

This Free E-Book is brought to you by Natural-Aging.com.

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

Natural Cosmetics: Cleanse Before You Apply

By Sherry Frewerd

If your life is anything like mine, the most frequent natural cosmetic applied to your face is mud. Not just any mud. We are talking natural cosmetics here, so the mud should be at least 'pure mud'. For me it is pure garden-variety mud, not necessarily intentionally applied as a mud 'pac' however, it's drying and good for my skin capabilities probably reach high-impact.

Nature girls love natural cosmetics. That includes cleansing options!

My herb garden often results in the ultimate mud pack as I dredge the back of my hand across a cheek to wipe away sweat, or push back those stray strands of not-so-blonde-anymore hair. Even more importantly, it provides for the occasional spa treatment I give myself.

Rosemary vinegar is created when I drop fresh rosemary into a few cups of apple cider vinegar and let them chill in the fridge for a few days or longer. This is then applied to a cotton ball and used as a refreshing astringent that doesn't torment my skin (although I smell delightfully pickled when I'm done). Rinse thoroughly and apply Natural mineral foundation for a soft healthy glow.

A few handfuls of fresh lavender petals dropped into my bath water as it fills with hot water allow me to lay back and enjoy the lightly aromatic room and relax. I often sprays of lavender in lace bags and hang them in my closets to dry while they give my clothing a light scent, in preference to wearing perfume. (Dried, they also make a great tea for sipping during the bath.) Natural cosmetics often appeal to those who wear little or no perfume. Lavender is an awesome solution to eliminate the need for perfumes.

Lemon grass and a tablespoon of olive oil give my hair a nice shining glow after a long day of working in the garden. Add a spoon full of sugar and massage it into skin during a bath for a delightfully wrinkle and blemish free complexion. Whipped with a mixer to form a frothy cream, this mixture can be kept for several weeks in the refrigerator for a 'ready when you are' cell sloughing cream. Your skin will be ready for an application of mineral foundation and natural cosmetics with a natural glow emanating from healthy clean skin.

Natural Cosmetics: Cleanse Before You Apply

Slices of cucumbers over your eyelids cool the sagging skin, allowing it to tighten and smooth. Soothing as they feel, you really must take them off before opening your eyes. Mineral eye shadows will enhance your already lovely eyes. Just apply and go!

Have a cup of tea! And after your tea has steeped and your bags have cooled, add the tea bag to your eyelids for a relaxing moment of herbal pleasures. Your visions will take hold and bring you through the moment of silence with a new outlook on life and a new spin on reality.

You'll be ready to apply your natural makeup for a sensational day of Herbal aromas and pleasant events all day long. Mineral makeup lasts all day, so you can look forward to another adventure in your Herbal fantasy land in the evening after your day is done.

Sherry Frewerd publishes websites on various subjects from recipes to mineral makeup to toddler learning. Stop over to

<http://naturalyoumineralmakeup.com>

for some helpful and fun natural remedies,

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

For The Very Best, Use Mac Cosmetics

By Mike Yeager

Mac cosmetics are just the type of cosmetics women are looking for. Mac cosmetics can change you, in a matter of minutes, from the average looking, ordinary, girl-next-door into a stunning beauty. Mac cosmetics have a whole range of makeup, haircare, and skincare products for you. For that special evening out, all you need is your set of Mac cosmetics and some time in front of the mirror. However, Mac cosmetics are, after all, only cosmetics. As soon as you remove your makeup, the beautiful old you seems to disappear. How would you feel about having a glowing complexion, lovely skin and a head of shining, healthy hair – all achieved without constantly using makeup? Sound good? Well, it's true, and is now very much achievable! Mac cosmetics have recently introduced skin care products that will make your skin glow radiantly without constantly putting on makeup. In addition, they have developed products that will make your hair and complexion beautiful all day long without any makeup. In fact, tests conducted on a group of healthy, female volunteers with age ranging from 40 to 65 years old exhibited clear signs of improvements in wrinkle reduction, skin softness, hydration, smoothness and firmness when using these new Mac cosmetics.

Choosing the Mac Cosmetic that is right for you.

It can be difficult sometime to know what Mac makeup cosmetic is right for you. Some Mac cosmetics can be very expensive. If you are looking to find cheap Mac cosmetics, try buying Cosmetic Mac wholesale. Come, try these new Mac cosmetic products that are completely safe and natural and you

too will find the joy of looking the best you can.

Mike Yeager
Publisher

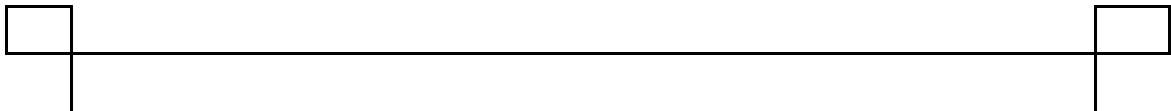
<http://www.a1-beauty-4u.com/>

For The Very Best, Use Mac Cosmetics
Cosmetics - the practical way to BEAUTY!
Natural Cosmetics
Cosmetics: Precautions
Natural Mineral Cosmetics: Simplified Application

Natural Pain Management
Web Copywriting Tune-Up Kit
How to Gain and Retain More Customers
Success Secrets
Understanding Acne: Causes, Cures and Myths



This Free E-Book has been brought to you by Natural-Aging.com.



100% Effective Natural Hormone Treatment

**Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**