



Honey Facial * (**warning** - **do not** use this if you are **allergic** to eggs!)

- 1 tablespoon honey
- 1 egg yoke or white
- 1 teaspoon olive oil

Beat the egg yoke with a fork, add the oil and blend well. Add the honey using a spoon that you have rinsed with hot water and blend well again. Smear it all over your face with your fingers, except do not cover your eyes. Leave it on your face for 15 minutes, then rinse it off.

Cucumber Facial

- 1 cucumber
- 1/2 teaspoon lemon juice
- 1 teaspoon witch hazel (you can buy this in any drug store)
- 1 egg white, beaten with an electric beater until fluffy.

Peel the cucumber and run it through a blender or a food processor. Pour the cucumber pulp into a colander or strainer and force it through, catching the liquid that comes out in a bowl underneath. Combine the cucumber liquid with the lemon juice and the witch hazel. Stir it and add the beaten egg white gently. Put it on your face and leave it on for 15 to 25 minutes, then rinse off.



Refreshing Fruit Facials

PEACH TIGHTENING MASK

- 1 Peach, ripe, peeled, pitted
- 1 Egg white

Whip the peach and egg white together in a blender until smooth. Gently pat the mixture all over your face. Relax for 30 minutes, then rinse it off with cool water.

APPLE MASK FOR NORMAL SKIN

- 1 Apple, cored & quartered
- 2 T Honey

Drop the apple pieces into a food processor and chop. Add honey and refrigerate for 10 minutes. Pat the mixture onto your face with a light tapping motion, tapping until the honey feels tacky. Leave it on for 30 minutes and then rinse.



CUCUMBER MASK FOR OILY SKIN

- 1/2 Cucumber
- 1 Egg white
- 1 T Lemon juice
- 1 tsp mint

Puree everything and refrigerate for 10 minutes. Apply the mixture to your face and leave it on for 15 minutes. Rinse with warm, then cool water.

STRAWBERRY DRAWING MASK

- 1/2 c Strawberries, very ripe
- 1/4 c Cornstarch

Mix strawberries and cornstarch together to make a paste and apply it to your face, avoiding the delicate area around your eyes. Leave it on for 30 minutes and then rinse it off with cool water.

CITRUS FRESHNER

- 2 cups boiling water
- 1 vitamin C (a preservative)
- Lemon peel (zest) from 2 lemons

Dissolve the vitamin in water. In a glass bowl put the lemon zest and pour the water over them. Let it sit over night. Remove the zest and put in a spray bottle. You can use any type of citrus peel.



BLEMISHED SKIN MASK

- 1 Tomato, ripe, chopped
- 1 tsp Lemon juice
- 1 T Instant style oatmeal or old-fashioned rolled oats

Blend everything until just combined. Apply to skin, making sure the mixture is thick enough to stay on blemished areas: cheeks, forehead, or chin. If necessary, add a bit more oatmeal to thicken the mask. Leave it on for 10 minutes, then scrub it off with a clean washcloth dipped in warm water.

Sea Mud Body Mask

- 2 Tbsp Sea Mud Base, (Sea Kelp, Green Clay, Calcium Carbonate, Baking soda, Xanthan gum)
- 5-6 drops of *Essential Oils
- 1 cup distilled or filtered water (heated)

Blending Mask:

Beat all ingredients together, using a whisk or hand blender, until mask begins to thicken into a paste. Add essential oils and or other optional ingredients see below, blend well.

If mask is not being used immediately, pour into a clean plastic bag, knot the end and refrigerate (3-4 days).

Place bag in boiling water until warm to use your mask. Shelf life for mask is 2 weeks refrigerated

A Natural Way To Exfoliate

Sea salt removes dry, flaky, dead skin.

Wet face (or anywhere on the body), apply a couple of tablespoons of sea salt, then GENTLY massage with a wet washcloth or fingers.

