

# Skincare Folk Recipes

## Skincare Folk Recipes



On week 305 we are sharing:

Folk medicine occasionally referred to as alternative or traditional medicine, is a part of healing that has an extensively long history. Folk medicine originates back 5,000 years. The dispensation of history is divided into three eras, the classic historical era, the medieval era, and modern eras. I was raised with herbs and home remedies since a baby and in Chile, Doctors practiced in a very different manner for the most part and by that, I mean western medicine combined with Homeopathy and herbology so for me, I always use what I felt at that moment had its place for whatever need. Two-thirds of the world's population live in countries that have inadequate resources to access modern medicine so I found for that reason folk medicine is formally acknowledged in many countries. Today it is still extensively used due to their perceived effectiveness.

It is vital to be informed and careful about possible compound interactions before using any Folk formula. Like anything, nature has its own contradictions as well. Please use your discretion and do a small test when in doubt, always remember to consult with your health practitioner, have fun and enjoy.

# Use of Turmeric to correct hyper-pigmentation



Mix a little amount of turmeric with cucumber juice or lemon. Apply this to the pigmented area of your skin. Leave it for ten to fifteen minutes and wash off. Do this for few days and gradually normal color of your skin will return. Lemon is a great astringent. Turmeric is an antiseptic and antioxidant that helps skin challenges such as this.





## 4 Amazing Conditioners You Can Make At Home

[www.naturalhairkids.com](http://www.naturalhairkids.com)



### Honey Conditioner

**Ingredients:**

1/2 cup honey  
2 tablespoon olive oil

**Directions**

Make sure your child's hair has been thoroughly shampooed. In a bowl, mix honey with olive oil. Heat mixture in microwave for 30 seconds. Apply to hair, then cover head with shower cap for 15-30 minutes. Rinse out with conditioner and style as usual.

### Avocado Conditioner

**Ingredients:**

1 avocado (peeled)  
1 egg yolk  
1 tablespoon jojoba oil

**Directions**

Make sure your child's hair has been thoroughly shampooed. Combine all ingredients together in a bowl until smooth. Massage mixture into scalp and hair. Leave in for 20 minutes. Rinse out with conditioner and style as usual.

### Banana Conditioner

**Ingredients:**

1 banana (peeled)  
1 egg  
4 tablespoons milk  
5 tablespoons olive oil

**Directions:**

Make sure your child's hair has been thoroughly shampooed. Mix all the ingredients in a blender or food processor. Apply the mixture to your hair- from root to end. Let soak into your hair for about 15- 30 minutes. Rinse out with conditioner and style as usual.

### Coconut Milk Conditioner

**Ingredients:**

1 cup coconut milk  
1 peeled and mashed avocado  
1 tbsp of honey

**Directions**

Make sure your child's hair has been thoroughly shampooed. Combine all ingredients in a small bowl. Either apply mixture directly to hair, or preheat mixture in microwave for 30-45 seconds. Massage mixture into hair and scalp. Cover hair with a shower cap for 15 min-60 min. Rinse out with shampoo/conditioner and style as usual.

# Anti-Wrinkle treatment for ideal skin



Whisk the tomato juice with an equal amount of milk. Store this mixture in the refrigerator. Apply this pack routinely twice a day. Leave this on your face for 10 minutes. This works as one of the best natural home aid for Skin Care.

# Honey and milk



For dull and dry skin: Honey and milk are soothing and

nourishing for skin care. These are the things which come straight from the breakfast table. One can apply our traditional moisturizer to the skin. It not only lightens complexion but also helps keep skin healthy and moist, aside from the Lactic acid in the milk helps the skin with a light resurfacing. It is very effective for dull and dry skin. Ghee can also be used as a moisturizer. Both ghee and malai can be used as a night cream.

## Malai





Malai is an Indian cooking ingredient. It is made by heating non-homogenized whole milk to about 80°C (180°F) for about one hour and then allowing it to cool down. A thick yellowish layer of fat and coagulated proteins forms on the surface, which is skimmed off. The process is usually repeated to remove most of the fat. Malai has about 55% butterfat. Buffalo milk is thought to produce better malai because of its high-fat content. Buffalo milk with fat contents varying from 5 to 12% is heated and boiled and then allowed to cool up to 4 degrees Celsius for best results. Similarly, cow's milk with milk fat from 3 to 5% is boiled and cooled to make malai.

