

15 FRESH recipes for *Beautiful Skin* that You can make at Home

The following FREE skin care recipes contain fresh ingredients and have a very short shelf life so you will never see them for sale in stores. Some are family recipes I have collected that have been used by the women (and men) in those families for generations. Have fun and enjoy!

Disclaimer- These are simple to make recipes for nurturing your skin. If for any reason you experience an allergic reaction, discontinue use.

When you see ****Avoid(ing)** the eye area - please note - the eye area is the area from your eyebrows to just below the bony ridge of the orbital socket (cheekbone ridge) and the entire area defined by the orbital socket.

Cleopatra's Moisturizing Skin Crème

1 Tablespoon of Carolla's Beeswax Skin Crème

1 teaspoon of safflower oil

1 Vit A (10,000 IU) /Vit D (400 IU) combo capsule} prick capsule & squeeze oil into mixture

1 Vit E (400 IU) capsule} prick capsule & squeeze oil into mixture

Blend all ingredients very well. Use with in one month. Store at room temperature.

Yoghurt - Almond Body Scrub

$\frac{1}{2}$ c plain yoghurt (any brand)

3 Tablespoons almond meal

Mix together. Massage into skin. Rinse with cool water. Can be used on the face and is great for blemished skin. Shelf life is 1-2 weeks. Store in the fridge.

Honey & Egg Facial Mask (for dry skin)

1 Tablespoon powdered milk} blend these 2

1 stiffly beaten egg white} together well

Slowly mix in the egg yolk and

1 Tablespoon honey (honey can be softened in the microwave for 2-5 seconds in a small microwaveable bowl or in a double boiler)

Apply to face & throat area as a mask. Leave on for 5-7 min. Rinse with warm water. Pat skin dry. Discard any remaining mixture.

Artist's Face & Throat Mask (for dry skin)

1 egg yolk, lightly beaten

Mix the next 3 ingredients into a paste:

4 Tablespoons mayonnaise (not Miracle Whip types)

1 teaspoon Fullers Earth

$\frac{1}{2}$ teaspoon kelp powder

Using a clean thick brush, brush the egg yolk over the areas where your lines are the deepest. Then apply the mayo mixture over your face & neck area. Relax for about 15-20 minutes while the mask does its thing. Rinse off with warm water & pat dry. Discard any remaining mixture.

Candy Cane Mud Mask (for oily skin)

2 Tablespoons rubbing alcohol

2 Tablespoons Fullers Earth

1 teaspoon peppermint extract (from the grocery store)

Blend well. Apply to T-zone or other oily areas of your skin. **Avoid the area around the eyes. Leave on till clay is dry all over & starts cracking (about 10 minutes). Rinse with cool water. Discard any remaining mixture.

Wise Woman Facial Mask (for normal skin)

2 Tablespoons plain yoghurt

$\frac{1}{2}$ teaspoon honey (honey can be softened in the microwave for 2-5 seconds in a small microwaveable bowl or in a double boiler)

$\frac{1}{2}$ teaspoon lemon

2 capsules Vit E (400 IU) } prick capsule & squeeze oil into mixture

Mix first 3 ingredients well, then add in Vit E. Blend well. Apply to face & throat area. Relax for 15-20 minutes. Rinse off with warm water. Pat skin dry. A great time to apply Carolla's Beeswax Skin Crème to your hands & feet while you're relaxing! Discard any remaining mixture.

Strawberries & Cream...with a Kick (for normal skin)

1 Tablespoon plain yoghurt

1 Tablespoon mashed strawberries

2 Tablespoons kaolin clay

$\frac{1}{2}$ oz dry pectin

$\frac{1}{8}$ teaspoon peppermint extract (or 1 drop EO)

Mix all ingredients well & apply to face & throat area in gentle circular motions, **avoiding the eye area. Relax for 15 minutes. Rinse with cool water.

Easy Once a Week Egg Mask (multi-generational use)

1 egg white (this is great for toning normal or oily skin)

Using a cotton ball or pad, apply to the face & neck area, ****avoiding the area around the eyes.**
Let dry on your skin (about 10 minutes). It will feel taut. Rinse off with cool water. Pat dry.
Discard any remaining egg.

1 egg yolk (this is wonderful for dry skin)

Using a cotton ball or pad, apply to the face & neck area, ****avoiding the area around the eyes.**
Let dry on your skin (about 10 minutes). Rinse off with cool water. Pat dry. Discard any remaining egg yolk.

