



## Meghan Markle's Facialist Swears By These Cheap DIY Face Masks

Listen, I'm not going to pretend that Meghan Markle was just magically born with perfect, pristine skin. She's a celebrity, with special celebrity privileges (e.g. money, her own facialist, really expensive silk pillowcases, and probably, like, unicorn tears). But I'm also not going to pretend that I don't want her skin for myself. So you can bet that I was pumped when her facialist, Nichola Joss, shared the best DIY face mask for getting Meghan's glowy skin. And yes, it's crazy cheap and easy.

Before she became the world's favorite royal, Meghan openly raved about her favorite beauty products for her celeb life, including Giorgio Armani Luminous Silk Foundation for sheer, natural-looking coverage, Laura Mercier Illuminating Primer for a lit-from-within glow, and Nars Orgasm Blush for a soft, pretty flush. And sure, she had her favorite skin-brightening serum and glow-y face oil.

But what if you don't have all the money in the world and still want to look, in the words of Gwen Stefani, like a wealthy girl? Then you take to the DIY masks. "At-home face masks are amazing, and I fully endorse them," said Joss in an interview with Refinery 29. "They're easy, free, and you have full control of the ingredients you're putting on your skin, which is why most of my clients love them."

### Favorite DIY Mask #1

Her favorite mixture? Coconut oil ("it creates a soothing, paste-like consistency") mixed with turmeric ("it's calming and helps relieve inflammation and congestion"). According to Joss, the combination works to "brighten and hydrate the skin," without being too harsh. Though she doesn't give exact measurements, I recommend adding a teaspoon of turmeric to two tablespoons of coconut oil, mixing well, and then slathering over your face for 15 minutes before you hop in the shower.

### Favorite DIY Mask #2

If the idea of slapping coconut oil on your face sounds like a nightmare, try Joss' other favorite mask: a mix of oats ("a gentle physical exfoliant") and pure, raw honey (a natural antibacterial), which helps zap acne, smooth skin, and

soothe inflammation. Just squeeze a dollop of honey with a quarter-cup oats, stir, then gently massage your damp skin.

I can't promise that by the end of these two masks, you'll look or feel like Meghan Markle, but, hey, it can't hurt, right? Now, please, get masking tonight, lest a foreign prince or princess deigns to betroth you tomorrow.

## 10 Natural Hair Treatments You Can Make Right at Home

When you peek inside your fridge, you'll likely find some eggs, yogurt, and avocados. In addition to whipping up a delicious breakfast, you can use those ingredients to treat dry winter scalps and dull, sun-damaged hair. That's right, you don't have to spend big bucks to give your locks a lift.

### Repair dry hair with apple cider vinegar.

Use this shine-enhancing hair mask from Tata Harper, the founder of Tata Harper Skincare, to repair dry and dull hair during the winter months. The apple cider vinegar helps to remove product buildup that dulls hair and vitamin E-rich argan oil nourishes and softens unruly strands.

**To use:** In a blender, combine 1/2 avocado, 2 Tbsp argan oil, 10 drops of rosemary essential oil, and 1 Tbsp of apple cider vinegar, and pulse together. Work the mask through dry hair from roots to tips (if your hair's oily, skip your scalp). Clip hair in place and let sit for 15 minutes, then rinse and cleanse with shampoo. Do this at least once a month.

### Transform all hair types with eggs.

"The [raw] egg is really the best of all worlds," says Janice Cox, author of *Natural Beauty at Home*. The yolk, rich in fats and proteins, is naturally moisturizing, while the white, which contains bacteria-eating enzymes, removes unwanted oils, she



explains.

**To use:** For normal hair, use the entire egg to condition hair; use egg whites only to treat oily hair; use egg yolks only to moisturize dry, brittle hair, Cox says. Blend about 1/2 cup of whichever egg mixture is appropriate for you and apply to clean, damp hair. If there isn't enough egg to coat scalp and hair, use more as needed. Leave on for 20 minutes, rinse with cool water (to prevent egg from "cooking") and shampoo hair. Whole egg and yolks-only treatments can be applied once a month, while whites-only treatment can be applied every two weeks.

