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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!**

**Olive Oil In Your Beauty Routine?**

**By Melissa Eaton**

**Olive Oil In Your Beauty Routine? by Melissa Eaton**

We all know that olive oil is wonderful and healthy for us to cook with, but what about its other uses? Truthfully, olive oil is another main ingredient in several beauty products you can buy on the shelf. See for yourself how you can make your own skin cocktails and save a little money at the same time.

1. A mixture of 1/2 cup olive oil, 1/4 cup vinegar, & 1/4 cup water used as a night cream will make your skin glow. The olive oil softens and moisturizes and the vinegar lightens discolorations, kills bacteria and loosens dead skin cells. Splash water on your face before applying.
2. Olive oil can be used as cleansing cream if your skin is dry.
3. For a facial, wet face thoroughly, then massage olive oil into your skin. Use about a half teaspoon of sugar and scrub your face with that, then wipe off gently with a warm, wet cloth until the sugar is all gone.
4. Use olive oil on your feet with clean white cotton socks. Helps to soften up you feet and it absorbs better than baby oil.
5. It seems when you pour olive oil out there is always a drip, so wipe it up with your hand and rub it in to your elbows. Wonderful softening properties.
6. Use olive oil as bath oil. Two to three tablespoons will do the trick.
7. Use olive oil for your hair. Not only does it condition, but it also gets rid of the frizz. Put a small drop into your palm & then rub both hands together & apply it to dry hair.

Just a few of the many creative uses for olive oil in your skin care routine. Not only is it cheap, but it will go alot further than most products you can buy. Have fun and be creative.

## Olive Oil In Your Beauty Routine?

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!

### **Make time for beauty**

**By Kenia Morales**

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In today's hectic World many of us women have little or no time at all to take care of ourselves. Wouldn't it be nice to have a couple of hours just for yourself? Or simply have a more put together look? Here are some tips that will allow you to make time for your own beauty routine!

- Schedule the beauty routine in your weekly schedule beforehand; even if you are going to do it at home.
- Make it a routine and stick to it, for example: I will do my hair and nails every Thursday night.
- Do you have dry skin and no time for daily moisturizing? Try buying soap for dry skin.
- Delegate at least one of your chores to your partner or a family member.
- Cut off your cooking time, and order out or prepare microwave dinner. You can also cook for two days and take the next day for your beauty routine.
- If you can afford it pay someone to do a portion of your chores.
- Have all the necessary items for your beauty routine in one place, to avoid wasting time looking for them.
- Do not take phone calls during your beauty time.
- Cut off or limit time wasting habits such as TV.

Kenia Morales is the publisher of online magazine <http://kpatra.com> "For Every Aspect of Today's Woman. Visit her site to find a variety of women related issues and topics" [click here](http://www.kpatra.com/keniascolumn.htm) <http://www.kpatra.com/keniascolumn.htm> to find Kenia's little piece of heaven her inspirational column

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