

Do It Yourself 10 Facepacks

With Fuller's Earth

<http://askDrTanu.com>

Do it Yourself 10 Simple Face Packs with Fuller's Earth

Facepacks with using Multani Mitti, known as Fuller's Earth, or Multani mitti, also commonly known as gopi chandan in India is an excellent skin-cleansing agent that helps to clean the skin of all the oil, dirt and dead cells caused due to the exposure to harsh climatic conditions and environment.

Fuller's earth consists aluminum silicates (clay minerals) of varying composition, a traditional skincare ingredient, offers high absorbing properties that leave the skin fresh and radiant. Highly beneficial to oily and acne prone skin, multani mitti's lime content kills harmful bacteria, removes excess oil and dirt, thus leaving the skin clean and soft.

Facepack 1 (Oily Skin)

- Multani Mitti (Fuller's Earth)
- RoseWater

This is the most simple facepack you can do, mix them into a paste, apply and leave it for 10-15 mins and wash. It helps to reduce oiliness and balances the skin pH levels.

Facepack 2 (Soft Skin)

- Multani Mitti (Fuller's Earth)
- Crushed Almonds (1 teaspoon)
- Milk

Mix them into a paste, apply and wash after 10-15 mins, makes your skin soft and fresh.

Facepack 3 (Glowing Skin)

- Multani Mitti (Fuller's Earth)
- Tomato Juice
- Sandalwood Powder
- a pinch of Turmeric powder

Mix them into a paste, apply and rinse with warm water after 10-15 mins, use it regularly for a glowing skin.

Facepack 4 (Radiant Skin)

- Multani Mitti (Fuller's Earth)
- Tomato Juice
- 1 teaspoon Honey
- Lemon juice
- Milk

Mix them into a paste, apply and rinse with warm water after 10-15 mins, use it regularly for a radiant skin, use regularly to achieve desired results.

Facepack 5 (Get Rid Of Dark Patches)

- Multani Mitti (Fuller's Earth)
- Mint Leaves powder (or paste)
- Yogurt

Mix them into a paste, apply on the affected area and rinse with warm water after 20 mins.

Facepack 6 (Toned Skin & Oil Free Skin)

- Multani Mitti (Fuller's Earth)
- Sandalwood powder (or paste)
- Milk few drops

Mix them into a paste, apply and rinse with water after 20 mins.

Facepack 7 (Flawless Skin)

- Multani Mitti (Fuller's Earth)
- Honey
- Papaya fruit pulp

Mix them into a paste, apply and rinse with water after 10-15 mins.

Facepack 8 (Even Skin)

- Multani Mitti 1/4th of tablespoon (Fuller's Earth)
- Yogurt
- Beaten Egg White

Mix them into a paste, apply and rinse with warm water after 20 mins, use regularly for desired results.

Facepack 9 (Treat Pigmented Skin)

- Multani Mitti (Fuller's Earth)
- Carrot Pulp
- Teaspoon of Olive Oil

Make a face mask and rinse with warm water after 10-15 mins.

Facepack 10 (Treat Tanned Skin)

- Multani Mitti (Fuller's Earth)
- Coconut Water
- Little sugar

Mix them into a paste, apply on the affected area and rinse with warm water after 20 mins.