

The Top 5 Organic Ingredients To Use For The Most Beautiful Skin Of Your Life...At Any Age! (Hint: They're Right From Your Kitchen)

Organic Avocados:

Mother Nature's skin moisturizer rich in potent anti-oxidants, vitamins and minerals. Avocados make excellent facial masks, especially for dry skin, because of their moisturizing power. Apply directly or combine with organic coconut milk or yogurt.



Organic Oatmeal:

An excellent multi-purpose skin care treatment for cleansing and soothing, relieving dryness and sensitivity, restoring moisture balance, and is considered to be a natural remedy for acne. Oatmeal absorbs and removes surface dirt and impurities while providing gentle exfoliation without drying, leaving skin clean, soft and smooth.



Organic Yogurt:

Full of protein and enzymes it's excellent for exfoliation and anti-aging treatments. Yogurt is a very mild, non-abrasive bleaching exfoliate which contains natural lactic acid to help dissolve surface dead skin cells. Combine with organic oatmeal or honey to create an excellent consistency for facial masks and gentle scrubs.



Organic Raw Honey:

Excellent for cleansing, softening and promoting new tissue growth. Honey holds amazing nutritional and anti-oxidant properties, is naturally antibacterial, and contains powerful healing enzymes.



Certified Organic Extra-Virgin Unrefined Coconut Oil:

A universal skin conditioner for all skin types. The fat content in the oil helps with skin conditions such as dermatitis and psoriasis, but also works well as a moisturizer for hair and body. Coconut oil contains anti-virus, anti-fungal and anti-bacterial qualities and has a sweet, exotic, natural fragrance.

