

44 Secrets to Healthy Skin

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1st Edition



Ndanaka
Group



by **CAROL NYAZIKA**

44 *Secrets*
to Healthy Skin

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Introduction

Welcome!

I'm absolutely excited and pleased that I have the opportunity to share this skin-clearing/maintenance/improvement journey with you as you discover the beautiful healing effects of eating a clean diet and following a skin care routine.

Growing research in the medical and nutrition field has shown that chemicals such as pesticides in food, chemicals in our makeup and retardants in fabrics are harming our body and causing inflammation which ultimately damages our skin. They make us age with time and cause premature wrinkles, acne and frustrating skin issues. While buying organic food and natural makeup helps tremendously to lessen our exposure to these harmful chemicals, some things you certainly can't avoid.

For instance, environmental toxins that fill the air we breathe and sun radiation. The good news is that watching what you eat is promising when it comes to flushing out toxins, which in turn results in healthy skin.

This guide is simply that, a guide. You may pick and choose how to use it. This guide is sharing what I have learnt over the years. Not everything will work for everyone, therefore, pay attention to your skin as we are all very unique and react to different things.

This guide looks to explore the two main things that contribute to the appearance of your skin: your food and your skin routine.

I hope this guide is useful and that you share with me what you have learned on this journey. Use the hashtag #Ndanaka on Instagram and twitter so that I can see your posts or tag me on Facebook! Share this book with your friends and family too!

Natural Beauty Treatments

For years' natural items like petals, herbs, leaves, roots, fruit and vegetables have been used to make beauty preparations. Success with home-made beauty treatments depends on if the skin is suitable for the recipe – always do a patch test in case of an allergic reaction to the ingredients.

Sterilise the jars or bottles you use to store the preparation. If the concoctions get infected with bacteria it will go off quickly and could be harmful to your skin. Date and label the jars. Home-made mixtures contain no preservatives or stabilisers, only make small quantities and store in the refrigerator. Throw away all preparations after four days' maximum.

Applying food-ingredient based masks is one of the best ways to remove dead skin cells and renew your skin's tone. Natural facials eliminate impurities from your skin and improve overall texture. I highly recommend you do at least 3 facial masks, they are so quick and simple to make.

Try these recipes and see which ones you prefer. You can customize them to your liking and needs.

Do It Yourself

Below are some DIY skincare recipes that you can do from the comfort of your home! Simple, easy and effective. You can find more of these on my [YouTube channel](#).

Apply almond oil around the mouth to keep lips supple and soften the lines.

Saturate a black tea bag with warm water. Press over clean lips for 5 minutes. Repeat if desired. Black tea is high in tannic acid, retains moisture and keeps lips smooth and taut.

To remove make-up, coat your fingers with almond oil or avocado oil and spread evenly over the face and neck. Remove the oil with a muslin cloth or tissues.

For older skin, mix 1tbsp honey with a few drops of fresh orange juice. Cover the whole face with the mixture and leave for 20 minutes. Rinse well.

For normal skin, make a mask by mixing a beaten egg white with 1/4tsp lemon juice or cider vinegar or use a honey mask or use a honey mask made with 2tsp honey mixed with 1/2tsp lemon juice or cider vinegar. When these treatments, keep the hair tied back and don't go too close to the hairline.

A honey and cream treatment is obtained by beating together 1tsp honey with 2tbsp light cream. Leave on the face for 20 minutes.

Mix 1tsp honey with 2tbsp milk. Apply to the face, leave for 5-10 minutes, wash with warm water then apply a moisturiser.

Avocado has a high vitamin content and is rich and nourishing for the skin. A dry or sensitive face, hands or nails will benefit from a mask made from the pulp. For normal to dry skin, mix some mashed avocado, tomato, strawberry or banana with olive oil.

To soften skin, quickly mash a few drops of lemon juice with 2tbsp of avocado to stop it from going brown. Add 1tsp honey and mix to a smooth paste. Apply to the face and leave for 20 minutes. Rinse off with warm water and then moisturise.

A revitalising mask for all skin types – mash ½ ripe, skinned avocado with 1tbsp tomato pulp and 1tbsp lemon juice. Smooth over the face and neck. Leave on for 10 minutes and rinse off with water.

To help fade blemishes, mash a banana with 1tbsp of honey, leave on the face for 20 minutes. Wash off with water. Or mash 1 large banana with 1tsp each of fresh cream and milk. Add vitamin oil and mix well. Apply to the face and neck and leave for 15-20 minutes. Remove with water.

For a skin toner, blend 1 peeled kiwi and 1 1/2tsp lime juice. Add an equal amount of water and blend until smooth. Use a cotton ball to apply to face. Refrigerate any leftover toner in an airtight container.

To make a wax to remove your body hair that won't damage your skin, put 1/2 cup of lemon juice and 1 cups of sugar into a saucepan. Heat slowly until the sugar has melted. Boil rapidly for a few minutes until a caramel colour, pour into a warm, sterilised jar and cool. Apply a layer of the mixture to the skin and smooth on a strip of linen, press down, then quickly pull the strip off going against the direction of the hair.

Use slices of cucumber to soothe puffy or tired eyes.

Yogurt and egg face-mask: beat egg white until stiff and fold 1tbsp yogurt. Optional extra's are – add 1 tsp honey for dry skin or 1tsp lemon juice for combination skin. Leave on for 10-15minutes.

For blemishes: blend 1tbsp of oatmeal with enough milk to make a paste. Add a whole egg and mix well. Leave on face for 10-15minutes and rinse first with warm water the cool water.

