

Moisture Treatments for Dry Skin from the Grocers

by Pamela Fay

Weather, water, central heating and fun in the sun can all play havoc on your skin. The continually exposed parts like your face and hands can take a real beating. Dry, flaky skin benefits from drinking plenty of water. But, if your water intake is sufficient, and you still have dry skin, try one of these homemade treatments to add moisture.

Honey

In addition to being a nutritive sweetener, honey is a natural humectant that promotes the retention of water. Applied topically, honey has been historically used to heal wounds and burns. (Reference 2) The main components of honey are the sugars glucose and fructose, both known to strongly attract moisture. Honey can be used by itself to soften and moisturize the face or hands. It can also be combined with other ingredients such as egg yolk and sweet almond oil to make a facial mask or all over body treatment. Leave the mask on for 10 to 20 minutes; rinse thoroughly with warm water.

Sandwich Spread

In addition to slathering it on bread, you can use a mayonnaise-like sandwich spread in topical skin treatments. Select one with water as the primary ingredient, followed by soybean oil and vinegar. The vinegar exfoliates the skin stripping it of dead skin cells and exposing a fresh new layer. The oil softens and the egg moisturizes. Further, a sandwich spread mask has tightening properties, leaving the skin smooth and firm. Spread the treatment on your face, hands, knees, elbows, and other areas of the body with rough, flaky skin. Allow to sit for 15 to 20 minutes. The concoction will absorb into your skin. When time is up, massage the skin with a dry towel and rinse. Always use a sunscreen following the treatment if you plan on being outdoors.

Avocado

Avocados contain nutrients and healthy, skin nourishing fats that benefit the skin whether they are eaten or used in topical applications. If you have dry skin, it will benefit from avocados. Mash the pulp and apply it to your face or anywhere on your body for a moisturizing treatment. Mix avocado with milk or oatmeal to make a mask. Apply it to your face and allow the treatment to sit for 10 minutes. Rinse thoroughly.

Yogurt

Yogurt isn't just for breakfast anymore. It is yet another food that can be applied topically to ailing skin. Yogurt contains lactic acid which softens and tightens the skin. You can apply it to your face and décolletage straight from the container. It rinses off easily with cold water, leaving your skin soothed and pores refined. To make a mask, combine yogurt with lentils to make a paste. Or, combine it with honey to boost its moisturizing properties. Yogurt and orange peels make an effective exfoliant. Dry the orange peels in the sun and grind them to a powder. Mix with yogurt and apply to face and other dry, rough spots. Leave it on for 15 minutes and rinse with cold water.

References

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<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=96>

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Disabled World; Yogurt for Healthy Dry Skin Treatment

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Eat and Heal; Frank K. Wood, et al.; 2003