



Imperfectly
Natural
SUMMER

— NATURAL
— BEAUTY
— HACKS —

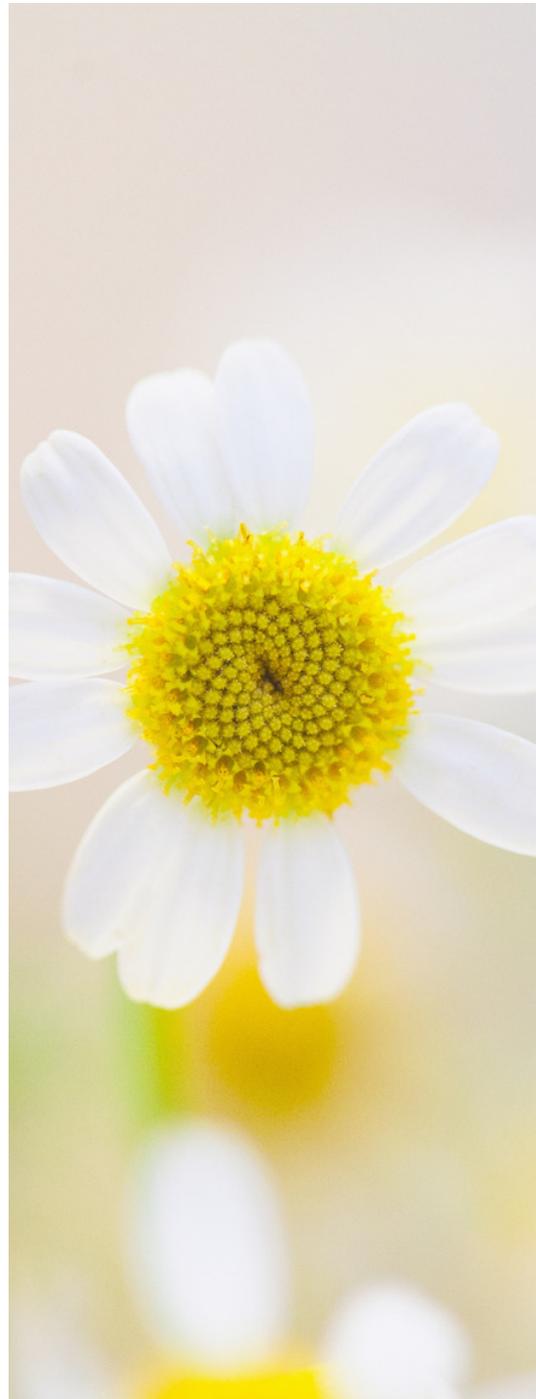
A NATURALLY BEAUTIFUL SUMMER

RAW RECIPES AND TIPS FOR RADIANT SKIN, HAIR, HANDS, HOME AND HEALTH!

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 to endorse the best products around and have been voted Number One Personality in the Who's Who of Natural Beauty Yearbook. 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. On my blog and YouTube channel I explain what's wrong with conventional products and 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!

