring, grind the herb along with rose water and make a paste. Apply this twice on the affected area or on your entire face and neck and let it stay on for about 10 minutes before rinsing off with cold water. Some people might feel a stinging sensation and although, herbs rarely react and cause skin allergies, it is better to not use the herb if it causes discomfort.

Strawberry leaves- Use water or milk to grind the leaves and make a paste, either apply this paste as it is on your face or add gramflour and turmeric to make a face pack. Let it stay on for 15 minutes and then rinse off.

Good Luck!

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