## The banana-honey face pack



Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face.

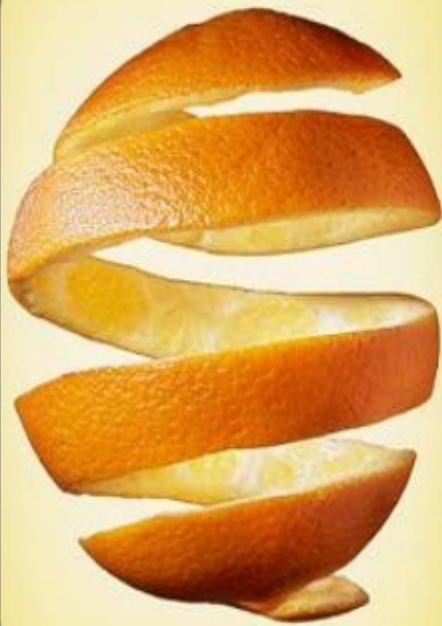
Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also

give it a supple feel.

The banana-honey face pack: Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white (use pasteurized egg) and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face. Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also give it a supple feel.

Soften cuticles with honey: Whisk together three tablespoons of almond oil, 3 tablespoons of raw linseed oil and 3 tablespoons of honey. Use this mixture to massage your nails and fingers.

## Orange Peel



- Peel the orange and let its skin dry in sunlight for some days.
- Grind it in the mixer-grinder and apply the paste on the face.
- Let it remain for 10 minutes and rinse.
- See the glow and freshness on the face!

## Cucumber









Cucumber cleanses the skin and helps to soothe the skin and bring back the glow of the skin. Scrubbing the neck with cucumber removes the dead skin cells.□ Apply grated cucumber or cucumber juice on the dark neck.

Gently scrub the neck for a few minutes□ Wash it off after 15 minutes

# Lemon Juice





Lemon Juice – □The citric acid present in the lemon juice is a natural bleaching agent. If you have sensitive skin, you will have to dilute lemon juice for this purpose. Apply lemon juice to the dark skin of the neck using cotton ball Leave it there for 10-20 minutes and wash it off with water.□ Do not expose the skin to sunlight after applying lemon juice.

## Home made beauty tips for glowing skin

### Ingredients :

A pinch of Turmeric powder

Milk cream (thick layer formed on  
top of milk after cooling)

Honey

Take milk cream, a pinch of  
turmeric powder and add few  
drops of honey. mix it well  
till it forms a thick paste,  
Apply the paste as a thin  
layer on your face and let it dry  
for 20 minutes. This will result in skin glow.



# Avocado-Honey Moisturizer□



According to:  
<http://www.rd.com/slideshows/8-natural-recipes-for-amazing-skin-from-a-plastic-surgeon/#slideshow=slide2>

Avocado-Honey Moisturizer□ A moisturizer is an anti-aging must. By helping your skin retain moisture and acting as a

temporary filler for wrinkles, it makes your complexion look smooth. Dr. Ordon says that his patients love this recipe because it makes their skin look and feels dewy, and youthful.

Ingredients: 3 tablespoons of fresh cream 1/4 avocado 1 tablespoon honey

Directions: Place all three ingredients in a blender and puree into a smooth cream. Apply it to your skin and leave on for at least an hour. Rinse off with warm water.

## Cornstarch





You may think cornstarch can only be used to thicken your gravy, but it's also useful in easing itchy, dry skin, it works miracles for chicken pox or itchy rashes. Make a paste and apply to skin let it dry and remove with a wet warm cloth and apply Aloe Vera Gel. Sprinkle a handful in the bathtub and have a soak, if you can, do not rinse, pat dry and wait a few minutes before you apply moisturizer, I highly recommend Coconut Oil.

# Oatmeal



Adding oatmeal to your bath will soothe your skin. The oats are packed with vitamin E, a nutrient vital to healthy skin.

Oatmeal is also used as a folk remedy for treating dry, chapped hands. Rub your hands with wet oatmeal instead of soap. Dry your hands with a towel, then rub them with dry oatmeal. Vinegar. Try this folk remedy for chapped hands: Wash and dry hands thoroughly, then apply vinegar. Put on a pair of soft gloves and leave them on overnight.