For normal skin: mix 1tbsp honey and 1tbsp fresh cream. Smooth over the face and leave for 20 minutes. Rinse.

To exfoliate skin gently, mix 3tsp fine oatmeal with 3tsp double cream, apply to skin, rub lightly and rinse off.

Berry pore tightening: 15 fresh blueberries, 1 tbsp. or sugar, 1 tbsp. of acai berry powder, 1 tbsp. of organic olive oil. Mash the blueberries, then mix in the sugar and slowly add the acai powder and olive oil. Mix these ingredients until it comes together. Leave on for 10 minutes then rinse.

Acne Healer: 3 tbsp. of organic honey and 1 tsp. or cinnamon powder. (Double the ingredients if you need more). Blend the ingredients together using a spoon. Leave on as long as you desire, there is no time limit for this mask.

Skin Nourishing Essentials

As you know beauty consists of the inside as well as the outside. We have covered the outside, lets look at the inside. Consistency is the key to any health improvement so make your changes and stick to them. The road to great skin is a delicious one so enjoy!

Ultimate Skin Juices

4 carrots, 2 raw beets, 1 small sweet potato, 1inch piece of ginger, 2 peeled oranges. Juice all the ingredients and serve.

2 handfuls of kale, 1piece ginger, 2 cucumbers, 1 bag fresh coriander. Juice all the ingredients and serve.

½ avocado, 6 brazil nuts, ¼ cucumber, ¼ stick celery, 4 large apples, ice cubes. Juice all the ingredients and serve.

6 large tomatoes, 1 raw beet, 2 carrots, 1 bag fresh parsley, 1 cucumber, 1 peeled orange. Juice all the ingredients and serve.

½ medium pineapple, 2 carrots, 1 handful fresh flat leaved parsley, 1 small handful fresh mint, ice cubes. Juice all the ingredients.

Juicy H2O

Nearly all flavoured waters on the market have either artificial flavours or colours. The same goes for sports waters which tend to contain artificial sweeteners and/or sugar. Always check the label. If you don't like the taste of water or would like to pimp it out once in a while, try these recipes that I love.

½ litre mineral water, 1inch thick slice watermelon. Juice the watermelon and dilute with water.

½ litre mineral water, ¼ cucumber, ½ apple. Juice the apple and cucumber and dilute with the water.

½ litre mineral water, 1 juicy orange (peeled), 1inch thick slice medium pineapple, 1 squeeze lime. Juice the orange and pineapple, dilute with water and squeeze in the lime.

Ultimate Smoothies

Unlike juices, smoothies contain the fibres of the fruits as well as the juice. This can be a meal as it is so filling compared to juices. Some people prefer smoothies others prefer juices so I decided to add both in this guide so that you have choices or you can try all of them.

2-4 mangoes, 2 cups of coconut water, 2 frozen bananas (optional), 1 tbsp. of baobab fruit powder Blend all of the above ingredients in a high speed blender until creamy texture form.

1 cup of blueberries, 1 tbsp. acai powder, 1 cup of coconut water, 2 bananas. Blend till smooth.

½ cup of ripe papaya, ½ banana, ½ cup of water, ¼ cup of milk - choices can be 1% milk, fat free milks, lactose free milks, unsweetened soy milks, unsweetened almond milk, or rice milk, 1 handful of fresh spinach leaves, Ice cubes. Blend till smooth.

1 whole medium sized banana, 1tsp of powdered flaxseed, Ice cubes, 1 handful of spinach leaves, ¾ cup of water, ¼ cup of milk - choices can be 1% milk, fat free milks, lactose free milks, unsweetened soy milks, unsweetened almond milk, or rice milk, 1 tablespoon of unsalted “natural” almond, cashew. Blend till smooth.

2 handfuls of kale, ½ pear, ½ cranberry, 2 cups milk/water, 1tbsp honey. Blend till smooth.

Boosters

I add these to my salads, smoothies and juices. These are add-ons to help create a glow from the inside out.

Spirulina

Maca powder

Moringa leaf powder

Baobab powder

Chlorella powder

Wheatgrass powder

Acai berry powder

Multivitamins

Fish oil

Flaxseed

Chia seeds

Final Words....

I hope this simple guide will help you on your journey! If you try any of these recipes, be sure to tag me in your posts! Use the hashtag #ndanaka or tag me directly.



About the Author

Self-motivated, dynamic, hard-working and goal oriented are some of the many characteristics that Carol Nyazika has developed through her few years as a rising entrepreneur. With a focused mind-set, she has managed to center her up and coming business ventures on the development of women in all aspects of their lives.

Carol has packaged herself as a complete influential brand that reaches people through all mediums of life, whether through the radio, television or print media. Her effort to reach

clients through the expansion of her brand is what has made her a rising personality in the Zimbabwean community, at home and the diaspora.

As an advocate of both outer and inner beauty, she believes that financial security through entrepreneurship can be easily tackled through the confidence that is found in feeling good both on the inside and the outside.

Through her popularity in the beauty industry, Carol became a qualified organic skin care formulator and founded Ndanaka, a bath, body and hair care company.

She is also Founder of African Women Association. AWA is not a platform that excels in rhetoric but fails in practice; it is invested in making sure that people's lives are truly changed. AWA is highly rated by experts in the industry and launched in 2014 and the first multi-sectoral, Pan-African awards ceremony launched in November 2015 and was recognized across the continent of Africa and the diaspora.

Carol continues to break barriers, positively impacting women around her, pushing the boundary and challenging the norm.

Contact Ndanaka

To learn more about Ndanaka, purchase our products, advertise with us, distribute our products and/or if you have any questions, please contact us here:

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