

Almond Oat Cleansing Meal

1 teaspoon almond meal (finely powdered almonds)

1 teaspoon kaolin or other clay

1 teaspoon oat powder (finely powdered oats)

1 teaspoon honey powder

1/2 teaspoon borax

3 tablespoons water, tea or hydrosol

Combine all ingredients. If planning to use right away, mix them in a small bowl. Add 3 tablespoons of distilled water, your favorite skin-loving herbal tea or the hydrosol of your choice. Mix well. If making for use later, combine the ingredients and store in a zip lock plastic bag or other container until ready to use. Add the water, tea or hydrosol when ready to use and stir well to combine. Before using Almond Oat Cleansing Meal, allow it to rest for about 5 minutes so the liquid ingredients can be absorbed by the oats, clay and honey powder. Then, massage a generous amount gently across dampened face and neck skin to cleanse. You can leave some on as a mask if you'd like. After it dries (about 5-10 minutes), rinse well with warm water. Pat excess moisture from skin and follow with toner, a spritz of hydrosol and moisturizer. Remember that you can always double, triple, quadruple, etc., each dry ingredient proportion to make more of this mixture.

Anna's True Rose Super Rich Cleanser

4 ounces fully cured handmade soap scented with pure rose essential oil

4 ounces pure rose hydrosol, warmed

4 ounces virgin coconut oil, warmed

2 tablespoons honey

1 teaspoon rose absolute (optional)

Shred the rose soap as finely as possible. Add the warmed hydrosol and coconut oil and use a blender to "whip" the mix until it is thick, smooth and creamy. There should be no big pieces of soap in the mixture. Add the honey or cream to the soap mixture and stir well again to blend. Add rose absolute last and stir again to blend. This mixture can be stored in an airtight glass container and used to clean the skin in a most luxurious way.

Aromatic Facial Oil

3 cup jojoba oil

3 cup rose hips seed oil (or 3 cup hazelnut oil for oily skin)

2 drops rose essential oil

3 drops lavender essential oil

2 drops geranium essential oil

2 drops palmarosa essential oil

In a glass bowl or dish, combine oils with essential oils. Stir with a clean pop sickle stick or plastic utensil to combine. Pour into a clean bottle, preferably one with a medicine dropper so you can apply the oil using the dropper. After cleansing and toning, and while skin remains a bit damp, apply a bit of the moisturizer using gentle patting motions. Do not rub the oil into the skin. Rather, just gently pat it onto the skin and it will absorb readily within a few minutes.

Blackhead Remover Mask

1/2 cup fuller's earth
1 tsp. tincture of benzoin
distilled witch hazel

Make an easy-to-spread paste by adding just enough witch hazel to fuller's earth. Add benzoin and stir thoroughly. Open your facial pores by steaming with a cloth wrung out with hot water. Let mask dry and harden - about 30-40 minutes. To remove, dip cloth in water as hot as you can stand and place on mask for a few seconds; then wipe off with a gentle rubbing motion. Rinse with warm water. Then with cool water.

Carolina Cleansing Cream

3 T. olive oil
1/2 C. lard
Several drops peppermint extract
1/2 tsp. tincture of benzoin

Mix well in a clean glass bottle. Apply to face with fingers. Remove with tissues. Keep in a cool place.

Coconut Cleansing Cream

3 T. coconut oil
1 T. olive oil
1 T. glycerin
2 tsp. water

Melt ingredients together over very low heat until liquid. Remove from heat. Beat as the mixture cools to emulsify. Store in an airtight jar and keep in the refrigerator since coconut oil has a very low melting point. After use, follow with an astringent.

Cranberry Almond Face Cleanser & Mask

15 whole fresh cranberries
1 tablespoon finely powdered oats
2 tablepoons whipping cream
1 teaspoon finely powdered almonds

Place fresh cranberries in a small food processor and process to chop well. Add the whipping cream and process further. Add the powdered oats and almonds and process until the mixture is chunky and sticks well together. Scrape the sides of the processor with a spatula and process once again to ensure the correct texture is achieved. It should hold together well without being too sticky. To use, apply Cranberry Almond Face Cleanser & Mask to face and neck skin using the pads of the fingertips. Massage the mixture gently over the skin to lightly exfoliate and cleanse. Leave bits of Cranberry Almond Face Cleanser & Mask behind on your skin as you go, and allow it to remain there for about 15 minutes before rinsing with warm water. Pat excess water from skin and follow with tone and moisturizer of choice. The shelf life of this product is necessarily limited by the fresh ingredients. It should be used within a few days, and kept refrigerated between uses.

Creamy Face Pack

- 2 Tbs. clay (kaolin is nice for this treatment)
- 1 Tbs. honey (try to purchase raw honey when able)
- 3 tsp. cream
- 1 tsp. olive oil
- 5 drops lavender essential oil
- 2 drops rose geranium essential oil.

Mix all ingredients to a thick paste, depending on measurements, you may need to add more clay if too runny or more cream if too thick. Apply the pack to the face in a thick layer, leave on for about 20 minutes. This mask does not dry out like most clay masks, it is great for mature, dry or combination skin, but shouldn't be used by those with acne or blemish problems. Follow up with a toner and/or moisturizer.

Elderflower Cold Cream

- 1 Generous Cup Almond Oil
- 3/4 ounce White Bees Wax
- Scant Cup Elderflower Water
- 1/2 Teaspoon Borax

Melt the oil and wax slowly in a bowl over hot water. Mix the water and borax in another pan. Put the pan over hot water and stir with a wooden spoon until the borax has dissolved. Then pour the borax mixture into the oil and wax. Remove from heat and beat until smooth and creamy.

Essential Pore Cleaner

- 1 cup distilled water
- 1 tbsp. Sage
- 1 tbsp. peppermint

Combine ingredients in a glass jar, store in a dark, cool place, shake daily for two weeks. Strain before using.

Facial Fix-Up

- 1/2 C. oatmeal powder
- 1/2 C. bran
- 1/4 C. cornmeal
- 1 tsp. zinc oxide

Mix all together into a paste with water. Massage on face; rinse off.

Foaming Oat Facial Cleanser

- 1/2 teaspoon honey powder
- 1/2 teaspoon cosmetic clay
- 2 teaspoons finely powdered oats
- 1 teaspoon ground almonds

1 1/4 teaspoon Castile soap (sold at most natural food stores)
1 drop lavender essential oil
1 drop myrtle essential oil
2 drops geranium essential oil

Combine all ingredients in a small bowl and mix well to ensure an even mixture. To use, place mixture in a wet palm and massage palms together to create a light, milky, soothing foam mixture. Apply to face and neck area to cleanse. Rinse well. Follow with toner and moisturizer.

Full Body Masque

1 handful finely crushed almonds
5 T. uncooked oatmeal
2 tsp. brown sugar
2 T. honey
1/4 C. hot water

Mix all ingredients to form a paste. Slather on (especially on back and chest areas) and leave for 10 minutes. Massage in; rinse off.

Gentle Eye Makeup Remover

1 T. canola oil
1 T. castor oil
1 T. light olive oil

Mix the ingredients together and pour into a clean container

To use pour a small amount of oil onto a clean white cotton ball and gently wipe over your upper and lower eyelashes and eyelids. This removes all traces of mascara. Yields 1 1/2 ounces

Herbal Astringent

1 cup distilled water
1/2 cup vodka or ‘golden grain’ alcohol
1 cup of your favorite herbs-peppermint and spearmint are revitalizing & refreshing;

While lavender is calming and relaxing. Try sage, lemon balm, rosemary, etc. or combinations. Cut in small pieces or add 1/4 cup witch hazel. Mix all ingredients and place in a jar with a tight fitting lid. Shake once a day for 2 weeks. Then, strain and pour into a clean spray bottle.

Herbal Refresher Mist

2 herbal tea bags of your choice
8 oz. distilled water
1 vitamin C with rosehips tablet
1-5 drops essential oil

Heat distilled water to boiling point. Add herbal tea bags and vitamin C tablet. Let tea steep and tablet dissolve. Stir well to incorporate. After the herbal infusion cools, pour it into an 8-ounce spritzer bottle. Add the essential oil. Shake well and store in the refrigerator. To use, spritz onto face and neck area after cleansing or whenever you need a pick-me-up.

Honey-Almond Mask

- 1 T. honey
- 2 T. finely crushed almonds
- 1 tsp. powdered clay
- 4 T. uncooked oatmeal or cornstarch

Mix together, adding little water if mixture is too thick to spread. Apply to face. Gently massage face, using an upward, circular motion as you rinse.

Honey-Wheat Germ Scrub Masque

(to rid oily skin of blackheads)

- 2 T. honey
- 2 T. wheat germ (NOT toasted)

Heat honey slightly; add wheat germ. Mix thoroughly. Apply to face and rub gently over affected areas for 3 to 4 minutes. After rubbing, leave mixture on face for 15 to 20 minutes. Rinse with 30 to 40 splashes of very hot water. Use for a week or 10 days – less if skin improves rapidly.

Lavender Lemon Facial Toner

- 1 1/2 cups lavender hydrosol
- 1/4 cup lavender tincture (alcohol based)
- 1 tablespoon vegetable glycerin
- 30 drops lemon essential oil
- 10 drops geranium essential oil
- 1 drop lemon myrtle essential oil
- 3 drops ylang ylang essential oil

Combine all ingredients in the order shown, stirring after each addition. Pour into a two glass containers with tightly fitting lids. (You can divide this recipe in half to make half the product.). Shake well before using. To use, apply using a soft cotton pad to clean face and neck skin. The alcohol based tincture in this recipe will help keep it fresh for several weeks but to extend shelf life (and for a wonderfully refreshing afternoon pick-me-up), you can store it in the refrigerator.

