

## 10 Pantry Items for Skin Care

1. **Eggs/Albumin** – Whites for skin (albumen), yokes for hair
2. **Yogurt, Plain or Powdered** – Lactic Acid is Alpha Hydroxy Acid Great for exfoliating masks and leaves skin glowing
3. **Potatoes** – Cut fresh slices and lay on your eyes for dark under eye circles and puffiness.
4. **Tea Bags** – Puffy eyes, great for emergency cold, wet then place on eyes 5 minutes, -contains tannic acid – use with care.
5. **DMAE** – Use 3% to 6% fights facial sagging – proven to fight sagging!
6. **Hyaluronic Acid** – Mix 1% solution, use that to 2% - Wonderful moisturizer! Holds up to 1,000 times its weight in water!
7. **Shea Butter** – Use to 100% - Skin, joints, hair, emollient – see Shea Butter page! WOW!
8. **Corn Starch** – Use as powder, baby's bottom, foot powder, face, under arms – absorbent!
9. **Baking Soda** - Teeth whitener, breath freshener, great in baths, for heartburn, more!
10. **Colloidal Oatmeal** – Great in baths for irritated skin, chicken pox, add to lotions, add to hair products to soften hair. See recipes!

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