COLLAGEN for the skin

It is said Bay leaf is stronger than botox or collagen.

TONER: In a pot, put 7-8 dried bay leaves. Add 200ml (6.6 oz) water . Bring to a low boil, for 10 minutes. Remove from heat and let it cool. Pour half the water into a bowl, add juice of 1/2 lemon. Pour into an atomizer spray bottle. This can be stored in the refrigerator for 1 month. Use this as a skin toner in the morning and evening.

MASK: Use the remaining bay leaf liquid: remove leaves, add 1 tbsp cornstarch, mix well. Heat to thicken. Transfer to a glass bowl or cup. Add 1 Tbsp shea butter. Mix well, let it cool. Add 5-6 drops of Vit. E, 1 tsp lemon juice. Mix well. Cleanse your skin, then apply this as a mask. Do this every other day. Leave the mask on for 30 minutes, then rinse with warm water. Wipe clean with the toner.

Another mask: Grind up a large leaf of Aloe Vera or use the Aloe Vera Gel you can get at a health food store. If you grind the leaf, strain the bits out. Mix1 Tbsp ground flaxseed and 1 Tbsp cornstarch in 5 oz water. Simmer the mixture for about 2 minutes until it is thickened, pour into a clean dish, add a teaspoon or grapefruit or lemon oil and 6-7 drops Vitamin E oil. Now add the Aloe Vera gel and mix well. Apply this mask 3 times a week to the skin. Keep it stored in the refrigerator, no longer than a week.