

SKIN BEAUTY ENHANCEMENT THROUGH THE USE OF CONDIMENTS

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Abstract

Condiments are everyday essentials as we make our foods daily without a large group of individuals being without the knowledge of their impact on skin and health. The purpose of this study is to examine the use of some selected condiments to create the awareness of the impact on skin to ensure skin beauty and health. Therefore, this study examined the nature of the skin and types of skin. In addition, the following condiments were examined. Honey, Turmeric, Lemon, Coconut oil and Egg, stating their impact on the skin in ensuring skin beauty. From the above the following recommendations were made proper and adequate attention should be given to the skin; noting the chemical and nutritional compositions of condiments, they are better in ensuring skincare than other chemical components; and individuals should as a matter of necessity in order to ensure the longevity of body cells, should imbibe the habit of regular use of condiments.

Keywords: *Condiments, Skincare, Skin beauty*

Introduction

Human skin is the outer covering of the body and is the largest organ in the integumentary system. It also constitutes the first line of defense. Skin contains many specialized cells and structures. Skin care is a range of practices that support skin integrity, enhances its appearance and relieve skin condition. Such practices include nutrition, avoidance of excessive sun exposure and appropriate use of emollients. Skin care is a routine daily procedure in many settings due to conditions of dryness or moist nature of skin to prevent dermatitis and skin injuries. Condiments which are an important part of human history and nutrition had played an important role in the enhancement of skin beauty around the world.

Concept of Skin Beauty

The skin is the interface between humans and their environment. It acts as a means of adjusting to variations in environmental temperatures through elegant controls that regulate micro-circulation, and as an impermeable barrier that allows the body the intake of water without flooding its internal organs, all while prohibiting the intrusion of various xenobiotics (Qassem & Kyriacou, 2019). The outermost layer of the skin, known as the stratum corneum, consists of piled-up layers of flattened corneocytes separated by lipids in the intercellular space. Together, they serve as the primary skin barrier. The skin's functions and dysfunctions, which include many pathological conditions, have huge impact on both the physical health and self-esteem of a person (Qassem & Kyriacou, 2019). The skin guards the underlying muscles, bones, ligaments and internal organs. There are two general types of skin, hairy and glabrous skin (Tabassum & Hamdani, 2014).

Due to its interfaces with the environment, skin plays a key role in protecting (the body) against pathogens (Lillywhite, 2016) and excessive water loss (Benedetti, 2021). Its other functions are insulation, temperature regulation, sensation, storage and synthesis of vitamin D by action of ultraviolet (UV) and the protection of vitamin B folates, absorption of oxygen and drugs. Severely damaged skin will try to heal by forming scar tissue. This is often discolored and depigmented.

Beauty is commonly described as a feature of objects that makes them pleasurable to perceive. It is contrasted with ugliness as its negative counterpart. Beauty is the quality of being pleasing, especially to look at, or someone or something that gives great pleasure, especially when looking at it (Ben-Nun, 2016). The experience of beauty involves an interpretation of some entity as being in balance and harmony with nature, which may lead to feelings of attraction and emotional well-being. One difficulty for understanding beauty is due to the fact that it has both objective and subjective aspects (Martin, 2015). It is seen as a property of things but also depending on the emotional response of the observer. The characterization of a person as beautiful, whether on an individual basis or by community consensus, is often based on some combination of inner beauty, which includes psychological factors such as personality, intelligence, grace, politeness, charisma, integrity, congruence and elegance, and outer beauty (i.e. physical attractiveness) which includes physical attributes which are valued on an aesthetic basis (Ben-Nun, 2016). Beauty can be external or internal or both. External or physical beauty is immediately visible. Internal or inner beauty is not always immediately visible. Ideally both types of beauty are connected and spring from one another. The opposite situation, in which only one exists while the other is suppressed at a time (Ben-Nun, 2016).

Endless quests for external beauty are part of medical practice today more than ever before. Skin is the paradigm of this. Skin beauty therefore is a feature of the external outlook of human body that makes them pleasurable to perceive and behold. Skin beauty is the quality of being pleasing, especially to look at, that gives great pleasure, especially when looking at it the external human body.

Structure and Functions of the Skin

The skin is the largest organ of the body, with a surface area of $1.5-2\text{m}^2$ and an average weight of 2.7kg in an adult (Voegeli, 2012). Structurally, the skin is made up of three layers – the epidermis, dermis and hypodermis.

