

Granny's Simple Ways
to Have a Young,
Glowing and Soft Skin
Forever

- Yamini Kharat Saha

www.thevibrantwriter.com

Legal Notices

Copyright / Terms of Use:

All information contained herein is copyright © 2013 by Yamini Kharat Saha. Some rights are reserved. You MAY NOT sell this eBook for any price. You MAY NOT upload this eBook to any server or service for distribution. You MAY NOT publish this eBook or any portion of this eBook. You MAY NOT break this eBook down into articles or excerpts for publishing in any medium. You MAY NOT edit the eBook in any way including the removal or alteration of any hyperlinks.

You MAY distribute this eBook freely via email or other methods that don't involve hosting the eBook itself online in any way as long as all credits are left intact. You MAY distribute print copies of this eBook freely as long as all credits are left intact. You MAY NOT link directly to this eBook's pdf file on my server to distribute it via a link, but you MAY link directly to the download page at www.thevibrantwriter.com

You MAY NOT rewrite the content contained within this e-book or create other derivative works from its content to be sold, published, or distributed in any way without the expressed permission of the author.

2

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

Disclaimer:

All information contained in this publication reflects the personal views of the author, at the time of publication. While the author has made reasonable efforts to ensure the accuracy of the information contained herein, it is possible that typographical or contextual errors have been made or that information has changed since the date of publication.

The author shall not be held liable or responsible to any person or entity regarding loss or damage caused by, or allegedly caused by, the information contained in this eBook either directly or indirectly. The reader acknowledges that the author has compiled this eBook for general informational purposes only, and is not engaged in offering legal, financial, or other professional services or advice. If further information is needed, it is suggested that the reader consults with a qualified professional.

Personally, I want to thank all of my regular as well as new subscribers who inspired and encouraged me to write this free eBook. I will continue to write new articles, guides, and eBooks totally based on your feedback.

This eBook is dedicated to my Aaji.

Yamini Kharat Saha,
www.thevibrantwriter.com

3

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

Introduction

My Aaji that means Granny in Marathi was an amazing and inspiring lady. Unlike most women of her time who had their whole world wrapped around their kitchen and home; she had a stable government job which she continued with till her retirement and also managed the house and family very well.

She was always interested in learning or trying new things, may be a new recipe for a foreign dish or a new technology or an instrument the house did not need yet. I still remember the funny incident when she bought a mini ice cream maker that consumed so much ice that it became a good joke on us who were sitting around it for a lick of that ice cream that took forever to make. Thank God we kept that thing away or else it would have consumed so much ice that Global Warming would have started early 😊.

4

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

Introduction (Cont...)

My granny had various qualities but the one thing she always got compliments for was her radiantly beautiful, glowing, soft skin. Neither one of her daughters nor any of her granddaughters can hold a candle to her glowing and beautiful skin.

Most women or girls get so occupied with their ever increasing responsibilities as life goes on that they start neglecting themselves. Slowly this neglect starts reflecting on their face with multiple problems like discoloration, wrinkles, age spots, dullness, dryness and makes us look years older.

Suddenly one fine day we realize our mistake and buy the most expensive anti - aging treatment we can afford. Of course we want to believe in those tempting advertisements in which just with a touch of the magic cream or serum we'll get our youth back. After spending a fortune on these so called miracle treatments we still look the same just with lighter wallets.

I don't want to discourage you in fact just the opposite I want to encourage you to take regular care of yourself. My granny didn't gave much time to take care of herself but she was disciplined about her schedule and doing small simple things regularly was her secret to the beautiful skin that we all desire.

5

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

Solution

As our skin matures it needs more gentle care and moisturizing. I learnt it from my granny to make the bath time your beauty time if possible every day. No I am not saying to spend an extra hour in the bathroom all I am saying is a small practices maybe 5 minutes extra is the most what one needs.

No matter if you are 24 or 42 years old take care of yourself daily. Try these simple natural remedies everyday or at least three times a week and give your skin the healthy, natural, glow it truly deserves.

If you are about to try anything for the first time I would insist you to take an allergy test like a small sample behind your ear or inner elbow for few minutes at least 24 to 48 hours before applying the new ingredient on your face or body.

6

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

Glycerin + Rosewater



- ✓ My granny's favorite mix which she used everyday as a body lotion.
- ✓ You can mix Glycerin and Rosewater in equal parts and store it in a bottle. Glycerin is very sticky so if you are uncomfortable using 50:50 ratio, you can always dilute it with more rosewater
- ✓ Mix a little of both together till you find a consistency you like.

7

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

Glycerin + Rosewater

- ✓ Store it in a cool and dry place and shake it before every time you use. Avoid contact with heat or direct sunlight.
- ✓ Just after your bath dab your body with a soft towel and before it gets dry seal in the moisture by applying this mixer.
- ✓ Regular use of this inexpensive body lotion will make your skin baby soft and glowing. It moisturizes and restores the elasticity of the skin making it look young and yes you can forget dryness or wrinkles.
- ✓ If you have an oily, acne prone or sensitive skin I would not advice to use this mix on your face but it is completely safe on rest of the body.

8

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

Besan + Turmeric



- ✓ If you have an important event and don't have time for a facial this ancient beauty formula will come for rescue.
- ✓ Gram flour (popularly known as Besan or channa ka atta in India) with a pinch of turmeric powder is used for centuries as a face pack for an instant glow.

