

Health, Beauty & Weight Loss Tips



This Book is brought to you by:

Thank you for downloading the beauty tips e-book. This book contains beauty tips, weight loss help, exercises that work, homemade facials, body treatments and more.

There are lots of great tips and easy things that you can do at home to improve your looks, your outlook and how you feel about yourself.

Always remember however, you are a unique individual with unique beauty. If you're not comfortable with how you look, by all means work to improve it but remember to let your inner beauty shine through too.

This book is best viewed while reading online.

DISCLAIMER: All information contained in this e-book is intended for your general knowledge only and is not a substitute for medical advice or treatment. You must seek medical advice before starting this or any weight loss or fitness regimen. Use of these skin and hair care treatments at your own risk. We make no warranty, express or implied regarding your individual results.

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Nail Care Tips

Tips for a More Beautiful You

Homemade Face Masks & Cleansers

Here are a few treatments that will leave your skin fresh, clean and soft. Many spas and professionals use similar treatments.

Be sure to apply these facials to a clean face by using a mild facial wash first. These are all natural and won't harm your face.

Honey Facial Scrub

1 tablespoon of honey
2 tablespoons finely ground almonds
½ teaspoon lemon juice

Mix ingredients together well, and then rub them in a gentle circular motion on you face. Rinse off with warm water. Apply a moisturizer.

Firming Face Mask

1 tablespoon of honey
1 egg white
1 teaspoon glycerin (available at any drub or beauty store)
A little flour to firm the paste.

Whisk above ingredients together and smooth over face and throat. Leave on for 10 minutes. Rinse off with warm water.

Acne Tomato Mask

Remove the seeds and skin of ¼ of a tomato and
2 teaspoons of plain yogurt
1 teaspoon mashed cucumber
2 teaspoons of aloe gel
3 teaspoons of Oatmeal powder
2 crushed mint leaves

Mix all ingredients well in a bowl. Apply the mixture to your face and leave on for about 10-12 minutes. Rinse off with warm water. Follow with a cool rinse. Then apply an oil free moisturizer.

Acne Free in 3 Days?

A 10 year acne sufferer will show you how he CURED his acne in 3 days – The natural way. He saved himself from further scarring and **stopped wasting money** on expensive medications and over the counter products. [Here's how he did it!](#)

Cleansing Face Mask

Mix the following ingredients into a paste, apply and leave it for 15 minutes.

1 tablespoon powdered brewer's yeast
1/2 tablespoon yogurt
1 teaspoon lemon juice
1 teaspoon orange juice
1 teaspoon carrot juice
1 teaspoon olive oil

This mask is suitable for all types of skin, particularly if they feel tired and look sluggish or spotty. If the skin is very dry add more oil, and if very oily leave it out. The yogurt cleanses the skin thoroughly and fruits juices provide vitamins and minerals.

Face Mask for Dry Skin

1 egg yolk
1 teaspoon of milk powder
½ teaspoon of honey

After beating egg yolk properly, mix milk powder and honey to it. Continuously beat again to obtain a medium thickness mixture. Apply it on the face, leave on for a few minutes and rinse off with lukewarm water.

Rose Skin Toner

- 1/2 cups witch hazel
- 1/2 cup dried rose petals
- 5 sprigs of fresh rosemary

Mix ingredients together making sure it is all blended well. Strain and then splash on your face after cleansing.

Witch hazel deeply cleanses your pores removing all traces of oil and dirt while rosemary stimulates circulation and has great toning properties that revitalize sluggish skin.

Body Treatments

Body treatments are basically facials for your whole body. It's important to cleanse your body to eliminate excess dry flakey skin that can cause body odors, acne and colorless, lifeless skin. Body treatments rejuvenate your skin for a healthy, glowing look.

It's recommended to do a full body treatment about once a month. These treatments are easy to do at home and much less expensive.

Lose 10-12 Inches in 60 Minutes -- GUARANTEED!

Improve the appearance of cellulite, lose inches, tighten and tone your skin. Do it in the comfort of your own home and for a lot less the cost than in a salon.

Here's how you can [WRAP YOURSELF THIN](#)

Soothing Body Treatment Using Rhassoul

This is an excellent soothing, healing and beautifying body treatment that you can do at home.

