



Beautiful Naturally

EM beauty

自制 DIY 面膜，
自然美

Common ingredients in masks DIY 面膜的基本材料

Honey 蜂蜜

Traditionally used to treat wounds and burn, honey contains antibacterial properties, and promotes skin metabolism and vitality, reduce pigmentation and prevents dry skin.

传统用于治疗创伤和烧伤，蜂蜜含有抗菌功能，能促进皮肤新陈代谢、减少色素斑和皱纹及防止皮肤干燥。

Milk 鲜奶

Most famously used in bath by Cleopatra, milk contains many skin benefits: makes the face look more radiant and smooth, prevents premature aging, reduces pigmentation, shrinks pores, helps heal wounds, nourishes and softens the skin, and exfoliates dead skin cells. *Alternatives: milk powder, yogurt*

著名的“埃及艳后”克娄巴特拉常爱以奶洗浴。鲜奶的益处包括：使肌肤更加容光焕发光滑、防止肌肤早衰、去除色素斑、收缩毛孔、帮助伤口愈合、滋养和软化皮肤、去除角质死皮。替代：奶粉，酸奶。

Mung bean 绿豆

Rich in vitamins, carotenoids, folic acid and amino acids, anti-free radical and anti-oxidants, mung bean helps cleanse and whiten skin, provides a cooling effect, oil control, and prevents premature skin aging, pigmentation and acne formation.

Alternatives: barley, oat, wheat, corn

绿豆富含维生素，类胡萝卜素，叶酸和氨基酸，抗自由基和抗氧化剂，绿豆可深层净化美白肌肤，给予控油工效，并防止皮肤过早衰老、色素斑、暗疮各种肌肤问题。替代：大麦，燕麦，小麦，玉米

Fruits 水果

Fruits are rich sources of alpha-hydroxy acids (AHA) that reduce wrinkles or the signs of aging, and improve the overall look and feel of the skin, vitamins A, C and E (anti-oxidants, anti-histamine for the synthesis of collagen and cell membrane protection), and enzymes that exfoliate the skin.

Rich sources: Papaya, tomatoes, cucumber, strawberries, kiwi, lemon.

水果富含 α-羟基酸 (AHA)，能减少皱纹和衰老的迹象，使皮肤变得更光滑，维生素 A, C, E (抗氧化、抗组胺，促进胶原蛋白的合成，保护细胞膜)，和酵素（分解角质剥脱）。木瓜、番茄、黄瓜、草莓、柠檬都很有效果。

Fermented Food 发酵食品

Fermented food like vinegar, beer, wine, yogurt, EM contain organic acids, alcohols, enzymes and chelators that are anti-oxidants (anti-aging) and good for exfoliating and detoxification. 醋，啤酒，葡萄酒，酸奶，EM 等发酵食物都富含有机酸和酵素，并具抗氧抗衰老、螯合（排毒）及去除角质功能。

General skincare routine 面部护理

- Cleansing 洁面
- Exfoliation 去角质
- Masks 面膜
- Toning 收缩
- Moisturizing 保湿
- Protecting 防晒保护/防晒霜

How to DIY Mask 面膜

Oily Skin 油性肌肤

- 3 tbsp mungbean starch 绿豆粉
- 1 tbsp EM₁
- 1 tbsp milk 鲜奶

Dehydrated/Stressed/ Tired Skin 干燥/受环境压力影响的肌肤

- 3 tbsp mungbean starch 绿豆粉
- 1 tbsp EM₁
- 1 tbsp milk 鲜奶
- 1 tbsp honey 蜂蜜

Pigmentation 色素斑肌肤

- 3 tbsp mungbean starch 绿豆粉
- 1 tbsp EM₁
- 1 tbsp milk 鲜奶
- 1 tbsp honey 蜂蜜
- ½ freshly squeezed lemon/orange
半粒鲜榨柠檬汁或橙汁