

June 30, 2014

God Bless America

# Woman's World

More for you!

The salad that **BEATS PMS!**



## Take a Break!

### Pamper your skin with honey!

Whether your skin's feeling parched, looking dull or struggling with breakouts, head to the pantry for a natural fix: honey! "Honey is one of the few ingredients that can adjust to your skin's unique needs," reveals Elizabeth TenHouten, author of *Natural Beauty: Homemade Recipes for Radiant Skin & Hair*. "It contains nourishing amino acids that help skin retain moisture, antibacterials to ward off breakouts and alpha hydroxy acids to gently clarify—perfection for a pampering DIY facial!"



#### Hydrate and nourish with a Honey Almond Masque!

Dry patches and dullness can happen any time of year. "But honey—a humectant that binds moisture to the skin—is my secret weapon for a soft, radiant complexion!" reveals TenHouten. When you add vitamin-rich almond oil, you get an ultra-nourishing blend!

- 2 Tbs. honey
- 1 tsp. sweet almond oil

✦ Add honey and almond oil to small bowl. Stir with wooden spoon to combine. Using your fingers, smooth masque onto clean, dry skin, avoiding the sensitive eye area. Relax 15 to 20 minutes. Rinse thoroughly with warm water, then gently pat skin dry. Follow with your favorite moisturizer, if desired.

**Spot treat!**  
"Dab a bit of honey (an antibacterial) onto a blemish, wait 15 minutes, then rinse with warm water," TenHouten says.



#### Fix a shiny forehead with an Apple Honey Masque!

"Honey has enzymes that clarify your skin and help prevent breakouts," TenHouten says. "And when combined with the natural fruit acids in apples, which exfoliate the skin, you'll get a masque that balances excess oil."

- 1 apple
- 1 Tbs. honey

✦ Rinse apple, then core and quarter. Place apple in blender; blitz until soft. Pour into bowl and add honey; stir well. "It should have a silky, but slightly grainy texture," TenHouten says. Using your fingers, smooth masque onto clean, dry skin, avoiding the sensitive eye area. Relax 15 to 20 minutes. Rinse thoroughly with warm water, then gently pat skin dry. Follow with your favorite moisturizer, if desired.



#### Calm redness with a Cooling Honey Cucumber Masque!

Whether you have sensitive skin or spent too much time in the sun, you can calm irritation with a masque. "Cucumbers are known for soothing and rejuvenating your complexion," TenHouten says. "And because inflamed skin (especially sunburned skin) tends to be dry, adding honey is perfect for sealing in moisture."

- 1/2 cucumber
- 1 Tbs. plain yogurt
- 2 tsp. honey
- 1/2 tsp. lemon juice

✦ Rinse cucumber, then slice into discs. Muddle in bowl to release juices, or purée in blender. Add yogurt, honey and lemon juice; stir well. Using your fingers, smooth masque onto clean, dry skin, avoiding the sensitive eye area. Relax 15 minutes. Rinse thoroughly with warm water, then gently pat skin dry. Follow with your favorite moisturizer, if desired.



#### Get silky-soft lips!

Lip scrubs are all the rage, but can cost \$30 for a little pot! Luckily, making your own is easy. "The sugar buffs away dead skin cells and the honey moisturizes to reveal super soft lips," TenHouten says.

- 1 tsp. sugar
- 1/2 tsp. honey

✦ Combine sugar and honey in small bowl. Mix well with wooden spoon until it forms grainy paste. Using your fingertips, smooth the paste onto your lips. Gently scrub in circular motion, then rinse well with warm water. When finished, smooth on lip balm.