

Natural Simple DIY Recipe For Soft Supple Hydrated Skin

Having soft, supple, and hydrated skin is a dream for many. A healthy and glowing complexion not only enhances our appearance but also boosts our self-confidence. While there are numerous skincare products available in the market, it's always better to opt for natural and simple alternatives that are cost-effective and free from harmful chemicals.

In this article, we will share with you a fantastic DIY recipe that will help you achieve soft, supple, and hydrated skin effortlessly. So, let's dive in!

Ingredients You'll Need

- 1 ripe avocado
- 1 tablespoon honey
- 1 tablespoon yogurt
- 1 tablespoon olive oil
- 3-4 drops of lavender essential oil

Step-by-Step Instructions

Step 1: Prepare the Avocado

Start by cutting the ripe avocado in half and removing the pit. Scoop out the flesh into a bowl and mash it using a fork until it becomes a smooth paste.

**The Best Homemade Hydrating Serum: NATURAL &
SIMPLE DIY RECIPE FOR SOFT SUPPLE HYDRATED**



SKIN by Melissa Bender (Kindle Edition)

★★★★★ 5 out of 5

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Step 2: Add the Honey

Add one tablespoon of honey to the mashed avocado and mix it well. Honey is a natural humectant that helps in retaining skin moisture, giving your skin a hydrated and supple feel.

Step 3: Include Yogurt

Next, add one tablespoon of yogurt to the mixture. Yogurt contains lactic acid, which helps exfoliate and nourish the skin. Its creamy texture also aids in moisturizing the skin.

Step 4: Mix in Olive Oil

Now, add one tablespoon of olive oil to the mixture. Olive oil is rich in antioxidants and healthy fats that nourish the skin, leaving it soft and glowing.

Step 5: Incorporate Lavender Essential Oil

Finally, add 3-4 drops of lavender essential oil to the mixture. Lavender oil possesses excellent soothing properties that can calm your skin and

promote relaxation.

Application and Results

Thoroughly cleanse your face before applying this DIY mask. Once your face is clean, apply the mixture evenly to your face and neck, avoiding the eye area. Leave it on for 15-20 minutes and then rinse it off with warm water. Pat your skin dry and follow up with your favorite moisturizer.

With regular use of this DIY recipe, you'll notice a significant improvement in the texture and hydration of your skin. Avocado provides essential fatty acids, vitamins, and antioxidants, which deeply nourish and rejuvenate your skin. Honey helps in locking in moisture, while yogurt exfoliates and promotes healthy skin. Olive oil and lavender essential oil work together to add further hydration and relaxation to your skin.

Remember to conduct a patch test before applying this DIY recipe to your face, as some individuals may be sensitive to certain ingredients. If you experience any irritation or allergic reaction, discontinue the use immediately.

The Importance of Consistency

Obtaining soft, supple, and hydrated skin requires dedication and consistency in your skincare routine. While this DIY recipe provides amazing results, it's essential to incorporate other healthy habits, such as drinking plenty of water, protecting your skin from sun damage, and maintaining a balanced diet.

Avoid excessively hot baths and showers, as they can strip your skin of its natural oils, leading to dryness. Finally, remember to remove your makeup

before going to bed and follow a proper cleansing routine to ensure your skin is clean and ready to absorb all the nutrients from your skincare products.

Natural DIY recipes can work wonders for your skin without breaking the bank or exposing yourself to harsh chemicals. This simple DIY recipe for soft, supple, and hydrated skin is an excellent addition to your skincare routine.

By using ingredients like avocado, honey, yogurt, olive oil, and lavender essential oil, you'll provide your skin with the hydration and nourishment it needs. Remember to be consistent, and soon you'll achieve that desired youthful glow and a complexion that is the envy of many.

So, why wait? Try out this natural DIY recipe today and unveil the secret to soft, supple, and hydrated skin!



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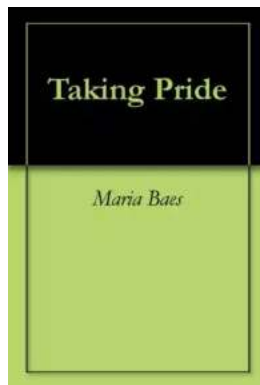
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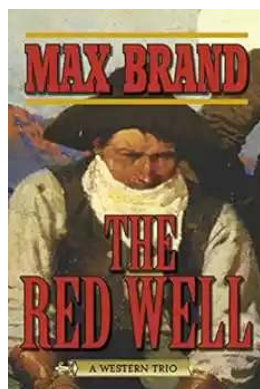


A simple and easy to follow DIY recipe to achieve hydrated, soft and supple skin without the high cost of a brand! No nasty preservatives, with natural ingredients that your skin and purse will love! Make enough serum to last you up to 3 months and best of all, you know exactly what you will be putting onto your face. No scale or expensive tools needed to make this effective yet simple serum.



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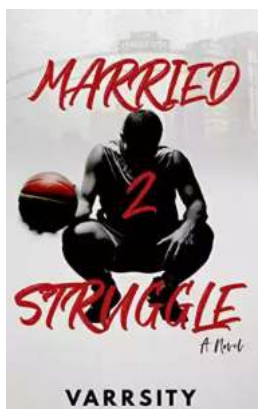
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