

Normal skin/ treatments to benefit all skins

- For fruit-acid treatments, apply the juice of fresh pineapple, papaya, apple and or grapes. Or rub cut slices all over the face to cleanse or mash to make a mask. Use yogurt, honey, ground herbs or tea to make into a paste that will adhere to your skin and apply for twenty minutes.
- Honey is wonderful on the skin. You can mix it with wheat germ, papaya, lemon, or any powdered herb to make a nourishing and beneficial facial healing mask. Use mint to make a stimulating mask. Make into a paste and apply for twenty minutes.
- To make a Vinegar Peel, warm up one half cup organic apple cider vinegar. Dilute with about one half cup hot water, if needed. Cut a hole in a clean cloth for breathing. Dip washcloth in the vinegar and water mixture and place on your entire face. Let it sit for 15 minutes. Wash off with pure water. Apply moisturizer.

honey

Excerpts from Lily's book, *Beauty, Health and Happiness – A way of life.*

More recipes available at
www.lilyorganics.com
303-455-4194
1-800-333-Lily (5459)



Since 1986