

*With spring just around the corner you skin may need some rejuvenation.  
Here are a few recipes to make your skin look and feel like a spring blossom.*

Is your skin feeling the winter wilt?

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Winter can make your skin feel rough tired and dry. There is no need for expensive lotions and potions that often contain harmful chemicals. You may only need to look as far as your own kitchen. By making your own skin care products you can be sure that the ingredients are pure and fresh without any harmful preservatives. Many foods that are good for you are also great for your skin.

Here are a few recipes for skin preparations; feel free to experiment, feeding your face can help you look your very best.

**For a peachy complexion use peaches and cream:**

Select half of a fresh well-ripened organic peach; remove the pit and puree. (If you juice, you can use the peach pulp for this recipe) mix an equal amount of fresh organic cream or for a vegan choice, full fat coconut milk. Apply the mixture to all parts of the face, covering the neck as well. Take a 30-minute rest. Save this facial for special days when you can take time to fully enjoy your rest.

**Cucumber peppermint mask to freshen and enliven the skin:**

Blend together a handful of fresh organic cucumber, two teaspoons of full fat coconut milk, two drops of organic essential oil of peppermint and one egg white, blend into a smooth paste and massage into the face and neck. Let dry and rinse with a splash of cool water.

**Astringent pear facial:**

For a quick pick-me-up, rub the inner peel of an organic pear over freshly cleaned skin, wait five minutes and rinse with a splash of cool water, this is helpful for acne and breakouts.

**Bring life to your skin with pineapple:**

Puree a slice of fresh organic pineapple and add 2 tablespoons of organic full fat coconut milk. Massage into face and neck and rest for fifteen minutes; buff your skin lightly with a warm wet washcloth after treatment and blot dry.

Bromelain in fresh pineapples can help dissolve dead skin cells, ridding your skin from the dull dead tissue build-up.

**Sesame oil for flaky skin:**

Massage a liberal amount of organic sesame seed oil into the face, apply a warm damp towel over the face and relax for ten minutes. Rinse with warm water followed by a splash of cool water and pat dry.

**Carrot mask for scaly skin:**

Be sure to add an extra carrot to the dinner pot to save for an evening facial. Mash the soft cooked carrot with a little raw honey and apply to the skin at night, rest for 20 minutes then rinse with warm water and blot dry.

**Watercress for rough skin:**

Boil a fresh handful of organic watercress into a cup of mineral water, steep for ten minutes and strain into a clean spritz bottle, spray this on the skin as necessary to soften and revive the skin. This is especially good to use if you spend most of your day in an air-conditioned building.

**Apricot mask for dull skin:**

Apricots are beneficial to tired dull skin and are suitable for most skin types. Mash a fresh organic apricot or use a dried unsulfured apricot pureed with a little water. Apply this paste once or twice weekly to enliven the dullest of skin.

**Cleanse with a grape:**

For especially dry skin, cleanse your face with an organic peeled grape, this is a very moisturizing, nourishing and refreshing treat for dry skin.

**Egg yolks are food for dry skin:**

Feed your skin in the morning on especially dry days with a bit of egg yolk and coconut milk. Beat together, keep it on for fifteen minutes, then rinse with warm water.

Massage a thin layer of organic olive oil into the skin before you go out in cold dry weather.

**Seed scrub:**

Make a lovely facial scrub by mixing a variety of organic seeds and nuts and grind to a fine powder in a coffee grinder try using almonds, sunflower, sesame and flaxseeds. Rice and corn flour can also be added. Keep this refrigerated and fill a small container for next to your sink to use weekly by moistening a small handful and gently massaging into your skin to remove dead skin cells and imperfections such as blackheads. For acne prone skin add a few organic fresh eggshells to the coffee grinder; be sure to grind to a fine powder.

**Sun protection even in winter:**

Make your own sunscreen from vitamin C powder (ester C). It protects the skin from both UV-B and UV-A damage, while actually making you healthier. Simply mix the powder 500mg per person, which is widely available, with pure shea butter or sesame oil and apply it to your skin. Mixing with sesame oil will give you much greater protection, which will last much longer. Sesame oil alone resists 30 percent of UV rays which means you can stay four times longer in the sun. To achieve maximum protection from the sun, apply sunscreen to dry skin 30 minutes before exposure.

Mix your sesame oil and ester-C powder together. Pierce one 400 I.U. natural vitamin E capsule (for a natural preservative) and squeeze contents into the mix. This mixture has

also be said to help eczema sufferers.

You can also mix equal amounts of sesame oil and shea butter together for a creamier lotion type mix. You can also add one to three drops of your favorite essential oil. Avoid citrus oils - such as bergamot, orange, lemon or lime. They may cause unpleasant skin reactions when exposed to the sun. They also reduce a sunscreen's effectiveness.

**If you stay out too long and do happen to burn:**

To help reduce inflammation and cool and moisturize sunburned skin, apply a thin coat of yogurt or aloe vera gel to reddened areas.

Always use organic foods for your skin to reduce your exposure to pesticide residues and provide your skin with the purest ingredients. Eat well and exercise regularly. Be sure to get enough good fats in your diet to promote beautiful healthy skin all year long. And be creative, have fun creating healthy beauty products right in your very own kitchen.

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Since 1999, Judie has been aggressively researching a wide range of subjects, particularly those pertaining to human health and environmental issues. Judie has written for local, regional and national publications.