- a. **Epidermis:** This is the uppermost and thinnest of the layers, and it is typically between $50\mu\text{m}$ and $100\mu\text{m}$ thick, and has the important role of providing a barrier against the external environment, as well as preventing excessive loss of water. Epidermis layers has a lipid matrix composed of free fatty acids, cholesterol and ceramides (Dacis (2022)). The epidermis is composed of keratinocytes organized in layers, depending on the anatomical position. These layers are the stratum basale, stratum spinosum, stratum granulosum, stratum lucidum and stratum corneum (Voegeli, 2012). Just like the keratinocytes, the epidermis contains other cells, notably melanocytes, which provide pigmentation of skin and hair and protection from ultraviolet radiation; and Langerhans cells, which are a type of antigen-presenting cell with a role in immunosurveillance (Voegeli, 2012). Keratinocytes are formed in the lower layer of the epidermis (Stratum Basale) and gradually migrate to its upper layers. They change in appearance during migration, so that by the time they reach the stratum corneum they are flat, dead, keratinised cells with no nucleus, and are termed corneocytes (Lee, 2020). In healthy skin, a finely controlled balance exists between the production and loss of cells in the epidermis so that it is not noticeable. The integrity of the stratum corneum is also promoted by substances in the corneocytes known as natural moisturizing factor (a complex mixture of free amino acids, amino acid derivatives and salts, which attract and hold water). This increase in intracellular water helps the corneocytes to retain their turgidity and shape, thus maintaining a coherent barrier. This also helps to maintain the flexibility and elasticity of skin by absorbing water from the atmosphere, which enables the outermost layers of the skin to remain hydrated despite the drying action of the environment (Kyung-Min Lim, 2021).
- b. **Dermis:** This is the second layer of the skin. The dermis forms the main bulk of the skin; and like the epidermis, it varies in thickness across the body from 2-3mm. Yolanda and Pharm (2023) asserted that the dermis is responsible for many of the major functions of the skin, such as perception of the environment, thermo-regulation and immunological defense, as well as enabling the storage of water and providing a cushion against mechanical injury. Structurally, it is composed of a matrix of polysaccharides and proteins, which form a ground substance of macromolecules possessing a

high capacity for storing water. Within this matrix are two main proteins, collagen and elastin (Brown and Krishnamurthy, 2021). Collagen is the most abundant and forms a three-dimensional network of fibers filled with ground substance that is responsible for the high degree of tensile strength of the dermis. The second type of protein, elastin, also forms an extensive network and provides the skin with its elastic properties. Unlike the epidermis, the dermis contains few cells, most of which are fibroblasts responsible for the production of the constituents of ground substance (Brown and Krishnamurthy, 2021). The other cells found in the dermis highlight the skin's important role in defense. Mast cells, macrophages and Langerhans cells promote immunity and protect against infection.

- c. **Hypodermis:** Beneath the dermis is the third main layer of the skin – the hypodermis or subcutaneous tissue. It consists mainly of adipose tissue and fibrous connective tissue. The main functions of this layer are the storage of lipids, to provide thermal insulation, and the provision of a protective cushion against mechanical trauma. Scattered throughout the skin are cutaneous appendages (Brandt, 2023). These consist of the eccrine and apocrine glands, sebaceous glands and hair follicles. Eccrine glands are found in most areas of the skin, but are particularly numerous in the palmar and plantar areas of the hands and feet. They are tubular glands, consisting of a basal coil and a duct that leads through the dermis to the epidermis. Their main function is the production of sweat. Apocrine glands are also tubular glands, confined mainly to the axilla and anogenital regions. They are inactive until puberty, when they assume a role in scent production. Sebaceous glands are found as outgrowths of the developing hair follicle and produce sebum. Hair follicles are located in the dermis and hair shafts project out beyond the surface of the epidermis (Chayanika, 2021).

Although the principal function is to protect the body from the external environment by acting as a barrier, the skin is a complex and dynamic organ with a range of other functions. These include mediation of sensation, thermo-regulation, immune-surveillance, synthesis of vitamin D, excretion of water and salts, and storage of reserves such as water and lipids.

