



Skin Whitening Forever

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Take the Darkness Out of Your Skin

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.

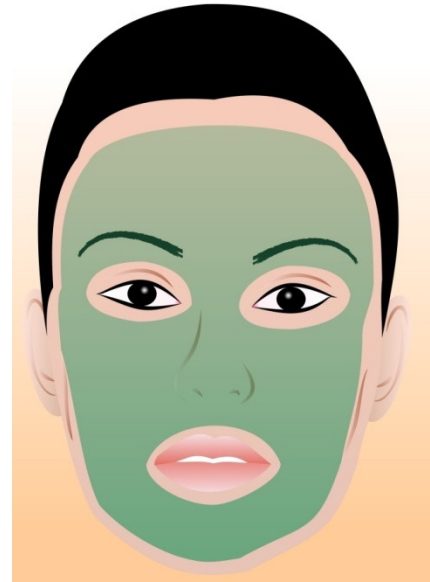
Remember that the herbal techniques that we are going to be recommending to lighten your skin are all beneficial to the health of the skin, and anything that will work against them and be detrimental to the health of your skin, is going to reduce the efficacy of the treatment.

Step 4:

Apply the mixture to the areas of your skin that you wish to lighten.

Step 5:

You need to leave this mixture in place for about ten minutes before washing it off.



Lemon, Honey, and Milk:

This is a recipe that can be very effective for some people, but may not necessarily suit others. By all means, experiment with it and see if it works for you.

Step 1:

Take equal quantities of lemon juice, milk and honey in a bowl.

Step 2:

Mix them thoroughly.

Step 3:

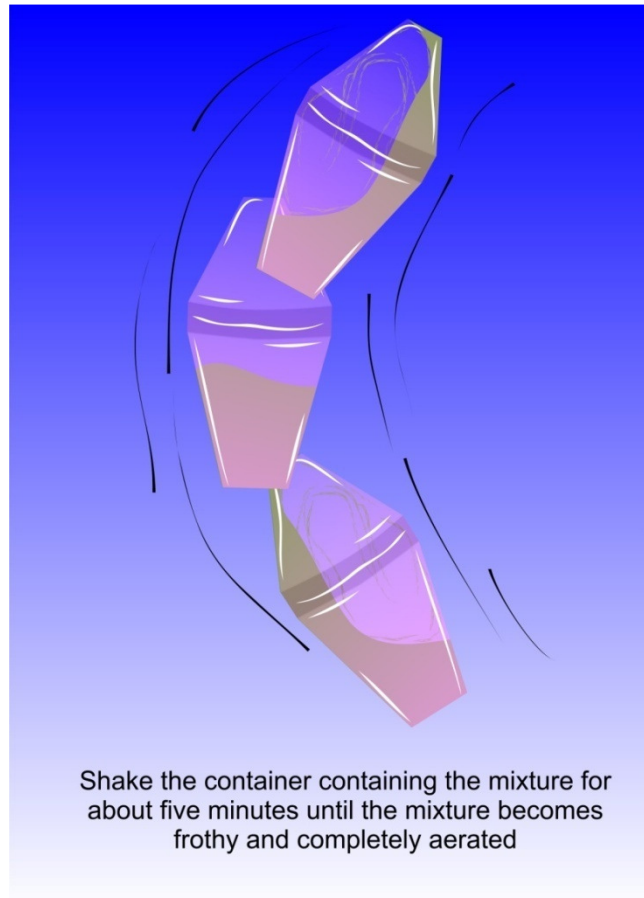
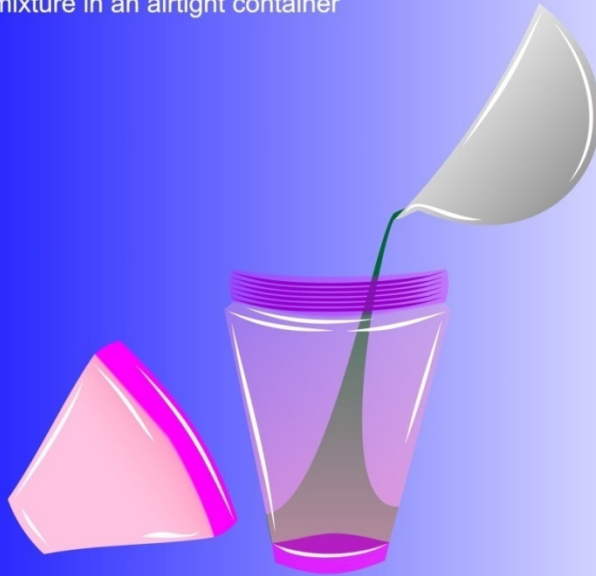
Make sure that your skin is thoroughly cleansed before you apply this mixture to it.

Step 4:

Leave this mixture in place for around twenty minutes, then wash it off gently.

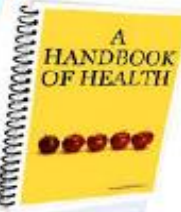
Step 4:

Place the mixture in an airtight container



Shake the container containing the mixture for about five minutes until the mixture becomes frothy and completely aerated

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