### Moisturize dull hair with dairy.

Anything from harsh styling products and air pollution can sap moisture and dull shine — but dairy products like sour cream and plain yogurt can

help to reverse this damage. "Lactic acid gently strips away dirt while the milk fat moisturizes," says Lisa Belkin, author of *The Cosmetics Cookbook*. **To use:** Massage 1/2 cup sour cream or plain yogurt into damp hair and let sit for 20 minutes. Rinse with warm water, followed by cool water, then shampoo hair as you normally would. Treatment can be applied every other week.

### Relieve an itchy scalp with lemon.

To fight winter dryness, try a lemon juice and olive oil mixture in your hair. "The acidity in lemon juice helps rid your scalp of any loose, dry flakes of skin, while the olive oil moisturizes the [newly exposed] skin on your head," Cox says.

**To use:** Mix 2 Tbsp fresh lemon juice, 2 Tbsp olive oil, and 2 Tbsp water, and mas-

sage into damp scalp. Let mixture sit for 20 minutes, then rinse and shampoo hair. Treatment can be applied every other week.

### Bring the bounce with beer.

To add body to hair, reach for an unlikely beauty beverage: beer! The fermented drink contains generous supplies of yeast and B vitamins, which works to plump tired strands, Cox explains.

**To use:** Mix 1/2 cup flat beer (pour beer into a container and let it sit out for a couple of hours to deplete carbonation) with 1 tsp light oil (sunflower or canola) and a raw egg. Apply to clean, damp hair, let sit for 15 minutes, then rinse with cool water. Or add flat beer only to a spray bottle and spritz onto dry hair. "When the liquid evaporates, the remaining protein residue (from the wheat, malt or hops) continues to strengthen and structure hair," Belkin says. Treatments can be applied every other week.

### Reverse sun damage with honey.

Whatever your hair-dehydrating demon is — hard water, sun overexposure, or your trusty flat iron — nature's sweetener can help. "Honey is a natural humectant, which means it attracts and locks in moisture," Cox says.

**To use:** Massage approximately 1/2 cup honey into clean, damp hair, let sit for 20 minutes, then rinse with warm water. You can also add 1 to 2 Tbsp olive oil to loosen the honey for easier application. For extremely sun-damaged hair, try mixing honey with 1 to 2 Tbsp of a protein-rich ingredient, like avocado or egg yolk, which will help replenish the keratin protein bonds that UV rays attack. Treatment can be applied once a month.

### Remove grease with corn meal.

"Used properly, [cornmeal or cornstarch] is an inexpensive way to remove oil and grease," Belkin says. Plus, corn meal is a great source of iron, which helps generate the growth of hair cells.

**To use:** Pour 1 Tbsp cornmeal or cornstarch into an empty salt or pepper shaker and sprinkle onto dry hair and scalp until you've used it all. After 10 minutes, use a paddle hairbrush to completely brush it out. Treatment can be applied every other day.

### De-frizz with avocado.

Rich in antioxidants, essential fatty acids, biotin, and vitamins A and E, avocados boast the best combination of nutrients for smoothing and weighing down unruly hair, Cox explains.

**To use:** Mash up half an avocado and massage into clean, damp hair. Let sit for 15 minutes before rinsing with water. Amp up moisturizing power by combining mashed avocado with 1 to 2 Tbsp of a hydrating ingredient, like sour cream, egg yolks, or mayonnaise. Treatment can be applied every two weeks.

### Remove residue buildup with baking soda.

According to Cox, "nothing eats through product buildup like baking soda." Sodium bicarbonate essentially breaks acids to remove excess oil and restore shine, Cox says.

**To use:** Mix 1 to 2 Tbsp baking soda with small amounts of water until a thick paste forms. Massage into damp hair and let sit for 15 minutes. Rinse with water, then shampoo hair. Treatment can be applied every two weeks.

### Use coconut oil to strengthen.

Coconut oil is one of the most versatile products on the planet: You can use it to cook, clean, and condition your hair. According to Healthline, lauric acid allows coconut oil to be more easily absorbed into the hair shaft, making it a top choice for reducing protein loss from sun exposure or chemical treatment.

**To use:** Massage 2 Tbsp coconut oil from your roots to your ends and let it sit for 5 minutes before a shower. Follow with your normal shampoo and conditioning routine.

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