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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!**

**Any Time Home Facials**

**By Sharon Hopkins**

You don't have to save the joys of pampering your self on special occasions. We can simply set aside time to pamper, renew and recharge ourselves on regular basis.

Our skin is an honest mirror to our inner health, beauty and well being. If we indulge in great deal of unhealthy food, it shows first on our skin. Wholesome eating and drinking plenty of water with adequate dose of exercise will exhibit a healthy glow on our skin. Use of natural gentle ingredients such essential oils, cold pressed unscented oils and hydrosols soothe, nourish and radiate a healthy, glowing complexion.

Consider your skin type while making aromatherapy beauty products for beauty regime at home. Facial consists of cleansing, toning and moisturizing. On occasion, you may add a gentle exfoliation and mask for luxurious pampering. Listing down step by step guide for "At Home Facial" with recipes

– Start with cleansing your skin with a gentle cleanser. Give your self a light steam treatment to unclog the pores before facial. Use fingertips to move upwards in circular movements, gently stimulating the skin and removing excess oil and grime. Rinse with warm water and pat excess moisture with a soft towel.

– After cleansing routine, tone the skin to ensure the pH balance. Apply the toner with soft cotton pad. Avoid rubbing and sensitive area around the eye. Saturate the pad and pat it over the face and neck area. Apple cider vinegar is the best toner to ensure optimal pH balance for the skin.

– Now your skin is ready to be moisturized with host of soothing ingredients. To seal the moisture, apply oil using patting motions when the skin is damp from applying the toner. For oily areas, apply once. For dry areas apply twice with an interval of 2–3 minutes between applications. Moisten the skin with water or toner in between applications to seal the moisture.

Home made recipes for cleansing, toning and moisturizing.

## Any Time Home Facials

– For a rose cream cleanser, combine 1 tbsp sour cream, 1 tsp rose hydrosol and 2 tsp extra virgin olive oil. Stir well and apply to face and neck areas. Note – this cleanser should be used within 2 days.

– Tone up your skin with 1 cup distilled water, 1 tbsp dried green tea leaves, 1tbsp dried chamomile flowers, 1 tbsp rose hydrosol, 1 tbsp Aloe Vera gel and 3 tbsp apple cider vinegar. Heat the distilled water until boiling. Remove from heat and add green tea, chamomile flowers. Let it sit for 15–20 minutes and then strain. Add the remaining ingredients and stir and shake well. Store in clean bottle and use within 3 weeks.

– For aromatic moisturizing oil, combine 3 tbsp each of jojoba and rose hip seed oil, 2 drops each of rose, geranium and palmarose essential oils and 3 drops lavender essential oil. Stir well to combine all the ingredients and store in clear, clean bottle for use.

Sharon Hopkins is the webmaster of

<http://www.skin-care-at-home.com>

. The site provides information

on natural skin care with the help of home made skin care recipes and tips on skin nutrition. Read up on giving your self any time home facials with home made recipes.

### **Three All-Natural Homemade Facials**

#### **By Donna Monday**

I bet you have in your kitchen right now the ingredients to make several homemade facials. Homemade recipes for facials have been popular for ages - beauty recipes were used by women in Ancient Egypt and Greece.

While homemade egg facials are the best known, there are many other all-natural skin cleansers that you can easily whip up in the kitchen. Here are three recipes for homemade facials that will make your skin feel refreshed and beautiful:

Apple Facial Mask (for oily acne prone skin)

Grate 1 medium sized apple. Mix the apple with

5 tablespoons of honey. Mash until it makes a paste. Smooth the mask over your skin. Leave on for 10 minutes. Rinse with cool water.

Banana Facial Mask (for dry skin)

Mash together one half cup of plain yogurt,

## Any Time Home Facials

1 tablespoon of honey, and 1/4 ripe banana.

Apply mask to face and neck. Leave mask on for

10 minutes. Rinse with warm water.

Peach Facial Mask (for normal skin)

Cook 1 medium peach until soft. Mash peach with a fork. Add in 1 tablespoon of honey and 1 tablespoon of uncooked oatmeal and mix into a thick paste.

Apply mask to the skin. Leave mask on for 10 minutes. Rinse with cool water.

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Donna Monday

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