Table 1

S/N	Types of Skin	Skin Characteristics
1	Normal skin	The pore size is small. The moisture content is good The skin texture is even. The color is healthy skin has no pigmentation or blemishes. The skin feels warm to touch
2	Dry skin	The pore size is small or tight. The moisture content is poor. The skin texture is coarse. Premature ageing is common; wrinkles can be seen around eyes, nose, mouth and neck. Skin can be sensitive with patches of flaking skin. Freckles and uneven pigmentation can be seen in this skin Type
3	Greasy/oily skin	The pores are enlarged. The moisture content is high. The skin is coarse and thick. Certain disorders like pimple, acne, comedones, milia etc. may appear on oily skin type. The skin is generally having uneven pigmentation.

4 Combination skin

The pores on T-zone are enlarged while on cheeks they are small to medium.

The moisture content is high in the oily area and poor in dry area.

There is uneven pigmentation.

There may be blemishes on T-zone and broken capillaries on dry area.

Concept of Condiments

The term condiment comes from two Latin words “condimentum”, meaning "spice, seasoning, sauce" and “condire”, meaning "preserve, pickle, season". The term originally described pickled or preserved foods, but its meaning has changed over time to include other small packaged goods such as coffee and tea (Andrew, 2012). The exact definition of the term condiment varies. Some of the definitions from researchers encompasses spices and herbs, including salt and pepper, using the term interchangeably with seasoning. Others restrict the definition to include only "prepared food compound(s), containing one or more spices", which are added to food after the cooking process, such as mustard, ketchup or mint sauce. Cheese may also be considered a condiment where it is used as an ingredient in another food, such as Mozzarella on pizza or cheese in a cheeseburger.

A condiment is a sauce, or preparation that is added to food, typically during cooking, to impart a specific flavor, to enhance the flavor, or to complement the dish. According to the National Institute of Industrial Research Board of Consultants and Engineers (2021), the term condiments applies to such natural plant or vegetable products and mixtures thereof, used in whole or ground form, mainly for imparting flavor, aroma and piquancy to foods and also for seasoning of foods beverages like soups. Condiment is defined as any spice or sauce, such as salt, pepper, or mustard, something used to flavor food, such as mustard, ketchup, salt, or spices and a substance, such as relish, vinegar, or spice, used to flavor or complement (García, 2016). From the above definition, it can be seen that the concept of condiments is wider, since it includes spices.

Many diverse condiments exist in various countries, regions and cultures. The list of condiments is innumerable due to the fact that they differ from one country to the other. These include among others Honey, garlic, ginger, Turmeric, bitter leaf, rice flavor, scent leaf, lemon bay leaf, Olive oil, nutmeg, coconut oil, grounded coffee and sugar, avocado, yoghurt, cucumber and oatmeal. however, for the purpose of this study, the use of the following kitchen condiments in enhancing skin beauty shall be discussed: honey, turmeric, coconut oil, lemon and egg.

Kitchen Condiments for Enhancing Skin Beauty

Over the years, numerous studies have contributed to understanding the skin, and provided many tools for diagnostic and treatment purposes. An absolute interdisciplinary approach has been taken to envelop many disciplines such as analytical sciences, instrumentation, and traditional dermatological and cosmetic sciences (Qassem&Kyriacou, 2019), with the latter playing a major role in assessing the ingredients of personal care products and evaluating their functional efficacy.

There are so many types of kitchen condiments for skin care, depending on the country and continent. But for the purpose of this study, the use of the following kitchen condiments in enhancing skin beauty shall be discussed. These include Honey, Turmeric, Lemon, Coconut oil and Egg.

1. **Honey.** Honey is a thick, sweet fluid produced by bees from plant nectars. Honey is actually a complex mixture of sugar which is in an immediately digestible form (Hadi, Omar & Awadh, 2016). Honey is a natural source of certain nutrients and proteins that can help treat dry skin, eczema, and psoriasis. It may also help prevent and treat wrinkles while restoring the upper layer of the skin, also called the epidermis.

Chemical Components: It is composed of such chemical elements as glucose, fructose, glucose oxidase, vitamins and phenolic compounds. In its constituents, it is composed of Moisture

