

**LV**

## **PUMPKIN FOR BEAUTY**

Pumpkin is one of the gentler beauty products, and therefore suitable for every skin type. It cleanses and soothes the skin.

### **Pumpkin mask for all skin types**

Squeeze the juice out of peeled and minced fresh pumpkin; moisten the gauze pads (thin cloth pads) in the juice; apply them on the face for 15-20 minutes. Apply this mask 2-3 times a week. The full course consists of 15-20 masks. The mask is suitable for all skin types; it vitalizes, moisturizes and cleanses the skin.

### **Pumpkin patches to cure tired eyes**

Chilly pumpkin patches help to cure tired or swollen eyes. Grate the pumpkin, keep for a while in a cool place, then place it on the thin cloth and put on the eyes.

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### **Pumpkin pulp is a sort of sponge**

Pumpkin pulp not to be thrown out. Extract pumpkin pulp, and use it to wash your body in the shower. Your skin will be grateful for potassium, vitamins and carotene.

### **Pumpkin mask for dry and normal skin**

Mash 2 tablespoons of cooked pumpkin. Whisk in 1 tablespoon of olive oil until a smooth paste. Apply the mask on the face for 30 minutes, remove the excess substance with paper tissue. This nourishing mask is suitable for dry and normal skin.

### **Curing skin rashes (bumps, pimples, etc.)**

Grate the pumpkin and mix it with mashed cranberries. Apply this mixture on inflamed and infected bumps or pimples. Cranberry suspension efficiently treats such inflammations and infections, and with added pumpkin, it cleanses and heals the skin.