

An aerial photograph of a city skyline at sunset. The sky is a mix of orange, pink, and blue. The city below is densely packed with buildings of various heights. A semi-transparent dark grey rectangular box is overlaid on the right side of the image, containing white text.

BAKING
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BAKING SODA USED IN THIS WAY CAN MAKE YOU BEAUTIFUL 10 YEARS YOUNGER IN JUST FEW MINUTES!

Baking soda is a powerful versatile ingredient that can be used for anything from cleaning to treating skin and health problems.

It is usually used for rising dough, but it can also treat and prevent numerous diseases and conditions and whiten clothes.

Besides this, people use baking soda as an effective odor absorber and a carpet freshener as well as an all-surface cleaner. However, baking soda can also be used for aesthetic purposes as well and can drastically improve your beauty.



1. FIGHTS ACNE

Baking soda is an effective remedy against acne and pimples – just prepare a paste with some water and use in directly on the acne to get rid of it.

2. TEETH WHITENING

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Take your favorite whitening toothpaste and read the contents on the label – there should be baking soda in it. When combined with hydrogen peroxide, baking soda can whiten your teeth, although it shouldn't be used too often as it can damage your teeth enamel. Using it once a week should be sufficient.

3. FRESHENS THE BREATH

If you're suffering from bad breath, you know that those mint drops do nothing. They only hide the underlying problem of halitosis, but baking soda can eliminate bad breath effectively and quickly. Put a teaspoon of baking soda in a glass of water and mix until it dissolves, then gargle the solution to disinfect your throat and oral cavity and eliminate the bacteria. Repeat the process every other day for best results.

4. SOFTENS THE SKIN

If the skin on your hands and feet is dry, apply a mixture of baking soda, water and soap and massage nicely, then rinse with warm water. This will hydrate your skin and can also relieve the odor from your hands after preparing some meals.

5. KEEPS THE HAIR HEALTHY AND CLEAN

The shampoos and conditioners we use are not as good as advertised – they usually contain chemicals that can harm the scalp and the hair as well. However, using baking soda as a conditioner will keep your hair and scalp healthy and clean. Just make sure to use it only once a month as the pH levels of baking soda are high.

6. RELIEVES BODY ODOR

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Fill your bathtub with water and add a small cup of baking soda, then soak yourself in the mixture to neutralize the bacteria and acids on your bath that cause unpleasant body odor and relieve oily skin. Repeat the process once or twice a week to make your skin smooth and soft.

7. KEEPS YOUR NAILS CLEAN

Mix 3 parts of baking soda with 1 part of water to prepare a paste that can be applied on your nails. Rinse afterwards and your nails and cuticles will be healthier than ever

8. ELIMINATES SWEATING

Baking soda can be used to make a natural DIY deodorant – just add a few drops of your favorite essential oil in 4 tablespoons of baking soda and apply the mixture on your underarm to kill the bacteria that's causing the odor. This natural deodorant will keep you fresh for hours and can be safely reapplied when needed.

9. A NATURAL EXFOLIATOR

Include baking soda in your facial routine every day to keep your skin clean and healthy.