

# Some olive oil tips for your beauty

**The extra virgin olive oil is rich in polyphenols and hydroxytyrosol who prevents oxidation of keratin, the protein essential to healthy, supple skin, lustrous hair and strong nails**

by S. C.

Olive oil is not just for cooking, it has many other uses.

Also Sophia Loren who was voted the world's most naturally beautiful person reveals that the secret of her beauty is "the odd bath in virgin olive oil".

How could be used olive oil for beauty?

- in place of shaving cream. The oil will soften whiskers or hair and give you a close, smooth shave. Men with sensitive skin can also use the oil on their beards.
- to remove make-up and condition your facial skin at the same time. Add a few drops of oil to a cotton swab or a Q-tip.
- to moisturize dry areas of your body. A small amount will do and can be used on chapped lips, dry feet or anywhere else you want to moisturize. Olive oil can also be used in baths to help soften the skin.
- for shiny hair. Apply to clean hair and wrap in a warmed towel. Allow to sit for 20 minutes then rinse well. If you suffer from frizzy hair, olive oil may tame your unruly locks. Olive oil can also help with split ends and dandruff.
- on your feet with clean white cotton socks. Helps to soften up you feet and it absorbs better than baby oil
- on body scrub use a paste of olive oil and salt or sugar
- chapped lips can be reduced by application of little olive oil before going out in colder weather.