

Amestecul perfect pentru arsurile solare!

Un articol de Cristian Iacov

Daca ai stat prea mult la plaja si te-ai ales cu o piele arsa de soare, iar usturimile nu-ti dau pace, atunci acest articol este pentru tine.

Dupa lungi cautari, Echipa Secretele a gasit remediul perfect pentru arsurile solare!

Pentru a pregati acest amestec vei avea nevoie doar de 3 ingrediente simple, pe care le poti lua cu tine in vacanta fara probleme!

Ingrediente:

100 de ml de ulei de cocos

1 lingurita de bicarbonat de sodiu

Zeama de la o jumatate de lamaie

Mod de preparare:

CITESTE IN CONTINUARE

Sursa: secretele.com

Scapa de inesteticele cicatrici de pe fata sau corp cu o crema naturala facuta in

casa!

Un articol de Cristian Iacov

Reteta ce urmeaza sa o prezentam este 100% naturala si usor de facut, avand un efect uimitor asupra cicatricilor care ti-au stricat aspectul fizic toata viata!

Iata mai jos reteta care te va scapa de inesteticele cicatrici intr-un timp foarte scurt!

Ingrediente:

4 lingurite de zeama de lamaie

4 lingurite de miere

1 albus de ou

Mod de preparare:

– Adaugati toate ingredientele intr-un castron si amestecati-le bine

– Dupa ce ati amestecat bine toate ingredientele, crema pentru
CITESTE IN CONTINUARE

Sursa: secretele.com

10 BEST MAKEUP TIPS THAT EVERY WOMAN SHOULD KNOW

There are a lot of creativity when we talk about makeup. Makeup become one important part of every girl even on the way

that the most of the girls are not going out without make up. In this post we want to make preparation and your beautification little bit more easier. You can see clever tips and ideas for make up that will definitely change your life. We are sure that you need all these tips right now and that you will start using it immediately. Just check from below and learn something new easy cheap. Enjoy!

USE A PLASTIC SPOON SO YOU DON'T GET MASCARA ON YOUR SKIN

 source

APPLY BLUSH ACCORDING TO YOUR FACE SHAPE

 source

TURN A PENCIL EYELINER INTO A GEL FORMULA WITH THE HELP OF A MATCH OR LIGHTER

 source

MAKE YOUR MASCARA LAST LONGER!

 source

MAKE EYES APPEAR BIGGER

 source

HIT YOUR EYELASH CURLER WITH A HAIR DRYER TO HEAT IT UP, SO YOUR LASHES CURL EASIER

 source

HOW TO PREVENT YOUR EYELINER FROM RUNNING

 source

SPOT CONCEALING

 source

USE A SPOON TO CREATE THE PERFECT WINGED LINER

 source

FOR LONG-LASTING LIP COLOR, SWIPE ON YOUR SHADE, LAY A TISSUE OVER YOUR MOUTH, AND THEN DUST TRANSLUCENT POWDER OVER IT TO SET THE COLOR

 source

DOES MAKEUP EXPIRE?

 source

Sursa: allforfashiondesign.com

Pericolele tocurilor inalte si modul in care iti afecteaza sanatatea!