Lemon Balm Skin Cream

This will tighten and smooth normal and combination skin.

- 3 T. dried lemon balm leaves
- 1/2 C. boiling water
- 1/2 oz. beeswax
- 2 oz. lanolin
- 1/2 C. wheat germ oil
- 1 tsp. propolis powder (bee glue)

Pour boiling water over lemon balm leaves in a clean bowl. Steep for 10 minutes.

Strain through a fine sieve, collecting liquid in a clean bowl. Allow to cool; discard lemon balm leaves.

Melt beeswax and lanolin in a heatproof glass set in simmering water. Stir in wheat germ oil. Add herbal infusion by teaspoonful and stir until well blended. Remove glass from water. Add propolis powder to tepid cream and carefully stir it in until blended. Let cream cool completely. Stir cream thoroughly and transfer it to clean containers with tight-fitting lids. Store up to 3 months. Yields 10 ounces.

Lemon Buttermilk Facial Scrub & Mask

1 level teaspoon finely powdered oats
3 heaping teaspoons powdered buttermilk
1 heaping teaspoons cosmetic clay (I used kaolin)
1 heaping teaspoon finely ground almonds
1/2 teaspoon citric acid
1/2 cup rose hydrosol (you can use plain distilled water)
1/8 teaspoon Irish moss
4 drops lemon myrtle essential oil

In a bowl, mix together the oats, buttermilk, clay and almonds. In a separate bowl, combine the rose hydrosol, citric acid and Irish moss. Place the water mixture in a double boiler and heat until the citric acid is dissolved. Stir it gentle to make sure. The Irish moss will not dissolve, but it will disperse so stir it to make sure is mixed in well. Remove from heat. Pour a bit of the dry ingredients into the water mixture to mix thoroughly. Then pour that mixture into the rest of the dry ingredients and stir to combine and remove all lumps. Add essential oil last and stir to incorporate. For best results, allow this product to stand for about 1/2 hour before using to allow it to thicken a bit. To use, apply a thin layer of Lemon Buttermilk Facial Scrub & Mask to clean face and neck area. Scrub in if you'd like, or just leave a layer on your skin for about 10 minutes while you relax. Rinse well with warm water and pat excess water from face. Apply toner and moisturizer as usual. This products must be stored in the refrigerator and should be used within a week.

Moroccan Oil Buster

2 Tbs. Moroccan red clay
1 Tbs. witch hazel
1 tsp. cider vinegar
2 drops tea tree essential oil
2 drops lavender essential oil
Mix all ingredients into a thick paste, if too thin, add more witch hazel, if too thick, add more clay. Spread over face after cleansing, allow to dry. To remove, place a warm, damp washcloth over the face to dampen the clay, gently massage off. Follow up with a toner or astringent.

Neroli Rose Face Cream

15 grams extra virgin olive oil
4 grams borage oil
1 grams jojoba oil
4 grams rose hips seed oil
2 gram stearic acid

2 grams vegetable emulsifying wax
1/2 teaspoon rose concrete
1/2 teaspoon neroli wax
60 grams rose hydrosol (rose water)
1/2 teaspoon borax
1/8 teaspoon xanthan gum
4 drops beeswax absolute
2 drops neroli essential oil
2 drops rose essential oil

Combine first 6 ingredients in a heat proof (I use Pyrex) 16 oz. glass measuring cup. Place the mixture in a hot water bath until the waxes are completely melted. Remove from heat. Add the stearic acid and emulsifying wax and stir well to incorporate. Set aside. In a separate Pyrex cup, combine the rose hydrosol, borax and xanthan gum. Place the mixture in a bath until for about 10 minutes to warm the mix and dissolve the borax. (The borax will not dissolve completely until you stir it in; see next step.) Remove from heat and set aside momentarily. Add the neroli wax and rose concrete to the oil/wax mixture. If you are using neither of those ingredients, skip this step. Stir the oils/waxes together to make sure they are evenly combined. In the separate container, stir the water ingredients to make sure they are evenly combined. Begin stirring the oil/wax mixture with an electric mixer and add the water mixture as you stir. You will see the mixture begin to thicken as you blend it. Continue mixing until until Road Map Relief is thick and rich. This may take up to 20 minutes. Add the aromatic oils after the cream forms and stir gently to incorporate. Pour into clean jars. Store in the fridge between uses if you'd like to extend freshness.

Nutritious Clay Scrub & Mask

2 tablespoons cosmetic clay
1 tablespoon powdered full cream goat's milk
1 tablespoon colloidal oatmeal (cosmetic grade oat flour or just use very finely ground whole oats)
1 tablespoon wheat germ flakes (in your grocer's cereal aisle)
1/2 teaspoon fine sea salt (for rejuvenation)
7 drops Egyptian Rose Geranium Essential Oil (great for mature skin)

Mix all ingredients together and place in an airtight container. Combine 1 tablespoon of the mixture with enough warm water to create a nice paste. Work in circular motions applying to the face. Allow the product to remain on the skin while you rest for a few minutes. After it has dried completely, rinse with warmwater, blot dry.

Oatmeal Facial Scrub

1/8 c. Epsom Salt
1/2 c. Oatmeal
2 oz. unscented shower & bath gel
3 drops essential oil
15 drops lemon essential oil
5 drops ylang ylang essential oil
poppy seeds (optional)
shallow wide mouth container with lid

Blender

Put the oatmeal in the blender and chop so pieces are small and coarse. Add the poppy seeds if you want more exfoliation. Pour the oatmeal with the rest of the ingredients in a bowl. Mix until well combined. Transfer into shallow decorative container.

Peppermint Mud Mask

(for oily skin)

2 T. rubbing alcohol

1 tsp. peppermint extract

2 tsp. fuller's earth

Combine all ingredients. Apply to face, avoiding eye area. Leave on for 10 minutes.

Peppermint-Wheat Germ Stimulating Cream

1 oz. beeswax or lanolin

3 oz. wheat germ oil

1 oz. peppermint tea, brewed strong

1 drop peppermint oil

Place over low heat until the beeswax is melted. Remove from heat, then whip with a whisk until cool.

Prime Time Facial Oil

1/2 ounce jojoba oil

1/2 ounce fractionated coconut oil

8 drops lavender essential oil

6 drops sweet orange essential oil

2 drops chamomile (Roman) essential oil

2 drops rose essential oil

1 drop ylang ylang essential oil

Blend the essential oils together about a week in advance so they can mellow together. Mix together the jojoba oil and fractionated coconut oil and shake a bit to ensure the mix. Add the essential oils and shake again to mix. I like to store this in a colored dropper bottle so I can dispense it by the drop. To use, apply to just cleaned and still damp facial and neck skin.

Massage gently and allow to soak in before applying make-up or going to bed. I can moisturize my whole face and neck area with about 6 to 8 drops!

Rose Water

1 C. rose petals

1/2 C. rubbing alcohol

1 1/2 C. water

Simmer rose petals in water for 10 minutes. Strain. Preserve with alcohol or just refrigerate without preserving. Store up to 1 week in the refrigerator.

Scrub And Glow Facial Cleanser

1 C. oatmeal, uncooked
1 T. salt
1/4 C. farina

Grind oatmeal in a blender until soft but still flaky. DO NOT powder it. Combine oatmeal with farina and salt. Splash face with hot water to wet it thoroughly. Pick up mixture with moist fingers. Rub face with the powder. Be gentle, but rub all of your facial skin. Rinse with hot water (15 splashes will suffice). Apply Vinegar Rinse. Use for 5 to 8 days, then return to a milder cleanser.

Vinegar Astringent

1/4 cup white wine vinegar
1/2 cup water
1 tsp. cream of tartar

couple drops of peppermint (refreshes and lifts mood)

Mix the cream of tartar with water, blending until you have a smooth consistency. Add the vinegar and peppermint. Shake well. Apply to your face with cotton pads.

Winter Moisturizer

2 T. apricot kernel oil
1/4 c. grapeseed oil
1/4 c. stearic acid powder
1/2 t. baking soda
1 T. aloa vera gel
1 cup water

Combine the oils and stearic acid powder and heat over low heat until stearic acid powder is melted. Combine baking soda, aloe vera gel and water in microwave safe container. Microwave until just boilin (1 to 2 min). Slowly add 1/3 of the water solution to the oil mixture and stir. Then using a blender, slowly add the rest of the water to the oil mixture and blend on high. The mixture will be a white fluffy cream. Spoon into a clean container and allow to cool completely. Massage a small amount of the cream on your face and neck. Store in a cool dry place. Yield - 12 oz.

Yummy Facy Washy

2 tablespoons pure castille soap
2-3 tablespoons pure organic honey
4-5 drops tea tree oil
1/2 teaspoon jojoba oil
1 cup finely ground oatmeal
1/2 cup organic green tea

Grind your oatmeal with mortar and pestal or with a coffee grinder (works perfectly)--or put already-ground oatmeal in a bowl. Add 2 tablespoons castile soap. Add in jojoba oil, tea tree oil, and honey (mix should be tacky). Add in the green tea last. brew a small amount of organic

green tea (I use Chinese green tea because it seems to be the most pure). add in the tea when it has cooled a bit. Mix all ingredients together until fully blended. Last, add in a few whole oatmeal flakes for a nice texture & the extra exfoliating qualities. Store in an airtight, preferably dark glass container in your bathroom. No refrigeration necessary & lasts a week or two or more....

Ba-Da-Bing! Body Pack

Double the ingredients if you can get a friend to do this with you

5 Tablespoons kelp

6 Tablespoons clay

4 Tablespoons arrowroot or other powder ingredient

2 teaspoons sweet almond oil

2/3 cup warm water (if you have dry skin, replace the water with cream)

Mix dry ingredients together, stir in warm water and mix until smooth, then stir in the oil and mix well. Let sit for about 10 minutes to thicken, then massage into the body. Leave on for about 1/2 hour, rinse off, follow up with a light body lotion.

