



play with your food

foodie skincare

a free e-pamphlet from haveforkwilleat.com



All right, I'll be honest. I'm a girl. And I like some girly things. But I what I don't like is strange people touching me. One of my good friends took me out for a spa facial for the first time a while back. It was the weirdest thing ever. I'm all about skin care, don't get me wrong. I drink 9-10 glasses of water a day. I eat a diet full of vitamins A, C and E. I wear sunscreen. I shower in lukewarm water, moisturize daily and exfoliate often. I inspect myself regularly for spots and bumps. I take care of my feet. I'm all about soft, healthy on every part of the body.

I know you're wondering, "Yeah, it's great that you're a skin freak. Why are you telling me this? Where are the pictures of the food?" There is a point. I promise.

So what does a girl do when she wants a skin treatment but is iffy about having random people touching her face, feet and hands? And "in this economy," spa treatments and skin care products can be expensive luxuries, so how do you treat your skin nice without breaking the bank or subjecting yourself to the prods of strangers?

Well, food obviously.

I am a big fan of do-it-yourself facials and pedicures, and because I prefer more natural solutions to skin care, I've found a few good, whole foods-based (and cheaper!) ways of taking care of your skin. This **free** e-book is designed to share those with you. Enjoy and pass it on.



*simple solutions
for facial care*

Simple Face Rinse

Squeeze 2 lemons into a half cup of water then splash over face and rinse to help dissolve dead skin and fight bacteria.

Treat a Breakout

Treat a breakout by crushing an aspirin and mixing it with enough water to form a paste and then apply it to the pimple and leave it on for 10 minutes. Rinse. This will help shrink the pimple. You can also combine baking soda with water to make a paste and use that the same way.

Natural Face Mask

Mix 2 tps canned pumpkin, half a teaspoon of honey, and a quarter teaspoon of milk (or soymilk). Apply to face and leave on for 15 minutes before rinsing. The pumpkin will help remove dead skin cells.

Whiten Your Teeth

Brush your teeth with 1 ripe strawberry, crushed, and 1/2 tsp baking soda. Leave the mix on your teeth for 5 minutes and then brush with toothpaste. The mix will help whiten your teeth.

Must Moisturize

Mix together 3 tablespoons of honey, 3 tablespoons of wheat germ, 1 ounce glycerin, 1/2 an ounce of rose water, and 1 ounce witch hazel.

Apply morning and night after cleansing for a soothing, natural moisturizer.

Oatmeal Face Scrub

Mix two tablespoons oatmeal with 2 tablespoons each brown sugar and pure aloe vera. Add 1 teaspoon lemon juice. Blend until creamy; store covered and refrigerated for up to 3 days.

Soften Dry Skin

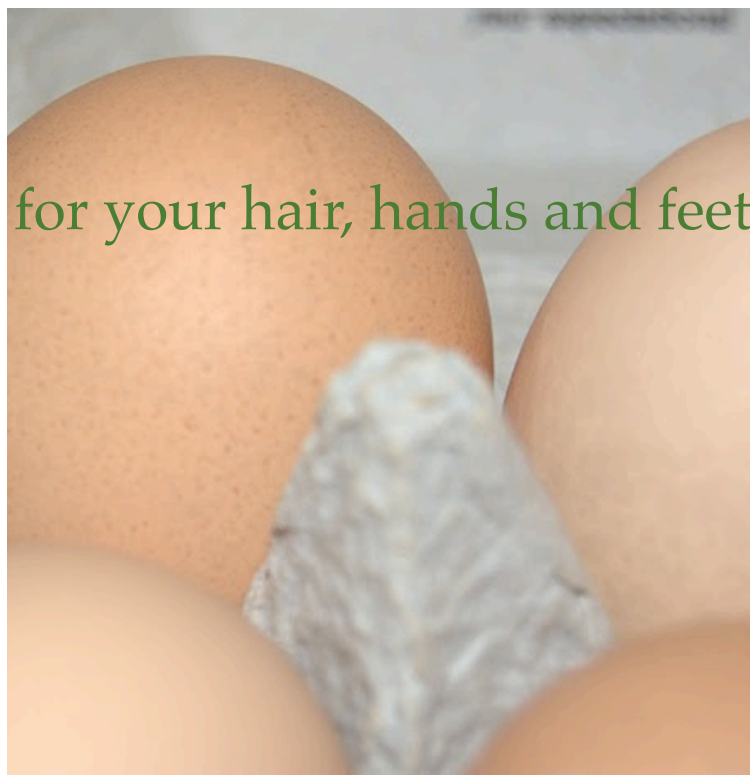
Combine 1/2 fresh banana, 1 tablespoon honey and 2 tablespoons sour cream in a mixer. Store covered in the fridge for 3 days. Apply to clean face and leave on for 10 minutes before removing gently with a damp cloth. Rinse face and pat dry.

Avocado Mask

Mix 1 egg white, 1 tsp lemon juice, 1/2 half avocado in a blender and cream together. Apply over freshly-washed face and leave on for 15-20 minutes. Rinse and pat dry gently.

Vitamin E Yogurt Cream

Mix 2 tbsps plain yogurt with 1/2 tsp honey, 1/2 tsp lemon juice and the contents of 3 vitamin E capsules. Massage onto skin and leave on for 15 minutes. Rinse. Make new batch every 3-4 days.



Hair

Boost shine by creating an egg white mask for your hair: whip two egg whites into a frothy mousse, apply to wet hair for 10 minutes and then shampoo and rinse with lukewarm water.