Focus on the T-zone and cheeks, but avoid the eye area. After one or two minutes, rinse with cold water to tighten the pores.

It is important to do this regularly, or face-creams will not penetrate.

You can do this maximum once per week.

Skin care recipes

Scented Dusting Powder

1 cup corn starch

1 tablespoon orrisroot powder

1/4 teaspoon essential oil

Spoon the cornstarch and orrisroot powder into a blender and run on low speed. Slowly add essential oil. That's it you are done...your own dusting powder! Apply with powder puff.

Skin Sauna

A good deep cleansing treat is to give your face a sauna. This is especially good for congested skin. You need to fill a bowl with near boiling water and add four drops of each of the essential oils recommended for your skin type.

NORMAL : Mandarin and Lavender.

OILY : Lemon and Eucalyptus.

DRY : Rose and Camomile.

Place a towel over your head and hold it over the bowl from a distance of about 30cm for a period of around two minutes. This opens the pores and prepares it for a face mask.

You should not use a face sauna if you have sensitive skin, are pregnant or suffer from asthma.

Wrinkle Remover

Green Thompson seedless grapes! It has one of the ingredients in those big time expensive wrinkle creams.

All you do is cut a grape in half and gently crush it on your face and neck. Make sure that you get the "crows-feet" and the lines around your mouth. Leave it on for twenty minutes or so and rinse with tepid water and pat dry.

Repeat every day and before you know it... those nasty old lines will be hard to find!
Don't forget to drink at least 8 glasses of water daily. And... eat veggies rich in Vitamin A, such as carrots, celery and spinach.
If you can, get 8 hours of sleep every night.

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Honey Facial Mask

Perhaps the best facial mask is honey.

Place a cloth in warm water and apply to your face to open the pores. Smear on honey, and leave on for 15 to 30 minutes. Rinse off with warm water, then use cold water to close the pores.

Use once a week.

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Bath Cookies

2 cups finely ground sea salt

1/2 cup baking soda

1/2 cup cornstarch

2 T light oil

1 tsp vitamin E oil

2 eggs

5-6 drops essential oil

Preheat your oven to 350 F. Mix together all the ingredients. Take a teaspoon of the dough and roll it gently into a ball (about an inch in diameter). Continue doing this with all the dough and place the balls on an ungreased cookie sheet. (You can decorate the cookies with clove buds, anise seeds, or dried citrus peel if you wish.) Bake the cookies for 10 minutes, until they are lightly browned. Do

not overbake. Allow the cookies to cool completely. To use: drop 1 or 2 cookies into a warm bath and allow to dissolve. Yield: 24 cookies, enough for 12 baths.

Milk Wash

For dry or sensitive skin, this recipe can't be beat. Make a thin paste out of skim milk powder and water and wash your face with this mixture instead of soap. Rinse well and apply Herbal Milk Toner.

Herbal Milk Toner

This is a terrific toner for sensitive, sunburned or chapped skin. Combine 2 tbsp. dried or 1 tbsp. fresh chopped herbs (we recommend lavender, calendula, lemon balm, or mallow) and 2/3 cup boiling milk into a bowl or pitcher. Cover and leave until cool. Strain through muslin or cheesecloth and store in a sterilized bottle or jar in the refrigerator.

Mint Skin Toner

To create a refreshing skin toner that will hydrate and clean your pores, mix 1 cup witch hazel, 1/4 cup white vinegar and 1/4 tsp. mint extract. For good measure, drop in a couple of fresh peppermint leaves. Dab on your face with a cotton ball and apply moisturizer.

Beauty Water Recipe

- 1 egg white
- 1 T glycerin or honey
- 1 1/2 tsp vodka or witch hazel
- 2 drops lemon essential oil
- 2 drops lavender essential oil
- 2 drops thyme essential oil

Mix together all ingredients. Place in a clean container and keep in the refrigerator. At night before retiring, pour a tsp. in the palm of your hand or on cotton ball and rub over face and neck, letting it dry. If desired, in the morning, an hour before bathing, repeat the operation, also letting the liquid dry.

