

Put On a Healthy Face

Keep in mind these recipes contain real food ingredients right from your kitchen and will not last as long as those found on your grocers shelf with all those preservatives. These preparations should last several weeks if stored in clean, airtight containers in your refrigerator. Do not contaminate your preparations by using your fingers. Always use a clean spoon, spatula, etc. to take out only what you need.

First of all, you'll need to determine what type of skin you have, normal to dry, or normal to oily. Then dress in something you don't mind getting messy!

Cleansers

Here's a great cleanser for any type of skin:

Mix together

1 tsp honey

6 Tbs distilled water

2 Tbs ground orange peel

2 Tbs vinegar

If you need a deep cleanser, try this:

You'll need 2 **glass** measuring cups for this:

In first cup dissolve:

½ tsp borax powder

¼ C distilled water

In second cup mix together:

½ C olive oil

2 Tbs grated beeswax

1. Create a water bath for the second cup by placing it in a pan with 2 inches of water and heating until wax is melted, stirring often
2. Then bring the first cup mixture almost to a boil the same way.
3. Slowly add it to second cup mixture, stirring briskly to make a cream.
4. Pour into clean glass container with lid. Use by massaging a small amount onto your skin. Rinse well with warm water. (This should last virtually forever.)

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For normal or dry skin:

Peanut/honey cleanser: Mix 2 parts honey to 3 parts smooth peanut butter. Rub on with gentle, circular motions. Rinse well with warm water.

Honey: Honey, all by itself, is a great cleanser. Apply and wait 2 to 3 minutes for it to thicken. Remove with warm, wet cloth.

Almond/witch hazel: Mix almond meal and witch hazel to make a paste. Apply and leave on for 20 minutes, and rinse well.

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The first rule to good skin is to keep it clean, inside and out. A healthy intestinal tract promotes good skin and good health. Always drink plenty of pure water, get plenty of exercise and fresh air.

Think about it:

If "natural" elements can destroy the marble sculptures of ancient Greece, just imagine what they can do to your skin!

Masks and Exfoliates

Mix ingredients into a paste. Gently apply to skin, avoiding eye area. Leave on face for 20 minutes to dry. Remove with warm cloth or warm water.

For normal skin:

1 Tbs ground oatmeal

2 Tbs distilled water

1 tsp Fuller's earth (optional)

For normal to dry skin:

½ ripe papaya

½ C ground oatmeal

For dry skin:

1 Tsp wheat germ oil (keep refrigerated)

2 Tbs avocado oil

1 Tbs almond oil

2 Tbs sesame oil (use light color oil)

2 capsules Vitamin A (50,000 IU)

2 capsules Vitamin E (400 IU)

Use a sterilized pin to pierce capsules. Squeeze out vitamins, and mix well with other ingredients.

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For a harder mask, add clay or honey.

For oily skin:

Make a paste of cornmeal and water.

Remember to go easy.

IMPORTANT TIP:

Do not over-stimulate oily skin by excessive cleansing or scrubbing.

Facials

Here are several recipes to choose from, depending upon your skin type. Apply to damp skin with gentle circular motions, avoiding delicate eye area, then sit back and relax for 5 to 10 minutes. Wipe off with wet cloth, and rinse well with warm water.

For oily skin:

Make a paste from a handful of oatmeal or ground almonds and warm water.

Make a slurry paste with 1 Tbs. brewers yeast and distilled water.

Mash an unpeeled, ripe pear. Add membranes from 6 grapefruit segments, and a small amount of comfrey tea. Whiz in blender. (Drink the rest of the tea!)

For dry skin:

Make a paste by mashing one medium banana; and adding 1 Tbs honey.

Mash an avocado or a pared peach and add 1 Tbs wheat germ oil.

For normal skin:

Honey/apple: Combine ½ C fresh applesauce and add 1 Tbs honey. Apply; leave on for 20 minutes.

Lemon/honey: Dissolve 3 Tbs honey in 2 Tbs boiling water; make a paste by mixing in 2 Tbs lemon juice. Cool to lukewarm. Apply; leave on for 20 minutes.

Almond: Make paste with C almond butter and enough witch hazel to moisten. Apply; leave on for 15 minutes.

Strawberry: Mash 10 large strawberries; add 1 tsp olive oil and 1 tsp lemon juice. Apply; leave on for 10 to 15 minutes.

Veggie: Mash 1 cooked carrot and half an avocado. Mix with 1 Tbs minced parsley. Let mixture stand at room temperature for several minutes before applying to face. Leave on 15 minutes.

Toners and Fresheners

Mix and store in clean, tightly capped bottle in your refrigerator. Apply carefully with cotton ball or pad, avoiding eye and mouth areas.

General:

In your blender, mix

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Juice of one lemon
½ tsp wheat germ oil
½ C distilled water
2 ice cubes

For dry skin:

¼ C witch hazel
¾ C distilled water

For normal skin:

½ C witch hazel
½ C distilled water

For oily skin:

Apply undiluted witch hazel sparingly.

For any skin type: "au naturel"

Apply juicy, raw tomato or cool cucumber slices to your face for a refreshing treat.

A Treat for Your Feet

1 avocado, mashed
1 Tbs oil
Juice from ½ lemon

Mix well. Massage into feet then cover with a pair of cotton socks, overnight. In the morning, rinse your feet well and scrub rough areas with a nail brush. You'll feel like you're walking on air.

Nourishing Hand/Body Treatment

4 Tbs honey
4 Tbs almond oil
2 Tbs lecithin granules

Warm honey in small pan over low heat. Remove when warm and blend in oil and lecithin. Massage into skin. Remove by taking a relaxing hot bath, followed by a cool shower. Refreshing!

The Eyes Have (Had) It!

For those bags under your tired or puffy eyes: Save your chamomile tea bags, allow them to cool and place over eyes.

Try raw potatoes or cucumbers, grated or sliced.