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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**10 Fun & Frugal Beauty Tips**

**By Melissa Eaton**

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I'm ready to unload some the best secrets and tips that even your salon professionals use. Of course they would like for you to buy their products and will tell you they are the best in order to make the sale, but I'm pretty sure they're not being honest in telling you what products are really on the backbar in their salons.

As a frugal person myself, I've always shared my secrets with my clients. I earn my living selling my services, not products. Here a few for you to enjoy!

1. To dry nail polish in a hurry, spray nails with PAM Oil Spray.
2. Olive oil can be added to bath water for a skin softener.
3. Toner/Astringent -- Use witch hazel instead. No need to dilute -- use full strength. You can also rinse with a splash of Apple Cider Vinegar after cleansing -- it balances out the ph of your skin.
4. Cut back on the amount of shampoo you use. Do the same with toothpaste. The manufacturers want us to use more, so we buy more.
5. Keep your pantyhose in the freezer, and they will last longer.
6. For great lotion, mix one-part lotion with one-part vaseline. It works better than plain lotion, and, depending on the cost of your lotion, you can stretch its value.
7. To prevent hair pins from falling out, bend one prong in a "V" about halfway up and insert in hair. It will stay.
8. Old lipstick tubes, thoroughly cleaned, are great for purse-sized pill boxes or for pins.
9. Use hydrogen peroxide as an inexpensive nail bleach.

10. For an excellent facial, mix dry oatmeal and water into a paste and spread on face. Lie down and let it dry. Wash off with warm water.

Melissa is a professional cosmetologist who is constantly updating her education. For daily updates including tips, secrets and other information, please visit her blog at <http://bizewomanbeautytips.blogspot.com/> Beauty doesn't have to cost a fortune!

### **Book Review: "Frugal Living for Dummies"**

**By Deborah Shelton**

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[deborah@fiveminuteparent.com](mailto:deborah@fiveminuteparent.com) Word wrap to 60, (220 words)

Book Review: "Frugal Living for Dummies"  
Reviewed by Deborah Shelton

"Frugal Living for Dummies"  
by Deborah Taylor-Hough  
Publisher: Wiley Publishing, Inc.  
ISBN: 0-7645-5403-4  
Price: \$16.99 US

Whatever your reason for wanting to save money (job loss, suddenly single-income, another child on the way, rising college tuition costs), arm yourself with Frugal Living for Dummies for super saving success.

This book details so much more than coupon-clipping. Some of the chapter topics include ideas for frugal family fun, thrifty cooking tips, ways to cut utility bills, setting a budget and lots of inexpensive gift ideas. And that's just the beginning! Frugal Living also provides icons in the margins that alert readers to important reminders, tips, super savers, special warnings, great ideas and handy checklists.

Each section is jam-packed with cost-cutting ideas for baby showers, back-to-school needs, dinner parties, gift giving,

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auto maintenance, home cleaning, dining out, laundry, family trips.... Basically, Deborah Taylor–Hough offers money–saving solutions for every aspect of your life.

Frugal Living for Dummies is an essential reference for your family collection. This book will make a practical and thoughtful gift for young couples just starting their lives together, college students on their own for the first time, single–income families, new parents, and anyone who needs

proven ways for cutting costs while keeping their sanity.

A must–have guidebook for the novice penny pincher as well as the seasoned dollar stretcher.

About the Reviewer: Deborah Shelton is a mother, freelance writer, and author of the brand new book, "The Five Minute Parent: Fun & Fast Activities for You and Your Little Ones." Visit Deborah's website for more family–friendly ideas: <http://www.fiveminuteparent.com>



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