

Got Milk?

Milk is rich in Lactic Acid, which belongs to the family of alpha hydroxyl acids. Milk is effective in skin care, and many studies show that several fruits are also rich in vitamins and anti-oxidants.

Sima Malka, CHIC cosmetics chief instructor explains, "Milk contains fats and proteins that nourish dry and cracked skin. Milk produces lactic acid (AHAs). It improves the level of skin moisture and its texture. It also helps remove dead cells.

"Milk will do wonders to your hair," says stylist Eric Miust of Saryna KEY. "Milk can make your hair look shinier than ever. It has vitamins, nano-keratin and nano-polymers that make the hair moisture-resistant. Milk releases amino acids, fatty acids and vitamins that fix the hair and wrap it to keep the natural moisture in. They also enrich it, giving it a fresh and healthy look, from the root to the end."

Gali Paltinov, a beautician from "Christina", provides several homemade care recipes:

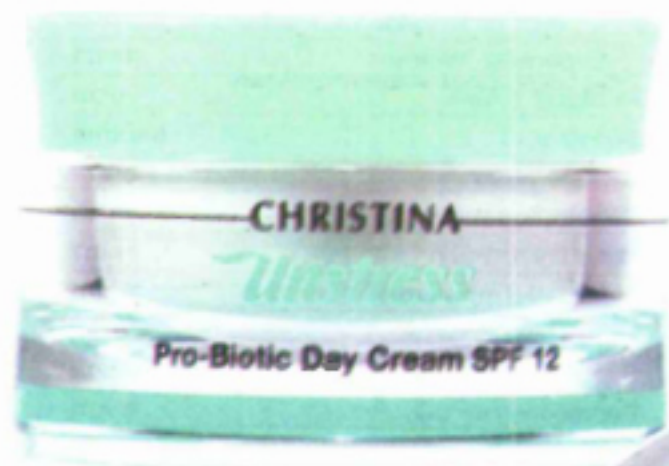
Nutritious Yolk Mask - mix an egg yolk or a whole one with a teaspoon of almond oil or sesame oil. You should add a cup of cream (שמנת), let the mixture rest for 30 minutes and then rub it on your face. The result - a rich mask which nourishes and gives you a luxurious feeling.

Hungarian Village Mask Facial Care - Mix 2 tablespoons of rice cooked in milk instead of water, 1 tablespoon of almond oil, 1 yolk, 1 teaspoon of honey and six drops of lemon juice. Mix until it becomes smooth. Rub on your face, leave the mask for about fifteen minutes and wash well with warm water.

Dry, Cracked Skin Care (body and face) - Heat a cup of milk, dip a cotton ball in the warm milk, squeeze and compress on your face, neck, hands and body.



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Saryna KEY



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