Body Polish

What is a body polish? It exfoliates and conditions the skin at the same time.

Fine Sea Salt

safflower oil

bulgarian lavender eo

rosewood eo

small margarine container w/lid

In a container add sea salt. How much depends on the size of your container and how much you want to make. Add a small amount of safflower oil. Add in 5 drops of bulgarian lavender and 5 drops of rosewood and stir with a spoon. Let sit for a half hour. If you've added too much oil you will notice a medium or thick layer of oil on top. Add more sea salt and stir if this happens to even it out. It

should look like wet sand. In the shower use over your body for exfoliation and soft skin.

NOTE: This WILL make for a slippery tub.

Easy Hemp Massage Body Butter

2 tsps hemp seed oil

4 tsps sunflower oil

2 tsps cocoa butter

2 tsps coconut oil

2 tsps beeswax

2 tsps stearic acid

4 drops patchouli essential oil

a few drops of grapefruit seed extract or preservative of your choice.

Place the first 6 ingredients in a pyrex measuring cup. Place in microwave and heat slowly until all ingredients are melted. Try to take the mixture out every 30 seconds and stir. Let mix cool for about 10 minutes, then add preservative and essential oil. Place in a clean container. Stir every

1/2 hour till mixture has a creamy consistency. If you do not like patchouli, you may substitute. Massage small amount on body after bath/shower. Can also be used as massage butter.

Green Ambrosia Body Scrub

1/2 cup Epsom salts

2 Tbls. oatmeal - ground in blender

1/4 cup cornmeal

1/4 cup uncooked white rice - ground in blender

1/8 cup glycerin

5 drops baby oil

1/2 bag green tea

1 tsp. poppy seeds

5 drops china rain essence oil

Combine all ingredients with a whisk. Pour in bottles or Ziploc® bags to store.

Orange Geranium French Clay Body Mask

5 ounces white clay (kaolin)

5 ounces French green clay

1/2 ounce honey

6 ounces distilled water

10 drops sweet orange essential oil

5 drops geranium essential oil

Combine the white and green clays in a bowl and stir to mix fully. Set aside. In a heat proof bowl, warm the distilled water in the microwave. Do not boil the water; make it warm to the touch. Add the honey to the water and stir well to combine. Add the honey water to the clay a little at a time, mixing between each addition until a smooth and spreadable paste is formed. If the mixture is too dry after adding all of the honey water, add more water and stir to incorporate. If the mixture is too wet and runny after adding all of the honey water, add more clay and stir to incorporate. Add the essential oils and stir well to combine. To use, place an old sheet or plastic bags together on a carpeted floor. Sit down and apply the mask to clean, damp skin. Relax for 15-20 minutes so the clay can exercise its drawing powers. Rinse well in the shower and follow with the moisturizer of your choice.

Pink Grapefruit Sugar Scrub

1-1/2 cups cane sugar (white)

4 drops pink grapefruit essential oil

1/4 cup jojoba oil

1/4 cu liquid Castile soap

Place sugar into a large bowl and stir to break up any clumps. (You can also use brown sugar, but you won't be able to add a pink color. (See step 2.) Add the essential oil, which is fresh, will impart a light pink tint. (You can add about 4 drops of food coloring at this point if you want more color.) Mix very well to make sure the color is evenly disperse and there are no lumps. Add the jojoba oil and Castile soap next, a little at a time, stirring a bit after each addition. Mix well and the pour into a squeeze tube or plastic bottle. You might want to allow the mixture to stand for a few hours before using so the ingredients can "mellow together". To use, stand in the tub or

shower and massage the sugar scrub onto your skin from head to toe. Be especially careful not to slip ... because the oil in the scrub is slippery in the tub. You may want to use a towel or rubber mat to help prevent slipping.

Wheat Germ Body Scrub

1 lb. glycerine soap base
2 Tbsp. wheat germ
1 tsp. almond oil
3/4 tsp. sandalwood fragrant oil
shallow wide mouth container with lid
blender

Melt the glycerine soap base on medium heat. Do not boil. Remove from heat. While it cools, put the wheatgerm into the blender and whip until you have a fine ground. Add to glycerine and mix in the rest of the ingredients. Transfer into shallow decorative container.

Crisco Hand Cream

4 oz Crisco
2 oz beeswax
2 oz glycerine
2 T. liquid lecithin
4oz distilled water

Melt all ingredients together just until liquid Mix with a whisk until it begins to thicken well. Pour into a jar and allow to cool. Use as needed.

Gourmet Hand Lotion

2 T olive oil
2 tsp honey
1 tsp liquid lecithin
1/2 tsp apple cider vinegar

In the blender or with a wire whisk, mix all the ingredients together until well combined. Pour into a clean container with a tight fitting lid. It may see a bit sticky at first but this stickiness will go away after sitting for a day or two.

Feet of Fancy

1.8 oz. shea butter
1 ounce sweet almond oil
1 ounce coconut oil
1.5 ounces emulsifying wax
1/2 ounce stearic acid
1.2 ounces distilled water
10 drops peppermint essential oil

Place first 5 ingredients in a heat proof 16 ounce glass measuring cup. Place remaining ingredients except the essential oils in another heat proof 16 ounce glass measuring cup. Place

each cup in a separate double boiler to warm the water and completely melt the waxes. When the waxes are completely melted, remove from heat. Use an electric mixer to combine the two in a steady stream.

Fancy Feet should form in just a few minutes. Allow to cool for about 5 minutes before adding essential oil. Pour into clean jars and allow to cool for a few minutes before capping. Massage generously into clean feet.

Lemon Cleansing Cream

1 T. beeswax

3 T. veg oil

1 T. witch hazel

1 T. lemon juice

1/8 t. borax

6 drops lemon essence oil

Over low heat, gently melt beeswax in the veg oil. Beat for 5 minutes until mixture has a creamy, smooth consistency. In a separate pot gently warm witch hazel and lemon juice; stir in borax until dissolved and add to cream. Beat steadily. After the cream has cooled stir in the lemon essence oil. Then spoon into jars.

Anti-Aging Cream

1 oz. glycerin

1 oz. witch hazel

1/2 oz. rose water

3 T. honey

3 T. wheat germ oil

Combine ingredients in a glass or ceramic bowl and gently whisk until they are thoroughly combined. Store the emulsion in a tightly sealed container at room temperature. It should last for at least 1 month.

Massage the solution into the skin around your eyes and mouth, using a circular and upward motion. This motion will counteract the natural droop of gravity. If you have the time, it's a good idea to hang your head over the edge of the bed and massage the cream in while you're partially upside down.

Floral Cream

1/4 C Distilled water

1/2 t. Borax powder

3 T. Grated beeswax

1/2 C Mineral oil

1 t. Liquid lanolin

5 drops each: honeysuckle; carnation; mimosa

Boil the water and add the Borax powder, stirring until dissolved. Let this mixture simmer. In a separate heavy saucepan, add mineral oil, lanolin and beeswax, and place over low heat. Stir until the beeswax has dissolved. Pour the oil/beeswax mixture into a bowl and slowly drizzle the simmering water/borax mixture while stirring with a wire whisk. Continue stirring until the

mixture becomes a thick, white cream and has cooled to room temperature, approximately 15 minutes. Stir in the fragrance oils until well blended. Spoon into a bottle or jar.

Herbal Oil For Scar Tissue

1/2 ounce rose hips seed oil
2 drops calendula CO2 (select)
3 drops German chamomile CO2 (select)
2 drops helichrysum CO2 (select)

Combine the CO2 extracts in a small container and allow to sit for at least a week.

This allows time for the herbals to mellow together before suspending them in the carrier. Add the CO2 blend to the rose hips seed oil and shake gently. It's best to use a dropper bottle for this treatment so it can be more easily dispensed. Apply enough to massage easily and evenly into scar tissue 1-2 times daily. Massage gently yet firmly to help soften the scar tissue and facilitate healing. The herbals in this treatment may discolor clothing so be careful to massage it fully into skin before putting on clothing to avoid staining.

Jojoba Dry Skin Dip

60 grams jojoba oil
10 grams beeswax
30 grams distilled water
1/4 teaspoon borax
1/8 teaspoon xanthan gum
2 drops rose essential oil
1 drop lemon essential oil
1 drop ylang ylang essential oil

Combine oil and wax together in a heat proof) measuring cup. Place cup in a hot water bath and allow the wax to melt almost completely. Remove from heat source and stir to melt all of the wax down. Set aside. Place the distilled water in a separate heat proof) measuring cup, and microwave for no more than one minute to heat considerably. Remove from microwave. Add borax and xanthan gum to water and using a hand held mixer to dissolve the borax and fully disperse the xanthan gum into the water. The combination will form a loose gel like mixture. By now, the wax melted into the jojoba oil should not have started to solidify, but if it has, warm it in the double boiler until it melts and stir again to mix. Using the hand held mixer, begin mixing together the oil/wax mixture. Pour the water mixture into the water oil/wax mixture and mix the two together until Jojoba Dry Skin Dip forms. This should begin to happen almost immediately. Mix until the cream stiffens a bit, about 2 minutes. Add your essential oils and stir with a small wooden spoon or pop sickle stick to mix well. Pour Jojoba Dry Skin Dip into jars or cream pump dispenser (recommended) and allow to cool before capping.

Super Dry Skin Formula

1 pt. pure aloe gel
1 oz. (tube) zinc oxide paste
2 T. sunflower oil
Few drops vitamin E oil

Whip ingredients together. Store in a container. Smooth over damp skin after a shower or bath.

