

Beauty products to find in your very own kitchen

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Olive oil is an affordable, accessible moisturizer for hands and hair.

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If you're on a budget like I am, chances are you have to improvise on beauty products from time to time. You know what I mean: hair conditioner instead of shaving gel on your legs, cucumber slices to reduce eye puffiness after a late night of dancing.

If you're looking to tighten your belt, whether it be to save money or stretch your dollar further in a tough economy, look to your kitchen before hitting the salon. You'll find that common pantry products can be used to make the same spa-like products that you love - but can't justify purchasing.

Even though products from your kitchen can be great for your hair and skin, some experts suggest that if you want to get the most bang for your buck, eating your nutrients is the way to go.

"I always tell patients that you're better off eating your nutrition rather than wearing it," said Dr. Brooke Jackson, MD, director of the Skin Wellness Center of Chicago. "Ingesting antioxidants and other nutrients will benefit your skin as well as your heart and internal organs."

If you're planning to raid your pantry instead of scheduling that next facial, keep these tips in mind.

Olive oil is for more than just dressing your salad. Women in Calabria [use olive oil as a hand moisturizer](#) and it can be a healthy substitute for hair conditioner in a pinch.

Make a **simple salt scrub** by combining high-quality olive oil, sea salt and your favorite essential oil. Rather than shelling out half of your paycheck for a body exfoliant, y for a body exfoliant. gentle exfoliant about once a week

Oatmeal is a perfect substitute for a spa facial if your salary doesn't afford to a weekly trip to Bliss. Buy a \$2 container of quick or old-fashioned oats for a DIY cleansing face mask. Coat your face with a slight layer of thick, plain oatmeal and leave it on until dry. Rinse with cool water, tone and moisturize as usual.

Caffeine is not just for waking you up in the morning. [Caffeinated serums and face creams](#) are percolating (a pun!) in beauty products this year, working on skin in the three primary ways: as [vasoconstrictor](#), an [antioxidant](#), and a [diuretic](#).

What are your favorite edible beauty products? When do you look to the kitchen to amplify your skin care routine?