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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!

Sugary Sweet Beauty

By Danielle Sims

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Sugary Sweet Beauty

In the self-care and beauty industry, the latest craze is including sugar in skin care products. If you search the internet you will find everything from sugar body scrubs to sugar hair removers. The prices can range from \$8.00 to \$35.00 for each product. How's that for a product in which the main ingredient can cost you a no more that \$3.00 for a 5 pound bag!

To enjoy all of the benefits of a sugar based product without shelling out the big bucks, trys these recipes:

Orange Cream Sugar Body Scrub

This recipe is great to remove dead skin and give your skin a healthy glow. The sugar contains glycolic acid and the cream is a source for lactic acid. Avoid irritated or broken skin areas.

Ingredients:

½ cup sugar

2 TBSP cream or whole milk

5 drops orange oil

1 cup olive, jojoba, or almond oil

Mix sugar, oil and cream together. Add orange oil after main ingredients are completely mixed.

Apply to your body by starting at the feet and working your way up. Massage in a circular motion and leave it on for 10–15 minutes, then shower it off. This recipe is enough to make one full body treatment.

Lemon Head Sugar Body Scrub

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This recipe is both cleansing and detoxifying. Lemon is very detoxifying to the body and will also help brighten the skin.

Ingredients:

½ cup sugar

10 drops lemon oil

or ½ a lemon freshly squeezed

1 cup olive, jojoba, or almond oil

Mix all ingredients together. Apply to your body by starting at the feet and working your way up. Massage in a circular motion, then shower it off. This recipe is enough to make one full body treatment.

Facial Cleanser

Ingredients:

White or brown sugar

Your favorite facial cleanser

Witch hazel Water

Using your favorite daily facial soap, an easy, inexpensive facial scrub can be made by adding sugar. Simply add a teaspoon of either white sugar or brown sugar and massage it gently on your facial skin. Rinse with cool water and spritz your face with a ½ witch hazel and ½ water mixture.

Sugar is a natural and inexpensive way to include alpha-hydroxy acids in your skincare program. It produces glycolic acid, an alpha hydroxy acid, which is included in many skincare product lines. Today's pricey beauty products that include sugar or alpha hydroxy acid, can be created inexpensively right at your kitchen table. You will experience all of the benefits without the inflated price.

Danielle Sims explored her library of alternative health, herbal books, and aromatherapy books and created a blueprint for making her own body wrap formulas at home. For more information visit Danielle's website <http://www.wrapyourselfslim.com> This article is copyright (c) 2003 by Danielle Sims, and may be reprinted in it's entirety as long as this byline and copyright statement is included.

Take Care Of Your Inner Beauty

By Hifzur Rehman

Let us talk about beauty from a different angle!

We have our own criteria for judging the beauty of a woman. We look the beauty of a lady from a certain angle and then pass the remarks whether she is beautiful or not. It's not fair. Let me tell every woman that she is unique and beautiful.

Sugary Sweet Beauty

The business of beauty is thriving everywhere. Women are spending much of their time and money on buying beauty products. Even in the third world countries, women living below the poverty line, buy cheap and substandard beauty products, which give more harm to their skin than good.

It's the fundamental right of every woman to look beautiful. Every woman wants to listen the sweet words "you are beautiful". But the beauty of a woman is far from her looks or figure. Physical beauty is only one aspect while a beautiful charming personality is a complete blend of many fine characteristics such as good manners, etiquette, behavior, smile, intelligence, sense of humor, social and family values etc., all make a woman look beautiful and attractive.

Didn't you know that there is a marked difference between a carefully hand woven expensive Persian carpet and a cheap machine made carpet. Both of these cannot be equated. A beautiful woman is like an elegant hand-knotted Persian carpet. Each and every silky, colorful thread of her character, nicely woven into her personality, gives a woman an everlasting beauty and attraction.

Looks are very important indeed but the characteristics of a person are much more important. Besides taking care of your physical beauty, why not think of improving your inner beauty. The beauty which everyone admires is becoming a rare commodity these days. While on your way to a beauty parlor keep on thinking ways of improving your inner beauty.

Take care of yourself and take care of your inner beauty. No doubt you are a beautiful person.

Hifzur Reman is the author of popular articles on self improvement. He is also the editor of his website:

which is a great source of self-improvement related information on

various aspects of life. A visit to his site will open the doors of success for you!

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A thing of beauty is a joy forever! And that can be You!

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Wonderful Wedding Favors and Wedding Gifts

100 succulent Chinese Recipes

Profitable Crafts Vol 2

Profitable Crafts Vol 1

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