## Home made beauty tips for soft hands

### Ingredients :

Lemon juice – 1 tsp

Tomato juice - 1 tsp

Glycerin – little bit

Take equal quantity of tomato juice, lemon juice and add little bit of glycerin and then mix them together. Apply this mixture on your hands and massage gently for 10 minutes. wash your hands with cool water. Do this daily for 10 to 15 days to soften your hands.





# Mayonnaise



Mayonnaise straight from the jar will make hair soft and shiny. The egg nourishes brittle hair with protein, while the vinegar gives it body and bounce.

Try this mixture to regain supple hair: Mix one teaspoon powdered brewers' yeast with four ounces of apple cider vinegar to create an after wash rinse. Pour it over wet hair and let stand at least a minute before rinsing. □Dry skin

For a homemade scrub, mix ground oats and honey. Rub all over your face—especially your nose, make sure you scrub gently. The scrub part of the mixture will remove dry, scaly skin while the honey seeps in as a moisturizer. Rinse completely off and pat dry, and your skin will be glowing and baby soft. Only use this remedy once a week.

For super dry skin, use olive oil. Rub it in prior to a bath or shower. You may substitute peanut, sesame or sunflower oil. A quart of milk in a hot bath is a luxury as well as a skin toner. It's a trick nearly as old as time.

