

NATURAL

GLOW



Ancient Anti-Aging Secrets and 60 Simple
Homemade Skincare and Beauty Treatments
From Around the World

BARBARA & NAYRI

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INTRO

My family does not age gracefully...

A lot of women age with grace, but the women in my family...*not so much*. You could casually throw a dart and hit a woman in my family who easily looks 3, 5 possibly 8 years older than her actual age. Old age does not come in an attractive package for my family either: deeply wrinkled skin, dry patches, crow's feet, dark bags under eyes and some adult acne. In just a few moments, I'll share with you what my mom's skincare "cure all" was and you might understand why some women in our family age so poorly!

All I ask you is to please try and not judge me based on the stories I will share with you today! Some of the tales are funny, others are humbling, and some are quite embarrassing! I'm sure though, you'll walk away from this book with a lot of super effective information that is both easy to absorb and inexpensive to incorporate into your health and beauty regimen.

If you can find a few pennies at the bottom of your purse and have less than 5 minutes a day to spare on looking young and fabulous forever, this book is for you!

You are amongst millions of women who have been marketed to... Ultimately, if we can help you have more beautiful and youthful looking skin WHILE saving you from spending thousands of dollars on ineffective products, and years of painful and addictive injections our years of study, research, education and even a little personal embarrassment are worth it. Eliminating aging toxins from your body, well, that's just a bonus.

I am, well *was*, one of these women who was spending hundreds, if not thousands of dollars a year on skincare products. I have been there. I have done that. I have been poked, prodded, smeared, scraped... like many of us women have desire to stay youthful, sexy and young. Not to mention, I have a closet FULL of **partially** used lotions, creams, mists, sprays, goos and glomps. I've tried most products on the market from the lowest end to the highest. I was ALWAYS searching for the latest shortcut, quick fix to my fine lines and wrinkles.

I, like most of you, was set up, from the beginning, to be a beauty and skincare failure. I was destined to be exactly the kind of consumer beauty companies hope to capture. I was meant to fall for the tricks and the promises that every one Billion dollar company was selling. They preyed on people like me. They collected their Billion dollar profit from women like me: The naïve, misinformed, and a dreamer of something better.

When I was younger, I never was taught much or even gave much thought about skincare and that continued for almost 30 years of my life.

First, my mom didn't have a whole lot of personal care tips to pass along. You see, my mom's mother was extremely busy with her career, her husband and raising 6 children.

Her mom wasn't around to suggest even the most basic skincare essentials. For instance, my mom never even got the standard: Always use sun screen, drink lots of water, and how sleeping on your back can help reduce or eliminate wrinkles down the road.

My mother and her 3 sisters had to figure it out on their own...and ultimately so did I.



The second reason I was oblivious about skincare, was the complete lack of accessible and reliable resources. My solution was good ole' fashion books, magazines or the occasional infomercial on television offering me up-to-date information. But this barrage of magazines at the grocery store checkout aisles **do not** count...as all they tend to do is shout at you with what new products to buy next! Dubious information, at best. Perpetuating my consumer dilemma, spend more, have more ½ used product.

You Tube channels, online tutorials, Pinterest or DIY pages simply didn't exist because there was no internet (yes, I'm aging myself here)! Even if the internet existed as well as these sites, who has hours a day to sift through and test all of the ideas?

You put WHAT on your skin?!

So, what was my mom's "cure all" for skincare? I can verify that she didn't "test" it. I have no idea if it worked at all...(I have my suspicions that it did not) but growing up, the only motherly advice I got for skincare, this "cure all," was...wait for it...Vaseline.

Seriously. That was it.

Whether for dry skin or oily, acne prone or wrinkles- the recommendation was always Vaseline. Now, while I do believe that Vaseline has a place in every woman's arsenal of beauty products, I don't think it's the solution my mom suggested. Based on the looks of the women in my family, I'd guess they were barking up the wrong beauty tree or perhaps, simply trying to use it for too many problem areas.

Admittedly, I have known for quite some time that I was not blessed with great, model quality skin. I am a pale, oily-skinned ethnic mutt. I vividly remember the first time I had realized the impact that great skin can have in life.

It was my freshman year in high school when I had met a girl named Julia Stramer. Julia was a recent transplant from California. She had thick brown, curly hair and dark, naturally tanned skin. All of the boys had huge crushes on her and she was constantly being asked out. She even went to homecoming with one of the most popular basketball players her freshman year.

She was popular, athletic and had beautiful, dark skin. From my point of view, she had it all. I wanted to become more like Julia but had no idea how to do it. She was the friend who turned heads. The friend who always looked stunning... Can you recall a friend who had amazing skin and was envied by everyone?