Regular use of this preparation for four weeks will give the skin an extraordinary beauty and freshness.

Herbal Facial Scrub

- 3/4 C. Colloidal Oatmeal Coarse
- 3/4 C. French Green Clay
- 3/4 C. Rose Petals Powder
- 6 Tb. Comfrey Leaves Powdered
- 3 Tb. Lavender Buds Powder
- 3 Tb. Lemongrass Powdered

Mix all ingredients together and evenly distribute into 6 - 4oz. Containers.

Wet 1/2 tsp. in palm of hand to use. (Water for oily skin. Milk/cream/yogurt for dry skin.) Massage into face. Allow to sit a few minutes for maximum benefit. Rinse with warm, then cool water. Pat dry.

Skin astringent Recipe

2 bags of green tea
1 tablespoon rosemary
16 oz boiling water
1/2 cup witch hazel
5 drops lavender essential oil
juice from a half of lemon

Place rosemary into a strainer or muslin bag and place it into a glass container. and the tea bags and pour the water into it. Let it stand until it's completely cool. Then add the witch hazel, lemon juice and lavender oil. Store in the fridge. It may separate so shake before use.

Facial Moisturizing Cream

1/2 Cup Virgin coconut oil
1 tsp. Vitamin E 1000 IU Oil
1 tsp. Hydrogenated jojoba MP 44
1 tsp. Kokum Butter
2 Tbsp. Beeswax
.75 oz emulsifying wax
1/8 tsp. Borax Powder
1/4 Cup Calendula infusion (make a tea with calendula petals)
10 drops Rose Geranium Oil
10 drops grapefruit seed extract

Melt and mix together sweet almond oil, vitamin E oil, coconut oil, kokum butter, beeswax and emulsifying wax. Mix calendula infusion and borax, heat to boil. Cool slightly and add grapefruit seed extract. Slowly add infusion mixture to oils, stirring continually. Transfer to blender and whip cream. When cool enough add rose geranium essential oil and whip into cream. Package and enjoy.

Oily Skin Toner

Peppermint or Sage leaves
Water
Apple Cider Vinegar

Make an infusion of the peppermint or sage leaves, and mix 1 part infusion to 1 part vinegar. Bottle and store in the refrigerator. Use after cleansing.

Insect Bite Treatment

Mix 4 tbsp. water, 2 tbsp. baking soda, and 1 drop almond essential oil in a bowl until they form a paste. Apply paste to insect bite and let it sit for 15-20 minutes. Rinse well with warm water and do not rub.

Aloe Vera Body Lotion

100ml Distilled water (or filtered)
1 Tbsp Skin Lotion herb blend (Marigold, Rosehips, Comfrey root) or choose other herbs below
100ml Body blend oil (Jojoba, Shea Butter, Sunflower, Castor, & Vitamin E.)
10 ml Skin Care Complex (a special blend of botanicals and natural preservatives)

40 ml Aloe vera gel

1 Tbsp Soy blend wax (a blend of Jojoba, Rice bran and Soy bean waxes)

1/2 tsp Xanthan gum

25 drops of your favourite Essential oil blend

It is important to make sure that all your equipment has been properly cleaned and free of bacteria this will help produce the best quality body care product. Using boiling water and Rubbing Alcohol is a good way to kill bacteria naturally.

1) Make an infusion: Pour boiled water (100ml) over herbs , allow to steep for 15 minutes, strain and set liquid aside to cool.

2) Combine Body Blend oil or other carrier oils with Soy blend wax and gently heat on medium heat until wax has melted. Remove from heat. * Use stainless steel pots only. Or microwavable glass container

3) To the melted oils and wax blend add the following in a steady stream while beating: herbal infusion mixture Skin care complex, Aloe Vera gel, and Xanthan gum. Beat all ingredients until creamy and smooth.