- 1 package of Rhassoul*
- 1 C. Fine Sea Salt
- 1 TBSP. Liquid Honey
- 3/4 to 1/2 Cup of Distilled Water

** Rhassoul is a rare **natural clay** that comes from the Atlas Mountains of Morocco.*

The people of Morocco have been using Rhassoul since 700 A.D. and highly value it for its beautifying, healthful, healing and soothing effects. It's a rich therapy and not merely a passing trend.

What makes Rhassoul so special is that it is a smectite clay free of preservatives and rich in natural minerals. All clays draw out oils, toxins, impurities and excess body and hormonal wastes however only smectite BOTH draws out and also DEPOSITS a rich amount of minerals that the body may be low in or not produce. This re-mineralization is what makes Rhassoul so revered and in demand.

You can find Rhassoul in most natural food stores or you can find it online at

[From Nature with love](#)

If necessary, you can also substitute Rhassoul with green clay also found at natural food stores.

Directions:

Mix the distilled water and honey together (you can warm the honey if it's too thick). Add the essential oils, and then add the clay and sea salt creating a paste.

If you have a massage table, perfect, if not then place a few towels on top of your bed. Then place a plastic sheet on top of the towels. Wearing a two-piece bathing suit cover your body with the mixture or have someone do it for you. Then lay down on your back wrapping yourself in the plastic sheet leaving it open to ease breathing and feel more comfortable. After 30 minutes unwrap and use the warm towels to remove the mud.

Your skin will feel amazing!

Easy Body Treatment

Run a warm bath and soak for a good 10 minutes.

Sprinkle a handful of sea salt mixed with sea salt onto a loofah mitt.

Rub the mixture all over your body in a circular motion. Paying special attention to rough, dry areas such as the bottom of your feet, elbows and knees. Avoid your face.

Follow with a thick moisturizer such as shea butter.

Sea Salt Exfoliate

Make this body exfoliate to suit your skin type. This can be used instead of a cleaner. Below is a mixture for two treatments and will keep in your refrigerator for up to 4 weeks.

½ cup sweet almond oil

1 cup aloe vera juice

1 cup sea salt or coarse salt

½ cup coarse rice flour

8-10 drops of rose essential oil

½ teaspoon borax

Directions:

Warm the oil and add the aloe vera. Gently fold in the sea salt and mix until it forms a thick paste. Add the rice flour and stir well. Add the rose oil and stir in the borax. Pack into an air-tight container and refrigerate.

Sea Salt Exfoliate Skin Variations:

For dry skin – substitute rice flour for chickpea flour (besan)

For oily skin – substitute rice flour for barley flour

For mature skin – add 1 tablespoon honey to aloe vera juice

For blemished skin – add ½ cup thick yogurt to aloe vera juice

Paraffin wax treatments for hands and feet

- 1 block paraffin wax (about 4 oz) (you can find paraffin at drugstore.com)
- 1 ounce of fragrant oil
- 20 drops of your favorite essential scented oil
- A few drops of olive oil (you will use this to coat your hands)
- A casserole dish that you have greased with oil before hand
- Plastic sandwich bags

Melt the paraffin, the ounce of oil, the scented oil in a double boiler. Be sure to use a double boiler for safety purposes. Very carefully pour the wax into the dish.

The wax should be ready to use when a skin has formed on the top of it. However, to be sure, first test the wax in case it is still too hot for your liking. Testing a little on your wrist usually works.

Get your hands ready by washing them and then pat them dry with a towel.

Smooth the olive oil over your hands and be sure to cover every inch of your hands and fingers. Dip each hand into the wax repeatedly until you have several layers of wax built up on your hands. Have someone help you put on the sandwich bags onto each hand and then relax for about 30 minutes. For added benefit, place a bath towel over your hands as you wait.

After 30 minutes the wax should peel off in chunks. You're finished. Your hands should feel soft and smooth.

Fragrant oils

- 5 drops Lemongrass
- 4 drops Rosewood
- 4 drops Ylang Ylang

Soothing Baths

This is a perfect way to take time for you. So shut the door put on your favorite music, light a few candles and grab relaxing beverage.

Epsom Salt Bath

Epsom salt and your favorite scented oil is the best relaxing bath I know of. Here's my favorite recipe:

1 cup of Epsom salt
2-4 drops of scented oil
1 tsp of glycerin

I use Epsom salt and essential oils. I usually buy my Epsom salt in a "1/2 gallon" size milk carton and I like to use lavender, rosemary, and eucalyptus oils. The amount you use depends on how much scent you want. I like a very fragrant bath and will use about 1/2 tsp. of each for a "1/2 gallon" of Epsom salt. Put the salt in a larger container with a lid. Pour on the oils you want. Shake vigorously and return to the milk carton or other airtight container.

