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Natural Beauty Masks

and other homemade scrubs + lotions



Caroline Artiss

with photography by Morrie Kay

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A collection of recipes for all-organic beauty treatments for face, body, hair and fingernails to make and use in the home. Caroline Artiss presents homemade masks, packs, scrubs, and lotions which will leave you radiant and nourished from best to toe. The 1st chapter, Face Masks, contains an Avocado and Banana NOSE AND MOUTH MASK. From tired, puffy eyes to sun-damaged pores and skin there' Next, Body Scrubs includes a Mocha Body Bliss, an invigorating scrub created from espresso grounds, cocoa powder, sugar, and coconut essential oil, which not only gently exfoliates but also softens the skin and restores dampness. The stimulating ramifications of rosemary oil help increase the circulation of blood which encourages locks to develop thicker and stronger and its own antibacterial and anti-inflammatory properties help keep the scalp healthful. Further chapters consist of Hands & From the Locks Masks chapter, try Caroline's Rosemary and Coconut Hot Essential oil Locks Treatment on thin, lifeless hair. Nails, Foot Treatments, Eyesight Remedies, and Lip Remedies. Avocados are packed with vitamin supplements A, C, and E all of which are crucial for healthy, glowing skin and bananas certainly are a rich source of potassium and keep pores and skin moisturized and plump.s an all natural treatment or mask here to meet all of your beauty needs.



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Five Stars beautifully photographed and excellent easy recipes for luscious skin, hair and nails



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