



Beauty Secrets

that you can DIY

自己动手做的美颜品

Did you know that DIY beauty products can provide inexpensive, natural, and fun alternatives for your skin health? Store-bought products often contain chemicals that are not good for your health. So, how does the idea of DIY beauty products that you can create at home using NewLife™ products that you already have sound to you?

Intriguing, right? We hope you will love these DIY beauty recipes that we are going to share. Give them a try and we look forward to hearing your experience!

1. Honey Facial Masks

One of our favourites, this mask contains a multi-purpose ingredient that is affordable and available in almost every home—honey. Besides using it as a natural sweetener, you can also use it as a part of your au naturel skin care routine. Honey is made up of over 165 identifiable components that consist of amino acids, enzymes, minerals and vitamins. Honey is also naturally antibacterial and rich with antioxidants, making it great for the skin. Here are three types of honey facial masks you can try out:

Honey Mask

Want a super simple facial mask? Just apply 1-2 tablespoons of **NewLife™ Pure Raw Honey** to clean, damp face. Massage it into your skin and let sit for 15-20 minutes. Massaging motions will help increase blood flow, improving your skin's appearance. To get the most of your massage, apply light pressure to your jaw line with your fingertips. Slowly move upward until you reach your forehead, then start again. Use a damp washcloth to remove the mask. It is incredibly moisturizing and balances all skin types.

Honey & Spirulina Moisturizing Facial Mask

Spirulina is high in chlorophyll, which can help reduce dark spots and discolourations. This mask will leave your skin feeling moisturized and bright, and even out your skin tone.

Ingredients:

- 1-2 tablespoons of **NewLife™ Pure Raw Honey**
- 1 tablespoon of **NewLife™ Spirulina Powder**

Directions:

- Mix the two ingredients to form a paste.
- Apply with fingertips to clean, damp face.
- Let sit for 15-20 minutes.
- Use a damp washcloth to remove the mask.

您知道吗，亲手制作美容产品可以为您的皮肤健康提供一个即便宜、天然又有趣的体验选择？店面普遍售卖的美容产品通常都含有不利健康的化学物质。如果可使用家里已经有的新生命产品来自己动手做美容产品，您会想试试吗？

有兴趣吧？希望您会喜欢我们分享的DIY美容秘诀配方。万分期待您的尝试与分享！

1. 蜂蜜面膜

这是我们最喜欢的面膜之一，它所需的材料是一个多用途的成分，价格实惠，几乎家家都有，那就是纯蜂蜜。除了作为天然甜味剂，蜂蜜也可作为日常护肤的成分之一。蜂蜜含有至少165种已被验证的元素，其中包括氨基酸、酶、矿物质及维生素。蜂蜜有天然抗菌作用，同时富含抗氧化物质，对皮肤有益。以下是三种您可尝试的蜂蜜面膜！

基本蜂蜜面膜

想要超级简单的面膜吗？将1-2汤匙**新生命纯天然生蜂蜜**敷在清洁、湿润的皮肤上。按摩皮肤后，静置15-20分钟。按摩有助于促进血液流动，改善皮肤外观。为了得到最好的按摩效果，用指尖轻轻按压您的下巴，慢慢向上移动，直到到达前额，然后再重新开始。用湿毛巾擦拭。它滋润和平衡所有皮肤类型的效果令人难以置信。

蜂蜜与螺旋藻保湿面膜

螺旋藻富含叶绿素，有助于减少黑斑和色素沉着。此款手工面膜性质温和，适合所有肤质。除了具有抗细菌和滋养肌肤的功能外，它还能让您的皮肤感觉柔嫩、光滑、明亮，肤色也变得更加均匀。

材料:

- 1-2汤匙**新生命纯天然生蜂蜜**
- 1汤匙**新生命螺旋藻粉**

步骤:

- 将以上两种材料混成糊。
- 用指尖将面膜抹在干净润湿的脸上。
- 约15-20分钟后用温水洗干净。
- 用湿毛巾擦拭。



Honey & Oatmeal Exfoliating Facial Mask

Oatmeal is a natural exfoliator. Get glowing, vibrant skin by removing dead cells with this mask.

Ingredients:

- 1-2 tablespoons of **NewLife™ Pure Raw Honey**
- 1 tablespoon of uncooked oatmeal (either ground or whole oats)

Directions:

- Mix the two ingredients to form a paste.
- Apply with fingertips to clean, damp face and massage for 1 minute.
- Let sit for 15-20 minutes.
- Use a damp washcloth to remove.

2. Apple Cider Vinegar/ Wonda Oil Facial Toner

Another multi-purpose ingredient, apple cider vinegar (aka ACV) not only works well as a drink, a salad dressing or a digestive aid, it also functions effectively as a chemical-free facial toner.