Maybe you have felt this envy for a celebrity rather than a friend? The feeling that if you could just change this *one thing*... you'd be more popular, more outgoing, more accepted or adored by more men and envied by women. For me, the one thing became my skin.

As a 16 year old, I drew the reasonable correlation between Julia's soft, supple, dark skin and popularity. I began to tan almost immediately after meeting her. For the next 12 years, I tanned. I had desired to create an illusion I was a California native rather than from cloudy, gray, Pittsburgh with my bronzed skin.

I fell in love with being in the sun. I had whole-heartedly convinced myself that tanning would not only permanently change my skin color but my skin type as well. I would finally be more like Julia and less like, well, me. No longer would my skin be pale, oily and ruddy. It would be bronze, hydrated, supple and radiant...and I would have it all.

There were many times I used tanning accelerators like baby oil, tanning oils and once, even Crisco, to rapidly enhance my tan. I am embarrassed to admit that I treated myself like a Thanksgiving turkey, basting myself with cooking oils. Desiring the same tan (crispy) skin as that delicious fall favorite poultry. At times, I looked like one. Eew.



Countless times, I had burned my skin to the point of blistering. I recall my freshman year of college, I went on spring break with 4 volleyball teammates to Charleston, South Carolina. We spent the first full day in the blaring sun and laying out (getting our sexy tan on). That night, the back of my legs were covered in blisters

which was the absolutely opposite of sexy! It was a nightmare!

My legs were so blistered that I could not even bend my knees to walk, much less bar hop, dance, or socialize. I was in excruciating pain. The following 2 days of my spring break were completely ruined. Rather than the fun spring break I had built up in my mind, I ended up laying on my stomach on a couch with aloe and cool, moist towels. While my friends went out dancing and laughing and partying, I was alone. I was sunburnt. I was miserable. Spring break was ruined by chasing the dream that I had created for myself that I could be like Julia.

I also was a life guard that summer, the perfect way to get paid while crafting a deep, dark, beautiful tan, right?! It was the summer between my freshman and sophomore year in college and I was working at a local water park. I loved that job. I felt like a Baywatch babe (don't judge me - Baywatch was popular around this time too).

I took my job very seriously... I also took my tanning almost as seriously as I did saving lives. I was actually being paid to spend hour after hour standing in the sun. I was thrilled.

Now, if I'm completely honest about how I looked that summer, I looked awful. Maybe atrocious- whichever word is worst! My nose was actually burnt to the point that it was peeling and burning off into open wounds that would heal and then crack open again. I really looked way more like Michael Jackson than Pamela Anderson. I have since thrown almost all of those pictures of that summer away, out of complete embarrassment.



After I graduated college, I played professional level beach volleyball for almost 4 years. Most weekends were spent in the sun at the beach; passing, setting, blocking and hitting from about 8 am- 6 pm.

I had continued my love (and my lie) with the sun well into my late 20's. I'm sure you're getting the picture by now of my obsession with tan, supple, even skin.

Needless to say, for years and years I dismissed any advice of protecting my skin out of sheer vanity. For me, being tan created a feeling that my skin appeared even, healthy and glowed rather than acne prone, uneven, oily and pale.

I felt healthier with a tan and even thought I looked leaner and sexier. I'd say to my friends, "fat looks better tan." Most women in their 20s don't consider the years of damage already inflicted on their skin (I surely didn't), and the effects of this will not likely be seen until they arrive into their 30s and 40s (the mirror or a close up picture doesn't lie).

After I graduated college with a Communications degree, I went straight into the workforce. I had been offered a job (two months before graduation) in the highly coveted pharmaceutical industry.

I was working for one of the world's top pharmaceutical companies calling on plastic surgeons, dermatologists, internists and other top specialists. As a BIG pharma sales rep I had big dreams and complete trust in the western medical industry.



Many people think pharmaceutical reps are just young, pretty, and dumb. Most people do not grasp the competitive and technical nature of the industry. Pharmaceutical companies teach their representatives to be science-based experts through an extensive variety of channels. Most representatives are mandated to complete and pass tests on after an in-depth month long training courses including products and disease states, hundreds of clinical studies, anatomy and physiology, as well as understand the competition, and other products in the class.

In my career, I speculate that I had been through over 500 training hours, passed at least 40 exams and had over 100 field assessments from Directors, VPs, management, CEOs, completed preceptorships with top clinicians from teaching institutes and had been nationally recognized for my performance as a rep. I knew my products and my industry well.



I climbed the ranks and became a manager and ultimately a marketing director. During my 13 years in pharmaceuticals, I prided myself on being in the pharmaceutical “know.” I knew about “cutting edge” products in medicine, skin, and beauty...