Not only can herbs feed our bodies; cells, tissues and organs, but herbs can nourish and revitalize our hair, skin and nails. Our skin, which covers our muscles, tendons and soft tissues, is the largest breathing organ of the body. The body releases toxins and poisons through the pores of the skin in the form of perspiration, oils and skin eruptions like acne, eczema and seborrhea, to name just a few maladies that can become an unsightly nuisance.

Human beings have pampered their bodies, skin, hair and health, since before the beginning of recorded history, using natural substances available to them. The ancient Egyptians used Kohl for their eyes, not only for beauty, but for protection against disease. They used essential oils to anoint and perfume the skin. The Romans used herbal face packs and soaked in flower-scented baths using essential oils and the petals of flowers. Galen, a Greek physician in the 2nd century AD developed the first basic recipe for cold cream.

Many cultures still use plants as their primary cleansing and beautifying substances for their simple beauty preparations.

While healthy skin, hair and nails begins with a wholesome diet, low in fats, sugars and processed foods, we must also take care of our extremities and protect them from pollution, extreme weather, stress and injury.

Following are some easy to make, natural recipes for body care. All the ingredients, listed here, are widely available and many are sold in drugstores or supermarkets, health food stores or can be found out in nature. Your preparations will not last as long as the ones you can buy "ready made" because of the stabilizers and preservatives added to the products. It is best to make small batches and keep them refrigerated. For some skin lotions, you can add jojoba oil, which is actually a liquid wax derived from the bean of a plant. Jojoba will not become rancid which makes it a valuable carrier for many home remedies.

Remember to use caution if you have a history of allergies. You can test your creams and other preparations by placing a small amount on a cotton ball and taping it to the inside of your forearm for 24 hours prior to actual use. This will give you an accurate assessment of the chemical reaction to your body.

HERBAL FACE AND SKIN CARE

Facial Astringents - for deeper cleansing and tightening of the skin and reducing pore size.

SUGGESTED HERBS:

Sage - Sage will make an excellent astringent

Chamomile - Will make a gentle astringent

Yarrow with added Witch Hazel Extract (2-4 T*) for a more bracing astringent

THE BASIC RECIPE:

1/2 cup of Vodka

4-5 drops Tincture of Benzoin (available at most pharmacies)

1/4 - 1/2 cup dried or fresh herbs

Place herbs in jar and cover with vodka. Cover tightly with lid and shake jar once a day for one week. Strain liquid into clean jar and add the same amount of herbs to the liquid and shake occasionally for another week. Strain liquid through a coffee filter into a clean jar. Add Benzoin, shake well and refrigerate. Use once a day after cleansing face.

HERBAL FACE TREATMENT:

Great skin food and most beneficial if done weekly. The entire treatment will cleanse and exfoliate the face, nourish and get the circulation going to promote new cellular activity, tone and firm and help diminish fine lines.

ONCE A WEEK:

Begin by cleansing with a gentle face lotion and rinse with warm water. > Try an herbal steam facial which moisturizes, cleanses the pores and increases the blood flow to the surface of the skin. It is best to make an herbal steam bath in a bowl because the herbs can clog the sink's drain. Use one or more of the following herbs:

1 T*. crushed fennel seeds and mix with,

1 T. dried peppermint or dried spearmint

2 T. dried chamomile flowers 1 T. dried elderberry or lavender flowers

2 tea.** powdered licorice root or dried parsley

1 T. dried sage or yarrow leaves

1 Qt.*** boiling water

Place herbs in a heat-proof bowl and pour the boiling water over them. Put your face over the bowl and tent a towel over your head and the bowl. Keep your face about a foot away from the water and steam for 7-10 minutes. Pat your face dry, and apply a moisturizing cream to lock in the dampness on your skin. (This is also a good way to clear the sinus' or treat a head cold. Pour boiling water over eucalyptus, tea tree and/or peppermint for head congestion)

For deeper cleansing, follow with an exfoliating scrub:

For oily skin use herbs that are tannin-rich like agrimony, lady's mantle, raspberry leaf or yarrow. For dry, rough skin use flax seed, kelp or another mucilage rich herb. Try adding a little aloe vera to the mask. For very dry skin use one egg yoke mixed with 1/4 cup honey. Add a little milk or yogurt if the mask is too thick. To stimulate the skin use peppermint, rosemary, elderberry flower or eucalyptus leaf.

BASIC FACE MASK RECIPE:

1 1/2 T. regular oatmeal

1 T. almond meal

1/2 cup boiling water

1 tea. dried rosemary leaves (substitute herbs in other recipes for the rosemary)

Pour the boiling water over crumbled herbs and steep for a few minutes. Strain. Add moist herbs to

oatmeal and almond meal. Add just enough of the herbal liquid to make a thick paste. Wash face thoroughly before applying mask. You then can either steam your face or lay a warm, wet wash cloth on your face. Apply the mask to your warm skin and leave on for 15 to 20 minutes, letting it dry completely. Gently wash the mask off with a soft wet wash cloth. Pat dry and apply a rich moisturizer.

A WONDERFUL SKIN TREATMENT:

Papaya and cucumbers make the best natural skin treatments around. Both of these wonderful edibles are great for dry flaky skin and blemishes.

Take a wedge of ripe papaya and scrape off the seeds. Scoop out the pulp and mash it up. Smooth the pulp over your face avoiding eye area. Leave on for a couple of minutes and wipe it off with a washcloth. Splash your face with cool water.

Slice a cucumber and lay some of the pieces on your blemished skin for 10-15 minutes. Great for puffy eyes too.

ALOE VERA COLD CREAM:

1 T. aloe vera gel

1/3 cup olive oil

1 T. white bee's wax

2 T. anhydrous lanolin

2 T. rose water

2-3 drops essential oil (choose either rose, lavender, eucalyptus or peppermint)

Using a wire whip or blender, mix the aloe gel into the oil. Set aside and melt the bee's wax with the lanolin in a double boiler or a half a minute in the micro wave. Slowly stir in the essential oil mixture. Stir in the Rose water and the essential oil. Keep stirring until the mixture starts to thicken. Pour into a jar and cap tightly.

The aloe adds a wonderful texture to this lovely cleansing and moisturizing cream.

ROSE WATER & GLYCERIN LOTION:

This was very likely a favorite of our grandmothers and mothers. This traditional mixture makes an effective basic moisturizer and hand lotion. You can adjust the proportions according to your skin type and the seasons.

For oily skin: mix 2/3 cup rose water with 2 T. of glycerin

For dry skin: mix 1/3 cup rose water with 1/3 cup glycerin.

For rose water: glycerin gel: dissolve 1 tea. plain gelatin in 1/2 cup hot water. Blend in 1 teaspoon oil of rose and 3 T. glycerin.

To make rose water: 1 tea. Soluble rose oil to 1/2 cup distilled water. Blend the rose oil with glycerin until it is smooth and creamy.

Pour into a clean bottle and cover tightly.

Northern Aroma's **Herbal MUD Mask**

1 pouch (125 ml) that contains:

- Green Tea
- Green Clay
- Marshmallow Herb

FOR THE FACE

PAPAYA PUMPKIN FACIAL

If you have visited spas and resorts in exotic locales such as the Pacific Rim, Bali, Hawaii, and Tahiti, you've probably seen a facialist select and mash fresh fruit in front of you for a fresh-on-the-spot enzyme mask. It's easy to recreate this mask at home -- we've found a Balinese mask for you which will leave your face fresh and glowing.

- 2/3 cup fresh papaya, mashed
- 15 oz. can pure pumpkin
- 1 egg, beaten

1. Prepare the mask. Cut the papaya in half and scoop out the seeds. Scoop out the papaya fruit and mash it well to eliminate lumps in the mask. Beat the egg until it is frothy. Combine that with the papaya. Add the pumpkin to the egg/papaya mixture and whip together. You can also mix the ingredients in the blender or a food processor for an extra smooth mask.
2. Prepare your face. Wash with your daily cleanser and remove all residual makeup on your skin. Rinse with warm water. It's very important to have clean skin to ensure you get maximum benefits from the facial.
3. Apply the Mask. Cover your entire face, being careful to avoid the immediate eye area. If you have sensitive skin, test the mixture on your hand before spreading it on your face. You'll feel some tingling as the enzymes in the pumpkin go to work immediately -- gently exfoliating your top layer of skin. It works like a scrub without being abrasive to your skin. Leave the mask on for 10 minutes.
4. Rinse Off Mask. After you've relaxed for ten minutes it's time to rinse. The mask is fairly thick -- head for the kitchen sink.
5. Apply Toner & Moisturizer.

APPLE SKIN TONER

Intended for slightly oily skins, we're told by our skincare team that **Apple Toner** is an excellent substitute for rubbing alcohol (a real no-no, as it actually stimulates the oil glands to produce more oil).

Combine 2/3 cup witch hazel,
1/3 cup of apple cider vinegar,
and several drops of Lavender Essential Oil (or essential oil of your choice).

Mix, and add to clean bottle. Shake bottle well before using, and then dampen a cotton ball or pad

saturated with your toner, and swab over face. Witch hazel is a gentle astringent, apple cider vinegar will help restore your skin's natural ph balance, and lavender soothes sensitive skin.

AVOCADO CARROT CREAM MASK

This mask combines avocados, which are rich in Vitamin E, with carrots, which are high in beta-carotene and antioxidants, and cream, which is high in calcium and protein. These ingredients will rebuild skin collagen, improve tone and texture, and fade age spots.

1 avocado, mashed
1 carrot, cooked and mashed
1/2 cup heavy cream
1 egg, beaten
3 tablespoons honey

Combine all ingredients in a bowl until smooth. Spread gently over your face and neck, and leave in place 10-15 minutes. Rinse with cool water and follow with your favorite toner.