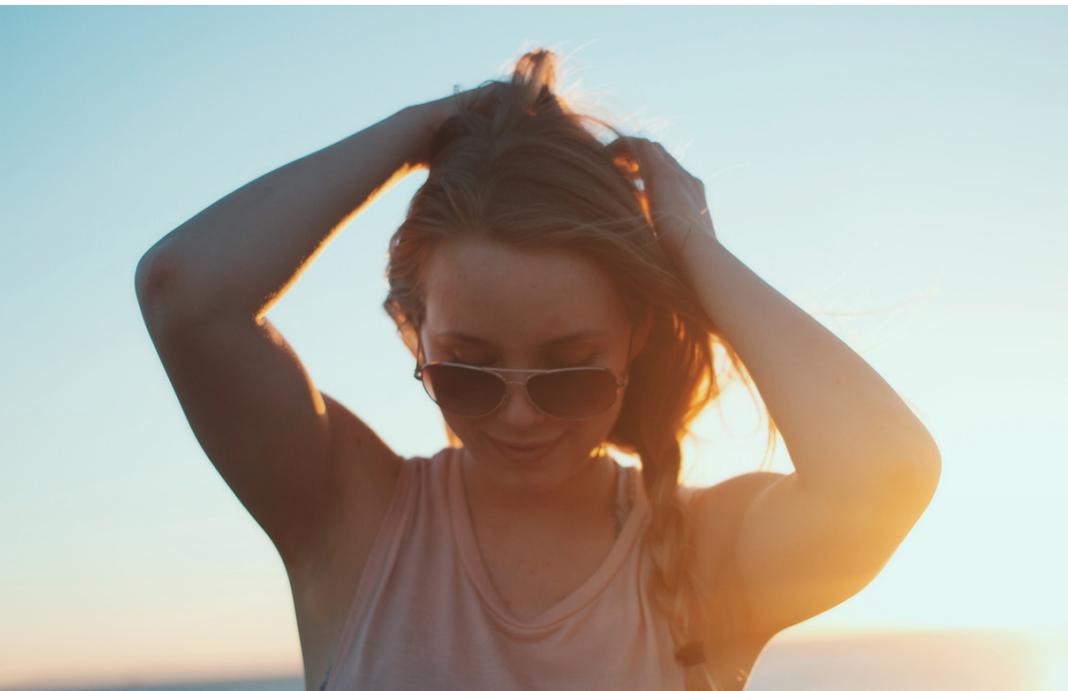


Summer Hair

If you love swimming in the summer you may find you have colour problems caused by chlorine, always coat your hair in a heavy oil like Argan or coconut oil before you go into a heavily chlorinated pool, this will create a barrier to prevent chlorine getting in.

Summer Skin

After the winter and spring months, rehydrate skin with oils that balance the production of sebum and rehydrate the hydro-lipidic film of the skin, oils are easily absorbed into the skin and if essential oils are added they have further therapeutic benefits in that they smell great and can increase your happiness levels! Rose is a fabulously anti-ageing female balancing oil, as are Rosehip oil, Frankincense and Lavender. For an all over body moisturiser, just use coconut oil (make it raw extra virgin).



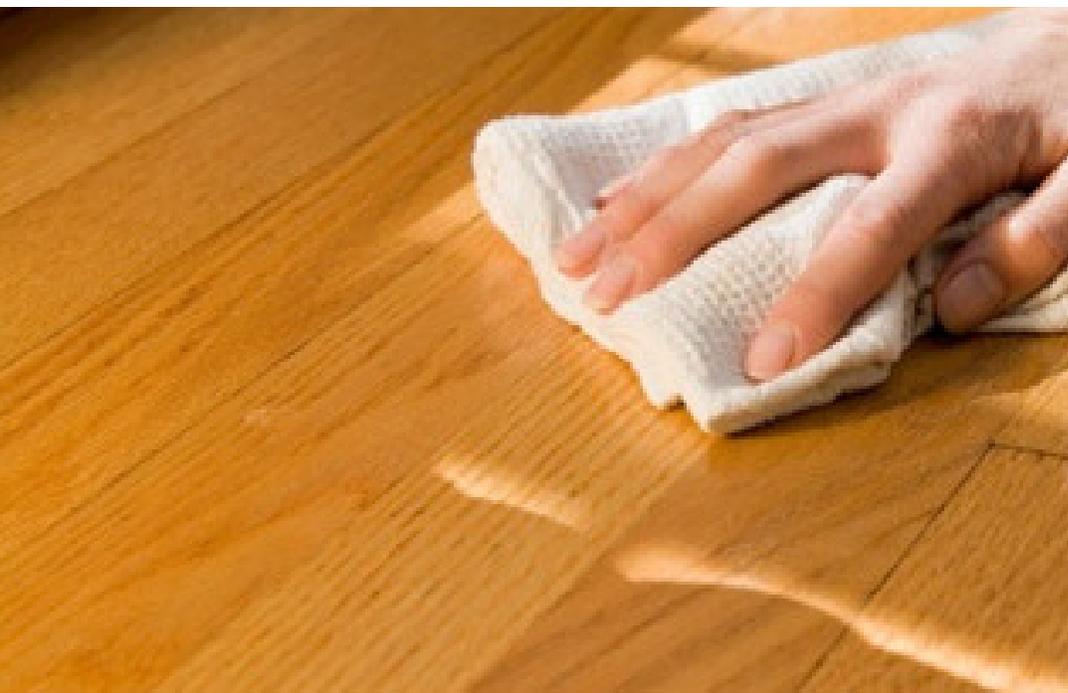
Summer Home

Go natural to give your home a thorough cleaning. You really don't need a multitude of toxic chemical laden products, just a handful of natural kitchen ingredients will do the job and create sparkle.