## Teabags



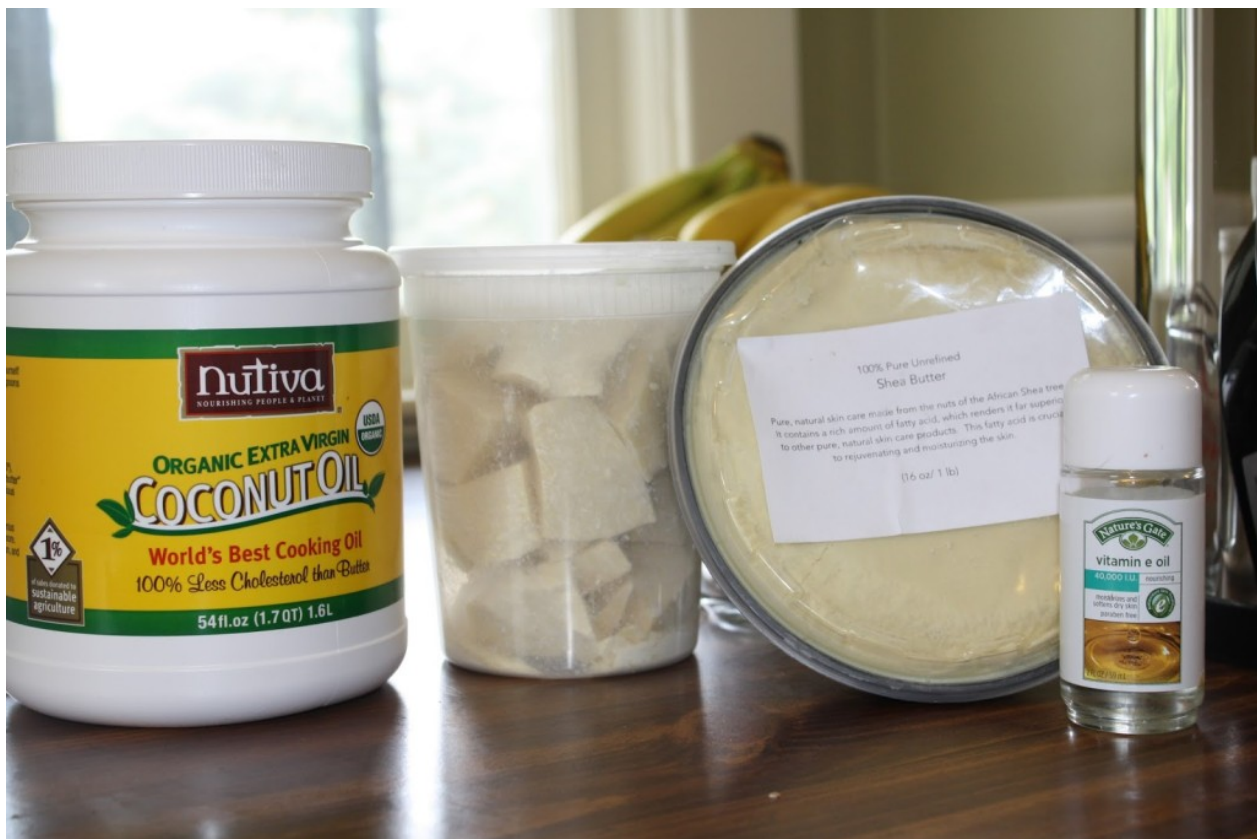


Puffy, tired-looking eyes?

Used teabags make excellent eye cosmetic After dunked, drain it and place it over your closed eye (one for each) and hold it there for a few minutes. Redness, soreness, swelling and irritation will disappear like magic.

**Bug Off Citrus Butter**





One

way to keep pesky little critters fully controlled

1/2 cup Cocoa butter

1/2 cup Coconut oil

1/2 cup Shea butter

1/2 cup Sweet Almond Oil 1 tsp vitamin E oil

10 drops Citronella essential oil 5 drops orange essential oil

Place the Cocoa butter, Coconut oil, and Shea butter in a large glass jar or glass measuring cup.

Place inside a pan with about 2 inches of water. Heat over medium heat until everything melts completely, stirring gently with a wooden spoon or chopstick. Remove from heat and add the sweet Almond oil, essential oils, vitamin E, and citronella oil. Mix thoroughly.

Place the mixture in a sanitized jar.

Chill in your fridge for about an hour. The mixture should be firm, but not too hard. once the mixture is chilled, use your mixer or hand mixer to whip it to a smooth consistency.

## Sweet Chai Tea Bomb



At last the soothing comfort of spicy Chai Tea for you for your bath! You got to love it, don't you agree? YumYum body. You can also use Green Tea powder. Clove Oil is very strong and can be too much for sensitive people so use very small amount.

You may not need the Witch hazel if the honey does its job, I use it in batches that seem too dry. I like the round bomb mold best for this recipe.

1 cup of Citric Acid  
2 cups baking soda  
3 tablespoons kaolin clay  
1/4 cup organic brown sugar  
3 tablespoons sweet Almond Oil  
2 tablespoons Organic tea powder  
2 tablespoons honey  
10 drops or less for sensitive skin do a patch test when the full mixture is done  
5 drops vanilla essential oil  
Witch Hazel to bind

Place the dry ingredients in a glass bowl and work with gloved hands until there are no lumps.

Add the sweet Almond oil, honey, and the essential oils to a mixture, and blend with a whisk. Test the consistency with your hands. The mixture should hold together when squeezed. If it feels crumbly, spritz in some witch hazel to bind. Pack the mixture firmly into the mold Set aside for ten minutes then tap lightly on the back of the mold to release it, enjoy.



# Banana, Strawberry, Kiwi, and Honey Face Mask



When it comes to face masks for oily skin is this simple yet very nourishing natural solution.

Ingredients: 1 ripe banana, 3 Strawberries 1 tablespoon of honey, 10 drops of lemon juice and Kiwi slices for the eyes.

You should mix the banana and honey in a bowl. Then, add the lemon juice and combine them. Once the mixture is ready, apply it on your face and let it work its magic for about 15 minutes. In the end, rinse with lukewarm water and wipe your complexion with a washcloth.

## **Cucumber, Egg White, Lemon, and Clay Mask**



This mask is just perfect for cleansing clogged pores. As its name suggests, you'll need the following ingredients: 1 tablespoon of egg white,  $\frac{1}{2}$  teaspoon of clay, a few drops of lemon juice and 1 egg white.

Add all these ingredients together and mix them until a smooth paste is formed. Then, apply the mask on your face, but make sure to avoid the eyes area and leave it for about 20 minutes. Finally, rinse with warm water.

## Strawberry and Yogurt Facial



You should know that the yogurt will help exfoliate your acne prone skin.

Ingredients: 4 ripe strawberries, 1 teaspoon of plain yogurt

Firstly, wash thoroughly the strawberries, then use a fork to mash them. Add the plain yogurt and stir until it becomes smooth. Then apply this mixture on your face and let it sit for 10-15 minutes. Use warm water for rinsing.