Epsom salt gets lumpy when exposed to damp bathroom air. For a standard bathtub use about 1 cup of salts. For one of those garden style tubs use 2 cups. Soak for about 20 minutes for the full effect of the salts. It is well worth it and your tired aching muscles will be so very happy with you. Don't forget a good book.

Soothing Milk Bath

Add 2-4 cups of milk or buttermilk to bath water.
1 Tablespoon Cornstarch
1/8 teaspoons essential oil of your choice

Directions:

Soak in tub for 20 minutes. Later with a soft circular motion, scrub the loosened skin with a loofah or wash cloth. When finished rinse off the milk in the shower, do not use soap.

You will find that your skin is just slightly oily which is the natural moisturizing effect of the milk.

Habits to Avoid:

These are things that age and wear your skin the fastest:

- Scrubbing your face too strenuously
- Using a downward scrubbing motion during cleansing
- Squinting your eyes
- Leaning your chin or cheek on the telephone or on your hand
- Sleeping with your hand lodged between your chin, cheek, or pillow
- Sipping beverages from straws – doctors have said that sipping from straws can contribute to wrinkles

Hair Care

Conditioning your hair doesn't have to be expensive. Use what you have in your refrigerator or find in your health food store. You'll find that it works just as good, if not better and it's a lot easier on your wallet.

Best Egg Shampoo

1 egg
1 teaspoon olive oil
1 teaspoon lemon juice
1 tablespoon castile soap (castile soap is really good for your hair)
½ cup herbal tea

Combine all ingredients in blender until smooth. Use on hair as a shampoo and rinse as usual. Store in refrigerator for next use.

Organic Hair Conditioner

Mash one banana with 2 TBSP. of olive oil until smooth.

Apply generously throughout your hair. Cover with a shower cap or plastic wrap and allow to sit for 20-30 minutes.

Follow-up with a shampoo and rinse.

Homemade Deep Conditioner for Normal to Dry Hair

- 4 teaspoons of almond, sesame, or avocado oil
- 2 teaspoons of coconut oil (available in health and natural food stores)
- 3 teaspoons of honey
- 1 teaspoon of cider vinegar

Heat the first two ingredients in saucepan over low heat.

Remove the pan from the heat and add the honey and vinegar.

After shampooing put mixture on your hair and leave it on for about 20 minutes then rinse with warm to cool water. You'll end up with smooth well-conditioned hair.

3 Remedies to Eliminate Dandruff

1. Boil dry tea leaves in water. Strain and then let the water cool. Add the juice of half a lemon. Apply this on the scalp and hair and leave for an hour. Wash as usual. This helps eliminate dandruff and will leave your hair shiny.

2. Mix 1 egg white with the juice of one medium-sized lemon. Apply on the scalp and keep for an hour. Wash off as usual and use a mixture of cider vinegar in water as a last rinse. An excellent dandruff treatment.

3. Mix one tablespoon of witch-hazel, 1 tablespoon of lemon juice and 1 tablespoon of cider vinegar. Apply to your scalp and hair. Let stand on your scalp for ½ hours and then wash off with a mild shampoo. Another good dandruff cure.

Hair Tips:

- To eliminate shampoo, conditioner and styling products residue from hair rinse your hair with one tablespoon baking soda mixed with one cup of water
 - For extra shine, rinse your hair with the juice of one lemon and one cup of water.
 - For extra softness and conditioning apply mayonnaise (not salad dressing) mixed with avocado to your hair then cover your hair with plastic wrap and leave on for 15-20 minutes. Rinse and shampoo as usual.
 - 1/2 cup of apple cider vinegar mixed with two cups of water will give your hair shine and bounce. Add essential oil of ylang ylang to your shampoo, conditioner and styling agents as a hair rejuvenator.
 - Ylang ylang and rosemary essential oils are also believed to stimulate hair growth.
 - Drinking plenty of water and eating plenty of raw fruits and vegetables and getting plenty of rest is probably the best way to achieving healthy hair.
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Help for Itchy Scalp:

- Avoid alkaline based shampoo and try using a jojoba based shampoo.
- Crush 20 generic brand aspirin in ½ cup of water. Apply to dry scalp before shampooing.