Bicarbonate of soda – is brilliant and used mixed in water with a microfiber cloth, it will clean most surfaces. It's great for soaking up odours too and even works on stains – mix it with a little amount of water to form a paste and it will work on mud, grass and perspiration.

Lemons – can be used effectively to clean a ceramic sink and add a bit of lemon peel to your cutlery container in the dishwasher – it will help shine things up beautifully.

Vinegar – is great for making a 'fizzing' solution with bicarbonate of soda for cleaning the loo – put your rubber gloves on, remove some of the water from the bowl and get scrubbing! Vinegar is also fantastic for lino floors – 50:50 hot water and white vinegar brings it up like new (don't use on waxed floor as it can remove the wax!).

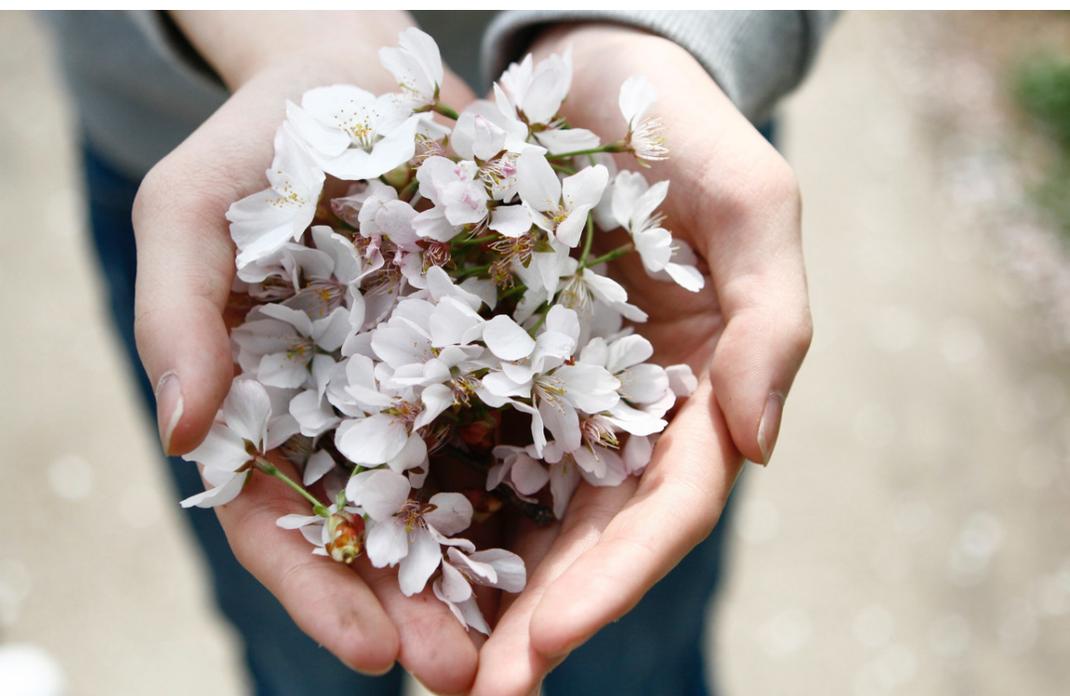
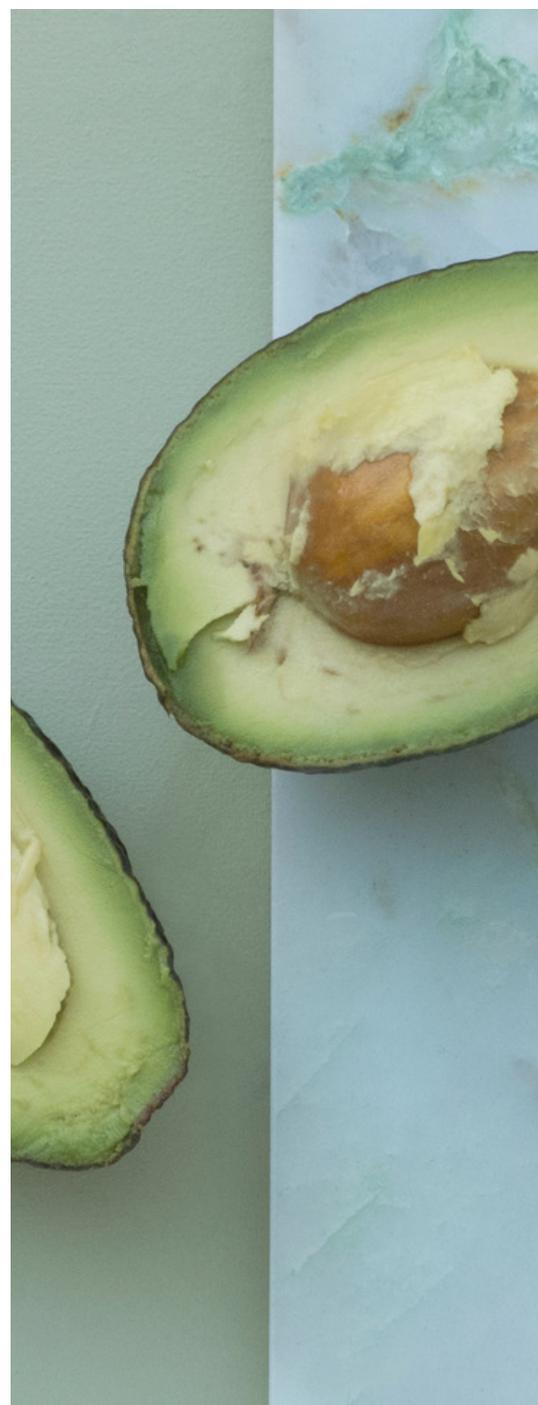


