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## Beauty corner

Posted by saava - 2007/07/14 02:30

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You dont have to be rich to be beautiful or handsome so guys lets share some of the tips about beauty without breaking a bank.

Remember Grandmoms use the broken pots, put it in the fire and straight their hair, or to use paw-paw leaves to soften their hands, so come on ladeis.

No1:

I will start with lemon: this fruit has so many use, for those who want to loose weight: you cut it in half squeeze it in a glass of warm water drink it first thing in the morning, ahhhhhhhhh don't throw that skin away yet, sqeeze that juice in your hands rub them for lets say 3mins , gather your fingers and rub that lemon skin all over your nails, last but not least rub that skin on your elbows then on your knees wait for 5mins and go wash it off.

No2:

You can squeeze some lemon juice in a small jar of pure vaseline, its better to keep this vaseline in the fridge, and please mark it, you don't want any body use it as mayonnaise. As for pimples dilute that lemon juice, use a cotton ball and clean your face leave it in for 3mins, then rinse.

Warning:

You must consult your physician before you try this or any beauty tip on this board, good luck and lets hear from you.

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## Re:Beauty corner

Posted by kayanzi - 2007/07/14 20:37

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Saava, I've been using lemons and lemon juice for quite a while now... and yes it works wonders.

Another one is Vinegar.... google 'uses of vinegar' and the world is yours to conquer...

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## Re:Beauty corner

Posted by Meli - 2007/07/14 23:30

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Drinking lots of water moisturises the skin and makes it look younger. The medical world certifies this fact.

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## Re:Beauty corner

Posted by saava - 2007/07/15 06:38

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Kyanzi, now that's not fair we said we are going to share not to Google

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## Re:Beauty corner

Posted by AfricanQueen - 2007/07/15 20:41

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My tips are : Eat fruits, drink(water),(Ginger tea)(White Wine), work out regularly (minimum 30 minutes/day) sleep well(8-9hrs/night), be happy and ofcourse get that intimate time with your partner/lover. \*Smiling\*

These are my beuty tips. Really something to think of everyday.

"African Queen"

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## Re:Beauty corner

Posted by omumbejja - 2007/08/30 18:15

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To smoothen wrinkles and moisturise the skin the natural way, peel an apple, mash it and blend with one teaspoon of honey. Apply the mixture on the face and neck slowly in an upward direction. Wash off with warm water after 15 minutes to see a marked improvement. Try this thrice a week for three weeks and then only once a week to find a distinct lack of wrinkles and moisturised skin.

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## Re:Beauty corner

Posted by omumbejja - 2007/09/05 08:14

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juice into a full glass of boiled milk. Apply as a face wash regularly. Pimples will go within five days. You can also take ripe tomato pulp and apply it on the pimples. Leave it for one hour and wash off with water.

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## Re:Beauty corner

Posted by omumbejja - 2007/09/05 08:17

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THEY are the most traumatized, yet they receive the least attention. They touch and clean every part of us, every corner of the house and every utensil. They endure the harshest detergent you would not want any other part of your body to come into contact with. But how many times do you give your hands a treat?

A friend once joked: "Show me your hands and I will tell you what you are." Indeed, we forget that after the face, the hands are the next part of our body that will give us away without the slightest warning. They are the most visible parts of you. You use them in everyday activity. It, therefore, follows that you must give them the same attention you give your face. Though the market is flooded with cleansers, toners, moisturizers, make-up removers, creams that claim to prevent or reduce wrinkles, etc, for the face, there is little else you can apply to your hands other than the standard hand and body moisturizing lotion. And if you are really lucky, you might chance upon a hand cream. Do not despair though, as hands do not ask for much. All they really need is moisturizing — lots of it — and exercise too.

Go forth, give them a treat keep a piece of lemon next to your hand-washing soap. Rub it over your hands at least once a day, before washing. This will help delay the onset of age-spots.

-Get into the habit of wearing rubber gloves when doing your housework like dusting and cleaning.

-If you are the type who crack your knuckles, stop now unless you think wobbly fingers are a turn-on.

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-Long nails can look elegant, but only if they are kept in shape. File them regularly with an emery board – avoid a steel file as it can tear the nails and do more harm than good. Always file in one direction. The nails weaken and break easily if you file in a back and forth motion.

Remember, nothing looks as unattractive on hands as dirt under the nails. If you cannot keep your nails clean, keep them short and simple.

-Soften your hands even when you do the dishes. Add a little sweet almond oil (about a teaspoon) to the water. Almond oil can be bought from beauty shops and supermarkets in town. The water will soften the rough skin while the oil seals the moisture.

-Slough off dead skin cells with a solution made of sea salt lemon (it is available in beauty shops and supermarkets in town). Brush it into the hands with an old toothbrush. Do this twice a week to soften your hands and remove discoloration.