You can also get more shine by rinsing your hair with rosemary water, which deep cleans and removes buildup in hair follicles. Boil the fresh herb in water, let it cool completely, strain out the rosemary and pour the water over your hair.

Mix 1/2 c. honey, 1/4 c. warm olive oil, 4 drops rosemary oil and 1 tsp xanthan gum. Pour into bottle with cap. Apply small amount to damp hair, then wrap with warm towel for 30 minutes. Shampoo, rinse and dry as normal.

Hands

Soak your fingers in warm water with lemon juice to help erase nail stains.

Soaking your nails in warm olive oil and vitamin A oil will make them less prone to splitting; do it every two weeks and your nails will be healthy and strong.

Get rid of nail fungus and discoloration by rubbing apple cider vinegar on your nails 2-3 times a day for several months or until the healthy nails grow back.

Soften your cuticles with 1 tsp olive oil and 1 tbsp vitamin E oil.

Feet

Slice a lemon and dip slices in sugar; rub over calluses to exfoliate. Next, soak your feet in white vinegar to remove stains from nails, then moisturize with olive oil. Finish by wrapping your feet in wet, warm towels.

2 tsp olive oil, 2 tsp sweet almond oil, 1/2 c. salt, 1-3 drops lavender essential oil. Whisk together and store in a container with an air-tight lid. Use a couple dollops weekly to scrub your feet.

Enjoy a foot soak with 1/2 c. Epsom salts, fresh rosemary sprigs and 2-3 drops of lavender or tea tree oil.



Quick and Easy Body Scrubs:

- Fill a jar with honey and a few tablespoons of brown sugar. Pop a lid on, keep in the shower and use as moisturizing body scrub.
- Create a full-body exfoliant by pulverizing a handful of almonds, one orange peel and a cup of grapeseed oil in a blender. Store in an air-tight jar and keep in the shower.
- Take 1/2 c. sugar, 2 tbsp olive oil and 1 tbsp of any fragrant extract (vanilla, mint, etc) and mix together. In the shower, get wet and massage the scrub into your skin and rinse. The sugar exfoliates your skin and the oil helps you stay soft.
- Honey and lemon body scrub: 2 1/2 c. sugar, 1/2 c. almond oil, 4 tsp lemon juice, 1/4 c. honey, 3-5 drops lemon oil.
- Another body scrub: 2 tsp olive oil, 2 tsp sweet almond oil, 1/2 c. sugar, 1-3 drops lavender essential oil. Whisk together and store in a container with an air-tight lid. Use a few dollops a couple times a week, scrub and rinse. The olive oil moisturizes while the lavender helps heal damaged skin, particularly cuts and burns. You can also replace half the sugar with 1/4 c. unused fine-ground coffee grinds. It'll also help wake you up.

Delicious Mix-Ins for Your Bathwater:

- Oranges
Slice a naval orange evenly, place into the tub and add a few teaspoons of lavender oil. The acid from the fruit will act as an exfoliant and help slough off dead skin.
- Milk
The lactic acid in milk helps to mildly exfoliate the skin, reducing blotchiness as well as clogged pores.
- Basil and rosemary
Helps treat aches and pains.



Chocolate Bath Scrub

Makes 2 1/2 cups scrub

1/2 cup rolled oats
1/2 cup cocoa nibs
2 tablespoons unsweetened
Cocoa powder
1/2 cup kosher salt
1/2 cup sweet almond oil
1/2 cup jojoba oil
2 tablespoons vitamin E oil

Use a food processor or blender to grind the oats into a powder. Add the cocoa nibs, cocoa powder, salt, almond oil, jojoba oil, and vitamin E oil. Hit pulse a few times to blend.

Store in a glass or plastic jar, and scoop out for use with a spoon or a seashell.

For a less expensive version, use either almond or jojoba oil (instead of both).

Energizing Coffee Scrub

2 c. coarse ground coffee
1/2 c. salt
3 tbsp almond or jojoba oil.

Mix ingredients together thoroughly. During a hot shower, rub exfoliant onto your skin. Shower off and gently dry with a towel.

Aromatherapy Spray

1 spray bottle with 1 c. water
a few drops of essential oil, such as jasmine, juniper, vanilla, etc.
Spray your sheets with a calming scent before bedtime, or spray the room with a lively scent for an energy boost.



A Bath of Milk and Honey

- 1 oz raw honey
- 1 c. milk
- 2 tsp aloe vera gel

Combine in a jar and shake well. Apply to face with a cotton ball. Store in the fridge for 3 weeks.

Bathe in a Chocolate River

- 1 c. cocoa
- 2 c. milk
- 1/2 c. honey

Put ingredients in a blender and whip until frothy. Add to a warm bath. Enjoy.

Body Butter

- 1/2 c. cocoa butter
- 2 tbsp grated beeswax
- 2 tbsp distilled water
- 3 tbsp sesame oil
- 2 tbsp coconut oil
- 1 tbsp olive oil

Combine beeswax with water and melt over low heat; add cocoa butter and blend. Stir in oils, pour into a glass jar and let cool. Apply to body.

Organic Mango Skin Exfoliant

- 2 tbsp organic honey
- 2 tsp organic cider vinegar
- 2 peeled, ripe organic mangoes
- 2 c. distilled water
- 1/2 c. organic cornmeal

Blend mango, add water, then vinegar, honey and cornmeal. Use in the shower to slough off dry skin. Store in the refrigerator for a week.

Sources:

I'm on the Look-Out

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organic-exfoliation.html](http://www.natural-skin-care-info.com/organic-exfoliation.html)

Spa Index

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