Diet & Weight Loss

Fed up with Diets? Find out how to actually Lose weight with the convenient online weight loss program that comes with a weight loss GUARANTEE!

[Start Losing Weight Today!](#)

Diet Tips That Work

1. Don't go on a 'diet'. Diets don't work. What does work however is changing your lifestyle and your habits. Changing the way you eat and the way you think about food is key. Here are a few tips to help you achieve that goal which will help you lose weight and keep the weight off:

2. Don't do it alone

Join a support group and get the support from others that are in the same boat. They also know things that you may not know; they can offer tips, suggestions and real life stories. They've also been in your shoes and can relate better than anyone. There are lots of free forums and support groups online that you can sign up for.

Also tell your family and Friends. By telling everyone you're on a diet helps it keeps them from tempting you. Most people will try to help if they know your goals. Keep them informed of what you are doing and ask them to please support you.

3. Take before and after photos.

This is such a great way to help you get motivated. It's no fun looking at yourself as a fat person but it gives you a real picture of how you don't want to be. Plus it's good to see yourself as others see you. It's sort of a wake-up call. You'll really like it after you lose a few pounds and compare pictures.

4. Start reading labels.

Yes, this is time consuming and it's often a hassle but you have to do it. You must know what goes in your mouth at all times. Always check the ingredients list and serving sizes. If nothing else, just pay attention to the calories

5. Use the brands that help

Don't reach for the brands you know and love immediately - or without thinking first. Eggs are "good" for you, but consider using egg substitutes instead (in fact, many restaurants will let you order lower calorie foods). There are countless "lower" alternatives for you to try. If something different doesn't taste good, by all means - find a better substitute, or eat less of the original. In

some cases, the substitute may be worse for you than the regular version of the product. The good news is, healthier choices are silently replacing their “normal” counterparts - and they taste just as nice.

If you like cheese, buy the laughing cow brand. If you like ice cream, buy the ‘skinny cow’ brand.

6. Identify your exercise.

Find an exercise that you like and do it! Don’t overdue it however. Work out a plan and start slow but do something every day. The idea is to stick with something so pick something you can stay with. It doesn’t have to be hard or painful. The act of just doing something is often all it takes.

Use music or something that you like to listen to. Also when exercising, you don’t want to focus on the actual exercise. It will seem like an eternity if you do that. Focus on the music, time will go much faster. I like to walk, so walking with someone and having a long conversation really helps the time go by.

7. Set realistic goals. You can lose 50 pounds in a week if you work out 12 hours a day and eat nothing but celery - but not if you’re human and want to be healthy. Take it slow and steady. If you set unrealistic goals you’re setting yourself up for failure. The idea is to stick with your plan, not drop it because it’s more than you can handle.

8. Avoid trans fats and high fructose corn syrup. Transfats are in manufactured foods during the process of partial hydrogenation, when hydrogen gas is bubbled through vegetable oil to increase shelf life and stabilize the original polyunsaturated oil. The resulting fat is similar to saturated fat, which raises “bad” LDL cholesterol and can lead to clogged arteries and heart disease.

So transfats are simply not good for you and they are in a lot of food so work hard to avoid them.

9. Don’t compare yourself to others. Every body is different and everyone loses weight differently. The key is in finding your triggers. Keep your goal in sight, and do whatever you have to do to meet that goal. When you start looking at someone else’s habits, you’re only going to become discouraged and quit without even realizing that it’s physically impossible to be anybody but yourself.

10. Women lose weight differently than men

You’ve probably noticed that men lose weight faster than women. That’s because women have more fatty cells than men and their physiological makeup is different. Therefore, women should have separate diet plans than men. And above all, if you’re a woman and your husband is losing weight but you’re not, don’t be discouraged ...you’ll get there.

11. Take vitamins, not diet pills

Diet pills don't really work either. Instead take good dietary supplements and take them only with meals.

12. Identify your ideal weight. Find your ideal body weight and work towards that.

13. Toss your scale aside

Don't jump on the scale every day. I know that's hard for some but your daily weight is not an accurate account of the weight you're losing or gaining. It takes your body a couple of days to process weight gain and loss effectively so only weigh yourself once a week at most. If you do wish to weigh yourself every day, don't be discouraged by gaining a pound or two. This is bound to happen. Also if you exercise you may be building muscle and muscle weighs more than fat so keep that in mind. Save your discouragement or even excitement for that matter for the weekly weigh-ins.

