

EXAMPLE 1

5 LEMON BENEFITS FOR BEAUTIFUL AND HEALTHY SKIN

Who wants some **lime water** for breakfast? This yellowish and oval-shaped fruit may taste too sour and tangy for some people, but lemons have an amazing health benefit for your skin. Here are some **beauty benefits of lime** that works like magic.

BENEFITS OF LEMON JUICE

1. Remove Blackheads and Heal Acne

As an antifungal and antibacterial properties, lemons are the best natural treatment for acne. You only need to slice open it and gently rub the lemon all over your face. If you have blackheads, add a small amount of honey to your lemon before applying it. Let it stay for 10 minutes and rinse it off with cold water.

2. Lighten Blemishes and Dark Spots

Having dark spots or blemishes on your face are a big turn off. Citric acid in lemons will gradually lighten dark spots and even skin tone. Get rid of your blemishes and dark spots with a regular lemon mask.

EXAMPLE 2

Natural Beauty Products Straight from Your Kitchen

Who says you can't get a perfect flawless skin with a simple and affordable product? You only need this one simple rule: **back to nature**. And you might be surprised to know that all of those natural beauty products are coming from your kitchen.

1. Honey

As an antiseptic and natural moisturizer, honey is great to maintain skin's elasticity.

How: Apply it to your face thoroughly, let it stay for 15 minutes, and wash it with warmed water. You will get a soft and bright skin instantly.

1. Baking Soda

You can never imagine what baking soda can do to your skin. Go to your kitchen and take your baking soda out. It will help you to get rid of your acnes, blemishes, blackheads, and big pores.

How:

Take one tablespoon of baking soda and mix it with enough water, smooth it over your face, and leave it for 5-10 minutes. Wash your face with warmed water. You can replace water with honey (15 minutes), orange juice (20 minutes), tea tree oil (10 minutes) and hydrogen peroxide (5 minutes), for another skin benefits.

EXAMPLE 3

Coffee Preparation Methods

There are a lot of ways to turn coffee beans into a nice and yummy beverage. The process may vary depending on the raw materials and type of coffee that you have. However, there are four basic steps to process coffee beans.

FOUR BASIC STEPS

- Roasting the raw coffee beans
- Grinding the roasted coffee beans
- Brewing the ground coffee
- Separating the liquid coffee from the remaining grounds.

Brewing is the main process of making coffee. Different styles of brewing will give you a different taste of coffee.

1. Drip Method

This method is the simplest and the most used method in the world. The method is to pour water over roasted ground coffee beans through a filter. The filter will slowly separate the liquid coffee and the grounds.

2. French Press

The French press (also known as plunger and cafetiere) method is the second most used method. The first step is to boil the coffee ground in a hot water using the French press coffee maker. Then stir it for one minute, close the lid, and the coffee is ready.

The key is in the hot water; the water needs to be hot, not boiling.