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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!

Create Luxurious Bath And Body Products With Natural Fragrance Oils

By Sherry Frewerd

I don't know about you, but I'm as hooked on bath and body products as I'm going to get! I can't

pass the aisle at Wal−Mart without taking a look. Trips to the mall have become half hour events in the Bath and Body store. Gift buying for female friends and family is now a much anticipated outing because I can wander over to the bubble bath and lotion and pick up a little something extra for myself while I'm buying their present!

Now that there are private label bath and body product businesses online, the adventure never ends. I have found some of the most wonderful products from small, online specialty shops that can't be found in stores or malls. Many of these darling businesses, such as `Marlo Quinn' and others like it, hand−make and design their own soaps, lotions, bubble baths and other personal care products, most using all−natural, or mostly natural ingredients.

Ever wonder if you could make some of your own bath and body products at home? I know, most of you will audibly laugh at the idea of even having the time to take a bubble bath, much less actually making something you'd want to put in your bath water and sit in! Ok, I get it. You're busy. But just imagine that you have a few minutes one weekend and get the ingredients together to make your own deliciously scented, natural spa products. Wouldn't that leave you with a warm sense of accomplishment and ultimately a warm, frothy bubble bath or scrubby facial mask?

Let's assume you go with option number two, and make a date with yourself to create something wonderful. Hey, you could even go as far as getting together some like−minded (bath product enthusiasts) friends, chill some good wine and make a party out of it! Everyone can take home their creations and report back later as to the overall effect and results. I can make a party out of just about anything these days.

So, here is an easy and yummy smelling home−made soap recipe to get you started and in the mood for more. You'll want to gather your ingredients a few days in advance. Have fun!

`A' is for Apple Soap

4oz. clear, unscented glycerine soap 1 Tablespoon liquid soap 1 teaspoon liquid glycerine 1/2 teaspoon Apple Fragrance Oil 2 drops Red Food Color 1/2 teaspoon ground cinnamon

Melt soap in small pan over low heat. Add Liquid soap and glycerine and stir well gently Add fragrance, color and cinnamon. Stir and let stand a couple minutes, until you see it start to thicken and the cinnamon is mixed evenly. Pour into molds such as muffin tins or character candy or soap molds. Allow to set completely and store in zip lock storage bags.

When the soaps are all set, they make great little gifts for special occasions. How cute would they be as a `Teacher Gift' at Christmas time, especially if you use `apple' molds. There are more home−made recipes and ideas at `Natural You Mineral Makeup and Skincare.com'.

Sherry Frewerd publishes websites on various subjects from crock pot recipes to mineral makeup to toddler learning. Take a moment to visit

http://naturalyoumineralmakeup.com

for some helpful and fun

natural remedies, tips and product suggestions. Forget the Botox, talk to Mother Nature today!

Winterize − Prepare Your Skin For Winter

By Sharon Hopkins

Dry, itchy and cracked skin goes hand in hand with winter season. Change in temperatures and humidity, indoor heating, hot showers and bath remove important oils and moisture from the skin causing dryness, flakiness and cracking of the skin. If you think, winter equals to dry cracked skin with no or very less preventative measures, think again. Read on for some TLC for your winter weary skin −

− Bathing − Hot water bath breaks body oil that is easily washable. If you cannot avoid hot bath, add oils like almond, sesame or other bath oils to your water. Alternatively you can add milk to your bath water. It restores the oils leaving it soft and supple.

− Cleanse & Exfoliate − Before you begin your bath, exfoliate your skin with loofah. Avoid strong base ingredients and anti bacterial products; opt for gentle moisturizing revitalizing products.

− Drink at least 8 − 10 glasses of water every day. By keeping your skin well hydrated, your skin will not suffer from dryness, rashes and itchiness. Avoid excessive usage of caffeine beverages that strips moisture from the skin.

− Moisturize properly and your skin will remain soft and supple all through winter. Use moisturizer that has the necessary vitamins and hydration properties for your skin. One should apply moisturizer within a minute or so of having a shower or bath. Damp skin traps the water in the upper layers and

decreases dryness and itching.

− Keep petroleum jelly nearby. Dab some of it on problem areas to seal the moisture and heal the dry skin. You can rub it on all the dry areas of the body. It is very soothing backup substitute.

− If possible, try taking a multi vitamin pill that has good dose of vitamins B, C & E. It will help your skin as well as ward off common cold. Avoid overdose multivitamin pills for adverse effects.

− Use sunscreen in winter as you would in summer. Ideal sunscreen is one which is light, oil free and has SPF 15.

− If you can afford to going to spas for luxurious and rejuvenating treatments for winter weary skin, there is nothing like it. Spa and other hydration treatments super hydrate your skin.

Sharon Hopkins is the Webmaster for

http://www.skin−care−at−home.com

that provides information on

how to keep your skin healthy and beautiful with home made skin care recipes and tips on skin nutrition. Read on how to prepare and protect your skin in winter.

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