14. Lose Between 1 and 2 Pounds of Weight, Maximum

If you want to lose fat, lower your calorie intake by at least 500, but not more than 1000 below your maintenance level. For people with only a small amount of weight to lose, 1000 calories will be too much of a deficit. As a guide to minimum calorie intake, the American College of Sports Medicine (ACSM) recommends that calorie levels never drop below 1200 calories per day for women or 1800 per day for men.

Don't aim for 5 or more pounds a week, that's just not realistic. You'll end up starving yourself which often means you'll gain weight in stead of losing it.

Try not to eat after 6:00pm. If you must have something, have something sugar free such as a sugar free popsicle or a glass of water. Try brushing your teeth; this always keeps me from eating.

15. Maintain your priorities. If you like mayonnaise, then use it but don't overuse it. Better yet, think to yourself, do I really need it? Just keep in mind that without it you will reach your goal faster. Also remember that you're not giving it up forever, just until you reach you goals.

16. All weight is not equal. Muscle weighs more than fat, but the last thing you want to lose is muscle! For this reason alone, it's important to have a regular exercise routine somewhere in your schedule. Without exercise, your body is going to burn through muscle first - and you'll wind up more imbalanced than you were to begin with. You want your body to burn fat, not muscle. You want to lose weight, but you want to lose "fat" weight - not muscle mass.

17. Reward yourself

Don't shut out the good things all together. Once a week set aside a time to have your favorite meal or favorite dessert. But don't overdo it. Have an average size portion and don't go for seconds. Again, strive to change your habit. Eat it but eat it in a manor that is healthy.

18. Eat S-l-o-w-l-y

Don't eat fast. That's another hard habit to break for many. Learn to enjoy your food, taste every bit and savor it. Put your fork down after each bite and take a drink of water or your favorite beverage. You'll find the slower you eat the faster you'll become full. But best of all is you will enjoy your food. Eating should be an event not something you squeeze into the day. Sit back, relax and enjoy.

19. It's ok to snack You never want to eat so much that you feel really full but you don't want to feel hungry either. Eat small meals throughout the day. If you let yourself get hungry then you won't be able to eat rationally. Small meals throughout the day are enough to keep you satisfied.

20. Fat free doesn't mean you won't get fat

We've all heard how fat free food is good for you and helps you keep from getting fat. Well, that's not really true. Most foods that don't contain fat contain sugar and sugar turns immediately to fat when you eat it, and white flour actually turns to sugar in your mouth.

Your body needs fat to survive and it needs the essential fatty acids such as Omegas 3, 6 and 9. These fats have been stripped from many diet food items, and it's your responsibility to put fat back into your dietary plan.

21. Know your daily calorie limit. It's so much easier to plan your day and your meals when you know what you need calorie wise to lose weight.

One pound of body weight is equivalent to 3500 calories. So in order to lose one pound of weight, you need to create a calorie-deficit of 3500 calories.

If you cut calories too low, your body thinks there is a food shortage and slows down your metabolism to eke out the calories.

22. Lose Weight Too Fast and you'll Lose Water

Many fad diets, diet plans and weight loss pills or supplements encourage very fast weight loss - often in excess of 3-4 pounds per week. This is both unhealthy and ineffective. The average healthy human body won't shed more than about 2 pounds of fat, per week; it will however shed water quickly, which is what most fast weight loss is - the loss of water weight.

23. Drink plenty of water

Your body is made up of 90% water. If you're not hydrated, your body won't be working at peak levels. Drink at least 8 8oz. glasses of water a day.

Weight Loss Do's & Don'ts

Do:

- Drink plenty of water -- at least 64 ounces -- throughout the day
- Take a daily multivitamin supplement but only take them with food.
- Choose whole, unrefined grain products as often as possible
- Limit alcohol to no more than one drink per day at the most. One glass of wine a day is actually good for you.
- Eat a piece of fruit if you're craving something sweet
- Try one long-lasting butterscotch hard candy when all else fails and sugar cravings can't be denied.

