



# Fresh Fruit Fixes & Ot

BY CHRISTI

**N**eed a natural lift? Many body and face cleansers, masques, scrubs, and baths can be prepared in minutes without ever leaving home; your kitchen stocks a vast array of resources for simple, natural remedies. We talked with leading natural skin care companies and came up with the following solutions for when you are out of your favorite products or just looking for a quick, refreshing fix.

## Banana

"For dry skin, mash a ripe banana with some honey. Apply to your face. Leave on 15 minutes and then remove with a warm cloth. Honey is a natural humectant, attracting moisture," explains Beth Ann Fischberg of Oasis by the Sea, Revere, Massachusetts.

Bananas are a natural softener, while honey is known as a skin conditioner, emollient, and gentle cleanser.

## Sugar

"Use pure sugar for a mild facial scrub and exfoliation," suggests Cristina Carlino at Philosophy in Phoenix, Arizona. "Mix a handful of sugar with warm water in the palm of your hand. Gently massage on your face. Rinse with warm water."

Mediterranean regions use sugar and oil as a body scrub. This mixture is good for elbows, knees, and trouble areas. Use 1/4 cup of olive oil with 1/4 cup of sugar and scrub in a circular motion.

## Milk

Milk bath: Add 1 quart of whole milk to a bathtub of water. This soothing bath will treat rough and sensitive skin.

Milk masque: Bathe face with tepid milk and leave on until dry. Rinse with warm water. Used for dilated veins in the face.

Milk is a natural moisturizer, emollient, skin lightener, and cleanser.

## Tomato

For oily skin, Beth Ann Fischberg recommends a tomato masque. "A crushed tomato masque can be helpful for blackheads and for removing dead surface cells to deep clean the skin's surface. Peel and crush a tomato. Apply to your face. Leave on for 15 minutes and rinse with tepid water."

Tomatoes naturally help restore acidity to the skin's surface.

## Cucumber

"Use cucumber slices on your closed eyes to refresh and reduce puffiness," says Denise Hill at Carme International, Novato, California.

Cucumbers act as an astringent, toner, and mild exfoliant with bleaching properties. Cucumbers can be used for wrinkled, irritated, and sunburned skin. They also help reduce pores.

## Olive Oil

"In Italy and Greece, women use olive oil to cleanse their face," says Janie Rockhold of Kiss My Face in Gardiner, New York. Apply olive oil with fingertips to cleanse face and then rinse using a cloth.

Body scrub: Olive oil is used as a deep-cleaning scrub to remove dead cells and surface debris. Mix 1/4 cup of warm oil and 1/4 cup of sea salt. Apply with washcloth and rinse in a hot shower.

Nails: Soak nails in warm olive oil followed by a hand and nail massage to promote nail strength.

# her Natural Remedies

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Olive oil is an emollient and softener used in moisturizers, masques, and scrubs.

## Strawberries

"Strawberries provide a gentle fruit-and-acid peel that will remove dead surface cells and revitalize the complexion. Mash up and apply for 10 minutes. Remove with a warm cloth," suggests Beth Ann Fischberg.

Strawberries can be used as an astringent, cleanser, and skin conditioner. Strawberries have a history of use by the Lakota people to keep skin smooth and fair.

## Egg Whites

"Egg whites can be used for tightening," says Janie Rockhold.

For an egg masque, smooth egg white on your face. Leave on 15 minutes or until dry and tight. Rinse with tepid water.

Egg white facial masques have a history of use in ancient Egypt. As a natural skin conditioner and toner, eggs help reduce pores and can be used to thicken and add volume to your hair.

## Coconut

"Take the water from a coconut and mix it with a small amount of glycerin, which can be purchased at a health food store. Mix in enough purified water to make a watery formula. Put on your face with a cotton ball or spray on at night. The rich fermentation of the nutrients is good for the skin, including problem areas. Refrigerate when not using," advises Tamarah Granzow, Dreamous, Los Angeles, California.

Coconut milk is a natural skin smoother, conditioner, and cleansing emollient.

## Lemon

"Cut a lemon in half and rub on your elbows for softer skin," suggests Denise Hill.

In West Africa, some natives use lemons to bleach dark, scaly elbows. Cut a lemon in half and pour 1 tablespoon of salt onto one of the halves. Rub the lemon slowly over your elbow for 5 minutes. Repeat on the other elbow with the remaining lemon half.

Lemons are a natural astringent, cleanser, exfoliant, and oil regulator used in scrubs, masques, and toners. They are also used as a natural hair lightener.

## Avocado

Janie Rockhold shares a moisturizing tip: "Mash an avocado and apply to your face."

Avocado scrub: Rub the outside of the peel of an avocado over rough elbows and knees to soften them. The slight abrasive properties of the avocado will smoothen as well as soften skin.

Avocados are a natural moisturizer and emollient used in masques and scrubs. They can also be used to condition skin, hair, and scalp. ❖



*Information from the following sources was used in this feature:*

Blended Beauty, Philip B. (Ten Speed Press, 1995); Mother Nature's Guide to Vibrant Beauty, Myra Cameron and Theresa T. DiGeronimo (Prentice Hall, 1997); The World Beauty Book, Jessica B. Harris (HarperCollins, 1995).