I recited details of study after study claiming one product over another. I knew about products before they had commercial names like “Botox” or “Dysport”- they were simply known as a chemical compound or by some random identification like 1cie2. I knew products when they were in early trials or recently submitted to the FDA yet to be released to the market (before most doctors did).

The beginning of my career, most of my days were spent in waiting rooms where I patiently waited to speak with the doctor(s) and the staff. I sat alongside their patients whom would all too often ask what I sold and if I had any free pens.

As an outgoing young woman, I passed time by talking with patients who appeared equally as bored as I was and more than willing to share details of their visits.

The costly price you pay for staying youthful

Many women that I spoke with in these offices *thought* that the only true way to retain youthful, glowing skin was to spend thousands of dollars on injections, gels, topical creams, lifts, laser treatments, and expensive cleansers, scrubs, moisturizers and products. Regardless of the crumbling economy, I witnessed firsthand that women wanted more than anything to stay youthful and were willing to pay big (MASSIVE) bucks to do so – even while the economy was failing across the country...and world.



How much? In 2012, between the non-pharmaceutical market and accounts from The American Society of Plastic Surgeons, the total amount spent on maintaining or reclaiming youthfulness annually was over 68 Billion dollars. According to Statistica.com the US cosmetic market which solely includes skincare and haircare (no pharmaceuticals or procedures whether minimally invasive or not) alone will supersede \$62.40 Billion dollars in 2016.



I have certainly been a part of this massive market. I have spent a ridiculous amount of money on new shampoos, conditioners, lotions, scrubs and every other new cockamamie concoction that I would come across that I thought would shortcut my way to beautiful skin.

Every other week, was always my “A” week. During my “A” week, my territory routing would take me to practices in extremely wealthy neighborhoods, where

patients were often found spending \$640 cash on one optional/elective treatment without blinking an eye.



DID YOU KNOW?

BOTOX IS ACTUALLY A NEURONTOXIN (NEURO-TOXIC=POISON). IT TARGETS MUSCLES THAT FORMS WRINKLES BY BLOCKING THE ACTION OF THE NERVES ON THE MUSCLE, BASICALLY FREEZING THE MUSCLE.



The following, “B” week, were typically in the inner city parts of my territory, often times calling on offices in extremely poor areas. Having worked in Baltimore, Chicago, Cleveland, Pittsburgh and Denver, I have seen the gamut of economic situations. Visits typically made by patients in the poorer areas were being paid by government programs and subsidies.

Equally, I would sit in offices, waiting my turn to talk to the health care professionals, striking up conversation after conversation with many of the patients. I was still asked what I products I sold and if I had free pens.

These women were visiting for vastly different reasons. Their visits were not out of luxury but necessity. These women weren’t getting Botox, fillers, nor prescriptions for expensive pharmaceutical grade lotions or topical treatments. Yet, there I sat, watching woman after woman with beautiful, radiant skin come in to see these doctors.

This observation got me thinking. In one group, these women were responsible in contributing for a \$68 billion dollar annual skincare and aesthetics industry. The cost alone to try something new can be over \$1000 per procedure or prescription.

In the other group, these women were clearly not spending \$68 Billion dollars a year on skincare yet had been able to achieve similar, *if not better*, results. Most of these women had beautiful, glowing skin.

This is the moment I truly realized that I knew nothing about skincare.

Around the same time, I had turned 28 and I saw my close friends and family members aging horribly. I realized I desperately needed to take control of my skin if I didn't want to be like the rest of them. I had finally stopped tanning and I was beginning to see the signs of aging start to hit.

Wrinkles already??

I wasn't even 30 years old. I started researching alternative ways to stay youthful and healthy without continuing the harmful practices I had been using the prior 12 years.



6 years later, to be exact, I ended a 13 year tenure in the pharmaceutical industry, and began working in the holistic nutrition and health space. I couldn't have made a more opposite (and life changing) career move.

I discovered and uncovered a lot of very, very big and painful lies that these pharma and cosmetic companies spread (in which I had been a staunch believer). I felt angry, distraught and lied to. I bought the marketing lies that I helped to create! Hook, line, and sinker. If I could buy into them, everyone is susceptible. If you have bought into these lies, you are not alone...and it's in NO way your fault!

In 2013, just the cosmetics' companies alone had spent over 3.59 BILLION dollars marketing to you and me, (according to Statista.com) trying to hook you. They have spent Billions researching our demographics, disposable income, habits, and interests. They hire people simply to test price points that garner them more customers! They get to you via magazine, network TV, cable TV, syndication TV, internet display and while you're out of your home. You name it, they have a way to find you!