Avocado Dry Skin Masque

Beat the yolk of an egg until it is light and frothy, then add the mashed pulp of a half avocado, blending it well (you may use a blender at this point). Cleanse your face thoroughly before using this masque (or any masque). Spread the avocado mixture over the face and neck evenly; relax on a slant board or bed for about 20 minutes. Remove with clear tepid water and a face cloth, followed by a rinse of cold water or a mild skin lotion. The result should be a marked improvement in skin texture, and all-around revitalizing.

Avocado Oily Skin Masque

California Avocado Commission

Put the white of an egg, a teaspoon of lemon juice, and the mashed pulp of a half avocado into a blender. In seconds, you should have a lovely green mixture. Wash your face and neck thoroughly, then apply masque evenly on those areas. Relax for 20 minutes; remove with tepid water and a face cloth. Follow with cold astringent or skin tonic.

SAVORY CRANBERRY FACIAL WASH

Did you know the acidity in cranberries works as a mild astringent and toner? Did you know that the Greeks originally considered Savory to be an aphrodisiac? Cranberry and Savory possess antiseptic properties similar to those found in oregano and thyme, and help cleanse the skin of excess oils.

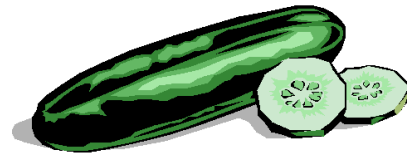
1 tablespoon dried savory leaves, crushed
1/2 cup boiling water
1/2 cup cranberries

Steep the dried savory in boiling water in a small bowl, for fifteen minutes. Strain the liquid and set it aside. Puree the cranberries in a blender, and strain the fruit from the liquid. Discard the fruit, and save the juice. Combine the savory water and the cranberry juice, soak into cotton pads, or a fine textured washcloth, and press against your face for fifteen minutes, avoiding the eye area. Remove pads or cloth and rinse with warm water.

CUCUMBER EYE GEL #1

Ingredients:

1/4 large cucumber
1 ounce aloe vera gel



Puree the cucumber in a blender (leave a little pulp), strain the mixture into a glass bowl until you have at least 2 ounces. Spoon in just a tad of the pulp from the strainer). Add the aloe vera to the cucumber puree in the bowl and mix lightly. Pour into a clean, sterilized container. After cleansing face, stir mixture gently and apply with a cotton ball to undereye area. Avoid the eyeball. The shelf life of this product is very limited by the fresh cucumber. It should be used within a few days, and kept refrigerated between uses.

CUCUMBER EYE GEL #2

1 Tbs. aloe vera gel
1 tsp. fresh cucumber juice
1/4 tsp. cornstarch
1 Tbs. witch hazel

Mix together aloe, cucumber and cornstarch. Heat until just boiling, about 1 minute in microwave. Remove from heat source and stir in witch hazel. Stir well and allow the mixture to cool completely. You should have a clear, jelly-like cream. Spoon into a small clean jar. To use: Dab a small amount under your eyes and be careful not to rub or pull the delicate skin under your eyes. Keep in cool place. Makes 1 oz.

QUICK CUCUMBER EYE SOOTHER

You can purchase a \$12.00 bottle of cucumber-lookalike eye pads infused with cucumber extract and then kicked up with a list of chemicals. Or you can simply use a real cucumber. Even if you used a fresh cucumber each week, it would take a long time before you spent \$12.00 on this simple and soothing treatment.

2 wafer thin slices of cucumber
1 warm, damp, clean washcloth

While reclining in the tub (and perhaps while using the Quick Cucumber Parsley Facial, above, place one cucumber slice over each eye. Cover your eyes with a warm washcloth and relax for 10 minutes. Fine lines will smooth out and your eyes will feel refreshed and soothed, preparing you for a night's rest. We recommend this particularly if you've had yourself a crying jag that day.

SENSITIVE SKIN CUCUMBER MASK

This mask is perfect for sensitive skin. Chill it in your fridge before use to make it especially soothing.

Ingredients:

1 tablespoon brewer's yeast
1 tablespoon finely ground oatmeal
1 whole cucumber
2 tablespoons plain yogurt or sour cream
1 teaspoon honey

Mix together the yeast and oats in a small bowl and set aside.

Peel the cucumber and place it in a small food processor and process until only liquid remains. Add the yogurt and honey and process further to mix.

Add the brewer's yeast and oats to the cucumber/honey mixture and process to mix fully.

To use, apply to clean face and neck skin and leave on for anywhere from 15 minutes to a half hour. Rinse well and follow with toner and moisturizer.

QUICK CUCUMBER PARSLEY FACIAL

The next time you make a salad, set aside just 3 tablespoons of basic ingredients, and you've got yourself a quick facial, to be enjoyed while soaking in the tub before bed. You cannot get any easier, or quicker, than this.

1 Tbsp. Plain yogurt
1 Tbsp. Cucumber
1 Tbsp. Parsley

Puree (or use your handy rotating chopper -- you know you bought one) the cucumber and parsley finely and mix with the yogurt until smooth. Cover your face with this creamy mask. This will rejuvenate your skin as it moistens. Leave the mask on for approximately 15-20 minutes for best results. Rinse with water. Do not store this mixture. Especially over a long weekend.

Cucumber- Honey Toner

- 1 medium Cucumber, peeled and cut up into pieces
- 2 tsp. Honey

Puree cucumber in a blender. Line a sieve with cheesecloth and set the sieve over a glass bowl or measuring cup. Pour the cucumber puree through the sieve and let it stand for 15 minutes for the juices to drip into the bowl. Pour the clear juice into a clean bottle and add honey.

To use, shake the bottle and saturate a cotton pad with the lotion. Sweep over face, neck and chest morning and night, and let it air dry (about 3 to 4 minutes). Store covered in the refrigerator for up to 1 week. Makes about 1/2 cup.

ALMOND FACIAL MILK

The herbal waters are antiseptic and toning. Grapefruit seed extract is available in health food stores, and is included in the recipe as a preservative.

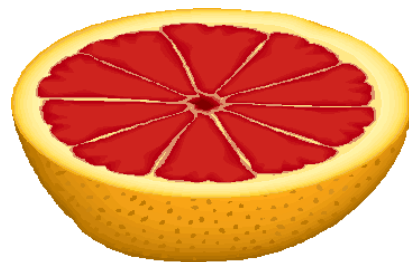
- 1/2 cup rose, lavender, or distilled water
- 1 teaspoon pure vegetable glycerin
- 1/4 to 1 teaspoon cold pressed organic almond oil
- 12 drops grapefruit seed extract

Make the rose or lavender water by placing a small handful of dried organic rose petals or lavender in a pint mason jar and adding boiling water to cover. Let steep overnight, then thoroughly strain. Combine the remaining ingredients in a glass jar and shake to blend. Dab some on your fingers or a cotton ball and massage into your skin. Rinse with warm water. Keep stored in the refrigerator for no more than a month or so. Discard at the first sign of mold.

GRAPEFRUIT & PARSLEY FACE MASK

Grapefruit and parsley are both effective and refreshing astringents, perfect for oily skin.

3 tablespoons very fine oatmeal (whirl oatmeal in a food processor, if necessary)
2 tablespoons chopped parsley
1/2 large grapefruit
olive or sunflower oil



Mix 3 tablespoons of very fine oatmeal with two tablespoons of chopped parsley in a bowl. Add juice from half of a large grapefruit until you have a soft paste. Let the mixture rest 5 minutes.

Spread soft mixture over your face and let dry for approximately 15 minutes. Rinse off with warm water. Follow with toner and moisturizer.

Ginger Skin Creme

Ginger invigorates, and oil soothes. Try this double dose for dry skin.

- 2-inch piece of fresh ginger
- 2 teaspoons light sesame oil
- 2 teaspoons apricot kernel oil
- 2 teaspoons vitamin E oil
- ½ cup cocoa butter

Preheat oven on lowest setting. Finely grate the ginger just enough so that you have about an 1/8 teaspoon of ginger "juice." To obtain the juice, squeeze the freshly grated ginger over a small bowl. Place the ingredients (including the ginger) in a glass container and heat just until the cocoa butter is melted and the oils are blended. Pour into a clean, dry container and store in a cool dry place. You can add a few drops of orange or other essential oil for a nice twist.

GENTLE HONEY CLEANSER

This cleanser is simple and effective. The soap gently cleans, the glycerin prevents drying and the honey not only softens the skin, but its antimicrobial properties can help ward off breakouts. A touch of honey is all you need for healthy, glowing skin. Combine 1/4 cup honey, 1 tablespoon liquid soap, 1/2 cup glycerin in a small bowl until fully blended. Pour into a clean plastic bottle. Pour onto clean face sponge or soft cloth and gently rub onto face, wash away with warm water and pat face dry. Enjoy fresh radiant skin.

COLD CREAM

Cold cream was first developed by Galen, a 2nd century Greek physician, in his service as an attendant in a local temple to Asclepius, the Greek God of Medicine and Healing. One of Galen's primary roles was to tend to the Gladiators following "games." He developed a great many healing treatments, cold cream among them.

Galen's cold cream contained olive oil (for softening), water, beeswax (the base of the cream), and rose petals (for aromatherapy). It was called "cold cream" because after it was applied to the skin, its water content evaporated, which left a cool feeling on the skin. Commercially manufactured cold creams have long since replaced the olive oil with mineral or other oils, which will not spoil as rapidly.

Some recipes for cold cream will contain borax; others will not. Borax is a natural ingredient, and acts as both an antiseptic and a preservative. A reaction occurs when added to recipes containing beeswax -- it turns the concoction a creamy white color.