Don't:

- Skip meals or snacks
 - Eat fried foods and other foods high in fat (French fries, onion rings, fried fish, etc.)
 - "Unlimited" consumption of anything high in fat, sugar, or cholesterol
 - Eat potato chips
 - Eat gravy and sauces or limit them as much as possible.
 - Drink beer, wine alcohol, soda or sweetened beverages (Snapple, Fruitopia, etc.)
 - Consume added sugar (in coffee, tea, cereal, etc.)
 - Eat white bread and crackers
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Frustrated with diets and weight loss? Find out how thousands Who Never Thought They Could... Now Lose Weight ...and Stay Slim -- with this [Physician's Proven Diet System](#)"

Easy Tips for Cutting Calories

Not all these foods are recommended when cutting calories, but if you find yourself just having to have them then try these calorie cutting tips. These are also good tips to live by even when you've reached your desired weight goals.

- Snack on an apple, banana or grapes instead of candy
- Instead of strawberry topping on your ice cream use 3/4 pint of fresh strawberries
- Use sugar free popsicles instead of regular popsicles (very refreshing on a hot day)

- Use non-stick cooking spray on your grilled cheese sandwich instead of margarine
 - Order a cheese pizza instead of a pepperoni pizza
 - Use fat free cream cheese on celery sticks instead of regular cream cheese.
 - Eat nutri-grain bars instead of pop-tarts
 - Use 1 cup of turkey chili with no beans instead of regular chili
 - Use oven baked potato chips instead of regular potato chips
 - Instead of a strawberry milkshake, make a smoothie of 2/3 cup low fat milk, 1/2 cup strawberries and 1/2 banana.
 - Have a single scoop of whatever instead of 2 scoops.
 - Use wheat bread instead of white bread
 - Use 2 tablespoons of light pancake syrup instead of regular syrup.
 - Use a flour tortilla instead of a flour tortilla
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Energy Boosters

Our energy levels are often associated with the light of the seasons. Do you ever find yourself with less energy as autumn arrives? This is because the number of daylight hours decreases.

You can help this loss of energy feeling by getting regular doses of natural light. If you can't get light by being outside, try installing a full-spectrum light fixture and expose yourself every day for 2-4 hours. Natural light increases the body's production of serotonin which is a neurotransmitter that is needed for healthy mood and energy levels.

Don't feel sad, be glad!

If you're feeling uncomfortable emotions, acknowledge them. Accept your regrets, anger or sadness without remorse. Just let it be. Then let it go. Not only will your energy resurface, but you also will find sensible solutions to many of the dilemmas in your life and you'll feel a whole lot better.

Eat your breakfast

This is one a lot of people don't do but it's one of the best ways of getting your body's metabolism working. Studies indicate that eating breakfast is not only associated with improved mid-morning endurance, more positive attitudes toward work, and better thinking skills, but also it improves memory, concentration, and attention.

You are much better off eating a good nutritious breakfast and simply having a small snack in the evening in place of a large dinner.

Honey Bee & Pollen Drink

Honey benefits your digestion and it is also a quick energy booster. This is because bee pollen contains essential fatty acids and amino acids and stimulates production.

1 tablespoon honey; 1 heaped teaspoon bee pollen powder; 1 cup warm water

Directions:

Put ingredients in a large glass, add water, and then mix with a spoon. Add ginseng extract for an extra energy boost.

Anti-Aging Skin Care Tips

As you age you need to use both lighter colored cosmetics and lighter hair colors. These are more flattering to your skin tone and can keep you looking and feeling younger.

Hate your cellulite? You are not alone. Drinking water and exercising unfortunately doesn't make it go away although having a less body fat does help. There are creams and procedures available that do work to change the appearance of cellulite.

Talk to your dermatologist if it really bugs you.

Natural Face Wrinkle Treatments:

1. Apply coconut oil on the wrinkled parts of your skin and gently massage every night at bedtime.
 2. Mask ¼ of a banana until creamy. Spread it on your face and leave for 15-20 minutes before rinsing it off with warm water. Follow the warm water rinse with a splash of cold water.
 3. Place a wash cloth in warm water and apply it to your face to open your pores. Apply honey to your face and leave it on for 20-30 minutes. Rinse off with warm water, then with cold water. Do this once a week.
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Pearl Powder and Aloe Juice (prevents aging or maturing skin)

Pearl Powder (5g) – enhance skin elasticity and smoothes skin texture.

Aloe juice (2-teaspoon) – prevents sun damages and improves collagen, the skin's support structure. It's hard to find a better natural moisturizer.

- Mix the pearl powder and aloe juice in a cup.
- Apply the mixture on your face equally and thoroughly. When the mask dries up, apply a second layer.
- Wash of the mask after 15-20 minutes with warm water.

