



Olive Oil Tips & DIY Skincare Products

Next time you add olive oil to your salads, also think of the wonders it can make for your skin.

Olive oil is used as a base ingredient in a wide variety of soaps, creams, lotions, shampoos and other cosmetic products. Scientific research has confirmed that olive oil is rich in vitamins A, D, K and especially vitamin E, which are protective antioxidants that minimize cell damaging oxidation and aging.

You can use pure olive oil to moisturize and nourish dry skin and heal chapped lips, strengthen weak and brittle nails or to restore and beautify hair and scalp.

Prevent stretch marks, treat dry skin, psoriasis and eczema by massaging olive oil directly onto affected area just straight out of the bottle. Add that to bath water for a moisturizing, or dab some on your lips at bedtime to heal and prevent chapping.

DIY Skincare Products - Olive Oil for Face and Skin

Olive Oil Face Mask

Use olive oil for face masks - it smooths the complexion and maintain your skin's elasticity.

Mix 1 tablespoon of olive oil, 1 teaspoon of honey and one egg yolk until well blended. Apply mask to face and leave that on for 15 minutes, then rinse it off with warm water. Use it once a week for lasting results.

Olive Oil Night Cream

Use olive oil as night cream!

Mix 2 teaspoons of olive oil, 1 teaspoon of vinegar and 1 teaspoon of water (or micellar water) to get a rich emulsion and use as a night cream. The olive oil softens and moisturizes, and the vinegar lightens discolorations, kills bacteria and loosens dead skin cells. Splash water on your face before applying.



Olive Oil Feet and Hand Care

Take two 3-kg freezer or resealable plastic bags. Pure 1 table spoon of olive oil in each bag, then fill a bowl with hot water and place the sealed bags in the water until it becomes warm (do not allow oil to become hot).

Take it out and check to see if temperature is warm like, put bags on your feet and secure them with socks on. Keep them on until the morning. Once bags are removed, massage the residue onto to your feet and legs.

You can also apply olive oil to hands as well at bedtime and cover with cotton gloves or socks to soften callous, dry and cracked skin.

Olive Oil Hair Care

Make a hot oil treatment to heal dry or damaged hair by mixing 2/3 cup of olive oil and 1 tablespoon of honey in a resealable plastic bag. Fill a bowl with hot water and place the sealed bag in the water until it becomes warm (do not allow oil to become hot).

Apply oil mixture to roots and work it through to the tips of your hair. Cover with a shower cap and wrap hair with a warm towel. Leave that on for 20 minute, then shampoo and condition as normal.

Olive Oil for Fingernail Care

Warm 2 tablespoons of olive oil with 1 tablespoon of lemon juice in a dish (do not allow oil to become hot). Soak fingertips in mixture for 5-10 minutes to strengthen nails and soften cuticles.

Olive Oil Eye Area Care

Daily, after make-up removal, apply 2 drops (on each eye) of cold-extracted olive oil on the areas around your eyes with gently patting. Leave it on for 15 to 30 minutes, then remove with a wet warm napkin. It will moisturize the gentle skin around the eyes.

Olive Oil for Shaving

Olive oil can be used for a moisturizing shaving. Apply a few drops of olive oil on wet legs and massage to get white like foamy emulsion, start shaving and wow – you might never use shaving foam again!

Fighting toxins – Olive Oil Pulling

Put 1–2 tablespoons of olive oil (high quality extra virgin, preferably organic) in your mouth and swish for 20 minutes. Start with 5 mins and build swish up to 20 min over a period of time. Do that for about 30 days.

Oil pulling is practiced in Ayurveda that believes swishing olive oil will help in extracting bacteria, toxins and fungi from the mouth before they have a chance to integrate into the body. The practice of oil pulling helps the body to maintain balance and strengthen immune system.

The range of benefits: from whiter teeth to increased energy and healthier skin, oil pulling is even credited with healing diseases like diabetes and asthma.

Be careful not to swallow. That oil is full of the toxins you are trying to expel.