

Hosted by Lillian Zeltser

“To Health, Long Life & Pleasures! “ Show

**“Food is Your Medicine” Weekly Wednesday Segment @ 5:30 pm
Eastern time on Talk Radio Station 830WEEU, Pennsylvania**

Miracle Face & Hair Mask

(Hungarian Paprika for Radiant Skin & Healthy Hair)

Paprika is an undeniable functional powerhouse of essential vitamins, minerals, and beneficial compounds that transform the skin, delivering a plumper appearance and a vibrant, natural glow. It expertly boosts blood circulation, which markedly reduces wrinkles. Moreover, its potent ingredients effectively combat blemishes, blackheads, freckles, acne, and age spots with impressive results. It is also highly effective in promoting hair growth and enhancing the shine and volume of hair on the scalp.



Ingredients:

2 x Tablespoons of Hungarian Paprika Powder
2 x Tablespoons of Thick Plain Yoghurt
1 x Teaspoon of Raw Honey
10 x drops of Lemon Juice (optional and recommended if you have oily skin or stubborn blemishes on your skin)

Preparations:

Mix paprika powder (do not use smoked variety) with yoghurt, lemon juice (***) and honey for 3-5 minutes or until the face mask is homogenised and has a creamy consistency. Add a little more paprika if your yoghurt is too runny.

Applications

Face: cleanse your skin with water, then, using your fingertips, apply a thin layer of it all over your face, avoiding the eye area.

If the mask accidentally gets into your eyes, rinse immediately with cold water.

Leave it on for 15-20 minutes, then properly rinse the face mask off with cold or lukewarm water. Don't be alarmed by the redness of your face after the application, as

it usually indicates an increase in blood circulation in the area, which is necessary for triggering the process of skin rejuvenation.

Hair: Apply to unwashed hair by gently massaging the mask into your scalp. Leave it on for 15-20 minutes, then rinse it off and wash your hair as usual. Some people with sensitive skin might experience a gentle skin-warming sensation, which should disappear in 5-10 minutes after application.

*** For more functional recipes for better health, long life & pleasure:

<https://www.amazon.com/Aphrodisiac-Adventures-Lillian-Zeltser/dp/0648804631>

www.aphrodisiacexpert.com