**Common Ingredients and their Benefits...**

**Oatmeal:** Oatmeal is hypoallergenic and is great for sensitive skin as there is no risk of irritation. It benefits oily skin by absorbing excess oil and also helps dry, itchy skin.

**Aloe:** Aloe speeds healing and limits irritation. It is very gentle on skin.

**Brown Sugar:** Molasses makes this sugar very moist. Brown sugar has small grains which makes it a great, gentle exfoliant. It warms the skin and leaves it smooth. It smells good too!

**Lemon:** Lemon is a good skin tonic. It refreshes the skin and can be used to treat blemishes.

**Olive Oil:** Olive oil is a great moisturizer. Extra virgin olive oil is the preferred grade by some for skin care. It is said to help protect against aging skin.

**Avocados:** Avocados are full of vitamins, minerals and natural oils that help nourish the skin.

**Cucumber:** Cucumber acts as a natural cleanser. It can also help reduce puffiness around the eyes.

**Honey:** Honey is a humectant so it attracts and retains water.
Honey Facial Mask
Rinse your face with warm water to open up the pores. Apply honey and leave for a half hour. Rinse with warm water, then use cold water to close the pores.

Avocado Facial Mask
Mash the meat of the avocado into a creamy texture. Apply it to your face and leave for 15-20 minutes. Rinse with warm water, then use cold water to close the pores.

Cucumber Face Pack for Smooth Skin
Mash one whole cucumber, strain water, add 1 tablespoon of sugar and mix well. Keep refrigerated for use when you want. Apply on your face and leave for 10 minutes. Rinse with cold water.

Grape Cleanser
Split 2 or 3 grapes and rub the flesh over the face and neck. Rinse with cold water.

Brown Sugar Body Scrub
Ingredients
2 tablespoons brown sugar
2 tablespoons ground oats
2 tablespoons aloe vera gel
1 tablespoon honey
1 teaspoon freshly squeezed lemon juice
1 teaspoon almond oil (in case you don’t have almond oil, use olive oil, it is a great substitute).

· Mix all the ingredients in a large bowl. Mix until it resembles a paste. Grind the oatmeal beforehand if possible. Massage into moist skin and rinse.

Brown Sugar Lemony Body Scrub
Ingredients
1/4 cup brown sugar
1/2 cup sea salt
1 tablespoon of coconut oil (as with the previous scrub, you could use olive oil)
1 tablespoon of freshly squeezed lemon juice
1 tablespoon of honey.

Mix all the ingredients in a large bowl. Mix until it resembles a paste. Grind the oatmeal beforehand if possible. Massage into moist skin and rinse.

Face Mask for Chapped or Sunburned Skin
Mix 1 cup plain yogurt and 1/2 cup oatmeal and apply to the skin for 15 minutes.

Banana Mask for Wrinkles
Mash 1/4 banana until very creamy and apply on face. Leave for 15-20 minutes. Rinse with warm water, then cold water to close pores.

Honey Bath
Add 1/4 cup honey to warm bath water.

Sources:
http://www.skin-care-recipes-and-remedies.com
http://www.fatfreekitchen.com

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