

Honey is good for you in both the ways either taken internally or applied topically to the skin. Honey as a basic ingredient in a facial mask furnishes many skin care remedies. Honey helps to cure acne, scars, wounds, wrinkles and even dry skin. Honey is a real treat for skin. Honey Face masks are popular because of several skin benefits honey offers. Lets have a look at the numerous benefits of honey for your skin.

## **The Beauty Benefits of Honey for Your Skin and Glowing Face**



### **Skin Benefits of Honey**

Honey has antibacterial properties, which helps in fighting acne and pimples. Honey reduces infection and is very effective home remedy to treat acne. Honey is also antiseptic. When honey is diluted with water, it produces hydrogen peroxide. Hydrogen peroxide is an antimicrobial agent and is used as a mild antiseptic. Honey is useful in treating cuts, wounds, and abrasions. Honey is a good cleanser for skin. It soaks up impurities from the pores of the skin, leaving your skin clear and clean. Honey is a very effective moisturizer for skin. It retains moisture making your skin radiant, soft and supple. Honey properties protect your skin under the sun and assist the skin to rejuvenate and stay young. Honey is a natural remedy to prevent wrinkles. Honey slows down the ageing process. Honey antioxidant properties make it capable to fight against skin damage and skin ageing.

### **Honey face masks recipes**

Due to number of skin benefits of honey, it is used as an ideal ingredient in facial masks recipes. Honey is a natural remedy to many skin problems. Honey face mask Honey has many skin benefits. Honey fights inflammation and bacteria on skin. It has healing property which heals wounds and infection on skin. It has moisturizing properties, which help to retain moisture for a long time. Honey alone can be used as face mask. To avoid sticking, wet your fingers before you apply the honey face mask. Honey and Turmeric face mask to get fair skin Honey combined with turmeric powder help in skin lightening process. Its a natural remedy which can give you fair skin. Dont expect an overnight miracle. Apply this homemade honey face mask consistently to have results. One teaspoon of turmeric

powder and a tablespoon of raw honey are mixed well to make a thick paste. This honey face mask recipe can reduce skin blemishes and scars. It is one of the best tips to get fair skin. Honey and Lemon face mask to prevent acne and scars Lemon is a clarifying agent and combined with honey, this honey face mask help to fight with acne, pimples and scars giving you fair complexion and glowing skin. Lemon, honey face mask is beneficial for you if you have oily skin, which is more prone to breaking out in pimples and scars. The astringent quality of lemon makes this face mask perfect for natural glow. Honey face masks for clear and glowing skin For clear and glowing skin, you can apply raw honey direct from the jar. Leave this mask for at least half an hour. Now, rinse off with lukewarm water. Follow this thrice a week and ask your mirror to check difference on your face as mirror never lies. Honey face mask will restore moisture to the skin, leaving it glowing and clean. Honey and Yogurt face mask for natural glow Take 2 teaspoon of honey and mix it with 2 tbsp of yogurt. Yogurt will refine your pores and honey will help to calm any inflammation in the skin. Honey and yogurt face mask recipe work together to restore balance in the skin and give it a healthy glow.

Steady Run