



# Makeup Removers

Nowadays, there are many different types of makeup removers to choose from. Commercial makeup removers are toxic, for many of them contain chemicals that tend to lead to cancer. Keep in mind, whatever you put on your skin will find its way into your body.

Makeup can be removed by using olive oil or coconut oil. Pour either one into a tissue and remove. Around the eyes, just pat gently. As any other makeup removers, don't reuse the same section of tissue for more than one wipe so you don't rub the makeup back on.

If you have oily skin, wash your face with soap afterward or blot the oily areas with 3% hydrogen peroxide.

Yours for health naturally,

***Dr B***

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