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### Re:Beauty corner

Posted by omumbejja - 2007/09/05 08:19

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To get immediate relief from an irritable cough, take a thin slice of freshly cut onion and pour two teaspoons of honey on it. Keep aside for 3- 4 hours and then remove the onion and lick the honey. You will get substantial relief from an irritable cough.

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### Re:Beauty corner

Posted by omumbejja - 2007/09/05 08:20

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For sparkling teeth, try sprinkling a pinch of soda bicarbonate on your tooth brush and brush your teeth once a day for 10 days. You will be amazed by the difference you can see after just five days.

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### Re:Beauty corner

Posted by JeenaJulia - 2007/09/05 09:14

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Anti twazze kuyambagana,banange this has worked for me ela abasobola mukigezoko namwe,enkwaso ya munno togigayalilila,just prepare two cucumber slices for the eyes then okwate enkwasso ogimete mu face nga okozesa round or circular moves,leave to dry for about 10-15 minutes,onabemu face neka medicated soap nga dettol oba asepsa,in just one week gwe anaba akigezezako onombulila.

Dont forget Kampala mukadde for those disturbing acnes,bikola ba sis namwe ba bro abakyayila dala ekiyitibwa okumela ekilevu.:unsure:

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### Re:Beauty corner

Posted by omumbejja - 2007/09/05 17:04

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Jeanjulia nze waliwo eyangamba nti enkwaaso egonza engalo, naye ekya face kyaali kya goba mbalabe nti ngolina gikozesa yokka nga totadeemu kintu kyonna kind of musk then nonaabamu oluvannyuma lwe ddakiika ttano. Obwo bwetuyita obulungi obutaliimu chemical.

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## Re:Beauty corner

Posted by luutu26 - 2007/09/05 17:34

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Omumbejja ssebo nkulamuzisa mubitibwa byo byonna webale kubera wanno era ndwoza tunakuwa lya speaker wa parliament yaffe . Meli yabulirawa? Jeanjulia mukwano enkwaso kyeki era bazigulawa? nze ebilevu byantama.

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## Re:Beauty corner

Posted by omumbejja - 2007/09/05 17:57

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Luutu twe tuzzitwo, otwo otwomulembe twofuna oluvannyuma lwokulinnya kirimanjaalo.

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## Re:Beauty corner

Posted by luutu26 - 2007/09/05 18:09

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Heeeeeeeee ssebo omumbejja kati bwokwatta nosiga mu face yo nowona embalabe. Jeanjulia bwakozesa naye kati ekitegeza buli lunaku muyina okwegata okumala week okusobola okufuna enkwaso.

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## Re:Beauty corner

Posted by omumbejja - 2007/09/05 18:25

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Luutu embalabe ziggya mungeri nyingi stress ,changes in womans body nenviiri ngazetaaga okuyonja. Kati nno ssebo bwofunanga okubudabudibwa oyinza okwesanga ngogenda kuba musawo inside out, ndwoza kisinziira nga bwolaba nti eddagala erimu liri strong, or maximum nga bwotwaala extra strength tewetaaga lingi oba okulikozesa emirungi emingi

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## Re:Beauty corner

Posted by JeenaJulia - 2007/09/12 07:20

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luutu26 wrote:

Heeeeeeeee ssebo omumbejja kati bwokwatta nosiga mu face yo nowona embalabe. Jeanjulia bwakozesa naye kati ekitegeza buli lunaku muyina okwegata okumala week okusobola okufuna enkwaso.[/quote

:laugh: :laugh: Nedda Luutu tekyetagisa kwegata bulu lunaku,nebweguba gumu mu week,akikoze ayinza okukijamu enjawulo.

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## Re:Beauty corner

Posted by omumbejja - 2007/09/12 18:55

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Dear doctor Jeanjulia olulala bwoobanga ogaba eddagala osigalangawo nonnyonyola neddagala ki lya gaba ne dose, bwewali omaliriza wakoona ku Kampala mukadde komawo omaleyo before you lose your license .Kampala mukadde ddagala ngomusota gubozze omuntu ndwoza kampala mukadde takoma ku calminga baami bokka naye nobutwa bwomusota tabulabako . Nawulira nti nebwajja omuliro era osobola okweyuna clinic eyo. Ngojjeeko ne tapu yo mukyaala tewonya besiyee walagi yelerula.

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## Re:Beauty corner

Posted by Kalibattanya - 2007/09/12 19:00

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Kati ffe abasomera e Kampala Mukadde mutulowozezza ko mutya nga Kampala Mukadde mumutuuma bulingiti?

