

Common Ingredients and their Benefits...

Oatmeal: Oatmeal is hypoallergenic and is great for sensitive skin as there is no risk of irritation. It benefits oily skin by absorbing excess oil and also helps dry, itchy skin.

Aloe: Aloe speeds healing and limits irritation. It is very gentle on skin.

Brown Sugar: Molasses makes this sugar very moist. Brown sugar has small grains which makes it a great, gentle exfoliant. It warms the skin and leaves it smooth. It smells good too!

Lemon: Lemon is a good skin tonic. It refreshes the skin and can be used to treat blemishes.

Olive Oil: Olive oil is a great moisturizer. Extra virgin olive oil is the preferred grade by some for skin care. It is said to help protect against aging skin.



Avocados: Avocados are full of vitamins, minerals and natural oils that help nourish the skin.

Cucumber: Cucumber acts as a natural cleanser. It can also help reduce puffiness around the eyes.

Honey: Honey is a humectant so it attracts and retains water.



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Homemade Skin Care

*Easy Recipes for
pampering yourself*



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RECIPES

Honey Facial Mask

Rinse your face with warm water to open up the pores. Apply honey and leave for a half hour. Rinse with warm water, then use cold water to close the pores.

Avocado Facial Mask



Mash the meat of the avocado into a creamy texture. Apply it to your face and leave for 15-20 minutes. Rinse with warm water, then use cold water to close the pores.

Cucumber Face Pack for Smooth Skin

Mash one whole cucumber, strain water, add 1 tablespoon of sugar and mix well. Keep refrigerated for use when you want. Apply on your face and leave for 10 minutes. Rinse with cold water.

Grape Cleanser

Split 2 or 3 grapes and rub the flesh over the face and neck. Rinse with cold water.

Brown Sugar Body Scrub

Ingredients

2 tablespoons brown sugar
2 tablespoons ground oats
2 tablespoons aloe vera gel
1 tablespoon honey
1 teaspoon freshly squeezed lemon juice
1 teaspoon almond oil (in case you don't have almond oil, use olive oil, it is a great substitute).

- Mix all the ingredients in a large bowl. Mix until it resembles a paste. Grind the oatmeal beforehand if possible. Massage into moist skin and rinse.

Brown Sugar Lemony Body Scrub

Ingredients

1/2 cup brown sugar
1/2 cup sea salt
1 tablespoon of coconut oil (as with the previous scrub, you could use olive oil)
1 tablespoon of freshly squeezed lemon juice
1 tablespoon of honey.



Mix all the ingredients in a large bowl. Mix until it resembles a paste. Grind the oatmeal beforehand if possible. Massage into moist skin and rinse.

Face Mask for Chapped or Sunburned Skin

Mix 1 cup plain yogurt and 1/2 cup oatmeal and

apply to the skin for 15 minutes.

Banana Mask for Wrinkles

Mash 1/4 banana until very creamy and apply on face. Leave for 15-20 minutes. Rinse with warm water, then cold water to close pores.

Honey Bath

Add 1/4 cup honey to warm bath water.

Sources:

<http://www.skin-care-recipes-and-remedies.com>

<http://www.fatfreakitchen.com>

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