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DIY Skin Care Tips from Lily Organics

Women of all ages spend a fortune on skin care products, in order to achieve a natural-beauty glow. What better way to achieve a natural glow, then from natural products. Lily Morgan, Founder and Formulator of Lily Organics Fresh Skin Care, knows quite a bit on this subject. She has been developing all-natural skin care for nearly 25 years on her USDA Certified Organic Farm and also wrote a book, *Beauty, Health, and Happiness: A Way of Life* (HCO Publishing) in which she shares some of her at-home beauty secrets. A graduate of The Colorado Herbal College, Lily has studied how different plants can benefit our skin in different ways, and she would like to share some of her knowledge in how you too can make your own skin care products, in the comfort of your own kitchen.

For people with dry skin, Lily recommends taking a fresh avocado, removing the peel and gently rubbing the inside of the peel all over your face. Leave the residue on for about 20 minutes while it naturally moisturizes and nourishes your skin. Wipe off any excess. Lily also suggests applying evening primrose oil topically.

For a natural exfoliation, fill a mesh bag full of dry oatmeal. Gently rub your face with the bag.

For sunburned skin, Lily recommends a cool bath filled with 1/4 cup of baking soda. Some ingredients which can be helpful when applied directly to the affected area are aloe, witch hazel applied with a cotton ball, diluted essential oil of lavender or a compress made of skim milk and oatmeal. Lily also recommends, "drinking lots of water to counteract the drying effect of too much sun." Another soothing option is to put your organic moisturizer in the refrigerator before applying.

For acne-prone skin, Lily recommends a list of natural remedies in her book, *Beauty, Health, and Happiness: A Way of Life* (HCO Publishing), including "cleaning your skin with milk and yogurt." She also believes in using "Vitamin E oil mixed with the herbs lily and comfrey and applied to heal scarring after inflammation is gone." Finally, "applying diluted lemon juice, which is antiseptic, cleansing, and has a high acid pH," can prove to be helpful.

Lily shares her at-home beauty secrets because, “I want everyone to have the best and freshest chemical-free skin care products possible.” “People can make their own organic skin care products, but if they run out, or don’t have the ingredients on hand at the time, or don’t want to bother...” Lily Organics is there making fresh, all-natural, chemical-free skin care products weekly in its USDA Certified Organic laboratory in Henderson, CO.

Lily Morgan is the author of *Beauty, Health, and Happiness: A way of Life*. She is the founder and formulator of Lily Organics, Fresh, Chemical-free skin care line of facial care products. You can reach her at her website www.lilyorganics.com. 303- 668-1128.