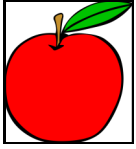


Simple Real Food Skin Solutions



Apples: Both the pulp and the juice can be used on the face and body as a gentle exfoliant and to soothe and nourish sensitive and acne prone skin.



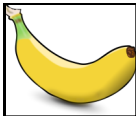
Apple Cider Vinegar: A gentle exfoliating astringent, it can be added to bath water to soothe itchy, dry skin,; mixed with water to use as an astringent on the face; and used as a hair rinse to soothe dry, itchy scalp.



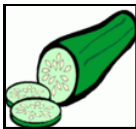
Avocados: High in vitamins and healthy fats, a simple mask of mashed avocado applied to the face for 15 minutes helps to moisture and soothe dry skin.



Baking Soda: Mixed with water it makes a gentle exfoliating scrub for the face. The same paste can also be used to soothe bee stings and rashes. Added to bath water it softens the water and the skin. It can also be used to deodorize the feet and underarms.



Bananas: Good for all skin types, a mashed banana applied to the face and/or hands helps to gently exfoliate while moisturizing and tightening the skin.



Cucumber: Cold slices are excellent for soothing tired and puffy eyes, simply lay back and place the slices on the eyes for 10-15 minutes. Cucumber juice can also be used as a natural astringent and to soothe sun –burned skin.



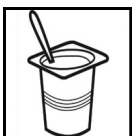
Green Tea: Cooled brewed tea can be used as a facial toner. Add tea bags directly to a hot bath to tone the skin. The used tea bags can be chilled in the refrigerator and applied to the eyes to cool and soothe inflamed and tired eyes (use only once)



Honey: Helps to keep moisture in the skin, has mild exfoliating properties and also helps to heal and soothe the skin. Use it straight as a facial mask.



Oatmeal: Is great for gently exfoliating the skin while also being highly emollient and soothing. To use as a scrub, grind old-fashioned rolled oats in a food processor or coffee grinder and moisten. Oats can also be added to bath water to create a silky and soothing bath. You can even submerge dry hands and feet in cooked oatmeal to soften them (just make sure the oats aren't too hot!).



Yogurt: Is an gentle exfoliant that dissolves dead skin cells, helping to combat dry and itchy skin, leaving the skin soft. It can be used as a cleanser or as a mask.