

Ways To Use Turmeric Oil For Skin and Hair.

By Zeetem Naturals

The benefits of using this potent spice are endless as is the amount of ways you can incorporate it into your beauty recipes. My latest obsession is the production and use of herbal oils to pretty much all of my beauty products.



1. Make A Night Serum To Restore Complexion.

Turmeric does wonders for my complexion, so I used 2 tablespoon of turmeric oil, a teaspoon of carrot oil, and three tablespoons of sweet orange oil for a restorative, healing night serum that can support my skin under our hot weather.

2. Turmeric Oil for Hair



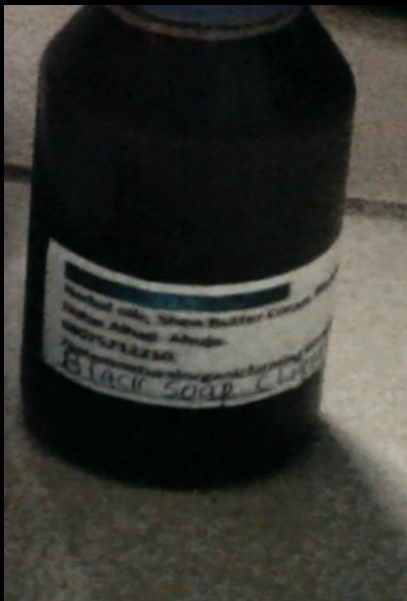
Turmeric is reported to promote hair growth and relieve dandruff. A healthy scalp means healthy hair and since putting turmeric powder in there can be a little messy, the most ideal way is using the oil on our tresses. You can add 10 drops of turmeric oil to your existing conditioner , hair cream , Shea butter or make an hot oil treatment by heating the oil and applying it throughout your hair and scalp cover with shower cap for 30 minutes before washing your hair . Either way, your hair will thank you later.

3. Get Relief From Acne, Rashes, spots and dry skin



I have a sister with super sensitive skin that seems to be constantly peeling off especially during harrmtarn and a friends daughter with lots of spots from allergies and insect bites and our herbal oils has been working well on their skin with spots fading away gradually . Whether it's due to shaving irritation, allergies, insect bites or dry skin, turmeric oil has shown to relieve irritation. For them I made a mix of zeetem naturals turmeric oil, sweet orange oil, carrot oil, and oregano oil and other herbal oils— all healing oils that are beneficial for skin . While you can use the turmeric oil straight, adding additional oils can decrease the slightly orange coloring of the turmeric and plant some extra nutrients on the skin.

4. For Bathing



Putting tumeric oil in every skin and hair care routine ensures getting guaranteed tumeric oil benefits one way or the other. You can add 2 drops of tumeric oil and sweet orange oil to your liquid bathing soap or simply oil your body with tumeric oil Wait for 5minutes and take a shower. Do this twice a week. You will be amazed at the results.

If you are busy and cannot find time to do these DIYs You can buy these oils,liquid black soap and herbal mixed Shea butter from us we also create custom herbal mix to suite your skin and hair.