



Live Your Perfect Weight – Weekly Insights

May 18, 2009

SKIN CARE TIPS

"Human beings, by changing the inner attitude of their minds, can change the outer aspects of their lives. -William James-

I thought I would give you a skin care tip for your first Weekly Insights.

It seems so many people are trying to cut back on spending money, and yet I am recommending many products to keep your skin young and healthy, in both my "Live Your Perfect Weight" e-book, and also in my booklet "Healthy Body – Healthy Skin".

I know it can add up, so here is a great inexpensive and effective scrub (exfoliate) and mask. You can use this everyday and it will only cost pennies a day. Scrubs and Masks are best used before bedtime when you can remove all the makeup, dust and grime of the day.

For the scrub (exfoliate) mix:

1 tablespoon uncooked oatmeal
with
1 tablespoon pure honey

First cover your hair with a hair band or towel so you don't get honey in your hair. Wash face with cleanser and rinse well. Then wet your face and gently massage the oatmeal/honey mixture in a circular upward motion all over your face, for a few minutes. You can leave the concoction on and use like a mask for another 5 minutes, then rinse off with warm water and a clean wash cloth. Your skin will feel very soft and healthy.

For the mask:

If you are having trouble with clogged pores, simply spread pure honey (about 1 teaspoon) on your dry, clean face. Press your hands on your face, and then pull your hands away from your face, do this several times; press and pull hand away from face, press and pull hand away from face.... The honey will become thick like creamy butter after a while and after about five minutes you can stop the pressing and pulling and

leave on for another 5 minutes. Rinse with warm water and a clean wash cloth. You will notice your pores are more refined looking and your skin will be soft and healthy.

So, who says you can't have beautiful skin on a budget!

If you want to learn more about our wonderful little bee friends go to:

www.spikenardfarm.org

Till next time,

Rosemary R. Evans

www.LiveYourPerfectWeight.com