

Beauty Tips in Hindi: Daag Rahit Chehre ka Raaz

Sundar dikhna har kisi ki chahat hoti hai, iske liye zaruri nahi hai ki aap costly cosmetics ka upyog kare ya beauty parlor jaaye. Chehre ki khoobsurati ke liye zaruri hai ki aap iska khass khayal rakhe.

Aaiye jante hai kuch **Beauty Tips in Hindi** jo aapko de minuto me nikhari twacha: -

Beauty Tips in Hindi: Chamakti Twacha ke Liye Khass Tips

Tips for Wrinkles-

Ek chammach honey me kuch bunde neembu ke ras ki milakar lagane se chehre par wrinkles nahi padte hai. Is pest ko rozana use kijiye aur wrinkles ko apni twacha se koso dur rakhiye.

Tips for Glowing Skin-

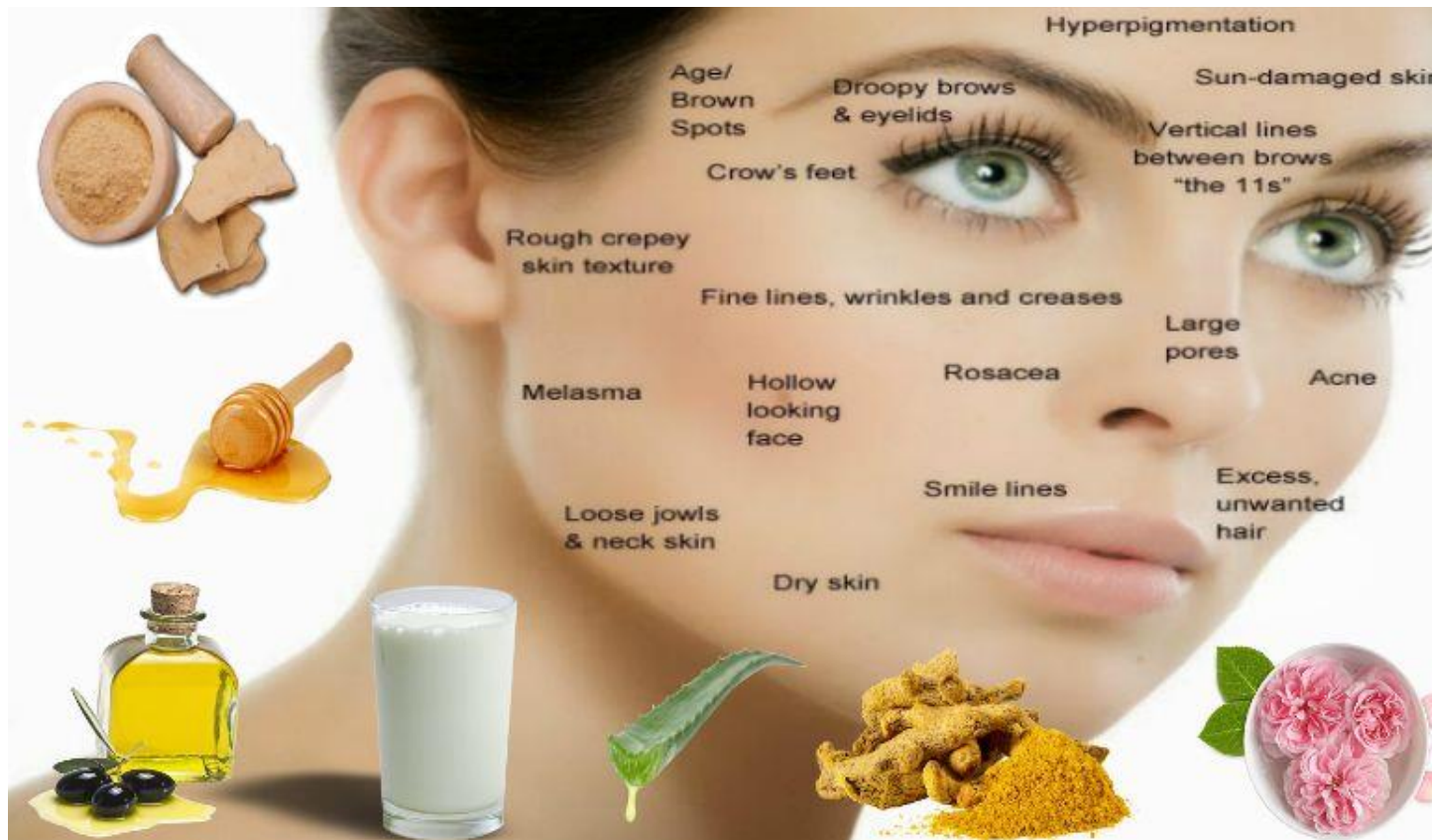
Khoob Saara paani pijiyee. Paani peene se sharir ka saara dushit satwa toilet dwara bahar nikal jaata hai. Jab sharir me gandagi nahi rahti to twacha par apne aap glow aa jaata hai.