"Your Choice" Fruit Mask

Choose one from column A and one from column B

Plain yogurt

powdered milk

Real whipped cream (you whip it)

Buttermilk

Mix enough of your above 2 choices to make a paste with one of the following:

$\frac{1}{2}$ ripe banana

$\frac{1}{2}$ ripe avocado

(peel the skin from

$\frac{1}{2}$ ripe peach

whichever fruit you select)

1 whole ripe apricot

Mash or puree your fruit of choice & blend with "dairy paste". Apply to the face & throat area, ****avoiding the eye area.** Let dry 15-20 minutes. Rinse with warm water. You can even lick the bowl before you start your 15 minutes. Yummy! Discard any remaining mixture.

Four Season Skin Renewal Only do this 4 times / year (max) as it is very powerful!

Before bed, wet face & throat area with water. Massage skin with olive oil for 2-3 minutes (use small circular motion). Tissue off excess.

Apply a mixture of lemon or lime juice (2 teaspoons) & water (1 teaspoon) with a cotton ball.

****Avoid the eye area.** Wait 1 minute, then begin gently massaging face & throat area with fingertips in small circular motions. Re-apply citrus mixture as needed, rubbing until all the dead skin has formed into little balls. Rinse face & throat area with warm water. While skin is still wet, apply Carolla's Beeswax Skin Crème & have a good night's rest.

For the Eyes (puffiness or tired eyes)

Soak chamomile tea bags (use an even # of tea bags!) in water, soak most of the water out & refrigerate. Use them when your eyes are puffy or you just want a mini-vacation. Lie down, close your eyes, place a cool tea bag over each eye for about 10 minutes, take a few deep breaths & relax. They can also be placed in the freezer, but let them defrost for about 10 minutes before using.

Cucumber Toner

In a glass jar, mix: 1 cup witch hazel

3 Tablespoons coarsely chopped cucumber

Juice of one lemon

Shake jar & let it sit in the fridge for 3 days. Strain out cucumber.

Use as an astringent or pore tightener. It also helps soothe minor sunburn & can be used as a natural deodorant. The mixture must be kept refrigerated. Shelf life 1-2 months.

Two Easy Skin Tonics (for oily skin)

#1 Rub a freshly sliced tomato over acne twice a day. OR

#2 Mash some pulp from a fresh tomato with some cornmeal to make a paste (you can drain the tomato liquid a bit). Gently massage your skin with the mixture. Leave on about 5-7 minutes. Rinse with cool water. Discard remaining mixture.

Basic Facial Steam to re-hydrate your sinuses, deep clean your pores, help with a stuffy nose or congestion.

You'll need a large towel to drape over your head, something to hold your hair out of the way (a hairclip or headband works well), a timer, a hot pad (to set the pot of boiling water on), one or more of the following herbs: basil, oregano, rosemary, peppermint, lavender, chamomile or elder flowers (if you have herbal teabags, they will work just fine) or essential oils (EO): oregano, tea tree, rosemary, eucalyptus, peppermint, lavender or chamomile (only use one drop per fragrance of the oils).

Bring about 2 cups of water to boil in a small to medium pot. Set the timer for 10 minutes maximum. Place the pot of steaming water on the hot pad on a table. Place the teabags &/or the drops of EO in the water. Sit down & drape the towel over your head & the pot of water. Try to keep the towel snugged up so you receive the full benefit of the moisture. Don't put your face too close to the steam, if it feels way too hot, back up a bit. Keep your eyes closed, especially if you have EO in the water. If it feels too intense or hot, move the towel about to let some cooler air in. At first it seems very intense, but after a minute or 2, you can begin to breathe more easily & let the fragrant steam do its magic! Steaming is wonderful during the winter when so many of us have dry air heating which tends to dry out the sinuses. Steaming often loosens the mucus. After using, discard the water. Breathe!

Last, but not least, a Mask for your Feet!

$\frac{1}{2}$ cup powdered green clay

2 teaspoons hazelnut oil

$\frac{1}{2}$ cup water

1 teaspoon sweet almond oil

8 drops sweet orange oil

Blend all ingredients well & apply to clean feet. Lie down & if possible, elevate your feet on a pillow. Once the mask has dried, rinse it off with warm water & apply Carolla's Beeswax Skin Crème, rub in well. Lie down for about 5 more minutes. Your feet will love you for it!