

# Natural Beauty

Contributed by Linda Palacios  
Monday, January 28 2008  
Last Updated Thursday, April 08 2010

## Natural Beauty

It's fun and rewarding to mix up your own all-natural beauty products in the comfort of your own home. We tell you how to turn that next trip to the fridge into beautiful skin, hair, hands and feet.

Women are constantly in pursuit of great looking skin. But with name-brand skincare regimens averaging \$100, and a trip to a day spa leaving you more stressed about your finances than relaxed, why not consider raiding your kitchen pantry for some inexpensive and all-natural beauty treatments?

These Martha Stewart-esque treatments are not only budget-friendly but also 100 percent organic and vegan, which means they're cruelty-free and don't contain any animal products or byproducts). And although these treatments are technically made with edible ingredients, use your discretion in consuming them (unless you can stomach the combination of lavender and sage). So, go ahead. Here's your excuse to play with and eat your food!

## Skincare

### Banana Bread Mask

This mask will moisturize, soothe, soften and cleanse your skin along with the added bonus of a whole-wheat flower antioxidant.

Mix well: very ripe mashed banana, a pinch of nutmeg, two tablespoons ground oats (put rolled oats through a clean coffee grinder or blender until it is a fine powder). Add two tablespoons whole-wheat flour. Blend in soy or coconut milk until mask is a smooth paste. Apply to a clean face and enjoy for five to 10 minutes. Rinse well with warm water and pat dry. Source: [www.carefair.com](http://www.carefair.com).

## Bodycare

### Sumptuous Rose Bath

- 1 cup rose petals OR
- 1/2 cup rose water (found in health food stores)
- 1/2 cup coconut milk

To make: draw a warm bath. Add the rose petals or rose water and coconut milk.

To use: slip in tub and relax for 10-15 minutes. Rinse, tone and then moisturize. Source: The Incredible Edible Spa; Create Natural Beauty Treatments Using Common Foods From Around The House, Garden or Market by Noreen Finneran.

### Lavender Hand and Foot Wash

Use this wash to relieve dry, red and chapped hands and feet.

- 1/2 cup dried lavender flowers
- 1/2 cup finely chopped fresh sage
- 2 cups of water
- 8 drops of lavender oil

In a saucepan, combine lavender flowers, sage and water. Simmer, covered, on low heat for 20 minutes. Strain mixture through cheesecloth and let cool. Discard the solids, retain the liquid. Add lavender oil, shake to emulsify and then apply to hands and feet with a soft washcloth or cotton pads. Repeat as necessary or desired. Source: [www.spaindex.com](http://www.spaindex.com).

## 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
- 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. Source: [www.spaindex.com](http://www.spaindex.com).

## Hair Care

### Molasses Hair Wrap

This treatment is an easy and inexpensive way to add loads of shine and moisture to your hair; just be sure to stay away from bees! Apply a cup of molasses to damp hair, and massage into scalp. Cover hair with a shower cap for 20 minutes. Rinse with warm water, and shampoo as usual. Source: [www.carefair.com](http://www.carefair.com).

Below are some of the popular "beauty fruits" and their uses:

- Apple: Apples have been used for centuries for their skin-healing powers. Apple juice makes a breath sweetening mouth rinse and can also be used as a skin toner. Add a cup of juice to your bath to cleanse and soften your skin. The juice contains malic acid, which acts as an antioxidant. Fresh juice can also be used as a hair rinse to control dandruff. Use as a final rinse after shampooing your hair.

- Banana: Rich in protein and natural fats, this creamy tropical fruit can be used for all skin types because it is so mild and non-irritating. For an easy facial treatment, massage mashed banana over your skin. Let sit for 15 minutes, rinse off with warm water and moisturize well. Mashed banana also makes a wonderful hair conditioner mixed with a teaspoon or two of honey.

- Strawberry: Perfect for troubled or teenage skin, strawberries are rich in salicylic acid, an ingredient found in many commercial acne creams. Mix 1/2 cup fresh strawberries with a tablespoon of sour cream for a weekly facial mask. Eating fresh berries will also help whiten your teeth and keep your breath fresh.

- Papaya: Rich in natural enzymes, papayas are good for deep cleansing your body and ridding your skin of surface debris and dead skin cells. Remember, the greener the papaya, the higher the natural enzyme content. Mix together mashed papaya with several teaspoons of aloe vera gel and massage all over your body monthly. Leave on your skin for no more than five minutes and rinse thoroughly. Do not use on your face and avoid sensitive skin areas.

- Peach: Peaches are especially soothing for dry skin. Mash a fresh peach and combine with a tablespoon of plain soy yogurt to make a smooth paste. Spread the mixture over damp skin and let sit for 15 minutes, rinse well with cool water.

- Pineapple: Like papayas, pineapples are also good skin softeners, especially for classic rough skin spots like knees, elbows and heels. Pineapples contain an active enzyme called bromelain, which cleanses and rejuvenates dull skin. Use a slice of pineapple as you would a sponge or loofah to scrub your body in the bath or shower. To soften rough feet try a pineapple juice footbath. Soak your feet for 15 to 20 minutes, rinse and follow-up with a rich cream.

- Lemon: A classic home beauty ingredient, lemons are used to cleanse and freshen the skin and hair. Use lemon slices to soften rough skin spots such as elbows and heels. Lemon slices also help deodorize and deep cleanse your hands after a messy or smelly job. Add a bit of cornmeal for extra cleansing power. Lemon juice can be added to your favorite cleanser or shampoo to refresh and tone your scalp. For subtle hair highlights, comb some fresh juice through clean hair and sit in the sun for 15 to 20 minutes. However, lemon juice can be drying, so be sure to condition your hair. In the bath, float fresh slices in your tub for an energizing start to your day. Source: [www.lamasbeauty.com](http://www.lamasbeauty.com).

## PHOTO CREDITS

Photo: Neysa Ruhl Photography

Location: Fischer Homes Granite Spring Model Home

Model: Amy Wray