Un articol de Maya

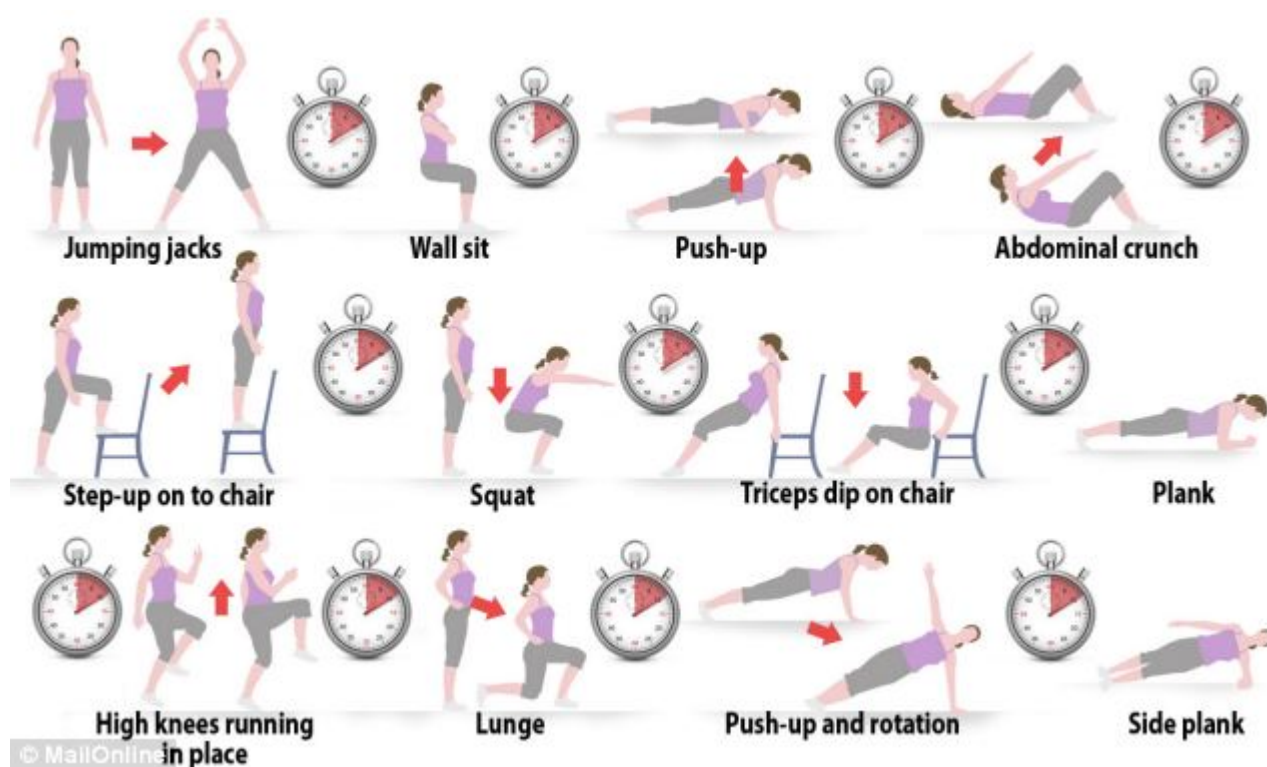
Vestimentatia ta va arata uimitor cu perechea perfecta de pantofi cu varf ascutit si tocuri de 10 cm, dar daca esti adepta acestui stil si porti acest fel de incaltaminte mai mereu, poti ca in timp sa dezvolti o serie de afectiuni. Cele mai multe dintre femei poarta tocuri inalte ocazional, in timp ce altele le poarta in fiecare zi, chiar daca sunt pe deplin constiente ca pantofii prea inalti sunt incomozi. Nu este ceva neobisnuit, mai ales in zilele noastre, ca femeile sa faca sacrificii pentru CITESTE IN CONTINUARE

7-MINUTE TOTAL EXERCISE ROUTINE

No matter where you are, get that body fit with this new and wonderful 7-minute workout. It requires no gym equipment whatsoever, therefore no excuses. All you need is in your house already, a chair, a wall and your own body weight.

This routine combines the best **10 exercises** to burn calories and stay fit and strong, and you should do each for 30 seconds with a 10 second rest in between in order for the workout to be effective.

Remember to always keep your abdominal muscles contracted in every exercise and in every position as well.



#1 Jumping Jacks

The first step is to stand up straight with your feet together and your arms at your side, then bend your knees slightly and follow this with a jump. In mid-jump, bring your legs out to the side about shoulder width or slightly wider. As you are moving your legs outward, you should raise your arms up over your head to elevate your heart rate.

#2 Wall Sit

Stand approximately 2 feet in front of a wall with your back facing it, and lean against the wall slowly and begin to slide down the wall until your knees are bent at 90 degree angles, as though you are sitting in a chair. Keep this position for a minimum of 20 seconds or a maximum of 60 seconds.

#3 Push-Up

This exercise is great for targeting your pectoral muscles, triceps, and anterior deltoids. Push-ups are performed by pushing your body up and down using your upper body and arm strength. To do a correct push-up, you must raise your body up onto your toes so you are balanced on your hands and toes. It is important to keep your body in a straight line from head to toe without sagging your torso or arching your back.

#4 Abdominal Crunch

Lie on the floor, facing up, with your knees bent, then curl your shoulders towards your pelvis. You can either place your hands beside your neck, resting gently behind your neck, or placed across your chest. To perform a proper crunch, your lower back must remain resting against the floor allowing your hip flexors to rest so all of the attention can be focused on your abdominal muscles.

#5 Step-Up onto Chair

The step-up onto chair routine is super effective for your body. Not only does it work on your abdominal muscles, but it also builds lean muscle mass, boosts your metabolism and aids in weight control – Bonus!

Position a sturdy chair in front of you and stand with your feet about hip-width apart and your arms at your sides. Next, step up onto the seat with one foot and press down while bringing your other foot up next to it. Step back with the leading foot and bring the trailing foot down beside it to finish one complete step-up.

#6 Squat

To perform a proper squat, your feet should be flat on the ground, about shoulder-width apart and point your feet slightly facing outward, rather than straight ahead. Never let your knees extend beyond your toes, as this will increase the likelihood of damage to your knees. Keep your back straight and bend at your knees as if you were going to sit back in a chair, thrust your hips forward and pull in your abs whilst keeping your back only slightly arched. Slowly lower your body so that your legs are almost parallel to the floor.