ACV contains astringent acids, meaning that it effectively minimizes pores and also helps to increase blood flow to the skin. Besides regulating the pH level of your skin, it is also antibacterial and anti-inflammatory.

Tea tree oil, the main ingredient of **NewLife™ Wonda Oil**, contains anti-inflammatory and antimicrobial properties. As a result, it naturally calms redness, swelling and inflammation, and also helps prevent and reduce acne.

Ingredients:

- For normal skin: 2 tablespoons of **NewLife™ ACV** + 1 glass of distilled/filtered water
- For dry/sensitive skin: 1 tablespoon of **NewLife™ ACV** + 1 glass of distilled/filtered water
- For oily & acne-prone skin: 120ml **NewLife™ ACV** + 240ml distilled/filtered water + 3 drops of **NewLife™ Wonda Oil**.

Directions:

- Mix **NewLife™ ACV** with distilled/filtered water.
- Add **NewLife™ Wonda Oil** (for oily and acne-prone skin).
- Shake well before use, and use it after cleansing the face.

蜂蜜燕麦去角质面膜

燕麦片是天然的去角质产品。用这种面膜去除死细胞，让肌肤焕发光彩。

材料:

- 1-2汤匙**新生命纯天然生蜂蜜**
- 1汤匙**生燕麦片** (磨碎的或全燕麦片)

步骤:

- 将以上两种材料混成糊。
- 用指尖将面膜抹在干净润湿的脸上。
- 约15-20分钟后用温水洗干净。
- 用湿毛巾擦拭。



2. 苹果醋 / 万宝油 爽肤水

另一种多用途成分，**苹果醋**不仅可以作为饮料、沙拉调料或助消化，还可以作为一种无化学成分的爽肤水。

苹果醋含有收敛酸，这意味着它能有效地缩小毛孔，也有助于增加皮肤的血液流动。除了调节皮肤的酸碱度 (pH值水平)，它还有抗菌和消炎作用。

新生命万宝油的主要成分是茶树油，具有抗炎和抗菌的特性。因此，它能自然地缓解红肿和炎症，也有帮助预防减少青春痘与暗疮。

材料:

- 中性肌肤: 2汤匙的**新生命苹果醋** + 1杯的蒸馏水/过滤水
- 干性或敏感肌肤: 1汤匙的**新生命苹果醋** + 一杯的蒸馏水/过滤水
- 油性及痘痘肌肤: 120毫升的**新生命苹果醋** + 240毫升的蒸馏水/过滤水 + 3滴的**新生命万宝油**

步骤:

- 将**新生命苹果醋**与蒸馏水/过滤水混合。
- 加入**新生命万宝油** (只有油性及痘痘肌肤才需这步骤)。
- 使用前请先摇匀，才将爽肤水擦拭在清洗干净的脸上。



3. Castor Oil Hair Tonic

Castor oil's natural antibacterial and antifungal properties make it beneficial against folliculitis, dandruff, and scalp infections. Its ricinoleic acid content increases circulation to the scalp and improves hair growth.

Ingredients:

- ½ cup of **NewLife™ Pure Castor Oil**

Directions:

- Using a spray bottle, dampen your hair.
- Take some **NewLife™ Pure Castor Oil** in your palm and work it through your hair from the roots to the tips while massaging your scalp during the process.
- Once you have coated all your hair, place a shower cap over your head.
- Leave the oil in for a minimum of 15-20 minutes. You could also leave it overnight.
- Follow up by shampooing and conditioning as normal. Due to its dense consistency, you might need to shampoo a few times to get rid of the oil. Avoid using any heat styling tools immediately.

3. 蓖麻油生发精

蓖麻油的天然抗菌和抗真菌特性使它对毛囊炎，头皮屑和头皮感染的治疗帮助很大。同时，蓖麻油酸含量可以改善头皮血液循环，促进头发生长。

材料:

- 半杯新生命纯天然蓖麻油

步骤:

- 用喷雾瓶将头发喷湿。
- 用手心抹些油，均匀涂抹在头发上，从发根一直到发梢，同时按摩头皮。
- 所有头发敷上蓖麻油后，把浴帽带上。
- 让蓖麻油在头发上停留至少15至20分钟，或是隔夜。
- 接着，像平常一样使用洗发水和润发剂把头发清洗一番。由于蓖麻油较难被洗脱，您可能需要清洗较多遍。清洗干净后避免马上使用任何热定型头发工具。

4. 针对油性及痘痘 肌肤的蓖麻油二合 一洁面乳和保湿霜

蓖麻油拥有重要的抗氧化、抗炎及抗菌的性质。将蓖麻油敷在脸上可同时舒缓和湿润敏感处。

材料:

- 制作100毫升二合一洁面乳和保湿霜
- 15毫升新生命纯天然蓖麻油
- 85毫升新生命特级初榨纯鲜椰子油

步骤:

- 将两种材料混合。
- 用热毛巾热敷脸颊扩大毛孔。
- 在脸上滴上少许混合油。用指尖轻轻地按摩一至二分钟去除残留在脸上的化妆品和死皮。接着，让混合油留在脸上一至二分钟让皮肤吸收。
- 用热毛巾擦干净。

4. Castor Oil 2-in-1 Cleanser & Moisturizer for Oily & Acne-Prone Skin

Castor oil has significant antioxidant, anti-inflammatory and antibacterial properties. When applied to the skin, castor oil can be an effective solution for soothing any irritation and moisturizing at the same time.

Ingredients:

To make 100ml of 2-in-1 Cleanser & Moisturizer

- 15ml of **NewLife™ Pure Castor Oil**
- 85ml of **NewLife™ Extra Virgin Coconut Oil**

Directions:

- Mix the two ingredients.
- Warm up the face with a warm towel to open up the pores.
- Apply a few drops of the oil on the face. Use your fingertips to gently massage the oil into the skin for a minute or two to remove impurities like makeup and dead skin cells. Leave it for another minute or two and let it penetrate the skin.
- Use a warm towel to wipe it off.





5. Coconut Oil & Honey Moisturizing Hair Mask

As if we don't already have enough reasons to love coconut oil, but yes, coconut oil also helps boost the condition of your hair! It reduces protein loss, penetrates the hair shaft due to its low molecular weight, and replenishes moisture.

Honey not only works great for your skin. Its emollient and humectant properties make it a great hair moisturizer as well. Emollients smooth the hair follicles, adding shine to dull hair. Humectants bond with water molecules, adding moisture to dry strands.

Ingredients:

- 1 tablespoon of **NewLife™ Extra Virgin Coconut Oil**
- 1 tablespoon of **NewLife™ Pure Raw Honey**

Directions:

- Add the two ingredients to a saucepan.
- Heat the mixture on low heat until smooth.
- Stir to combine the oil and honey.
- Let the coconut oil and honey mixture cool down until it is lukewarm.
- Using a spray bottle, dampen your hair.
- Generously apply the mixture evenly over your damp hair. You can part your hair in manageable sections to apply the mixture. This can help ensure that every hair is coated. Use hair clips to keep saturated strands away from your face and eyes.
- Apply more mixture to the driest sections of your hair, typically the ends, and less on the healthier parts of your hair, typically near the scalp.
- Once you have coated all your hair, place a shower cap over your head.
- Let the mask sit for 40 minutes, then rinse out with lukewarm water.
- Follow up by shampooing and conditioning as normal.

5. 椰子油和蜂蜜保湿发膜

难道还不够理由让我们爱上椰子油？那再加多一个——它能改善我们的发质！椰子油微小的分子量使它能渗入我们的头皮，减少蛋白质的流失及补充水分。

蜂蜜不单有利于您的皮肤，其软化及保湿的性质也有利于您的头发。软化滑润的性质可以柔和毛囊，为暗哑的头发增添亮泽。另外，湿润的性质结合水分子能为干燥的头发增加水分。

材料：

- 1汤匙**新生命特级初榨纯鲜椰子油**
- 1汤匙**新生命纯天然生蜂蜜**

步骤：

- 将以上两种材料倒入平底锅。
- 低温加热直到溶液变滑。
- 将椰子油和蜂蜜搅拌均匀。
- 让椰子油和蜂蜜冷却至温热。
- 用喷雾瓶将头发喷湿。
- 将温温的混合液均匀涂抹在湿发上。可以自行分区局部涂抹，以让每个部分都能被混合液覆盖。用发夹把已涂抹的头发夹上，避免触碰到脸颊和眼睛。
- 在普遍较干燥的发尾处涂抹较多的混合液；较健康的发根处则可减量。
- 所有头发敷上混合液后，就把浴帽带上。
- 让发膜停留40分钟，才用温水冲洗干净。

Note 注意：

While most of the products above are hypoallergenic, we recommend doing a patch test before attempting any DIY beauty recipes. Simply place a bit of the product on your arm, cover it with plastic wrap, and leave it there for a short while. If you do not get any reaction, you can be assured that you are not intolerant to the ingredient and that these DIY beauty recipes will work perfectly fine on your face, skin and hair.

虽然以上大多数产品都是低过敏性的，但我们建议在尝试任何DIY美容配方之前先做个简单的斑贴测试。把一点产品放在手臂上，用保鲜膜覆盖，并在那里停留一段时间。如果没有任何不良反应，您可以确信不会对这些成分不耐，而且这些DIY美容配方将带给您的脸、皮肤和头发非常显著的美容功效。