

# Best fruits for skin

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Skin is an extremely important organ of the human body. Apart from covering your body from external deteriorations, the skin represents the physical beauty of a person too. Therefore, how you would appear largely depends on how you take care of your skin. However, there are a wide number of methods that people use for taking care of their skins. Some of them are natural and others are based on chemical and cosmetic products. But, as an integral part of the nature, it is the basic instinct of the human kind to try something that tends to the nature. As a part of this, people have been using different natural components to utilize as beautification products. The basic reason behind this is that these natural elements and components have strong natural ingredients that directly help the skins. Anyway, using different raw fruits externally on the skin has become one of the leading beautification method in the recent few years. People use some specific fruits for their skin not merely because they are influenced by others, rather these fruits have deep natural components that help the skins directly. Decreasing sunburn, lessening the facial melanin, softening the skins to fit the seasons etc are the chief functions of these fruits. However, in this short eBook, we would like to focus on some of the most popular skin care fruits, what ingredients they contain, their functions, medical attributions, reviews from some real users and why these fruits are getting popularity so much. So, we proceed with the elaborated descriptions of some of the most important fruits for the skin.

## Cucumbers

Cucumbers (*Cucumis sativus*) are inevitable parts of salad dishes in many of the popular cultures. Some others prefer eating raw cucumbers. But, the most vibrating application of this precious vegetable cum skin care fruit is to apply on the skin. Cucumbers grow almost everywhere in the world. That is why it is so available around the globe. However, every beautician prefers cucumbers for some unique components.



Cucumbers contain high amounts of Vitamin B6, Protein, Dietary Sugar, Calcium, Iron, Vitamin C and other natural nutrient ingredients. All these elements are beneficial for the skin, especially for the face skins. This is the basic reason why beauty parlors across the world use cucumbers extensively.

Now, you may wonder why cucumbers should be applied and what their naturalistic benefits are. Well, those who suffer from permanent facial dryness can use cucumbers as the ultimate medications. The moisturizing qualifications of cucumbers are very renowned. On the other hand, the cucumber directly helps preventing blackheads, pimples, wrinkles and other general facial problems.

However, it is known to all that human body mainly consists of water. Nearly 65% of our body materials are water or watery substances. Therefore, water and our skins are interrelated. In this regard, cucumbers play extravagant roles in taking care of the skins because more than 85% of the things in cucumbers are watery substances. Therefore, applying cucumbers creates the necessary moistures on the skin.

### **Lemons**

Do you have a rough skin? Are you suffering from unwanted facial problems? Do you want a permanent but safe recovery? Well, applying lemons on your skin care create the protection. If you can apply a few slices of fresh lemons on the skin, it can both remove your facial strains and soften the skin immediately. In addition, many people love to apply lemons in their hairs for removing dandruffs. That means, you can use lemons both for skin care purposes and in your hairs.



The basic ingredient of the lemon juice is the citric acid. It helps the skin to get softened and clean. The same thing happens when applied in the hairs. For using in the hairs, you can add lemon juices to your regular shampoo. However, following is a list of benefits that can be availed by using lemons for skincare purposes.

- You can use lemon slices right at your dressing rooms. Applying lemon slices is no big deal.
- The fundamental benefit of using lemon juices is that your skin gets softer when applied. But, you need to choose the fresh lemons for the best possible outcomes.
- If you are suffering from spots in your elbows and heels, all you need is to apply some lemon juices and get immediate results.
- Though lemons are seasonal fruits, but you can avail them throughout the year. This is a plus for the lemon users.
- Adding lemon juices to your shampoo makes your hair and the skin (adjacent to the hair) even softer and dandruff free.

But, for better outcomes, you can mix lemon juices with honey or milk. Follow the instructions mentioned below.

- For thorough skincare, you can use two cups of lemon juice and message it for 20 minutes.
- Feeling bored of a dry skin? Add equal amounts of lemon juice, lemon and honey and use the mixture thoroughly.
- Mix small amount of sugar, fresh cold water and a few drops of lemon juice and use it every night for a clearer and wrinkle free face.
- On the other hand, use lemon juices by mixing up with your shampoo or olive oil for shielding hairball and dandruff.