(17.2%), Fructose (38.19%), Glucose (31.28%), Sucrose (1.31%), Disaccharides, calculated as maltose (7.31%), Higher sugars (1.50%), Free acid as gluconic (0.43%), Lactone as gluconolactone (0.14%), Total acid as gluconic (0.57%), Ash (0.17%), and Nitrogen (0.04%) (Hadi et al. 2016). Carbohydrate is the predominant solid (approximately 95% of total solid content) in honey. The main carbohydrates present in honey are glucose and fructose. In addition to glucose and fructose several other sugars have been identified including isomaltose, nigerose, turanose, maltulose; kojibiose; alpha beta-trehalose, gentiobiose, laminaribiose, maltotriose, 1-kestose, panose, isomaltosyl glucose, erlose, isomaltosyltriase, theanderose, centose, isopanose, isomaltosyltetraose and isomaltosylpentaose. Furthermore, there are wide variety of vitamins present in honey such as vitamin B6, thiamin, cyanocobalamin, folic acid, vitamin C, riboflavin, pantothenic acid, ascorbic acid and many more (Ciulu, Solinas, Floris, Panzanelli, Pilo, Piu, Spano & Sanna, 2011). Not only that, there are also several essential mineral contents namely calcium, copper, iron, magnesium, manganese, phosphorus, potassium, sodium and zinc as well as several different amino acids (Mullen & Thomson 2015) such as proline, phenylalanine and aspartic acid. Honey also contains some components which have antioxidant properties namely chrysin, pinobanksin, vitamin C, catalase and pinocembrin (Mullen & Thomson, 2015). There is a linear relationship between the level of phenolic acid and antioxidant activity. P-coumaric acid was found to be the most dominant phenolic acid in honey thus having the highest antioxidant activity (Socha, Juszczak, Pietrzyk, Galkowska, Fortuna & Witczuk, 2011). The function of antioxidant properties is to slow down the oxidative damage of the cells and tissue in our body.

The skin requires a great amount of care to prevent diseases such as infections, dermatitis or even dehydration. Some chemicals in honey might kill certain bacteria and fungus. Honey have the following uses in skin care:

- a. Honey can be used as a moisturizer for the skin. When applied to the skin, honey might serve as a barrier to moisture and keep skin from sticking to wound dressings (Fletcher, 2020). The ability of honey to act as a moisturizer comes from its natural humectant properties (Eady, Layton & Cove, 2013). Both fructose and glucose can form hydrogen bridges with water, retaining the moisture in the horny skin layer thus providing a hydrating effect to the skin (Burlando & Cornara, 2013). The hydrating effect of honey not only comes from the high content of fructose and glucose, but it may also be derived from the various amino acids (predominantly proline, but also arginine, alanine, glutamic acid, aspartic acid, lysine, glycine and leucine) and organic acid (largely gluconic acid and, to a certain extent, lactic, citric, succinic, formic, malic, acetic, maleic and oxalic acids) that can augment the effect of glucose and fructose in retaining moisture in the horny skin layer (Burlando & Cornara, 2013).
 - b. Honey can be used to treat wounds due to the antibacterial activity conferred by the hydrogen peroxide produced by glucose oxidase in honey. Anti-inflammatory, anti-oxidant, deodorizing and tissue regeneration activities in honey also help in the wound healing process (Hadi et al, 2016).
 - c. For a skin condition that causes redness on the face (rosacea), applying a topical honey product to the skin might improve symptoms of rosacea (Therapeutic Research Faculty, 2020).
 - d. Honey treats acne on the skin due to its antibacterial activity, anti-inflammatory action and tissue repair.
2. **Turmeric:** Turmeric is a multipurpose crop valued for its coloring pigment, spicy flavor and medicinal properties. Turmeric is used in cooking for its aroma and color. The flavor, color and preservative properties have increased its global appeal. Turmeric may be the first known cosmetic as it has been traditionally smeared on the skin by women.

Chemical Components: Turmeric has the following chemical composition: Carbohydrates, fats, proteins, fibre, minerals, volatile and non-volatile oils (Mixture of sesquiterpene ketones and alcohols, dsabinene, ophellandrene, cineole, borneol, and zingiberene), moisture, and

curcuminoids (Curcumin (curcumin I), demethoxycurcumin - (curcumin II), bisdemethoxycurcumin (curcumin III), and cyclocurcumin (curcumin IV) (Gopinath & Karthikeyan, 2017)

- a. Turmeric paste is applied on the skin for various skin diseases, burns, bites and eye infections.
- b. Turmeric have been used for the treatment of small pox and chicken pox (Trujillo, 2013; Bandyopadhyay, 2014).
- c. It is believed to reduce facial hair growth, reduce acne and improve complexion
- d. It is being evaluated as an environmentally friendly hair coloring agent (Boga et al, 2013). The yellow color has been utilized in skin care products.
- e. Curcumin gel has been reported to improve the appearance of photo damaged skin conditions such as pigmentary changes, solar elastoses, actinic poikiloderma, solar lentigines and actinic keratosis when applied for prolonged period such as six months. Curcumin may be a promising antifungal against Candida.
- f. It may also have potential as an antimicrobial, ant parasitic and antiviral agent.
- g. The essential oils may have potential in the perfume, cosmetic and soap industry.