#7 Triceps Dip On Chair

Sit on the chair with the palms of your hands on the edge, and then slowly slide your buttocks off the seat whilst supporting your weight with your hands. First, straighten your right leg and keep your left leg bent at a 90-degree angle keeping your elbows bent all the time, slowly lower your buttocks towards the floor. Push back up until your arms are straight.



#8 Plank

This exercise is vital for building your core and arm strength.

Lie face down on the floor with your elbows resting on the floor and your arms in a 90-degree position. You then push down on the toes of your feet to extend your feet and push your body so it is off the ground and resting on your elbows and toes. Hold the position for as long as you can.

#9 High Knees Running In Place

Perform a typical running motion while lifting your knees high into the air. Ensure that your legs are at 90-degree angles when being lifted high into the air and point your toes forward in order to maintain the correct form and to really benefit from this simple exercise. This exercise is great for the muscles in your legs and hips, and can even improve your lower body flexibility.

#10 Lunge

Lunges are great for toning a number of different areas of your body, so they are a particularly useful exercise.

To perform a basic lunge, you must first begin by standing up

straight with your shoulders back and relaxed and your chin up, step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Maintain the weight in your heels as you then push up to the starting position.

Sursa: viral-braids.com

A pus ulei in cafea si si-a dat cu amestecul rezultat pe piele! Vezi ce beneficii are aceasta tehnica

Daca celulita reprezinta o problema de care nu reusiti sa scapati, puteti incerca un truc simplu, in urma caruia veti observa cu siguranta o imbunatatire.

Tot ce trebuie sa faceti este sa umpleti o jumatate de cana cu cafea, peste care adaugati 2 linguri de ulei de masline. Dupa ce amestecati bine, folositi pasta rezultata pentru a masa zonele afectate de celulita.

Ulterior, acoperiti cu o folie de plastic si lasati sa actioneze timp de 10 minute, dupa care clatiti. Cafeina absoarbe apa din tesuturi si, astfel, celulita nu va mai fi la fel de vizibila.

In plus, aceasta substanta ajuta si la reducerea numarului de celule grase din tesutul adipos.

Sursa: www.kanald.ro

Cele mai bune exercitii pentru ridicarea sanilor

Un articol de Maya

Sanii sunt formati din tesut adipos, glande si colagen (tesutul care ii mentine fermi si „pe pozitii”). Dar pe masura ce trece timpul, glandele si colagenul scad, iar locul lor e luat de grasime. Asta nu iti va modifica neaparat dimensiunea sutienului, dar atractia gravitationala isi va face simtita prezenta si... se vor lasa

Una dintre cele mai bune modalitati de a ridica sanii “lasati” este aceea de a consolida muschii de sub ei, deoarece acestia le vor oferi sprijin. Cand acesti muschi sunt CITESTE IN CONTINUARE

Sursa: secretele.com

Pozitionarea alunitelor pe corp dezvaluie problemele cu care te confrunti

Un articol de Maya

In conformitate cu astrologia chineza, pozitionarea alunitelor pe corp ne permite sa aflam problemele cu care ne confruntam, starea de spirit, sanatatea si viitorul. Aceasta metoda este

folosita de chinezi in medicina traditionala. Astrologii chinezi cred ca energia Qi (Chi), este activa in diferite perioade ale vietii iar varful acesteia sta intr-o aluna sanatoasa. In timpul perioadei de adolescenta numarul de alune creste, in perioada sarcinii se pot intuneca, iar dupa 40 de ani, ele pot sa CITESTE IN CONTINUARE

Sursa: secretele.com

Ceai si unguent impotriva Vitiligo!

Un articol de Cristian Iacov

Vitiligo este una dintre cele mai comune boli ale pielii. Este caracterizata prin pierderea melaninei, un pigment care da culoare pielii, ochilor si parului. Poate aparea in orice etapa a vietii, dar este cel mai probabil sa se intample intre 10 si 40 de ani.

Aceasta boala se manifesta printr-un tip de pete care la inceput ocupa zone mai mici si apoi se raspandesc si cuprind zona pleoapelor, a coatelor, genunchilor, mainilor si zona din jurul buzelor. Deoarece inca nu exista medicamente care CITESTE IN CONTINUARE

Sursa: secretele.com

Elixirul tineretii. Poti sa Arati cu 10 Ani mai Tanar dupa ce il Folosesti!

Un articol de Cristian Iacov

Medicina populara rusa are o mare varietate de retete de vindecare. Elixirul pentru tinerețe vesnica, care sunt pe cale sa vi-l prezint este unul de top si se afla undeva in cadrul acestor retete de vindecare rusesti. Acest elixir este alcatuit din plante medicinale, cum ar fi musetel, coriandru si muguri de mestecan.

Aceste plante au o abundenta de proprietati de vindecare. Acest elixir va incetini procesul de imbatranire si te va face sa te simti liber si plin de incredere, la fel cum te CITESTE IN CONTINUARE

Sursa: secretele.com