Lemon slices can even be used for nail care, teeth and breath care purposes etc.

## Apples

You certainly love apples and apple juices. But, has it ever come to your mind that the apple extracts can become significant healthcare objects? Well, this has been proven true in the recent years. Though Adam's apple caused human kind to fall, but science has taken things to a certain extent. Medical sciences have found apples extremely effective for face and skincare. However, following is a list of the positive things about apples.



Dermatologists have found that apple juices are highly rich with vitamins C, E, A, k and vitamin B complex Biotin and Niacin also the mineral's zinc and copper. All these nutrient ingredients are necessary for toners that can protect the skins from sunburn and other issues. So, using apple extracts can help you in the following manners.

- Protecting from sunburn.
- Decreasing melanin and give the skin its natural outlook
- Helping the body to remain fit from dusts
- Works best for oily skins

Many people think that using the apple juice may result in a sticky face. But, the conception is entirely wrong. Though the apple juice contains good amounts of sugar, but as it is natural, it causes no problem.

## Limes

Limes are inevitable parts of salad items. But, the appropriate use of the lime juice can have magical effects on your skin. Yes, the truth is that if you take lime juices on a daily basis, you are supposed to get back your lost years. Well, this is not in generic sense, but your skin will cover it up.



On the other hand, using lime juices on the skin can reduce acne and other spots. It directly helps reduce your skin related problems. But, there are some specific procedures for using lime juices. Keep the following things in mind when applying this natural extract.

- Lime juice can be applied at home. You do not require going to the beauty parlors for using this natural resource.
- It works best as an anti-aging complexion. It gives you clear and clean skin reducing the roughness and other skin problems or issues.
- The lime juice directly reduces the skin wrinkles, acne, general spots etc.
- For oily skins, lemon juice can play magnificent roles.
- If applied in the skin, it reduces the tiredness of the eyes.

However, you can apply limes on the skin by slicing them up. On the other hand, if you plan to take limes as food, you can take lime juice syrups and with your regular salads. It is to be noted that, using limes with everyday meal has become a regular thing in the Indian subcontinent.

## Papayas

In the recent few decades, using papaya for skincare purposes have got enormous popularity. The basic benefits of using papaya include whitening the skin, making the skin softer and clearer, removing the spots etc. Papaya includes lower sodium ingredients and higher amounts of Vitamin A. it makes it better qualified for the skin. However, following is an elaborate discussion on how to use papaya on the skin and what are the benefits of it.



- Papaya includes ‘Papain’ which helps the body to remove the dead cells and replace them with the new ones. With this, Papaya helps the body to remain ever younger. 😊
- The Vitamins and other nutrients that Papaya contains are renowned as anti-aging contents.

Using Papaya is quite easier. You can use both the green and ripe Papayas.

- You can mix papaya juices with honey to make a mixture. This will help the skin relieve from the dead cells. Well, you perhaps know how essential honey is for the skin.
- You can also mix papaya with lime or pineapple juices.

Papaya has multi-dimensional use. It basically depends on you that how you would use papaya for yours skin. But, the secret about Papaya is that you can apply it on your hair as well. If you are suffering from dandruff, you can apply it along with your regular shampoo. Papaya makes your hair more silky and nice-looking. In addition, papaya actively defends sunburn and other melanin stimulating problems.

## **Pineapples**

Are you concerned about a dry and abnormally harsh face? Do you need a naturalistic solution? Well, beauticians agree unanimously that pineapples contain nitric acids and other vitamin ingredients that are absolutely beneficial for the skin – especially for the face and other softer and vulnerable parts of the body.



Some of the greatest benefits of using either pineapple slices or pineapple juices on the skin include:

- Softening the skin almost instantly. But, you need to know what amounts of juice or how much pineapple slices you are supposed to use. Overstuffing your skin with this fruit can cause negative outcomes.
- Cleaning your skin from unwanted wrinkles and other spots is another benefit of using pineapple extracts.
- Works actively against dryness of your skin and recovers softness.

