

# XCentric Ideas

30 March 2007  
Volume 2 — Issue 4  
by  
ALMA PRETORIUS  
alma@xcentricideas.co.za  
082 499 8482

Recipes &  
photos from  
Internet,  
magazines &  
recipe books



## Beauty at home!



# Crown of beauty...

## **Olive oil hair treatment:**

**Repair split ends, heals dandruff and makes hair shiny, silky & lustrous**

Massage a few tablespoons of olive oil into scalp and hair. Cover hair with plastic bathing cap and leave on for 30 min. or more, then shampoo as usual.

## **Lotion for frizzy hair**

Apply hand lotion to your hands, then gently smooth hands over your hair. Will help to tame unruly hair.

**OR**

Use the tiniest bit of Vaseline on your ends.

## **Salty spritz**

Mix 1 tablespoon salt with warm water and use to spritz hair before setting it. It helps your curls to stay in longer.

## **Lemon conditioner**

Mix the juice of 1 lemon with 1 cup warm water and apply to hair. Allow to remain for few minutes, then rinse.



## **Coffee Hair Glow Recipe**

Make a strong brew (espresso if possible) and allow to cool until only warm, not hot. Apply the coffee to dry hair and allow to remain on for 20 minutes. Rinse with warm water.



## **Lemon dandruff**

Mix few tablespoons of fresh lemon juice with warm olive oil and rub gently into scalp. Allow to remain for 15 minutes, then shampoo and rinse as usual.

## **Baby powder for limp hair**

Sprinkle baby powder onto your roots. Then brush hair or simply dust off the excess while styling your hair into place - gives you instant volume!

# Skin deep...



## Olive oil to moisturise

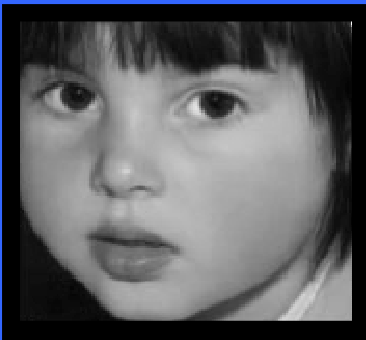
Massage a small amount of olive oil into skin whenever you need softening and moisturizing. Apply extra oil to rough or cracked areas.

## Apple for wrinkles

Grate an unripe apple and apply to clean skin to heal and improve the appearance of fine wrinkles or inflammation. Allow pulp to remain on skin for 10 to 20 minutes before rinsing with warm water.

## Strawberry Scrub

Just cut a strawberry in half, rub it over your face, and let it sit there for a few minutes, then rinse. Instantly softer, smoother skin!



## Cucumber for oily skin

1 teaspoon grated cucumber  
Splash of rosewater

Apply to face and allow to stay for 15 minutes, then rinse with warm water.

## Coffee grounds to exfoliate and firm

Those with dry skin will want to follow this with a moisturizer -

Mix 1/4 cup used coffee grounds and one egg white, combining well. Massage gently onto face, then allow to dry. Rinse off with warm water.



# Window of our soul...

## **Cucumber cure for puffy eyes**

Time-honoured because it works: Slice two thin rounds of cucumber, lie down and place the cucumber slices over your eyes. Rest for 15 minutes, then remove cucumber.

## **Spoon eyelash curler**

Use a spoon to curl your lashes. It's like curling ribbon with scissors - but don't use scissors to curl your lashes!

## **Vaseline as make-up remover**

Use a moist towelette to clean up any make-up messes or a tissue with a little bit of Vaseline.

## **Cucumber for under-eye circles**

Also great for tightening sagging under-eye skin, too:

Apply grated cucumber, either alone or mixed with an equal measure of carrot juice, to area beneath eyes. Allow to stay on for 20 minutes, then rinse with cool water

**OR**

Mix grated cucumber with milk and refrigerate 30 minutes, then apply to under-eye skin and allow to stay on for 20 minutes. Rinse with cool water.

## **Puffy eye remedy: strawberry**

Just place a few strawberry slices under your eyes and relax for 10 minutes, then remove the slices and moisturise.



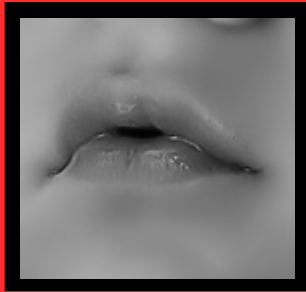
## **Vaseline mascara?**

Forgot your mascara? Put some Vaseline on your finger and then go over your eyelashes gently to make them shiny. Lashes really POP with this trick.