4) Allow lotion to completely cool before adding essential oils and packaging.

Alpha hydroxy acids for skin care

Hydroxy acid skin care is one of the oldest and newest market options in skin care. Centuries ago, women applied old wine, sour milk, lemon juice and other acidic products to help reduce the signs of aging. Today these products are more refined and are known as hydroxy acids.

Alpha hydroxy acids have been an ongoing craze of skincare industry for several years, although their cosmetic use has started several decades ago. They are a group of structurally related organic acids found in natural sources or synthesized in the laboratory. With increasing research into what causes wrinkles and the effects of photoaging, alpha hydroxy acids have increased greatly in popularity. Alpha hydroxy acids have been used for thousands of years as a skin rejuvenating product. Cleopatra is reported to have bathed in sour mild (lactic acid) to improve her complexion. Now hydroxy acids are a common additive to numerous skin care products including moisturizers, cleanser, toners, and masks.

AHA cosmetics are believed to have derived from the "chemical peels" that dermatologists and plastic surgeons have used for years. The peels, typically trichloroacetic acid, phenol, resorcinol, and salicylic acid, help remove undesirable signs of skin aging, such as discoloration, roughness and wrinkling. The chemicals cause the skin to lose its outer layer, or peel off, revealing a fresher-looking layer of skin. Known as chemical exfoliation, the procedure is done in doctors' offices so that doctors can control the process and prevent deep skin burns from the highly acidic solutions.

Basically, hydroxy acids penetrate the top layers of the skin, epidermis and upper dermis, to achieve exfoliation (sloughing of old skin cells). Exfoliation stimulates the skin and healthy cells are regenerated. The effect essentially is "anti-aging." The skin is smoother and softer with an overall

lessening of fine wrinkles and skin discoloration. The hydroxy acids are also used to improve scaling, precancerous growths (actinic keratoses) on sun-damaged skin. In addition, there is also great benefit with acne. Dead skin cells are exfoliated, opening the pores. Since hydroxy acids are in an infinite array of products, how does one choose the correct formulation for his or her skin condition? The following is a brief explanation of the advantages in each category:

Alpha hydroxy acids derive their name from the molecular composition of the acid. These products include the subcategories of glycolic, malic and citric acids. These acids dissolve easily in water and can penetrate readily into the epidermis and upper dermis. The overall effect is upper skin exfoliation. Oily skin must be cleansed prior to application in order for these acids to be effective.

Beta hydroxy acids, namely salicylic acids, are also named from the molecular composition of the acid. These acids are unique in that they are readily absorbed by the fat properties of the skin. Skin is composed of water and fat molecules that limit penetration from the outside. Different from alpha hydroxy acid, this acid is unique in that it can penetrate into the pores of the skin. This helps clear the pores and exfoliate the skin. Beta hydroxy acid also has anti-inflammatory properties that result in less irritation, burning and stinging.

These days the most common use of alpha hydroxy acids is in OTC skincare products formulated for regular use. Most such products contain relatively low concentrations of alpha hydroxy acids, usually 5-15 percent. Benefits of these skincare products are less clear. Products with alpha hydroxy acids concentration below 8% appear to be of no benefit. Most studies of 8 - 15% alpha hydroxy acids report very modest improvements in wrinkles and skin smoothness. Concentrations at the high end of this range might be a little more effective but are more likely to cause irritation.

Chemical peels for skin resurfacing

Chemical peels, also known as chemexfoliation or derma-peeling, are a technique used to improve the appearance of the skin. In this treatment, a chemical solution is applied to the skin, which causes it to "blister" and eventually peel off. The new, regenerated skin is usually smoother and less wrinkled than the old skin. The new skin also is temporarily more sensitive to the sun.

Chemical peeling (chemexfoliation) for the treatment of certain cutaneous diseases or conditions or for aesthetic improvement consists of the application of one or more chemical exfoliating agents to the skin, resulting in destruction of portions of the epidermis and/or dermis and the regeneration of new epidermal and dermal tissues. See Table I for definitions of some terminology used in this document.