Tips for Scrubbing-

Tamatar ka tukda lekar chehre par halke haatho se massage kare, aisa karne se chehre ki saari gandagi dur ho jayegi. Twacha ko nikharne ke liye scrubbing bohut zaruri hai. Scrub twacha ki dead cells ko hatakar romchhidro ko band hone se rokta hai.

Tips for Oily Skin-

1 chammach nimbu ke ras me ek chammach gulab jal aur peesa hua pudina milakar 1 hour tak rakhe. Fir chehre par lagakar 20 minute baad dhole. Isse chehre ka chipchipapan dur ho jayega.



Tips for Skin Tightness

Face aur neck par Honey lagaiye. Ise sukhne ke baad halke haatho se massage kijiye. Shahad ke sukhne ke baad gungune paani se ise saaf kare. Isse twacha me kasawat aaegi.

Dark Circles

Aakho ke neeche ke dark circles se bachne ke liye badam ke tel me honey milakar lagaye. Ise thodi der lage rahne de fir halke haatho se massage karke dho le.

Tips for Cleansing

Chehre se **Makeup** ke hatane tatha dhool mitti se bachane ke liye cleansing zaruri hai. Iske liye chawal ke aate me dahi milakar pest banaye aur ise chehre aur gardan par acchi tarah male. Iske baad chehra dhole.

Beauty Tips for Dry Skin

Nariyal ke tel me shahad aur santare ka ras mila le aur ise rukhi, fati hui twacha par lagaye. Ise acchi tarah se sukhne ke baad gungune paani se dho le aur halke haatho se pocchkar nariyal ka tel ya koi bhi moisturizer laga le.

Dur Kijiye Black Spots

Chehre se kale daag dhabbe hatane ke liye tamatar ke ras ko cotton me bhigokar daago par lagaye. Isse kale dhabbe saaf ho jayenge.

For Pimples

Aaloo boil karke uske chilke nikal le aur un cchilko ko chehre par male. Isse pimples ki samasya samapt ho jayegi.

Beauty Tips from Kitchen

Kya aap jante hai ki, aapki damakti twacha ka raaz aap hi ke ghar me chhupa hai. Jee haa hum baat kar rahe hai aapke kitchen ki. Aapke ghar ke kitchen me, jaha specially ladies apna jyadatar waqt guzarti hai, vahi chupa hai unki khubsurti ka raaz. Yaha dekhiye kuch aisi chize jo aapke kitchen me aasani se payi jati hai: -

- **Honey (Shahad)** – Honey ek aisa ingredient hai jo sabhi ke ghar me paaya jaata hai. Kya aapko pata hai ki honey aapki twacha ke liye kitna upyogi hai. Honey aapki twacha ke saare blackheads nikalne me aapki madad karega aur aapki twacha ko ek komal ehसाas bhi dega.
- **Gram Floor (Besan)** – Besan se to aap sabhi vakif honge. Gram Floor lagbhag sabhi ke gharo me paaya jaata hai. Yah khane ko jitna swadishth banata hai, utna hi twacha ke liye bhi laabhkari hai. Besan me neembu aur milk milakar aap ubtan bana sakte hai. Is ubtan ko apne chehre aur gardan par lagaye, thodi der rakhne ke baad thande paani se chehra dho le.