Incorporate essential oils, such as, lavender, rose, fennel, jasmine, and many others into your daily skin regimen. These natural essences contain plant hormones, which some contain substances similar to estrogen that affect the skin and influence the hormonal equilibrium of the body.

These plant hormones are absorbed by the skin and influence the hormonal equilibrium of the body. They have a tautening impact, along with assisting with cell regeneration, and regulating the sebaceous (oil) glands. Plant hormones do not have the same side effects of animal hormones, which could make the skin appear spongy and swollen when used over a long period time.

Anti-Aging Facial Skin Care Tips:

- Apply the leftover egg whites in the bottom of the shell to the lines under the eyes.
- Use odorless castor oil to the crepe type skin area under the eyes or even on the throat.
- Prick and drain into a small bowl, 3 vitamin E capsules, add plain yogurt-2tsp, honey- ½ tsp, lemon juice- ½ tsp. Once these ingredients are available blend them well and apply with a cotton wad on your face and let the skin absorb it for 10minutes and then rinse well.
- Take comfrey infusion-¼ cup; witch hazel-¼ cup, patchouli essential oil-10 drops and blend them well. Store in a bottle and apply to the affected and wrinkled areas with a cotton wad.

Exercises for a Great Looking Body

You need at least 20 minutes of exercise a day to experience any weight loss benefits.

Major studies have shown that 60 minutes a day is actually best. Ideally, the exercise should be continuous, but it could be split up into two 30-minute sections.

Get Fit While You Sit

If you have trouble with exercise then this is an amazing new workout program that's the laziest way to get in shape. The real beauty of this program is that it works almost anywhere, anytime ... even while watching TV! We all do more sitting than we like, so why not

Get Fit While You Sit?

Stomach Crunches

- Lie down flat on your back with your knees bent and your feet on the floor.
- Hold your hands wherever you feel comfortable (on your chest or beside your head - just be sure you don't pull on your head).
- The typical crunch is taught by instructing you to simply roll your upper torso forward. This is fine to start with.
- To increase the effectiveness of the crunch movement, push your chest and head up towards the ceiling pushing your lower back flat onto the floor.

Your body will automatically cause you to follow a crunching pattern

4 Tips for Great legs

1. Climb the stairs two at a time with a straight back and without using a handrail
2. When walking take longer strides and quicker steps. By lengthening your pace you are using more of your thigh and hip muscles.
3. When getting out of a chair don't use your arms. Instead let your thigh muscles contract to lower and raise your body while your back is kept straight.

4. Before getting in bed stand with your knees slightly bent and grip your pillow between them. Squeeze the pillow as if trying to crush it for 10 counts. Repeat about 8 times.

Firm your Buttocks

This is one of the best butt exercises for achieving a tight firm looking buttocks.

1. Sit on the floor with your legs extended in front of you.
2. Walk forward on your butt cheeks for about 10 paces.
3. Go backwards on your butt cheeks back to your original position.
4. Repeat this forward and backward walk on your butt about 5 times.
5. You will probably feel sore the next day but that means the exercise is working.

Donkeys: For Your buttocks and Lower Back

1. On your hands and knees bring your right knee to your chest then kick it straight back. Be careful not to arch your back, keep it straight. Then swing your leg out and back in one time.
2. Bring your knee back to your chest.
3. Do this 25 times, and then switch to the other leg.

Exercise Tips:

- If you've been sedentary for a long time, are overweight, have a high risk of coronary heart disease or some other chronic health problem, see your doctor for a medical evaluation before beginning a physical activity program.
- Choose activities that are fun, not exhausting. Add variety. Develop a repertoire of several activities that you can enjoy. That way, exercise will never seem boring or routine.
- Wear comfortable clothes. Wear shoes that fit correctly. Clothes should be loose fitting and appropriate for the weather.
- Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work some activity into your day another way.
- Exercise to music that you enjoy. It helps keep your mind off the exercise.
- Use the buddy system. If you walk, walk with someone. If you like to go to the gym, get someone to go with you. Knowing that someone else depends on you going is a big motivator.
- Don't overdo it. Do low- to moderate-level activities, especially at first. Start out exercising 20 minutes a day for 3 days a week. Gradually work up to 30-60 minutes a workout for 5 times a week. If you do too much too soon, you'll get sore and it won't be fun. This is a sure way to drop out of doing your exercise before you really even get started.
- Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success!