BASIC COLD CREAM

1 ounce grated beeswax or beeswax pellets
6 tablespoons light mineral oil
4 tablespoons distilled water
1 teaspoon borax
2-3 drops of your preferred essential oil

In a double boiler or clean glass dish in a microwave, combine beeswax and mineral oil. Gently heat and stir until melted and well blended. While melting, dissolve your borax in the distilled water and heat it gently -- do not boil. Remove both pans or dishes from the heat source, and, stirring constantly, slowly drizzle the distilled water and borax solution into your wax and oil solution. When fully combined, begin to beat vigorously until it has cooled. Add your essential oil and continue to beat until your cream is light and airy, with a brilliant white sheen. Store in clean glass jars, preferably in the refrigerator. The borax is a simple preservative, but your cream will keep best in the refrigerator, for approximately 3-6 weeks.

HONEY COLD CREAM

40g (approximately 1.5 ounces) fresh, good quality cold pressed safflower oil
40g (approximately 1.5 ounces)) distilled water
10g (approximately 1/3 ounce) beeswax pellets or grated beeswax**
1 teaspoon honey
1 teaspoon borax, if a white cream is desired, otherwise, optional

**Be aware that some people are allergic to beeswax. Exercise caution.

1 heat resistant microwave safe bowl with lid
1 hand whisk or wooden spoon
1 teaspoon or dropper
Kitchen scales
Heat resistant pot (small) to contain the cream
Ice cube trays
Freezer Storage Container

Instructions

Combine safflower oil and beeswax pellets or shavings into a clean, dry bowl. Microwave on low, gently, until the beeswax has melted. Slowly drizzle the teaspoon of honey into the oil mixture, beating thoroughly. A dedicated blender or food processor works fine (dedicated meaning you

keep a spare one for craft projects, and you do not use it for food preparation). Using a teaspoon or dropper, slowly drop minute amounts of distilled water into the oil/wax/honey, whisking quickly the entire time. Once you have incorporated all of the distilled water into the mixture, allow your cream to "settle" for at least five minutes. Water which has not incorporated will settle to the bottom, and the cream layer will rise to the top. Drain off and discard this lower layer of water. Gently spoon one teaspoon of "cold cream" into each well of a clean, dry ice cube tray. Freeze until solid. (Optional: Spread a large, loose piece of plastic wrap over the tray for easy removal of the cubes at one time). Remove frozen cubes from the tray and place them into an airtight freezer storage container, or ziplock bag.

To Use:

Each evening, remove a frozen cream cube from your freezer, and place into your "daily pot." An empty, clean cosmetic pot works well. Thaw overnight, in your refrigerator, and use the cool, chilled cream within 24 hours. Repeat the process each evening, or, as often as you feel like a smoothing lift.

This remedy is particularly nice on hot summer evenings when your face needs both a moisture boost, and a cooling treatment.

Please keep your cold cream frozen and refrigerated at all times -- there are no preservatives and this method will preserve the shelf life.

Strawberry Cream (for oily or normal skin)

- 1/2 oz. white beeswax
- 1 1/2 oz. sweet almond oil
- 1 oz. apricot kernel oil
- 1 oz. strawberry juice (or apricot or peach or honey-dew melon)
- 8 drops tincture of benzoin

Wash, drain, and mash 4-5 large strawberries. Squeeze out the juice and strain through muslin or cheesecloth. Heat the beeswax and the oils together in a double boiler until the wax is melted. Remove from the heat and add the juice quickly. Beat the mixture until it is fluffy. Add the benzoin and beat until it is cool. You must beat the mixture until it cools or else it will separate.

Strawberry Hand and Foot Exfoliant

- 8-10 Strawberries
- 2 tablespoons Apricot Oil (you may substitute olive oil)
- 1 teaspoon of coarse salt, such as Kosher Salt, or Sea Salt

Mix together all ingredients, massage into hands and feet, rinse, and pat dry. Strawberries contain a natural fruit acid which aids in exfoliation.

HONEY OATMEAL FACIAL

1/4 cup plain yogurt or buttermilk
1/2 cup oatmeal
2 tablespoons of honey

Finely grind or process the oatmeal in a blender or food processor. Set aside. In a small bowl, stir together honey and yogurt, and then add ground oatmeal. Mix thoroughly until a smooth paste consistency has been reached. Smooth over your face and neck, leave on for fifteen minutes, and rinse off with warm water. Can be used daily.

SharAmbrosia Kelp Firming Masque

This mask treatment will help to soften and firm your skin at the same time.

- 3 T Yogurt
- 1 tsp. Organic Powdered Kelp
- 1 tsp. Honey

Place 3 tablespoons of plain yogurt into a small dish. Add the powdered Kelp, stir well. Add the honey and stir until all three ingredients are blended into a smooth consistency. To use: Cleanse face, apply the mask all over face, neck and shoulder area. Massage lightly (the Kelp acts as beauty grains to promote exfoliation). Leave on for about 5-10 minutes. Remove with a warm washcloth. Use a tonic or hydrosol on a cotton ball for complete removal. Apply your moisturizer as usual. Kelp contains iodine, so **those with iodine allergies should not use this mask.**

NEW ZEALAND KIWI ASTRINGENT FOR OILY SKIN

1 cup boiling water
1 ripe kiwi fruit, peeled and mashed
1 tablespoon vodka

Pour the boiling water over the mashed kiwi fruit in a heavy ceramic bowl and let sit until cool, which is about 20-30 minutes. Strain the mixture well to remove all fruit solids. Add the vodka and stir. Apply to the skin with a clean cotton pad. You may rinse your face with cool water if you have sensitive skin. Store in the refrigerator and use within 10 days.

KIWI FACIAL CLEANSER FOR NORMAL OR DRY SKIN

- 1 kiwi fruit
- 2 tablespoons of plain yogurt
- 1 tablespoon orange water
- 1 tablespoon apricot or almond oil
- 1 tablespoon honey
- 1 teaspoon finely ground almonds
- 2 drops orange (or your favorite citrus) essential oil

Puree the kiwi fruit in a food processor until liquid. During processing, add yogurt, orange water, almond or apricot oil, and ground almonds. Process until thick and cream like. Add essential and stir to mix. To apply, massage gently over neck, face and décolleté to cleanse. Rinse well. Makes one application.

MANGO ALOE FACIAL TONER

This overnight treatment will help reduce redness as the result of sunburn and windburn.

- 1 cup aloe vera gel, gilled
- 2 tablespoons chopped fresh mango
- 1 lime, juiced

Puree the aloe vera gel, chopped mango, and the juice of one lime. Chill mixture, and apply to face at night with clean cotton pads. The toner will feel slightly sticky from the exfoliating sugars in the mango. Leave on overnight, and rinse in the morning with cool water. Keeps for approximately 2 weeks.

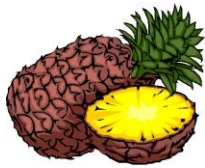
OATMEAL BLUEBERRY MASK

This easy mask, used once or twice monthly, will both deep clean and exfoliate your face. It's particularly beneficial for oily skin, as it drying and pulling effect.

- 1 cup oatmeal
- 1 cup blueberries
- 1 tablespoon honey
- 5-6 almonds, whole

Puree all ingredients in a blender until finely blended. Spread mixture over your face, and allow to set and dry (10-15 minutes). Rinse with warm water, and splash your skin with cool water or toner. This mask be may stored in your refrigerator for up to one week, covered tightly.





PINEAPPLE OLIVE OIL MASK

Pineapple contains bromeliad, a protein-digestive enzyme which helps rid the skin of dead cells and dirt. It also counteracts histamines, has anti-inflammatory properties, and is a mild astringent. Olive oil has excellent healing properties and is a good source of vitamin E, which restores the skin's surface. Use only the highest quality cold-pressed extra-virgin olive oil -- it should go without saying that bread dippers and flavored oils ought to be left on the shelf. Reach for the good stuff!

In a blender, combine 4 large pineapple chunks or 1/2 cup canned, drained pineapple and 3 tablespoons olive oil. Blend until almost smooth. Apply mixture to face with fingertips and leave on for 15 minutes. Rinse face with warm water and pat dry.

THYME AND FENNEL SEED CLEANSER FOR NORMAL SKIN

Fennel has been used throughout history as an aid to digestion or as a slight diuretic. As an infusion, fennel seeds can be gently cleansing and toning for the skin, and they can help reduce puffiness and superficial irritation. Thyme, which is used in antiseptic preparations, is a good astringent. Because this cleanser is very gentle, it can be used each morning. Dab it on your face and neck with a cotton ball, and rinse.

2 sprigs fresh thyme, crumbled (or 1/2 T dried Thyme)
2 teaspoons fennel seeds, crushed
1/2 cup boiling water
Juice of Half Lemon

Mix the thyme and fennel seed in a bowl and cover with boiling water. Add lemon juice and steep for 15 minutes. Strain the infusion and store the liquid in a jar, in the refrigerator.

DRY SKIN CRÈME

1/2 cup water
1/2 cup sesame seed oil
2 teaspoons vitamin E oil
2 tablespoons grated beeswax
3 drops essential oil of grapefruit
2 drops of aroma oil (optional, your choice)
a pinch of borax

Blend the vitamin E oil, beeswax and sesame oil. Heat on low until melted. Combine the water, oils and borax. Heat for a few minutes (until warm) but do not boil. Combine the water mixture with the beeswax mixture. Mix well (at least 2 minutes). For a fluffier cream, use an electric mixer or a blender. Pour the cream into a clean container after it has cooled completely.



GINGER SKIN CREME

Ginger invigorates, and oil soothes. Try this double dose for dry skin.

