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# **Do-It-Yourself Skin And Hair Treatments**

The quest for beautiful skin and hair is prevalent among women. You can actually make your own natural skin and hair treatments at home without spending much, and the quality is quite good.

One main thing you need is olive oil. Olive oil is very versatile and can be applied all over your body.

Olive oil is excellent for removing mascara. It's actually better than petroleum jelly and baby oil, plus it's very good for the skin around your eyes.

Use a few drops of olive oil in warm water for a wonderful at-home manicure. Rub on some lotion afterwards to lock in the moisture.

Melt beeswax and olive oil and pour into a small container for a fantastic lip balm.

You can also remedy dry feet with olive oil. At bedtime, rub some olive oil onto your dry feet. Do not rinse. Then, put a cozy pair of socks on and go to sleep. Your feet will feel much better and softer in the morning.

Soften your skin by adding a few drops of olive oil into your bath water. You can even add a few drops of essential oil for a natural aromatherapy bath.

You can apply a very small amount of olive oil to frizzy hair. This is a great leave-in conditioner.

For men with sensitive skin, they can use olive oil as a shaving cream.

You don't have to buy expensive sea salt scrubs. You can actually make your own scrubs. Simply add sea salt to olive oil. Add a drop of essential oils if you'd like your scrub scented.

When using olive oil in the bathtub, remember to be cautious because it can get slippery.

It is not necessary to pay a lot of money for beauty treatment products. The things you have in your very own kitchen can often be the best beauty products available.

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