## Homemade Juice Mask





Both lemon and strawberries have natural astringents that are perfect for fighting acne.

Ingredients: 1 teaspoon of lemon juice, 1 cup of strawberries, 2 egg whites, 3 teaspoons of honey and 4 drops of essential oil.

You should mash the strawberries with a fork until they form a smooth paste. Then, add the lemon juice, honey, and egg whites and mix them together. Apply the formed mixture on your face and let it stay for about 10 minutes. Rinse with warm water and a warm cloth.

## Oatmeal Face Mask



For this mask, you'll need 1 tablespoon of honey, some oatmeal, and 1 egg yolk.

You should take a small bowl and mix there the egg yolk and

honey. Then, add slowly some oatmeal so that you create a thick paste. Apply the mask on your face and neck and let it sit for about 15 minutes. In the end, rinse with warm water.

## **Apricot, Yogurt and Clay Mask**





This is an amazing natural face mask because it nourishes your skin and regulates its oiliness. We recommend using it once or twice a week. You can easily create it with the following ingredients:  $\frac{1}{2}$  teaspoon of clay, 1 apricot and 1 tablespoon of yogurt.

Firstly, you should peel the apricot. Then add it into a blender and mash it. Add the yogurt and clay and blend them together until a paste is formed. Apply it carefully on your face and leave it for 20 minutes. Then rinse with warm water.

## **Turmeric and Yogurt Face Mask**





Ingredients: 2 tablespoons of rice flour,  $\frac{1}{4}$  teaspoon of turmeric powder and  $\frac{1}{2}$  cup of plain yogurt.

Mix all these ingredients until they form a smooth paste and afterward apply the mixture on your face and let it sit for about 15-20 minutes. Then use a wet cloth for rinsing.





## Glass and Bamboo Tea Infuser Pot

Our chic, modern teapot features a removable glass infuser for brewing loose-leaf tea directly inside the pot without over-steeping. Place a tealight in the included bamboo stand to keep fresh tea warm for serving while protecting your tabletop. Perfect for tea lovers, it's a great gift for any tea lover.



## Capresso Electric Water Kettle

Our convenient and affordable Capresso Electric Water Kettle boils water extremely quickly for tea, coffee, hot chocolate or instant soup. Made of durable, heat-resistant German SCHOTT glass, this fast boiling kettle has a large capacity and an automatic shutoff feature. It's perfect for home as well as on trips to anywhere with an outlet.

---

## **Fall and Winter Skin Care, Tips and Recipes**





Hello and welcome to our blog on week 304 we are sharing Fall and winter Skin Care. We wish to thank you all for your consistent support. There are many blogs, but this one is ours and we thrive on doing excellent research and inviting authorities on subjects that we consider are a need to share. We often get asked why do we call it a Beauty blog when we talk about so many Holistic modalities that refer to the whole person, instead just the outer look. For us is important to address the balance of mind, body, and spirit, if these are not in balance, we don't project the balance of inner beauty and is obvious that may look good to the eye the inner radiance is missing. That is the reason why millions and I

will say it again, there are millions of Makeup, hair and so-called Beauty Blogs so we decided to go a route that for me personally is a way of life and so far works very well.

The dry air in winter, both indoors and out, with heaters and dry winds, takes a toll on skin, hair, and nails. Also, long showers and many hands washing a day, before you know it, the skin is rough, flaky, dehydrated, and itchy. Sometimes it even cracks and hurts. Your hands and face are the most exposed to the elements so they are the ones that deserve extra TLC in the winter. Keep skin healthy and moisturized, here are some TIPS to protect your skin.



### *3 Types of Exfoliators*



*scrubs*



*chemicals*



*enzymes*

# EXFOLIATE

Yes, you still need to exfoliate in winter, as a matter of fact, you probably will take the time to pamper your self more in the colder months when is no so many outdoor activities.

Use a gentle scrub or an exfoliating ingredient like milk (lactic acid) or sugar or salt scrubs, below we are sharing a few recipes to remove flaky excess skin cells. After exfoliating, generously apply a nourishing mask and follow with a moisturizer; you've broken down your skin's barrier and emollients can absorb better this way. To keep lips smooth, brush them a couple of times a week with a soft toothbrush or scrub gently with brown sugar scrub with I prefer you can make your own and we will share a few recipes.