3. **Lemon (*Citrus Limon*):** This is one of the favorite citrus fruits. Lemon, is highly underestimated and its bleaching effect and fragrance is great for a mood lightener. The main raw material of lemon is the fruit, particularly the essential oil and juice obtained from it. The lemon fruit stands out as having well-known nutritional properties, but it is worth remarking that its valuable biological activities are underestimated in modern phyto-therapy and cosmetology (Goetz, 2014).

Chemical Components: The main compounds of essential oil are monoterpenoids, especially citral-pinene, D-limonene, flavonoids (flavonones-eriodictyol, hesperidin, hesperetin, naringin; flavones-apigenin, diosmin; flavonols-quercetin; limocitrin), phenolic acids, coumarins, carboxylic acids, aminoacids, eriocitrin, carboxylic acids, carbohydrates, as well as amino acids, and vitamins (Czech, Zarycka, Yanovych, Zasadna, Grzegorzczak & Klys, 2019)

- a. Lemons have a natural bleaching effect on the skin. A teaspoon of sugar and lemon halve rubbed on the knees, elbows and knuckles regularly, can lighten the darkest part of skins. Lemon is a wonderful natural hair conditioner.
- b. In a glass of strained tea water, add the juice of 1 lemon and use it as an after shampoo rinse to add bounce and shine to dull, limp looking hair.
- c. Many women suffer from yellowish nail. Rub half a lemon on the nails daily for a week and the pinkish natural color and shine of the skin return (Tripathi, 2018).
- d. Lemon peel can be grounded and mixed with whole-wheat flour, almond powder to make an effective face and body scrub.
- e. Lemon mixed with egg albumin, honey and cucumber, and applied to the skin every day at night can smooth the facial skin and treat acne (Fongzossie et al, 2017).
- f. Lemon mixed with olive oil is used as a natural remedy for the treatment of hair and scalp disorders (Zaid, Hor, Christo, Groom, Health, Mackay & Mueller, 2017).
- g. Lemon essential oil shows antibiotic and flavoring properties, and for this reason it is used in formulations of shampoos, toothpaste, disinfectants, topical ointments and other cosmetics (González-Molina, Dominguez- perles, Moreno & Garcia-Viguera, 2010).
- h. It is used in anti-aging products, to reduce shallow wrinkles, and as a synergistic antioxidant in combination with vitamin E (Xavier et al, 2016). Scientific studies have shown a significant antioxidant effect of lemon fruit extracts, which is the reason they are recommended for use in anti-aging cosmetics (Parhiz et al, 2015; Xavier et al, 2016).
- i. The use of different carriers for lemon extracts (e.g., hyalurosomes, glycosomes) in cosmetics production technology contributes to an even greater inhibition of oxidative stress in skin- building structures, including keratinocytes and fibroblasts (Manconi et al, 2016).
- j. In addition, vitamin C from lemon is used as an ingredient in specialized dermocosmetics. Its external use increases collagen production, which makes the skin smoother and more tense.

4. **Coconut Oil:** Coconut oil obtained from the coconut tree (*Cocos nucifera*), also finds extensive use in tropical and subtropical regions of the world for food and industrial purposes. The coconut oil traditionally produced in West Africa is made by crushing and pressing copra to extract the oils. Coconut (*Cocos nucifera*) is a plantation plant in the form of a straight stem tree from Palmae's family (Atmanto, 2019).

Chemical Compositions: Coconut oil is composed of the fatty acids, caprylic acid C-8:0 (8%), capric acid, C-10:0,(7%), lauric acid C- 12:0, (49%), myristic acid C-14:0(8%), palmitic acid C-16:0 (8%), stearic acid C-18:0 (2%), oleic acid C-18:1 (6%) and 2% of C-18:2 linoleic acid (Boateng et al, 2016).

The benefit of coconut oil on the skin is comparable to that of mineral oil. Fortunately, unlike mineral oil, there is no chance of having any adverse side effects on the skin from the application of coconut oil. Coconut oil has been shown to have the potential to protect against not only heart disease but a wide variety of chronic health problems including diabetes and cancer as well as a means to prevent and even treat infectious diseases, however, knowledge about coconut oil has been kept buried in medical journals because of a general prejudice against saturated fats (Fife, 2006).

