



FreakToFit

**Roti or
Stale
Bread Face
Pack
For Glowing and
Tightening Skin**



Often people throw away the remaining roti (stale bread) of the night. But do you know that roti can be of great use to you. You can use roti or stale bread as a face pack. Roti contains selenium and antioxidants. Anti-oxidants helps to remove acne from your skin. Let's know how to make a face pack from roti or stale bread for glowing and tightening skin.



Steps to Make Roti Face Pack for Glowing and Tightening Skin.

Ingredients Required.

One to two teaspoons of roti powder.

1/2 tsp turmeric.

2 to 3 tsp yogurt.

Procedure.

Pour roti, turmeric and yogurt into a mixy.

Mix all the three things and prepare the paste.

Take out the mixture and keep it in a bowl.

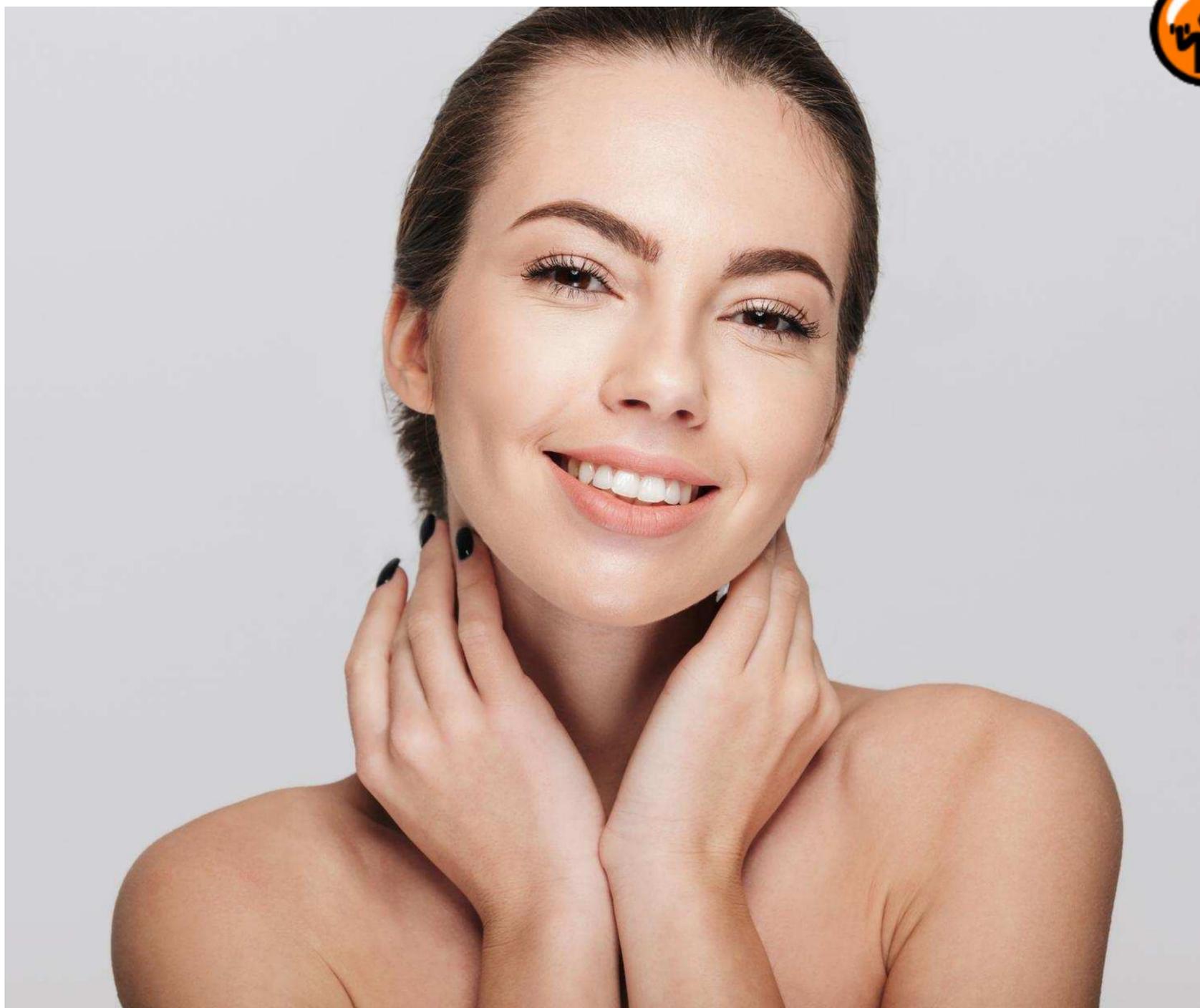
Your face pack is ready.



How To Apply?

The face pack made of roti or stale bread is ready to be applied on the face. Apply this paste on the face and neck and scrub for 4 minutes and then leave it on the skin like a pack. Wash and clean your face after 15 minutes. Use this pack two to three times a week.

You can make roti powder and keep it in a jar and store it in the refrigerator. So that you can use it comfortably on the second-third day. You can store this roti powder in the refrigerator up to 2 to 3 days.



Conclusion.

So, now you have know how to make face pack from roti which is enriched in antioxidants.

Apart from this, you can also knew how this pack also helps you for glowing and tightening skin.