9

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

Besan + Turmeric

- ✓ This pack has always been a favorite and has been passed down from loving grandmothers to the newer generation who gladly use it after experiencing the smoothness and glow this humble mix gives.
- ✓ You can add various ingredients in it like lime and yogurt to treat discoloration and tighten the skin.
- ✓ If you have pimples you can try mixing it with sandalwood powder and rosewater. It also reduces the excessive oil.
- ✓ To reduce the growth of unwanted hair. You can apply this mix with milk or rosewater and after 20 mins or when it is dry rub it in circular motion or in opposite direction of hair growth. This also makes the skin smooth and glowing.
- ✓ From centuries brides even royalty use this pack as a whole body pack to get an enchanting glow for their special day.

10

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

Malai / Cream or Whole Milk



- ✓ Consuming milk daily has many benefits. It is a good source of calcium and is very good for the healthy nourishment of bones, skin, hair and eyes.
- ✓ What many people don't know is milk can be used as an effective cleanser. You can dab a cotton ball in milk and cleanse your face and neck with it. Wash it after five minutes. It makes the skin clean, fresh and also moisturizes it so you don't feel dryness after washing your face.

11

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

Malai / Cream or Whole Milk

- ✓ Regular use can make the skin healthy, smooth and radiant.
- ✓ If you apply milk or cream with almond oil you can get rid of dark spots, pimple marks or uneven skin tone.
- ✓ As mentioned earlier you can add milk to besan + turmeric face pack or any other face pack like with fuller earth (Multani Mitti) to tighten skin and give it a youthful glow.
- ✓ If you have dry or damage hair you can slightly rub in some milk on your scalp and hair 15 mins before wash to make it soft, silky and shiny.
- ✓ If you want to give yourself a spa treatment at home you can add milk to your bathtub with drops of your favorite essential oils, add some rose petals and light some scented candles now just get a book you like to read or play some soothing music and relax in it for 30 mins or more. You will feel fresh and rejuvenated.

12

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

Tomato



- ✓ A big red ripe juicy tomato can be the fastest and easiest solution for sun tan. Just rub the pulp all over your body, wait for 10 mins and wash off.
- ✓ It makes the skin fresh and is very effective to remove tan and dullness caused during summer.
- ✓ You can add tomato with besan + turmeric mix to make skin even toned if you don't want to use milk.

13

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

Tomato

- ✓ Tomato reduces the pore size and cleanse the skin using it regularly can be a good way to reduce or get rid of acne.
- ✓ Tomato pulp is great for oily skin as it reduces excessive oiliness.
- ✓ You can cut tomato in halves, dip one half in a bowl of sugar and gently rub it on scars or dark spots to reduce them.
- ✓ Tomatoes can help you match the skin tone of your neck, hands and legs with your face or help with any other part that has become darker than your natural skin tone.
- ✓ Tomato juice is a great relief from sun burn and also for other skin problems as it cools the skin and reduces itchiness.
- ✓ Tomato is amazing for whitening and giving a radiant shine to your skin. Rub half of a tomato on your skin and wash of after 10 mins for a faster result you can keep it overnight. You can also add honey to get a glowing baby soft face.

14

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

Natural Loofah & Pumice Stone



- ✓ Exfoliation is as important as cleansing, moisturizing and applying face packs.
- ✓ Exfoliation removes dead skin cells, leaving your skin clean, radiant, smooth and glowing from head to toe.
- ✓ Get a nice Natural Loofah and a Pumice Stone and start exfoliating gently once or twice a week. Use natural scrubs or granule sugar for face.

15

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

About Me



Hi Guys, I am Yamini. I am a Writer, Blogger, Ex-Banker and Wife to a loving husband. I love writing, reading and do a lot of research on topics that catch my interest. To name a few I would say topics like natural remedy on beauty or health or anything about positive thinking, mind and spirituality. I consider myself a student in the quest to find solutions and methods to make our life beautiful.

In my study so far I have learned that life is meant to be abundant in all aspects like health, wealth, relationships, and spirituality. We are meant to be happy, peaceful, and powerful. The way we think and feel about every little detail of our life shapes it. My blog is notes of my on going study about Natural Resource, Positive Thinking, Mind Power, Spirituality, Abundance Health and Beauty.

16

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*

Thank You 😊

- ✓ This is my first ebook and I had fun writing it.
- ✓ I want to thank you for subscribing to my blog and reading this eBook.
- ✓ I hope you enjoyed this eBook and other articles that I keep updating on a regular basis.
- ✓ Besides topics on being Radiantly Beautiful and natural resources, I also write on being Vibrantly Healthy, Mind and Positive lifestyle. I also write about great motivational books that can help us improve our life in all aspects.
- ✓ I would love your remarks on this book or any article on my blog and would love to discuss with you about everything that can help us make our life abundant with health, wealth and happiness.
- ✓ I also invite you to come and write a post for www.thevibrantwriter.com and share with all the readers your view on the above mentioned topics just get in touch.

17

www.thevibrantwriter.com

[Facebook](#)

[Twitter](#)

*Granny's Simple Ways to Have a Young, Glowing
and Soft Skin Forever - Yamini*