

Feed Your Face!



7 Raw Recipes for Radiant Skin You Can Make (& Wear) in Your Health-Conscious Kitchen this December

By **Janey Lee Grace** Amazon Number One Best-Selling Author and No. 1 personality in 2013 Natural Beauty Yearbook

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FEED YOUR FACE..!



Your Skin is the largest organ in your body and while you feed it the best food and opt for raw options remember what you put on your skin goes within. Just as with raw foods, the live enzymes remain intact in raw beauty products. so there's no free radicals, which damage collagen and result in wrinkles. If you have a bunch of raw ingredients, a mortar and pestle and perhaps a high-speed blender, it's pretty easy to concoct your own raw skincare products.

Shea butter, Apricot kernel oil, Aloe Vera and Coconut oils are often used in live skincare for their wonderful rehydrating qualities. I'm a huge fan of Raw Extra Virgin Coconut oil particularly – it has so many benefits, both for nutrition and for skincare. It's a functional food, great for weight loss.) It's extremely high in Lauric Acid, one of the main ingredients in breast milk! It's also anti-bacterial and high in calcium, potassium and iron, and helps with the absorption of minerals. It can protect us against bacteria and infections. Extra Virgin Coconut oil heals, moisturizes and protects all skin types. It solidifies in cold temperatures but at room temperature it is a liquid.

Here are just a few of my Top Handmade DIY Recipes' to get you started.

Get ready to party! - Coconut Silky bath water

Put a spoonful of Coconut oil straight into your bathwater making it soft and silky. You can then use less after bathing. (or just dry off and rush straight out to party!) It's also wonderfully nourishing for hands and feet. Last thing at night smother your hands and feet in it, put on cotton gloves/ socks, and in the morning you'll feel the difference.

Refresh your skin before a party with a Toner or Skin Spritzer

Toners will remove any make-up traces, refresh the skin and work as an astringent to balance the skin's own pH level. For normal or combination skin, try fresh cucumber juice. Peel half a cucumber, juice and immediately apply to your skin.





Christmas Aroma Toner with Myrrh

Lavender and Myrrh work well together (yes, Myrrh of wise men fame) and produce a healing antiseptic toner for oily or blemished skin:

- 100 ml Lavender water
- 10 drops Myrrh essential oil

Apply with cotton wool to clean skin or add to a spritzer bottle for a refreshing spray

To revitalise after a late night...

Christmas Anti-ageing Oil with Frankincense

- 50 ml Rosehip oil mixed with 50 ml Sweet Almond oil
- 2 drops Lavender oil
- 2 drops Rose oil
- 1 drop Frankincense oil

Apply a fine layer to clean skin, works great as a night time moisturiser.

Revitalise 'morning after the night before' skin!

After wearing all that party makeup you'll need to get rid of some dead skin cells to revitalise and have all the antioxidant benefits of chocolate with no calories!

Chocolate Face Mask / scrub

- 2 tablespoons raw organic Cocoa powder
- 1 tablespoon Coconut Oil
- 3 teaspoons fine oatmeal or ground almonds
- 1 tablespoon dead sea salt or Himalayan salt

Blend together the ingredients, apply and leave on for 20 minutes.



To sooth your tired feet after dancing all night ...

Add 3–5 drops of Lavender oil and 2 tablespoons of Olive oil to a bowl of hot water

- soak feet for 15 minutes.



If you've been doing lots of kissing under the mistletoe

Shea Butter Lip Balm

- 1 tablespoon Shea Butter
- 1 teaspoon Honey (or Carnauba wax which is vegan)

Melt the Shea butter in a bowl over hot water. Stir in a tiny amount of honey or wax. Put it into a clean 15-ml pot, leave it to cool and put in the fridge to set. You can also add pure essential oils to lip balms. 1 drop of peppermint or spearmint tastes great and has antiseptic properties.

Keep your hair in place without toxic chemicals

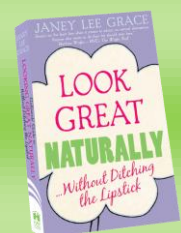
Non toxic Christmas Party Hair-fixer

- 25 ml filtered water
- 25 ml lemon juice
- 10 g of sugar
- 1 drop vodka to preserve

Add to a small pump spray bottle and spritz away! If it doesn't seem to 'fix', add more sugar (better than eating it !!)

Store handmade natural skincare leftovers as you would fresh food without preservatives.

Adapted and extracted from '[Look Great Naturally without ditching the Lipstick](#)' by Janey Lee Grace (Hay House £8.99)



Treat yourself to some natural goodies this Christmas

Here are some of my favourite companies if you want to treat yourself to some gorgeous natural skincare, you can buy them all in one place by using the links supplied.

Top Ten Beauty buys for Conscious Natural Beauties.

Dr. Hauschka [Cleansing Clay Mask Jar](#)

Weleda [Lip Salve](#)

Burt's Bees [Lip Shimmer](#)

Green People [Organic Lipstick \(candy floss\)](#)

Essential Care [Organic Mascara](#)

Melvita [Argan Oil](#)

Jason [Rosewater Gift Set](#)

Neal's Yard Remedies [Frankincense & Mandarin Body Lotion](#)

Tiana [Coconut Oil](#)

Simply Soaps [Hemp Hair and Body Shampoo Bar](#)

10 Ways to Boost Your Natural Immunity this Winter...



[Get this FREE fact sheet when you sign up to receive Janey Lee Grace's free Ezine packed with competitions and special offers.](#)

You will also receive FREE Janey's latest podcast '***Introduction to Natural Winter Hair Care***

Inspired to learn more about Natural and Raw Skincare and Beauty?

If you'd like to really get crystal clear on how to detox the chemicals from your skincare and beauty routine then you need my



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Hi I'm Janey Lee Grace,

I've spent years researching the best brands out there and checking their 100 per cent natural, cruelty free and sustainability credentials. I've created my Janey Loves Platinum Awards and Accreditations endorse the best products around and have been voted Number One Personality in the Who's who of Natural Beauty Yearbook 2013. I'm passionate about sharing this knowledge with you and helping you to save your skin, save some money and save the planet! When you make the switch to sustainable natural products you tick the Eco box without needing to try. **I will explain what's wrong with conventional products** but then quickly get onto my recommendations for the best way to achieve a glowing skin and feel great from within. *I'll fast-track you* to the best in natural skincare and beauty.



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and

All of this and more is in my audio class *Step by Step Secrets to Natural Skincare and Beauty*. If you're really ready to make the change, eliminate all potentially toxic nasties from your bathroom cabinet and make-up bag this 60 minute downloadable audio talk is for you.

Only £9.99 includes 3 free bonus gifts (downloadable handouts)

1. **Avoid the Toxic ingredients Checklist** – invaluable to take shopping with you so that you aren't fooled by marketing hype!
2. **Janey Loves** Directory of Recommendations and Links to my favourite natural and organic skincare and beauty brands.
3. **My top 25 favourite skincare handmade skincare tips** including Ayurvedic skincare recipes
4. Special Bonus – **Natural Crowning Glory**, your Introduction to *Natural* Hair care.

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Yes Janey - I'm ready to make the change and Go Natural with my skincare, beauty and hair care.

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