

Nature's cupboard: *natural* skincare



It is the season — summer crops, green grass, warm weather, and fresh fruit and vegetables. If you've glanced in the mirror lately and don't recognize yourself, perhaps it's time to revamp your lifestyle with healthy summer stock — not just inside, but outside, too. With a little ingenuity and a rummage through the cupboards and fridge, you can create simple body care treatments that capture the freshness of Nature and impart a new glow to match Summer's sunshine.

INVIGORATING SPORT SPRAY

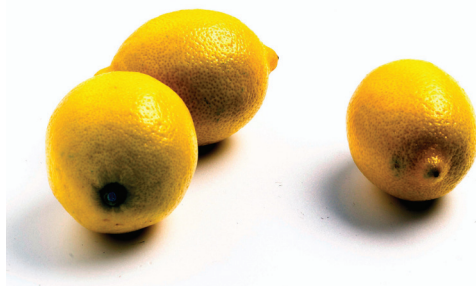
For a refreshing after-sport facial mist that combats summer's heat, mix the juice of one lemon with 8 oz. distilled water and chill. Spritz as needed to enjoy a rejuvenating tonic that is naturally high in Vitamin C and natural fruit acids beneficial to toning skin and combating the ravages of air pollution.

PEARLY WHITE TOOTH POLISH

Everyone knows the old stand-by of using baking soda and salt to help polish and brighten teeth. To brighten your smile, add lemon or orange zest:

2 Tbsp dried lemon or orange rind
¼ cup baking soda
2 tsp salt

Mix ingredients in a food processor until blend becomes a fine powder. Dip moistened toothbrush into mixture, brush as usual.



ALMOND HAND & NAIL TREATMENT

Wheatgerm Oil can be added or substituted with Almond Oil. The natural Vitamin A helps heal skin and the emollient nut oils soften rough cuticles.

Step 1: Nail Soak

1 teaspoon almond oil, warmed
Soak fingernails in warmed oil for about five minutes. Remove from soak and massage oil into cuticles.

Step 2: Hand Treatment

$\frac{1}{4}$ cup cornmeal
 $\frac{1}{8}$ teaspoon almond oil
3 Tbsp whole milk
Blend cornmeal and milk over low heat until a paste forms. Add oil and let cool. Spread on hands and leave on for 10 minutes. For optimum softness, wrap hands in a warm towel or pair of cotton gloves.



GO BANANAS FOOT CREAM

For an overnight foot balm sure to make you want to go tropical, go bananas!

1 large banana, mashed
2 Tbsp Honey
Juice of one lemon or lime
Pair of heavy cotton socks

Mix ingredients and smear onto feet; apply socks and wear overnight. Wash thoroughly in the morning for baby-soft, pedicure-ready skin.

CREAMY FACIAL CLEANSER

For a soothing cleanser perfect for dry skin, mix 1 tsp warm honey with 1 Tbsp milk or cream and massage lightly. Rinse thoroughly with warm water and lightly pat dry. If your skin is Normal to Oily, try this recipe instead:

COOLING FACIAL CLEANSER

For all skin types to soothe and cleanse.

$\frac{1}{2}$ cucumber, pureed
1 Tbsp plain yogurt

Mix yogurt and cucumber and smooth onto face. Relax for 30 minutes and let mixture dry. Rinse well and spritz with facial toner for a fresh finish.



CONDITIONING HAIR RINSE

Sun, sand, salt ... summer fun can wreak havoc on your locks. Condition naturally with dairy. Whip one egg white into froth and fold in 5 Tbsp plain yogurt. Apply to hair and leave in for 15 minutes. Rinse well.