## Moisturize and Up up the Masks

Add moisture to your face, neck, hands, and your whole body, I like layering skincare I apply serum or oil then moisturizer and doing weekly hydrating masks. Many times I sleep with a gentle mask and Slather on a thick body butter, Coconut oil, or Shea Butter, the goal is to apply a Natural rich product after each shower or bath. And if your hands and feet have

painful cracks, the best time to heal is overnight, you can do a mask on your feet and sleep with it on it, just place a pair of socks on it and Voila nice soft feet, I love to soak them first exfoliate and mask UHummmmm!. Apply a thick emollient to your hands also and wear gloves Is fabric Gloves that are specifically created for that so the moisture can absorb all night long.



## SHOWER SMART

Long showers and baths strip skin of its natural protective oils. Our skin secretes oily substances that prevent it from drying out as well as protect skin from bacteria and dirt getting in. Add some soap and skin's oil barrier is stripped away in no time.

Limit time and the temperature of the water when taking a shower or bath limit the time to 15 minutes and go for warm water instead of hot water without those oils, the moisture in your skin easily escapes, leading to the dry and itchy skin. The longer and hotter the shower, the faster this process takes place and the more moisture you're likely to lose. If you can't live without a long soak, add a generous helping of coconut oil or the oil of your preference to the water and a healthy amount to your skin after you are done pat dry the skin avoid rubbing.

Apply the moisturizer, oil or Body butter when your skin still moist it will penetrate and create a great protecting barrier

Switch to showering at night if possible so your body can replace its oils while you sleep, and here especially don't use really hot water.

Also, consider a product that contains ceramides. Ceramides help protect and retain the needed moisture for your skin.

We tend to use the hottest water when washing dishes and those dish-washing detergents can be even harsher as they are designed to remove tough oily stains and solid fats. Using gloves is your best bet and a nice nourishing hand cream should always be at the sink. Wet and dry especially with hot water will damage not only the skin on your hands but the nails contract and expand and they get dry and crackly.



Dermatologist [Sandy Johnson](#), M.D., says the [American Academy of Dermatology](#) recommends limiting your baths and showers to no more than 10 minutes to avoid dehydrating your skin since hot water removes your skin's natural oils.



**Avoid Harsh Soaps**

Soap is drying to the skin and for the most part very Alkaline, Skin needs to be on the acid side. A PH of 5 up to 6 is preferable, soap strips away the natural oil barrier and many are filled with harsh chemicals and drying perfumes, and many ingredients that are not really compatible with the Skin health, I never use soap. I use scrubs and an exfoliating pad like the Korean ones, they are sold all over the Internet.

Instead, try a mild, fragrance-free, non-soap cleanser, if you think that you really need to use soap, a soap that is on the healthy side, won't show lots of lather like soaps and that is a great sign,



## Let's talk about Body Butters:

We already know that our skin is a living organ and the largest one in the body and absorbs what you rub on, so is important to use products that are quality and well researched so we don't introduce harsh ingredients to it,

Body Butters contain emollients and rich ingredients that cover the skin in a blanket of pure moisture that ultimately lasts longer than any lotions, it acts as a barrier so it helps to trap harsh environment intruders, a great aid in Fall and Winter.

Do you know much about essential omega 3 fats? Body Butters contain this beneficial ingredient. These fats are of great benefit to your body internally and externally, aside from moisturizing they help control inflammation, Body Butters also contain key antioxidants like vitamin C, E, and A among many other great nutrients.

Body Butters are the most efficient when applied to cracked skin, eczema etc, great for chapped lips, cracked heels, lets not leave cuticles out of the game, great to soften stretch marks, scars lets remember to use it after shaving also, in fall and winter I also use it as a makeup remover.

The biggest difference between most body butter recipes and common creams/lotions recipes are that body butter is composed of mostly of carrier oils and butter rather than the addition of an aqueous ingredient like water, hydrosols, aloe vera, etc. Another great plus about Body Butters is that are very AFFORDABLE, and last a long time, in a dark container away from extreme temperature changes.