If you want to freshen the air in your home, use a plant spray, half fill with filtered water, a few drops of your favourite essential oil, and a drop of vinegar or vodka works great (but maybe you'd rather drink the vodka!).

Summer Hands

Hands will really benefit from regular massages, you can do this yourself using oil blends. Coconut oil is wonderfully nourishing for hands, one simple option is to lather on pure extra virgin coconut oil at night and wear light gloves overnight, (so long as you aren't planning a night of passion), the next day your hands will be soft and silky.

You can also make a hand oil using 10ml Avocado oil and a few drops of Carrot oil, Jojoba and Geranium. Blend together with a Vitamin E capsule.



Essential Oil Nail Strengthening Blend (to stimulate nail growth and help to strengthen them).

- 2 teaspoons Avocado oil
- 5 drops Jojoba oil
- 5 drops Lemon oil
- 5 drops Rosemary

Massage into fingernails or toenails.

Enhance Nail Growth Blend

- 100 ml Sweet Almond oil
- 20 drops Lemon or Grapefruit essential oil

Massage into nails to get the circulation going.



Summer Health

Boost your immunity with superfoods

We all know we should eat a 'rainbow of foods' and the best diet is the 'JERF' diet (just eat real food) but we can add in some superfoods to help us along.

For chocolate lovers Raw Cacao is high in antioxidants to eat and you can make a rich chocolate face mask by combining raw cacao powder with live yoghurt or coconut oil – add coarse sea salt for an exfoliating scrub – smells divine, all the indulgence without the guilt!

Wheatgrass is hard to beat for its immune boosting properties, you can add it to smoothies or drink it neat. Spirulina is brilliant added to smoothies too, but also great to add to a face mask.

Honey and Propolis are brilliantly anti-ageing, just mix honey with cacao or live yoghurt which as a mixture is very healing for dry patches.