Nail Care Tips

While sitting at a table or at your desk tap your fingernails on the desk. The vibration on your fingernails stimulates the nail root encouraging them to grow faster.

- **Never cut your nail cuticle.** These are your body's armor. The cuticle protects the nails from infection, and the calluses give you shock absorbers. When you cut them, they will grow back thicker and harder, and possibly create an infection. The best way to care for your cuticles is to apply a good quality cuticle oil and gently push them back with an orangewood stick. You may carefully trim any hangnails or for best results, schedule a manicure with your nail technician.
- **Use a cuticle moisturizer** - your fingernails absorb water 100 times faster than your skin does...and they lose the moisture just as fast as they absorb it. So considering how much hand cream you need in the wintertime, think how thirsty your nails are, and recognize that they need just as much tenderness (if not more) than your hands do.
- Sometimes nail polish, dirt and bacteria can stain the nails. This can be removed by using a Q-tip or an orangewood stick with a cotton tip. Soak the cotton in 10 parts water mixed with 1 part bleach, and then rub the nail where the stain is. This will remove most stains from the nails. Scrub under the nails with a nail brush or toothbrush with soap or bleach solution to remove stains under the nails.
- **Don't soak nails for long periods, and never use any kind of soap or detergent when soaking.** Nails and cuticles that become engorged with water weaken, and the longer soap or detergent is in contact with skin and nails (despite the advertisements for Palmolive dish detergent) the greater the potential for damaging the nail and cuticle structure.
- DON'T file backwards and forwards as this can cause splits in the nails which become even worse if water penetrates after hand washing. Rather use a gentle one way stroking action with the file along with a little patience.
- DON'T file nails when they are wet. Make sure they are completely dry.

Tips for a More Beautiful You

- Have confidence in yourself. You're unique. Be only yourself.
- Go through your clothing. Do these clothes make you feel beautiful? If they don't, go shopping for some that do.
- Get a new hairstyle. Look through magazines and find a hair style that you like. Take it to the hairdresser and ask if this is a good cut for you. If not, ask if they can find a good cut.
- Spend time with friends and family and do things with them. This will make you socially active, outgoing and will add character.
- Find something that you can do well. It can be a hobby, volunteering, a pastime activity, or even your job.
- Always be open to new things. Even if they sound obscure at first, keep an open mind.
- Exercise! As much as most people hate it, you will feel better about yourself and it will boost your energy! It gets the endorphins going which is also what helps elevate our mood and keep us mentally healthy.
- Smile! It will make you feel and look happier! And others will feel it too.
- Did you know that people can actually 'hear' you smile? It's true. I'll prove it. When talking to someone on the phone ask them to say something without smiling. Ask them to say it again with a big smile on their face. Hear a difference?
- Don't envy others. Think of others as envying YOU! There is always something that you have that someone else doesn't.
- Do what you're good at. Once you're doing what you like and are good at, others will envy you.
- Make a list of who you are and what you like. This will help you understand who you really are and help you feel more confident in who you are
- Make a list of compliments you've received. Don't just do this in your head, take a few minutes to sit down and think about it, and then actually write them down. Keep them on your 'fridge' or post them on your office wall.
- Find out what you think your best feature is and have fun with it. If you really like your hair-try a new 'do, you like your lips?-try a new color, your hands -get a manicure, etc.
- If you wear glasses, try swapping to contact lenses to really brighten your eyes!

- Hang up pictures of people who love you. Looking at them will make you feel happy, loved and beautiful.
- Treat yourself on occasion. Buy yourself a new outfit or some pretty jewelry, polish your nails, watch a movie at home with family or friends or buy the next book in your favorite series.
- If you feel beautiful, then you will be beautiful... you'll be amazed at how others will see it also. Remember, how you feel inside reflects on the outside. People can always tell.
- Listen to music that you can really identify with.
- If someone compliments you, accept it! Say thanks and enjoy the compliment.
- Never do things to yourself to please other people, do it to make you happy. If makeup, clothes or surgery will really make you feel good about *yourself* then do it, but do it for YOU, not someone else.
- Drink at least 6-8 cups of water every day for healthy, beautiful skin.
- Get at least 8 hours of sleep every night.
- Look for friends who are supportive.
- Be kind to others. Someone can be the most attractive person in the world, but if they have a nasty, unkind attitude they aren't really beautiful at all are they?