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## Re:Beauty corner

Posted by omumbejja - 2007/09/12 19:10

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Era nga bulijjo Jeanjulia yeyaleese obuzibu, nze ndi mugoberezi nkolera kubiragiro nokubisoma sibisoma , nga nadduse dda okubitukiriza. kati ogamba linnya ki elyabantu liri out of question mpozzi onoyitayo sweet-candy.

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## Re:Beauty corner

Posted by JeenaJulia - 2007/09/14 07:20

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Awo tewali buzibu nakamu kubanga mukimanyi bulungi nti ebintu oba abantu abomugaso enyo bitela oba batela okubulwamu amanya negatumibwa ebintu ebilala olwo baleme okwelabilwa olwo ekyo ekilungi kyebaba bakola. So gwe yenna eyasomela mu Kampala mukadde hold your head uphigh kubanga eddagala elyo elya kampala mukadde lyatassa ate ela likyatassa bangi okujako nti kati obuzibu bwa kino ekyatujilila ngamba nawokela wa mukenenya.

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## Re:Beauty corner

Posted by omumbejja - 2007/11/13 07:58

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Soft Hands

So your hands don't feel soft anymore?

Too much water and chemicals

Get into the habit of wearing rubber gloves when you do any cleaning around the house.

The reason? Cleaning agents can be extremely harsh on both nails and hands. The nails when exposed to water, swell and then shrink back as they dry. This contributes to brittle nails.

Try some of these simple hand exercises:?

Stretch your fingers wide and clap hard, so that your fingers of both hands are aligned - i.e. thumb to thumb, forefinger to forefinger. Not only is this yogi exercise good for the hands, it aids blood circulation as well. Don't do this in public though, unless you want to be mistaken for the alternate species of humankind.?

Stretch your hands out in front of you, pull back curling in fingers with as much pressure as possible, as if you are trying hard to pull in something heavy.?

Hold both hands in front of you with palms facing inwards, loosen their wrist grip and flap them backwards and forwards.

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Feel them tingle as the blood rushes to them.??

Squeeze the tip of each finger as hard as possible for about five seconds. Any longer, and you'll be getting into acupressure - which is another story entirely.??

Close your fingers and circle your wrists ten times in each direction.??

Then of course there is always the alternative to visit your neighborhood beauty parlor. Most parlours provide an intensive manicure which could last from half an hour to an hour, in which you get a full cleansing and moisturizing treatment by the use of hand masks, followed by a hand massage. No, you say. You prefer lathering on hand cream every chance you get to sitting in a parlor staring at the roof for an hour while you get waited on hand and foot for one simple reason: You have a life. (Which means, in sour grape terminology, you have a job, a million other things to do and don't get the time.)

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## Re:Beauty corner

Posted by omumbejja - 2007/11/13 08:21

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-Wash hands thoroughly with warm water, then, using a coarse washcloth, rub briskly. While skin is slightly damp, apply a mixture of one teaspoon of honey and one teaspoon of olive oil. Place hands in small plastic bags, then in a pair of cotton gloves for 15-20 minutes. The heat helps the treatment to penetrate.

-Slightly warm a cup of milk (to temperature comfortable to the touch). Soak your hands for five minutes to strengthen the nails and hydrate skin. Not only is milk loaded with lactic acid, a natural alpha hydroxy acid that gently exfoliates dead skin, but its high calcium content will strengthen fragile nails.

-Coat hands in a layer of sweet almond oil, to nourish and soften, then wrap them in a warm towel and relax for 15 minutes. Unwrap, and gently push back cuticles using a rubber hoof stick (available from beauty shops). Never use cuticle clippers, as they can nick the skin. Rinse hands with warm water and dry thoroughly to remove any oil residue.

-Before you go to bed, lavish on the Vaseline and then pop on a pair of cotton gloves. Your hands will be incredibly soft by morning. Well, if only you knew how appealing a beautiful pair of hands is, you would make sure you take out the time.

Information from beauty den.com

### STEP 4

Apply one coat of base coat over your entire nail and allow a couple of minutes to dry. This will help strengthen the nail. Some products also level fine ridges and imperfections, leaving a smooth surface to apply polish. There's a wide range of base coats to choose from.

### STEP 5

For a square look, paint a straight line across the tips; for a rounded appearance, follow the curve of the nail; and to get a pointed style, paint in from each side to the center. Some manicure kits include sticky strips to use as a guide. When applying, lay your hand on a flat surface and keep the ball of your painting hand steady by resting it on the same surface. Leave to dry.

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## STEP 6

Finally, apply a coat of translucent shell-pink nail polish over the entire nail to seal the whitened tip and complete the look. Allow 10 minutes for it to dry. For extra shine and protection, apply a clear, glossy top coat.

## French manicure

## Hand Massage

To stimulate circulation, rub your palm over the back of the hand and then repeat with the other hand.

This movement is very similar to washing your hands and it does not only stimulate circulation, it also warms the hands.

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