However, you can either apply pineapple juices on the skin directly or by mixing up with other fruit juices or honey.

## **Bananas**

The usage of banana or banana piles as beautification ingredients is quite ancient. But, the results of using banana for skincare are ever effective. However, banana can be applied or used both by eating or applying on the skin directly. So, you need to decide what method would suite you more.



Banana contains high amounts of antioxidants and other valuable natural minerals that help you to maintain your skin ever young. That means, if you apply or take banana on a regular basis, you are more likely to avoid any kinds of skin diseases. It can also be used as an anti-aging fruit. Moreover, if you have allergic problems, banana can help you to get rid of the problems. Medical studies have found that banana or banana peels can immediately stimulate your body to fight against allergy. However, you can use banana slices or molds.

### **Grapes**

When it comes to the issue of a natural face or skin cleanser, the name that comes next is of grapes. Yes. Grapes have extraordinarily higher amounts of antioxidants and natural resources that directly fight against the dead cells of the body. The anti-inflammatory ingredients present in grapes are also very important for skin care personnel and beauticians.





Do you think it is all? NO! There are more things hidden inside grapes. If you need some direct anti-aging ingredients, make sure to use the seeds of the ripe grapes. In addition, some people even prefer currants for skin care purposes. By the way, there are some renowned skincare medications in the market that are directly produced from the grape extracts. So, it is expected that you would realize the significance of grapes!

### **Strawberry**

If there is any fruit that almost everyone likes, that would be 'Strawberry'. We love strawberry flavor almost in everything – ice-cream, oil, perfume etc. but, have you ever thought that Strawberry can also be used for skincare? Well, you can use Strawberry extracts to remove the dead cells and soften your skin.



Many of the beauty lovers prefer Strawberry juices to be applied as masks. By doing this for around 20 minutes daily, you can give your skin a glazing outlook. However, Strawberry contains some high quality ingredients that help the skins directly. In addition, the antioxidant that is present in Strawberry is also very good for the health.

### **Green coconuts**

You may wonder how coconuts can be used as skin care products. But, the thing is that the water or juice available in green coconuts is highly effective for the skin. It helps you directly in getting a smoother and wrinkle less skin. The truth is that every beauty parlors in the world use coconut sap as the magnificent beautification and skincare product.



### **History**

The history of using fruits for beautification and skin care dates back to centuries. Researchers have found that as early as the Romans and Greeks would use fruits for skin care purposes. In the ancient India, herbal materials and other fruits were being externally used by the ruling class people. But, fruits for skin care got a massive popularity in the recent few centuries. And, as on today, there are hardly any persons who do not apply fruits on their skins.

So, history backs it up that using fruits for skincare is not an alien thing. But, the truth is that the mode of the application has gone through certain changes. Hence, multidimensional usage has got a deeper root. Due to the mushrooming of the beauty parlors around the country, both male and female beauty lovers now prefer going to the parlors and use blends of fruit extracts on the skin.

Though there are so many anti-aging products available in the market, but some people may find them unsuitable for their skins. The best solution for them is to use something that is completely natural. Yes, fruits can bring in blessing for them. Anyway, the biggest

thing is that fruits are side-effects free. This is why almost everyone prefers using fruits or other natural resources instead of relying on chemical and cosmetics stuffs. Yet, studies have found that you might even have allergic problems with these chemical and cosmetic stuffs.

**F**inally, the fruits elaborates in this eBook are highly effective for both permanent and temporary skincare. The mode of the usage largely depends on what things you are mixing with it. But, it has been proved that if you use a mixture of extracts of different fruit items than using solely a single fruit, it becomes more effective and beneficiary. In that case, you must have to know what fruits you are blending and what benefits they offer. It is true that all of the fruits stated above offer significant amounts of antioxidants in them, but the quantity must vary. So, you should know all the details first and then choose the items.