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**Media Contact:**

Lily Morgan  
Cell 303-668-1128  
elilypads@yahoo.com

## **Happy National Honey Month from Lily Organics**

**Henderson, CO** - The U.S. Secretary of Agriculture proclaimed September is National Honey Month. Produced by bees, honey is a naturally sweet substance made from the nectar of flowers. It consists of protein, calcium, phosphorus, iron, niacin, and vitamin C, making honey a great ingredient for a variety of uses. Honey has been used to soothe a sore throat, as a natural sweetener for drinks and foods and to give a natural boost of energy. But, honey isn't just for ingesting; it has also been proven effective in skin care due to some of its properties.

For nearly 25 years, Lily Organics Dew Fresh Skin Care has recognized the advantages of honey and has utilized it in its skin care products. Honey helps keep skin hydrated and can also help reduce blemishes and blackheads because of its acidity. It also keeps skin moisturized because it is one of the best humectants. It is great for all skin types, especially sensitive skin. According to Lily Morgan, owner of Lily Organics, some of the benefits of honey include, "repairing skin that is clogged, restoring moisture, restoring a youthful look to complexions because of its moisturizing and humectants qualities, bringing color to skin, reducing coarseness in skin" and "refining pores."

Honey "is a natural rejuvenator and leaves your face feeling refreshed and invigorated. Skin does not age because it loses its ability to hold oil, but because it loses its ability to retain moisture." Morgan. The Rejuvenating Enzyme Mask made by Lily Organics includes honey as one of its ingredients, to help moisturize the skin; this product was voted Best Mask in 2009 for Natural Solutions magazine's Beauty with a Conscience Award.

Honey has been used in multiple skin care products available for purchase, but there are also ways to make your own recipes for skin care at home, including:

1. As a Mask – Equal parts honey and oatmeal. Or, use honey alone.
2. As a Cleanser – Mix well, 2 tablespoons honey with ½ teaspoon organic vinegar and ½ teaspoon lemon juice. Apply to face and leave on for ½ hour.

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](http://www.lilyorganics.com). 303- 668-1128.