- Coconut oil is an excellent massage oil for the skin as well. It acts as an effective moisturizer on all types of skin, including dry skin. Coconut oil is safe solution for preventing dryness and flaking of skin.
 - It also delays the appearance of wrinkles and sagging of skin which normally accompany aging. Coconut oil also helps in preventing premature aging and degenerative disease due to its well-known antioxidant properties.
 - Coconut oil also helps in treating various skin problems including psoriasis, dermatitis, eczema and other skin infection. For that exact reason, coconut oil forms the base ingredients of various body care products like soaps, lotions and creams that are used for skin care.
5. **Egg:** Egg (*Gallus Gallus*) is one of the food items, which fulfils the daily dietary requirement of the human body in balance (Kusum et al, 2018). It is an everyday food item.

Chemical Components: Egg consists of three main parts: the shell, the egg white and the egg yolk. The shell consists of calcite crystals embedded in a matrix of proteins and polysaccharide complex. Inside the shell the viscous colorless liquid called the egg white accounts for about 58 percent of the total egg weight. Egg is a very good source of protein, fatty acids (Linoleic, oleic acid), Vitamin A, B6, B12, Folate, Amino acid, Iron, calcium, carbohydrate, Phosphorus and Selenium (Stadelman & Newby 2017). The percentage composition of egg white and egg yolk (**Water 88.0%, 48.0%; protein 11.0%, 17.5%; fat 0.2%, 32.5%; mineral 0.8%, 2.0%**) (Yadunandan & Joseph, 2014).

The use of eggs in skin and hair is very wide. They include:

- Fine lines setting around the eyes can be nourished with the white of an egg.
- Egg naturally tightens the skin. Mixed with powdered *masoor dal* and milk and applied to the face and scrubbed off, it leaves the skin tightened and toned.
- This recipe also helps reduce blemishes.
- Eggs are a wonderful hair conditioner. Whip 2 eggs with a teaspoon each of amla, shikakai and reetha powder and apply it to your scalp like a hair pack. Henna mixed with egg also conditions your hair and adds body bounce and shine (Triakha, 2018).
- Help soothe areas of skin that were afflicted, egg white mixed with Armenian bole could help restore the fibers (Kasum, Verma, Renu, Jain, & Deepak, 2018).
- Prevent skin hyperpigmentation.

Conclusion

Skin is the largest organ and it is the outermost layer of the human body. For that reason, it requires a great amount of care to prevent diseases such as infections, dermatitis or even dehydration. In addition to prevention of diseases, there is need for its beautification. Beauty is commonly described as a feature of objects that makes them pleasurable to perceive. It is contrasted with ugliness as its negative counterpart. Beauty is the quality of being pleasing, especially to look at, or someone or something that gives great pleasure, especially when looking at it. The experience of beauty involves an interpretation of some entity as being in balance and harmony with nature, which may lead to feelings of attraction and emotional well-being. Many research studies have found that honey, turmeric, lemon, coconut oil and egg, has abundance of uses in protecting and healing the skin as well as the beautification of the skin. This study concluded that the above kitchen condiments can effectively be used in skin beautification.

The skin is a complex organ with multiple functions. The outermost layer of the skin, known as the stratum corneum (SC), consists of piled-up layers of flattened corneocytes separated by lipids in the intercellular space. Together, they serve as the primary skin barrier. The skin's functions and dysfunctions, which include many pathological conditions, have huge impact on both the physical health and self-esteem of a person. Skin care to ensure its beauty is paramount due to its health benefit as well as the self-image of the individual it presents. To achieve skin beauty that may not attract other health hazards, the natural approach is better, hence this study. This is why this paper examined some selected kitchen condiments, their chemical components and created the awareness of their effects in ensuring skin beauty.

Recommendations

Base on this review, the following recommendations are made:

1. As long as the skin is an essential part of the human body, proper and adequate attention should be given to it.
2. Noting the chemical and nutritional compositions of condiments, they are better in ensuring skin care than other chemical components.
3. Individuals should as a matter of necessity in order to ensure longevity of body cells, should imbibe the habit of regular use of kitchen condiments.
4. Honey, turmeric, lemon, coconut oil and egg should be regularly used for skin beautification.

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