

## *Homemade African Beauty Recipes by Waridikenya.com*

Pamper the queen in you with these quick recipes that incorporate readily available ingredients from an African kitchen! You'll feel divine and your wallet will thank you too.



### **Princess**

For skin that feels soft and young, try this carrot facial mask.

You'll need:

- One large carrot (peeled)
- 1 Tablespoon honey
- 1 Tablespoon olive oil

Blend the carrot into a pulp with a blender then add the honey and blend well. Mix in the olive oil into the paste. Add a few drops of mineral water or more carrot to achieve the desired consistency. Apply the mask to cover your entire face and leave on for 10-15 minutes. Rinse your face with warm water, pat dry and moisturize.

### **African Silk**

Try this simple hair conditioner for silky soft hair.

What you need:

- 1 avocado
- 1 egg yolk
- ½ teaspoon of olive oil

Combine all the ingredients in a small bowl then apply onto the hair. Cover with a plastic cap and wrap with a warm towel and leave on for 20-30 minutes. Rinse and shampoo as usual.

### **Body Sunshine**

Tired and need rejuvenation? Whip up this body scrub and enjoy!



You'll need:

- 1 Lemon
- 4 tablespoons plain organic yogurt
- 1 teaspoon Sugar

Grate the rind of the lemon using a fine grater. Blend into 4 tablespoons plain yogurt. Add a teaspoon of sugar if a more gritty texture is desired. Mix and rub gently over your body. Pay attention to dry and tough skin areas such as feet, knees, elbows and hands. Rinse with warm water and gently pat your skin dry.



### **Feet of a Dove**

Give yourself some TLC with this delightful foot soak to soothe and stimulate your feet.

You'll need:

- 2 cups brewed coffee
- 3 Litres of Water

Add coffee to warm water and soak feet for 10-15minutes, dry thoroughly, moisturize and put on some warm socks.

Enjoy and share!

Note: Discontinue any ingredient that irritates your skin. These recipes are utilised at your own risk.