2-inch piece of fresh ginger
2 teaspoons light sesame oil
2 teaspoons apricot kernel oil
2 teaspoons vitamin E oil
½ cup cocoa butter

Preheat oven on lowest setting. Finely grate the ginger just enough so that you have about an 1/8 teaspoon of ginger "juice." To obtain the juice, squeeze the freshly grated ginger over a small bowl. Place the ingredients (including the ginger) in a glass container and heat just until the cocoa butter is melted and the oils are blended. Pour into a clean, dry container and store in a cool dry place. You can add a few drops of orange or other essential oil for a nice twist.



GLYCERIN AND HONEY SUGAR SCRUB

1 cup fine loose salt or loose sugar
3 teaspoons liquid glycerin
1 teaspoon pure honey
3-5 drops of your favorite essential oil

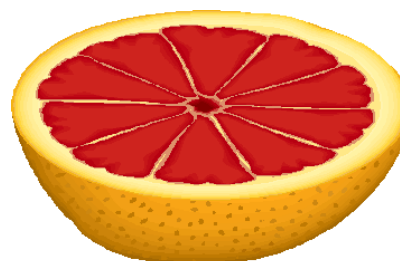
Optional: Pinch of lavender blossoms (available in the bulk department of good health food stores), or chamomile, or dried herbs of your choice, chopped exceedingly fine.

Mix ingredients well and store in an airtight container. Add more liquid ingredients if you prefer a thinner end-product. Stir thoroughly before use. This keeps very well, and in fact, the honey acts as preservative. Use small amounts when scrubbing the nose, being careful not to irritate or get it in the eyes. Scrub elbows, hands, knees, and feet. Rinse in warm water, pat dry, and apply your favorite lotion afterward.

Tip: Use Liquid glycerin as a skin moisturizer when we don't wish to use oil. This is particularly helpful when we want to scrub nose crevices, without introducing oil to the face. Liquid Glycerin is a by-product of soap making, and can be found at health food stores. Its also readily available on the internet as well. Do a patch test to be certain you can tolerate the glycerin, if you find you have sensitivities. In addition, consider substituting all honey. It never spoils, and makes a good long-term scrub which may be stored.

Skin-Sational Herb Tea

2 T (30 ml) Lemon Balm
1 T (15 ml) Lavender Flowers



1 T (15 ml) Peppermint
1 T (15 ml) Chamomile Flowers
1 T (15 ml) Rose Petals
1 T (15 ml) Nettle
1 T (15 ml) Alfalfa
1 T (15 ml) Rose Hips
2 t (10 ml) Dandelion Leaves
2 t (10 ml) Raspberry Leaves
½ t (2 ½ ml) Ginger Root

Combine all blended herbs in jar. Store in cool, dry place for up to 6 months.

1 C. boiling water to 1 t. (5 ml) tea blend. Steep for 15 minutes. Strain before drinking.
Honey, Cream or Lemon may be added if desired.

Yield – 30 cups

Skin-So-Smoothie

1 C. (250 ml) frozen banana or strawberries (or ½ C each)
2 C. (500 ml) Soy Milk
1 T (15 ml) brewer's yeast
2 t (10 ml) Blackstrap Molasses
2 t (10 ml) raw ground sunflower seeds
1 t (5 ml) raw ground sesame seeds
1 t (5 ml) raw ground flax seeds
10 raw almonds
¼ C (60 ml) raw or cooked oatmeal
2 T (10 ml) honey
¼ t ground cinnamon
2-3 ice cubes (optional)

All ingredients blended on high for 60 seconds

Face It Tea Tonic

4 T (60 ml) dried oatstraw
4 T (60 ml) dried figwort
2 T (30 ml) dried sasparilla
2 T (30 ml) dried burdock
1 ½ t (7.5 ml) dried yellowdock
½ t (2.5 ml) dried licorice root
1 t (5 ml) dried stevia

Yield 30 – 35 cups

Consume 4 cups daily as an internal skin tonic. Maximum benefits yield after 4 – 6 months usage.

To 4 C boiling water add 4 – 6 heaping t. Remove from heat and seep for 15 minutes. Strain and cool if desired.

Banana Moon Facial Mask- recipe

[More Skin Care Solutions](#)

Adapted from *Making Aromatherapy Creams and Lotions* by Donna Maria (Storey Books, 2000).

This fabulous recipe reflects a wealth of age-old wisdom, and will leave any type of skin feeling refreshed and pampered. There's just nothing like giving yourself this easy-to-make facial using ingredients that are likely to be in your kitchen year-round.

The ingredients will nourish, soothe, and gently exfoliate your skin. And they sound good enough to eat!

Simple Solution:

INGREDIENTS

- 1 banana, just ripe
- 1 tablespoon honey
- 1 egg yolk
- 1 teaspoon wheat germ oil
- 1 tablespoon finely powdered oats
- 1 teaspoon lemon juice (optional, if mask will not be used immediately)
- 1 drop each rose and Melissa essential oils (optional)

1. Peel and mash banana. Add honey, egg yolk, wheat germ oil, oats, and lemon juice, if used, and mash further to form a smooth, creamy paste.

2. If mask is too thick, add a bit of distilled water, and stir until smooth.

3. Add essential oils last, and stir to mix well.

4. To use, apply to clean face and neck, avoiding eye and mouth areas. Rest for 10 minutes, or longer if your skin is very dry. Rinse with warm water, and follow with toner and moisturizer, if

desired. Use mask within a few hours of making.

3 Times a Week Banana Anti-Aging Mask

[More Skin Care Solutions](#)

This excerpt is from *Anti-Wrinkle Treatments for Perfect Skin*, by Pierre Jean Cousin.

Bananas are one of the most nourishing fruits available because they contain large quantities of magnesium, potassium, iron, zinc, iodine, and vitamins A, B (folic acid), E, and F.

Simple Solution:

Here they are teamed with heavy cream (traditionally used to prevent wrinkles) and organic honey in a recipe crammed full of nutrients.

INGREDIENTS

1 small banana
2 tablespoons fresh heavy cream
1 tablespoon organic honey
1 tablespoon oat flour
bottled or spring water
rose hydrosol (see "Note," below, about hydrosols).

METHOD

Mash the banana, using the back of a fork, and then add cream, honey, and flour. Stir to mix well. You may need to add a little more cream or flour to obtain the consistency of thick cream of yogurt.

Apply mask to the clean face, including the area around the eyes and the neck, and leave on for 30 minutes. Rinse off with bottled or spring water and cotton pads, and dab on a little rose hydrosol, allowing to dry naturally.

Effect: nourishes

Skin types: dry, aging

Frequency of use: 3 times a week

Shelf life: 6 hours in refrigerator

Preparation time: 5 minutes

Treatment time: 30 minutes

Note about hydrosols: Also known as floral waters (but not flower waters), hydrosols are a byproduct of steam distillation, created while extracting essential oil. Hydrosols have properties

similar to those of their related essential oils, although inevitably in a less concentrated form, but they are enriched with various water-soluble active ingredients. Their gentleness makes them an excellent way to tone, hydrate, and rebalance the pH of the skin, so they are frequently recommended as final cleansers/toners after cleansing or nourishing masks.

The Queen of Hungary's Water - Recipe

[More Skin Care Solutions](#)

Excerpted from *Rosemary Gladstar's Herbs for Natural Beauty*, by Rosemary Gladstar. Copyright (c) 1999 by Rosemary Gladstar.

Astringents are used to remove excess oil from the skin. In addition, they tone the skin and help prepare it for moisturizing. While they are especially appropriate for oily skin, any type of skin can benefit from using the pore-tightening effects of an astringent.

Simple Solution:

This wonderful astringent lotion has been hailed as the first herbal product to ever be produced and marketed. Legend has it the early Gypsies formulated it and claimed it to be a cure-all. Whether or not it is I hardly know, but I do know that it is an excellent astringent for the face (both rose water and witch hazel are light astringent tonics) and a great rinse for dark hair.

I think in some ways it is one of the world's finest cosmetic formulas. It combines gentle, common herbs in a masterful way; it's easy and inexpensive to make, and very versatile. The Gypsies claimed it was good as a hair rinse, mouthwash, headache remedy, aftershave, foot bath, and who knows what else! I have seen this same formula bottled in exotic little bottles and sold in expensive department stores for a fancy price. You can make it for the cost of a few herbs and a bottle of vinegar.

6 parts lemon balm
4 parts chamomile
1 part rosemary
3 parts calendula
4 parts roses
1 part lemon peel
1 part sage
3 parts comfrey leaf
vinegar to cover (apple cider or wine vinegar) rose or witch hazel extract

essential oil of lavender or rose (optional)

1. Place all herbs in a widemouthed jar. Add enough vinegar to come about an inch or two above the herb mixture. Cover tightly and let sit in a warm spot for two to three weeks.

2. Strain. Reserve the liquid. To each cup of herbal vinegar add 1/2 - 1 cup of rose water or witch hazel. Add a drop or two of essential oil, if desired. Rebottle. This product does not need to be refrigerated and will stay preserved indefinitely.

Homemade Fruit Acid Skin Care [More Body Care Solutions](#)

Adapted from the ["Care2 Ask Annie"](#) newsletter.

Alpha-hydroxy Acid (AHA) fruit acid skin care products are easy to make at home. Fruit acids loosen the "glue" between dead skin cells, and the cells fall away, leaving your face very smooth and soft.

Simple Solution:

You will be amazed at how something as simple as dabbing some fresh lemon juice on your face every morning can make an enormous difference in how soft your skin feels. Try any of the following fruit acids, but always take care to avoid your eyes.

Here are three simple plant acids examples to use for your skin:

1. Lemon juice.
2. Strawberries.
3. Grapes.

MORE HYDROXY ACIDS

Malic acid (apples, vinegar, applesauce, cider);

lactic acid (buttermilk, yogurt, powdered skim milk, sour cream, blackberries, tomatoes);

tartaric acid (grapes, grape juice, wine, cream of tartar);

citric acid (citrus fruits such as lemons, limes, grapefruit, and orange); or glycolic acid (sugar cane). Just dab some of the liquid on your face with your fingertips, let set for ten minutes or so, then rinse. Note, too, that your skin can get sunburned more easily when you use fruit acids, so make certain to use sunscreen.