# Speak no evil...

## **Salty toothpaste:**

Gently brush your teeth with a paste of salt and water. Salt's gentle abrasive action makes teeth squeaky-clean and its anti-bacterial power keeps gums and teeth fresh and healthy.



## **Strawberry tooth-whitener:**

Simply rub crushed fresh strawberry pulp directly on your teeth to clean and gently remove stains.

## **Vaseline lipstick**

Forgot your lipstick or -gloss? Use Vaseline. If you want a little colour, simply scrape some blush into the palm of your hand and mix in a dab of Vaseline. Otherwise, use a **pink highlighter** as a makeshift lipstick, then soften the colour and add shine with some Vaseline.



## **Olive oil smoother**

To soothe and smooth dry, chapped lips - dab on a little olive oil.

## **Salt mouth-freshener:**

Dissolve a teaspoon of salt in a cup of warm water and use as a mouthwash. Cleaner, sweeter mouth and breath!

# Soft touch...

## Olive oil for cuticles and nails

If your cuticles are ragged and your nails brittle and dry, olive oil can help! Soak nails for 30 minutes in a small cup of olive oil.

## Oil for soft hands

Smooth on a generous amount of olive oil before bed, put on white cotton gloves, and go to sleep. Your hands will be softer and smoother in the morning!

## Lemon for freckles

To exfoliate dead skin and diminish the appearance of freckles and age spots, gently rub a cut lemon and 1/2 teaspoon sugar granules over the skin for a few minutes. Repeat at least once a week until the darkened areas fade.



## Hairspray nails

Dull nails? Not anymore! Hairspray can make them shiny in an instant.

Or

Massage a bit of Vaseline onto nails and cuticles for a quick nail treatment.

## Coffee hands

Coffee grounds will get rid of the oniony, garlicky or fishy smells that cooking leaves often behind on our hands: just rub a handful of used grounds all over your hands and then rinse with warm water.

# Steady step...

## Coffee grounds - Cellulite Buster

Those expensive cellulite creams have one ingredient in common: caffeine!

You can make your own cellulite treatment with caffeinated coffee grounds that works beautifully. Here's how:

The used grounds work better if they're warm.

1.  
Put some newspaper on the floor of your bathroom.
2.  
Mix about a quarter-cup of warm used coffee grounds with a tablespoon or so of olive oil. Stand on the paper and apply the coffee mixture to your cellulite areas using your hands or a loofah mitt. Don't worry if a lot of the coffee mixture falls to the floor; enough will stick to your skin to do the trick.
3.  
Wrap the area in plastic wrap and allow to remain on for several minutes.
4.  
Remove wrap and brush off excess coffee mixture. Shower with warm water.
5.  
This procedure is most effective when repeated twice a week.



# Household chores - Exercises!

## Top 10 household chores for burning calories\*

| Chore               | Calories |
|---------------------|----------|
| 1. Moving furniture | 225      |
| 2. Scrubbing floors | 189      |
| 3. Raking leaves    | 171      |
| 4. Gardening        | 162      |
| 5. Mowing the lawn  | 162      |
| 6. Washing the car  | 153      |
| 7. Cleaning windows | 153      |
| 8. Vacuuming        | 84       |
| 9. Washing dishes   | 76       |
| 10. Doing laundry   | 72       |

\* Estimations based on a 68 kg person and 30 minutes of activity





# Pick up the pace!

The key to turning any household task into exercise is to **pick up the pace** or **intensity** and sustain it for as long as comfortably possible without resting!

## Vacuum tummy

Activities like vacuuming can burn as many calories as a brisk walk.

If you contract your tummy muscles as you go, you'll get an abdominal workout, too.

"Try to breathe out as you push forward and in as you pull back with the vacuum."

And remember to switch arms so you work both sides of the body.

## Sweep work-out

Use a real broom and dustpan instead of a broom vacuum.

## Dishwashing

Wash and dry dishes by hand rather than dump them in the trusty dishwasher.

## Push-ups while you wait

If you're cooking food in the microwave, use the time to do some squats or push-ups against the counter. Waiting for the coffee to brew? Do some stretch exercises.



## Chopping exercise

Chop veggies by hand rather than using a food processor.



## Interval Workout

Climb two flights of stairs or do 100 jumping jacks between each chore.

Do the dishes downstairs, then make beds upstairs.

Go downstairs to dust and back upstairs to fold laundry.

It may take more effort and time but your thighs will thank you.

# Beauty has never been so easy!