



# ***Skin Whitening***

## ***Forever***

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# Take the Darkness Out of Your Skin

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Ways to Make Your Skin Progressively Lighter and More Beautiful

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## Chapter 1: Skin Whitening – Introduction and Basics

If you have bought and are reading this book, the chances are you do not need to be convinced of the benefits of a lighter skin. You already know that you want a lighter skin. What you do not know is what you need to do to get it. A

nd that is exactly what this book is all about. This book will give you brilliantly effective techniques to making your skin lighter, techniques that have stood the test of time, and whose effectiveness thousands of people around the world can attest to. Best of all, most of these techniques are organic and safe. They will not cause unwanted and adverse side-effects, dark spots, pigmentation, or any of the other adverse effects associated with chemical lighteners.

So let's cut to the chase and introduce you to the most complete compendium ever devised, of ways to lighten your skin.

### Bad habits that you need to avoid

Before we begin on the techniques themselves, I am going to tell you about certain bad habits that you need to avoid if you want a lighter skin. We won't spend much time on this, because the focus of this book is really on natural and herbal methods of lightening your skin and that is what we will be focusing upon. But it is important to avoid these bad habits, because bad habits that cause a darkening of the skin can affect the efficacy of the herbal remedies that you are going to use.

Now, one of the first things that you need to do is to quit smoking if you are a smoking. Smoking has many adverse effects on the body, some of which are even life-threatening, but what is incontestable is that it is poison to the skin. If you smoke, your skin is going to wrinkle, become darker, and acquire a grayish complexion as well.

Another thing that can seriously damage the skin is the sun itself. Not only can the sun burn your skin, but it can also cause uneven coloration, or rather discoloration, of the skin. If you are going to be actively using herbal extracts to lighten your skin, then using sunscreen regularly goes hand-in-hand with that.

Remember that the herbal techniques that we are going to be recommending to lighten your skin are all beneficial to the health of the skin, and anything that will work against them and be detrimental to the health of your skin, is going to reduce the efficacy of the treatment.

## Good habits that you need to cultivate

Now, something that is very crucial to ensure that the techniques in this book work exceptionally well, is taking-in enough water. Many of the techniques in this book work by rejuvenating the skin, and this process requires that your body not be dehydrated. So you need to drink enough water on a regular basis – that is to say, around eight glasses daily – to ensure that these natural skin-whitening techniques work well.

Cleansing the skin is also crucial, because the health of the skin depends on shedding the older, dead layer of cells on the skin. This cleaning of the skin should be done at least twice daily.

There are a good many foaming cleansers on the market that work exceptionally well.

Make sure you use only those that are based upon organic ingredients rather than chemical ones. Apply an organic moisturizer after the cleansing process is complete. Exfoliation is also crucial and should be done at least four times a month.

Remember that there are different types of skin, and you should use gentle products especially suited to your particular skin type. Always stop using a product that causes an adverse reaction, at once. If you use make-up, remember that it needs to be removed completely before you sleep, to allow your pores to breathe at night.

Lastly, a healthful diet is crucial to the entire skin-lightening process. If you are not sure about what sort of diet is perfectly suited to lightening your skin, you will be glad to know that there is an entire section at the end of this book dedicated to just this.

For now, just remember that following the simple lifestyle regiment above can go a long way to make sure that your skin-lightening efforts are a success.

## Chapter 2: A Rough Overview of the Best Organic Ingredients for Skin-Lightening

In this chapter, I will just be introducing you to some of the ingredients that we will be using in our skin-lightening recipes. This chapter does not contain the recipes themselves, but will rather tell you what is special about each organic ingredient, thus empowering you to choose between them. Remember that each person's skin is unique, and that not every recipe will work for everyone. You will need to experiment a little to find the most effective approach to use for your particular skin type. The ingredients below can be used on their own, and will give excellent results, but are even more effective when used in combination with other ingredients in the recipes given later in the book.

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