**Secret Mayan Skin Toner Decoded! -
Formula**

[More Personal Care
Solutions](#)

by [Annie Berthold-Bond](#), [Care2.com](#) Producer, Green Living Channels

This ancient Mayan beauty formula is an impossibly easy-to-make skin toner that rivals if not exceeds anything store-bought. This time of year is a perfect time to introduce you to this wonderful toner, since it is made with harvest ingredients such as cucumbers and carrots, easily picked up at most Farmer's Markets, or better yet from your own garden.

Simple Solution:

Cucumbers have the same pH as the skin, and its juice is very softening and emollient. Carrots are rich in vitamin A and minerals that nourish and heal the skin, helping to keep it from aging. The herb spearmint stimulates and cleanses the skin with its antibacterial and antiseptic properties, and chamomile is not only rich in minerals, but helps prevent wrinkles, is moisturizing, and anti-inflammatory. Add a little lemon juice, and you are set. I've learned some tips and suggestions, as this is one of my favorite formulas in 'Better Basics for the Home'.

A good time to make this toner is when the harvest is bountiful. If you don't own a juicer, borrow one to make large batches. You can also make just a week's worth of this toner at a time.

Zazil Toner

1/4 cup cucumber juice

1/8 cup carrot juice

1/2 cup spearmint infusion

1/4 cup chamomile infusion (avoid if you are sensitive to ragweed)

1/2 cup lemon juice

Make the cucumber juice and carrot juice. Make strong spearmint and chamomile teas, and let cool. Combine all the ingredients in a glass jar and shake to blend. If you freeze the mixture in ice cube trays, just pop out a cube and rub it over your face, then put the cube in the refrigerator and use the toner over the next few days.

Natural Skin Peels

[More Personal Care Solutions](#)

by [Annie Berthold-Bond](#), [Care2.com](#) Producer, Green Living Channels

Alpha hydroxy acid (AHA) skin care products are easy to make at home because they are made of fruit and other ingredients we may

have in the frig or kitchen cupboards.

Simple Solution:

Fruit acids are great for the skin because they loosen the glue between dead skin cells, and the cells fall away, leaving the face very smooth and soft. You'll be amazed at how easy it is to produce fabulous results for your skin that you would imagine only the most expensive and sophisticated products you could buy could do. Not only that, but AHAs are found in fruit and vegetables you may already have in your kitchen or growing in your garden, so you don't need to worry about any synthetic chemicals that may cause harm. The famed beauty Cleopatra unknowingly used the benefit of AHAs on her skin when she bathed in milk. Try any of the following fruit acids, but always take care to avoid your eyes. Avoid using these homemade peels if your skin is sunburned, and before going into the sun.

Malic acid: Apples, vinegar, applesauce, cider

Lactic acid: Buttermilk, yogurt, powdered skim milk, sour cream, blackberries, tomatoes

Tartaric Acid: Grapes, grape juice, wine, cream of tartar

Citric Acid: Citrus fruits such as lemons, limes, grapefruit, and orange

Glycolic acid: Sugar cane

All you need is about one half a teaspoon of liquid per face cleansing. You can freshly squeeze the juice of one lemon, for example, and refrigerate the leftovers for the rest of the week. Just dab some of the juice onto your fingers and pat on your face. Leave on for 10 minutes or so before rinsing. If you are in a rush, just cut a grape or strawberry in half-whatever you happen to have on hand-and rub it over your skin; let the juice set for a few minutes, and then rinse.

GUIDE TO CLAYS

FOR DRY SKIN: If you choose to use a clay, use a white clay such as French white, or use kaolin or bentonite (light gray); these are least drying.

FOR OILY SKIN: Use green or red clay.

TO NOURISH THE SKIN: Use a mineral-rich black clay from the Dead Sea

Magic Mint Mask - Formula

[More Skin Care Solutions](#)

Adapted from "50 Simple Ways to Pamper Yourself" by Stephanie Tourles (Storey Books, 1999).

Here is a delightfully fresh-smelling recipe that sloughs off dead skin cells, absorbs excess oil, and makes your pores appear smaller. Fresh mint--easily available at this time of year--adds its invigorating green power to this miracle mask.

Find out how to make sweet and simple magic from the summer garden for lively, lovely skin!

Simple Solution:

INGREDIENTS

- 10 large peppermint leaves
- 1/3 cup water
- 1 tablespoon white cosmetic clay

1. Add the peppermint leaves and water to a blender and mix until green and frothy. Strain.
2. In a small bowl, add mint liquid to the clay and stir until a spreadable paste forms.
3. Spread onto a clean face and throat and let dry. Rinse.

The Tofu Facial for Acne

Apparently, tofu is soothing and good for acne. It is supposed to be safe even for sensitive skin.

Actually, it was good on my skin. My skin felt really clean and smooth after that. I had a small pus filled pimple before I tried that facial. I was in a hurry after that and did not examine my skin after that. That evening, I noticed that little pus filled pimple was gone.

Caution: Before using the mask, apply some on the inside of the wrist. If it itches or feels irritated, skip the facial. If at anytime, your skin feels itchy during this facial, stop immediately and rinse off with lots of water.

Before you start

1. Wash your hands with soap and water.

2. Wash all the bowls, whisk, utensils, spoons, cups and whatever equipment you will be using for this facial with soap and water. Sterilise these with boiling water. (Note: do not boil glass items as these can crack and the splinters can injure you. Certain plastics can melt if boiled so watch out for that). Make sure all surfaces you use for preparing this facial are clean. Remember. For home facials, hygiene and cleanliness is all important.
3. Put 2 tablespoons of rice flour and 2 tablespoons of fresh taufa in a bowl. Mash the tofu well into the rice flour and mix to form a soft paste. (Taufa is the soya bean curd that is ready to eat with sweet syrup. Don't add the sweet syrup to your mask though.) This is the tofu mask.
4. Fill a kettle with water and set that to boil.
5. Wear a hair band or shower cap to keep your hair off your face.
6. Now you are ready for your facial.

The facial

1. Cleanse your face with your regular cleanser
2. Tone it with our regular toner, if you usually use one.
3. Dry your face with a clean towel.
4. Pour boiling water into a bowl. Add 3 drops of lavender oil to it.
5. With the towel forming a 'tent' over your head and the bowl, keep your face about 20cm above the bowl. (Caution: Skip this step if you are an asthmatic. The steam could trigger an attack. Skip this step if you have thread veins. The heat could worsen your condition)
6. Relax and let the steam cleanse your face for 10 minutes.
7. Apply the tofu mask over your face, avoiding your eye area.
8. Put 1 slice of cucumber over each eye
9. Relax until the mask is dry to touch.
10. Remove the cucumbers and the tofu mask.
11. Wash your face with lots of water.
12. Tone your face with toner again.

FOR MEN

AFTER SHAVE 1

1/4 cup witch hazel

1/2 cup distilled water

1 tbsp olive oil

1/2 cup dried herbs or zest (lavender flowers, chamomile, rosemary, sage, or citrus zests)

and/or a few drops of your choice essential oils -- consider rosemary, lavender, sage, eucalyptus, cedar, juniper, cinnamon, or clove. Cedar and Sage makes a wonderful combination, according to our male members on staff.

Combine ingredients in a glass jar. Cover and place in a dark fairly cool place to steep. Shake the jar once or twice a day. Repeat this process for two to three weeks. Strain out the added products, and store the after shave in a spray bottle or other bottle.

AFTER SHAVE 2

1/2 cup witch hazel
2 tbs vodka
2 tbs dried chamomile flowers

Combine ingredients in a glass jar. Cover and place in a dark fairly cool place to steep. Shake the jar once or twice a day. Repeat this process for two to three weeks. Strain out the added products, and store the after shave in a spray bottle or other bottle.

FOR TEENS

APPLE HONEY FACIAL MASK

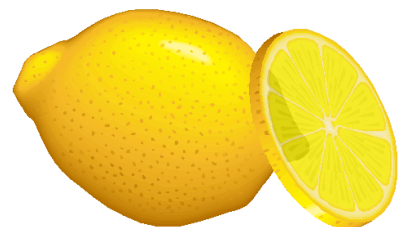
Ingredients:

- 1 medium size apple (grated)
- 5 tablespoons of honey

Directions: Mix the grated apple and mix with honey to make a mask. Smooth over skin then let sit for 10 minutes, rinse off with cool water.

LEMON FACIAL MASK

2 tablespoons sour cream
1 teaspoon finely ground oatmeal
1 teaspoon fresh lemon juice
1 drop lemon essential oil
Cucumber slices (optional)



Mix the sour cream, oatmeal, lemon juice and essential together in a bowl. To use, massage over clean face and neck skin and the rest for 10 minutes (with cucumber slices if you have them) over your eyes. Rinse well with warm water and follow with toner and moisturizer.

Always use Lemon Facial Mask immediately for best results -- the lemon juice will cause the sour cream to curdle if it is not used quickly.

GERANIUM ZIT ZAPPER

For best results, take a few minutes and steam your face over a bowl of steamy herb broth consisting of roses, sage, thyme, and chamomile.

Ingredients:

- 1 teaspoon green clay
- 1 teaspoon honey
- 1 teaspoon yogurt or sour cream
- 1 drop rose geranium essential oil

Combine all ingredients to mix well. Add essential oil last and mix well.

To use, spread the Zit Zapper mask on your skin, kick back, and let it sit for an hour. Rinse off with warm water, finish with a splash of cool water.