Chemical peel uses a chemical solution to improve and smooth the texture of the facial skin by removing its damaged outer layers. It is helpful for those individuals with facial blemishes, wrinkles and uneven skin pigmentation. Phenol, trichloroacetic acid (TCA) and alphahydroxy acids (AHAs) are used for this purpose. The precise formula used may be adjusted to meet each patient's needs. Although chemical peel may be performed in conjunction with a facelift, it is not a substitute for

such surgery, nor will it prevent or slow the aging process. This brochure provides basic information about certain types of chemical peel treatments and the results you might expect. It won't answer all your questions, since a lot depends on your individual circumstances. Once you and your plastic surgeon have decided on a specific peel program, be sure to ask about any details that you do not understand.

Glycolic acid and Jessner's peels result in superficial skin injury and are well tolerated - the 'lunchtime' peel. They remove thin lesions on the skin surface, reducing pigment and surface dryness. The result of the first peel may be disappointing, but after repeated peels, significant improvement is usually evident.

Trichloroacetic acid (TCA) is the most common chemical used for a medium depth peel. The results depend on its concentration, usually 20 to 35%. The treatment is painful and treated areas are swollen, red and crusted for the next week or so. It can lead to an impressive improvement in skin texture with a reduction in blotchy pigmentation, freckling and solar keratoses (dry sunspots). Although fine wrinkles and some acne scars are less obvious, the TCA peel has no effect on deep furrows.

Phenol results in deep skin injury. It is rarely used for facial peels nowadays because of the risk of scarring and because of its toxicity. Absorption of phenol through the skin results in potentially fatal heart rhythm disturbances and nerve damage. However, it is very effective at improving both surface wrinkles and deep furrows. After a phenol peel, the treated skin is pale and smooth but it may be waxy and "mask-like".

All chemical peels carry some uncertainty and risk. Chemical peel is normally a safe procedure when it is performed by a qualified, experienced plastic surgeon. However, some unpredictability and risks such as infection and scarring, while infrequent, are possible.

Fine wrinkling can be reduced, though deeper lines will remain, (some of which can be improved by other methods) with chemical peeling. Most brown marks, freckles and pigmentation can be removed or lessened, especially age and liver spots (lentigines). However, pigment changes can be caused by a peel in people prone to this complication due to their skin type. Those known to develop brown discoloration after injury such as a mild burn should have a test area peeled first before undergoing a full face chemical peel. Scaly patches and rough skin (keratoses) can be removed. Very thick keratoses may need additional treatment for complete removal.

Skin that is thin and fragile eg sun-damaged skin, bald scalp skin, can be significantly rejuvenated. Chemical peeling is not a substitute for a facelift. It does not tighten sagging skin, stimulate collagen production or remove broken capillaries. Chemical peeling is not appropriate for people who will continue to have excessive sun exposure. Superficial chemical peels are a minor procedure and no special arrangements are needed. But you may need painkillers, sedation, local anaesthetic or even a general anaesthetic for deeper peels.

First the face is thoroughly washed to remove surface oil. The peeling agent is then applied for several minutes. It stings - how badly and for how long depends on the chemical, its concentration, whether you've had pre-treatment with aspirin, and individual factors. A fan can help. The peel is then neutralised, and the burning sensation lessens. Individual treatments may include peels with several agents on the same occasion, with the aim of improving results and reducing risks.

Antibiotics and oral antiviral agents may be recommended after deeper peels. Superficial peels result in mild facial redness and occasional swelling which usually resolve within 48 hours. The peeling is similar to sunburn. Most people can continue their normal activities. Make-up can be applied a few hours after the procedure. Moderate depth peels result in intense inflammation and swelling, which resolve within a week. The peeling is more marked. Mild redness can persist for several weeks. Most people take a week off from work after a moderate depth peel.

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