

Published based on [Fruits For Your Skin Care Regime](#)

# **Fruits For Your Skin Care Regime**

Skin care can be a full-time regime for a lot of people, who invest lots of money in expensive beauty products, skin treatments and numerous others.

However a lot of people simply dont realise that they dont always need to spend so much money, as things lying round the house could have a huge impact; with fruit being the best example. Fruit in general has so many beneficial properties for the body but many people dont realise that a lot of these benefits continue even if youre not ingesting the fruit. So here are a couple of fruits than can generally have an impact on your skin care regime:

Grapefruit is an excellent fruit to start with, with its high percentage of vitamins A, C, B, and D and rejuvenating capabilities. Like all the fruits in this list, the grapefruit is most effective when used as a face-pack and can help with wrinkles, discolouration and improving oily skin.

The lemon is up next, with its high proportion of numerous different vitamins and general rejuvenation properties. Lemons tend to be used as part of either a face-pack or skin care lotion, and effects the skin by making it appear taugt and more youthful.

Oranges are extemely good for [skin care regimes and are most often used to treat porous and oily skin. Oranges boast 14 different vitamins, several different enzymes and minerals and a myriad of different fruit acids. Face packs with orange in them tend to soften the skin, adding elasticity and generally adding nourishment.](#)

The best thing about using fruit for your skin care is that everything you need to make most of the face-packs can be found in the house, or cheaply at a local shop. This means theyre perfectly legitimate for use by either men or women, and should have the same impact on both sexes. So whether youre interested in womens or [mens skin care](#), you should get online and download some fruit face-pack recipies.

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