

10 Kitchen Pantry Beauty Ingredients

Whip up these all-natural beautifiers using food items you have on hand

By [Petra Gugliemetti](#) Posted April 27, 2015 from [WomanandDay.com](#)

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Who says you have to spend a fortune on pricey organic [beauty products](#) to reap the benefits of nature's best ingredients? Some of the finest all-natural beauty remedies can be whipped up at home using basic items you probably already have in your kitchen. To give you some ideas, we got beauty experts to share their favorite "recipes" for curing common skin and hair gripes using equally common pantry staples. So go whip open the cabinet doors, tally up what you've got in there and get cookin'—in a matter of minutes, you'll look good enough to eat.

8. Asparagus

"Asparagus contains chlorophyll, which brightens and exfoliates the skin, giving it a natural glow," Tummala says. One of her favorite recipes for dry, flaky skin: Purée some raw asparagus with milk (which contains lactic acid, another great natural exfoliant), then mix in an equal amount of super-hydrating avocado and honey. Apply to a clean face, leave on for 15 minutes, then rinse. Also happen to have an orange on hand? Grate the peel into your moisturizing mask before you apply it. "It will exfoliate dead skin when you wash it off," she explains.

