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EATING FOR HEALTH, VIBRANCE AND BEAUTY

Nourishing Beauty Solutions

About 60% of all vitamins, minerals, chemicals, and toxins are absorbed through the epidermal layers when in direct contact. Try some nourishing beauty solutions straight from the kitchen, and feed your skin a smorgasbord of delicious treats.





EATING FOR HEALTH, VIBRANCE AND BEAUTY

The Good Egg White

This mask brightens and tightens the skin and is great for acne, rosacea, and oily skin. Can help diminish age spots.

Ingredients

1 organic egg

Fresh-squeezed lemon juice

Directions

Take organic egg white, separate the yolk, add a little fresh lemon juice, froth it with a whisk or fork, apply to the face for 15 minutes, then rinse.

The Good Egg Yolk

This masks moisturizes and hydrates skin.

Ingredients

1 organic egg

Olive oil

Directions

Take organic egg and separate yolk. Add 3 drops of olive oil to the yolk and whisk to a froth. Apply to the face for 15 minutes, then rinse.



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Not So Plain-Jane Yogurt

Yogurt contains alpha-hydroxy acids to naturally exfoliate skin and slough off dead cells. This mask will brighten and tighten skin and diminish spots.

Ingredient

½ cup plain organic yogurt (whole fat or goat milk is best)

Directions

Smooth yogurt onto face using upward strokes and leave for 15 minutes. Rinse with warm water.

Creamy Dreamy Avocado

This is a wonderfully moisturizing mask.

Ingredient

1 avocado (keep the pit)

Directions

Mash the creamy inside of an avocado and apply to the face using the avocado pit. Massage into the skin with small upward circular motions. Allow to sit for a few minutes and then rinse with warm water.



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Soothing Almond, Oatmeal, Cucumber

This combination absorbs surface oils and sloughs dead skin cells. It's best for oily, problem skin.

Ingredients

2-inch slice of cucumber

1 tablespoon almond milk

4 tablespoons of rolled oats

1–2 tablespoons of Sacred Clay or any detoxifying clay

Directions

Blend the unpeeled cucumber in a blender for a few seconds, then mix the pulp with the almond milk, rolled oats, and clay. Make a dry but workable paste, apply to face, and leave on 15–20 minutes. Wipe off with a warm, moist towel, then apply an ice-cold moist towel.

Moisturizing Avocado, Coconut, Almond, Cucumber

A soothing and moisturizing mask for dry, sun-damaged, aging skin.

Ingredients

2-inch slice of cucumber

1 tablespoon almond milk

¼ avocado, mashed

1 tablespoon coconut oil, melted

2–3 tablespoons of Sacred Clay or any detoxifying clay

Directions

Blend unpeeled cucumber in blender for a few seconds, then mix the pulp with the remaining ingredients. Make a dry but workable paste, apply to face and neck with upward strokes. Leave on 15–20 minutes. Wipe off with a warm, moist towel.



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Honey Pat

This fun, sticky mask is great for softening and lifting your skin and helping retain moisture.

Ingredients

2 tablespoons of raw honey, melted

1 teaspoon of lime juice

Directions

Mix the honey and juice together thoroughly. Gently pat onto face using a circular motion. Rotate the fingers upward from the chin up the cheeks to the forehead and pat cheeks till it feels sticky. Leave on for 15 minutes. Rinse with warm water.

Mediterranean Scrub

This mask is great for cleansing, exfoliating, and invigorating the skin.

Ingredients

1 tablespoon ground corn meal or polenta

2 tablespoons plain yogurt (whole fat or goat milk is best)

Directions

Make a paste of the corn meal and yogurt. Gently rub into skin with upward strokes from the chin up the cheeks to the forehead. Rinse with warm water.



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Green Tea Eye Compress

Helps decrease puffiness, redness, wateriness, and bags.

Ingredients

Green tea

Cotton gauze pads or cotton balls

Directions

Brew a strong cup of green tea, let cool. Soak cotton gauze pad or cotton balls in tea and apply to eyes at night for 5–10 minutes.