Two types of moisturizers are needed it to maintain healthy skin: humectant and lubricant. Humectants reduce the amounts of lost moisture that the skin naturally goes through especially in Fall and winter. Aside the added bonus is that Body Butters luxurious to the touch.

The one point I like to make here is that by doing your own Body Butters you can add the fragrance of your choice and avoid synthetic ones that can create great health hazards and they contribute to dehydration and possible allergies.

**Let's start with our recipes**

**Anti-bacterial Body Butter**





Ingredients:

2 tablespoons of Organic Sesame Oil



6 tablespoon of organic cocoa butter

15 drops of tea tree oil

and if you don't like the smell of Tea Tree oil add some Lavender

In a glass container like Pyrex create a double boiler, by placing water in a pan and placing your Pyrex container, avoid from getting your ingredients to hot, place your cocoa butter and use enough heat just to melt the butter, once that is done remove from the heat and add the sesame oil and the essential, always avoid to boil any of the ingredients, when done mixing pour it to a sanitized dark container the mixture will solidify and you can proceed to store it in a cool dark place to preserve its life.

## **Orange Chocolate Whipped Body Butter**







## Ingredients

1/2 a cup of Coconut Oil

1/2 a cup Cocoa Butter

20 drops of Orange Essential Oil

## Instructions

Melt the Cocoa Butter in a double boiler in a Pyrex bowl.

Add in the Coconut Oil, stir well.

Add the orange essential oil, stir well.

Cover and allow to solidify.

Once it is solidified beat it with a hand mixer until fluffy.

Add the mixture to a sanitized jar preferably dark with a lid.

Store out of the sunlight in a cool dark place.

Use this as a shaving cream or as a prep before or during showering.

**Paradise Tropical Body Butter (for  
dry skin)**



## Ingredients

*Yields roughly 8 oz of whipped body butter*

- 1/2 cup Shea nut oil



- 1/2 cup mango butter
- 2 TBSP organic pomegranate seed oil
- 1/2 oz Sandalwood essential oil
- 1 tsp non-GMO vitamin E oil

## Directions

Place shea nut oil, mango butter, and pomegranate seed oil into the top of a double boiler (a pyrex measuring bowl sitting above a pot of simmering water) make sure that it doesn't boil use low heat.

Heat on medium and stir until all the butter is melted together, leaving no chunks of butter behind. I like using a small silicone spatula.

Once melted, turn off heat and add in the essential oil when it has cool down and you can still mix, otherwise the essential oil will dissipate, and vitamin E oil.

Wait until it starts thickening, about 20-40 minutes., just leave it until it does.

Using a hand-held mixer, whip up your oils and butter until you reach a nice consistency.

Once fluffy, scoop your whipped butter into sanitized containers preferably the kind that doesn't allow light in, or place body butter in a plastic bag, clip the corner, and squeeze into a container of choice. You can find a number of different containers that will hold your body butter perfectly.

Eminence Organics Cranberry Pomegranate  
Sugar Scrub



Eminence Organics Cranberry Pomegranate Sugar Scrub (8.4oz) works on multiple levels to improve the health and appearance of your skin. While gently exfoliating dead skin cells and other impurities, the powerful blend of botanicals infuses the skin with moisture, nutrients, antioxidants, anti-aging formulations, and brighteners to reveal a toned, even complexion with fewer wrinkles and a youthful glow.

## Eminence Organics Chocolate Mousse Hydration Masque



The Eminence Organics Chocolate Mousse Hydration Masque (2oz) is a relaxing, sensory experience and hydrating facial treatment in one. You'll love the way the decadent chocolate overwhelms your senses while delivering to your skin the deep-moisture and vital nutrients it needs to look gorgeous.

## Eminence Organics Apricot Whip Moisturizer



Revitalizing, hydrating and refreshing, Eminence Organics Apricot Whip Moisturizer infuses the skin with moisture and nourishes the skin with vitamins and antioxidants for powerful hydrating and anti-aging effects.

## Eminence Organics Mimosa Champagne Massage Oil



Eminence Organics Mimosa Champagne Massage Oil is a luxurious way to give your skin a health-enhancing, beautifying experience. With ingredients that shower the skin with moisture and infuse it with antioxidants and vitamins, you'll love the way your skin looks and feels when you massage it in.