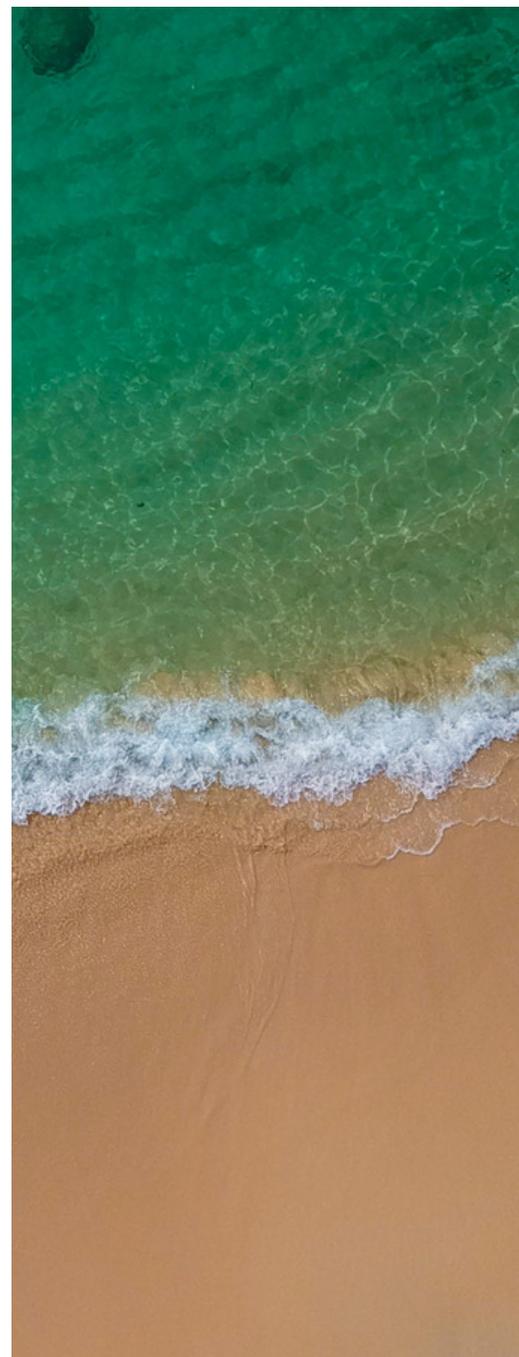
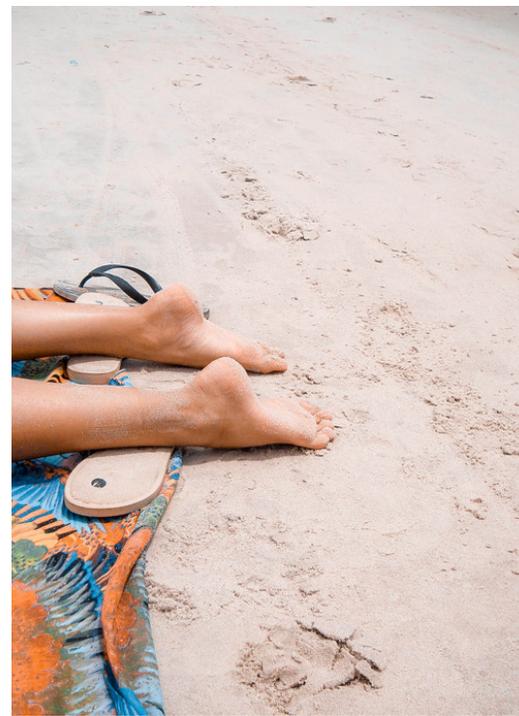
Summer Sun

Lather on the sunscreen if you want to be safe in the sun' is the word on the street and yet I beg to differ. I have rather controversial views on sun protection and really believe that we need a fresh approach.

So, while we should ensure that we do supplement when necessary, we also need to embrace some sun exposure yet avoid getting sunburnt. Staying in the shade and covering up remains the best protector (big glasses and parasols, film star style!) but for those times when we are going to be fully exposed to strong sunshine how do we protect ourselves?

Forget chemical sunscreens, they can be potentially toxic and bizarrely, when some of the synthetic chemicals interact they can actually be carcinogenic and inhibit the formation of Vitamin D. Choose some natural sun-creams and perhaps the most interesting consideration is that certain foods can be sun protective or at least by consuming certain nutrients we can increase our skins own sun protection.

**Best.
Summer.
Ever.**



These include Carotenoids and Lycopene found in red peppers, watermelon and tomatoes (eat crushed tomatoes to get the most bioavailable lycopene, in one study people consuming tomato paste had more protection against sunburn than a control group after three months).

Xanthophyll's are Carotenoids which contain oxygen – green leafy vegetables such as kale, spinach and spring greens are all good for us anyway! Then there's the orange coloured carotenoids, including pumpkins, apricots and sweet potatoes.

By eating a rainbow of colours, we can increase our natural sun protection, in addition we can consume Raw Organic Coconut Oil which is said to be sun protective, at any rate it's an antibacterial and very high in Lauric Acid – the main component of breast milk. In terms of applying topically to our skin nothing works better than coconut oil as an after-sun moisturiser, Argan oil also has sun protective qualities. Janey Lee Grace is the author of 'Look Great Naturally Without Ditching The Lipstick'. For more ideas, natural and organic product recommendations, tips and information go to www.imperfectlynatural.com