They understand that most people will not keep up the treatments they recommend to achieve their "proven" results, but they don't care either- because guess what, you just bought their product, and when it fails, you'll buy their next one too. 64 Billion dollars' worth.

The amazing thing is, this does not even include the amount of money big pharma spends. We are sitting ducks to these marketing mavens.

It's not the family genes, it's the family secrets

Around the same time I quit the industry, I met and befriended an Armenian woman who moved to the States from Iraq. Her name is Nayri. Nayri has a beautiful olive complexion with almond shaped eyes. She oozes sex and confidence, with glowing, radiant and dewy skin.

One night, we started talking about my years and years in working in the pharmaceutical industry with specialists like dermatologist and plastic surgeons.



Just think about this...

The US average cost of a unit of a product, like Botox, is \$12/unit. These injections last approximately 3-4 months, requiring injections every quarter (HELLO ADDICTION). If you are getting an average of 45 units (which isn't uncommon for someone in their early 30's) you are spending \$2,160 a year. In 10 years, that's \$21,600 – I'd prefer a new car with that money.



We discussed how I had witnessed, first-hand, the sky rocketing increases in cosmetic surgeries, procedures, injections and the purchase of insanely costly products.

I admitted to her, reluctantly, that I had tried many of these things myself. I was afraid of aging, but also realized that I couldn't afford to sustain these expensive and addictive products to remain youthful for the rest of my life! What a slippery slope it is. Additionally, I did not want to knowingly infuse my skin with toxic agents anymore.

I shared with her my observation that I had made while visiting medical offices: women who certainly were not spending thousands of dollars on their skin, yet were walking around with flawless skin... I mean the audacity.

Nayri laughed.

She gently asserted that there are many countries that don't believe in the toxic, expensive, ineffective and extremely unhealthy products that we use. Many societies do not condone the types of procedures we do in the U.S.. She also noted coyly, "And look how many beautiful women there are in the world."

She was absolutely right.

So how did Nayri and I become international experts in natural skincare?

Almost by accident!

It was in that moment that sparked a passion in both of us to combine our efforts to learn, grow and share our vast knowledge through a book like this.

The other world of beauty

Digging into Nayri's upbringing, she had a vastly different experience than I. Nayri has worked in a variety of different industries: real estate, club promotion, and as a fitness professional. She knew nothing about pharmaceuticals nor the medical arena but all of her positions involved an emphasis on looking beautiful and maintaining a youthful appearance.

Nayri's family had a long history of beautifully kept women, and they exposed her early to the importance of beautiful skin. Her mother has five sisters. They are all beautiful in their own way. Long, flowing dark hair, flawless skin without cracking or wrinkling, and a dewy glow that only the youngest of models can have without serious airbrushing. Yes, six women, all with flawless skin. They could be anywhere from 50 - 90 years old, but they don't look older than their 40's. I have no idea how old any of them are - outside of gauging that I know (approximately) Nayri's age. I was, and still am, envious.

Completely contrary to what my mom told me, they stressed to Nayri and her sister, Nora, the importance of their appearance and skin health. Nayri's mother, would often call and say, "Nayri, this is your mom, are you taking care of your skin? Your skin can make you look young, can make you look old, it can open doors, close them and create opportunities. ***It is not the family genes that makes beautiful skin, it's the family secrets.***"



Beauty was greatly emphasized in Nayri's family. The power of the feminine was the greatest quality of a woman can possess.

But back to Nayri, growing up she had witnessed all of the women around her sharing beauty secret after beauty secret and recipes that had been passed down from generation to generation through her Armenian roots that kept ALL of these women looking amazing! After hearing some of these family secrets, it was completely blowing my mind and all of the early life lessons I'd received on the magic of Vaseline.

I realized that it wasn't that my mom was that far off, just that there were so many more secrets, options... so proven, so inexpensive, so delicious sounding and so... already in my kitchen. Yes, I had already had enough ingredients (by accident) to make so many of the recipes I was learning about.

I learned that my mom wasn't as disconnected as I thought, it was just that our family didn't know enough family secrets...

After comparing our upbringing and experiences, both personal and professional, we decided then and there to begin our quest. We were a team with a mission.

We started networking with a wide variety of people in the beauty industry and beyond. Every time we spoke with someone, they seemed to know a lot about one area, but there was NO comprehensive source that included the secrets of the most youthful regions from around the globe.

We finally starting compiling all of the information that we learned, from every area of skincare, **knowing there must be thousands of nonnas, gis, grandmothers, abuelas, and bunicas, just like Nayri's, around the world who have been sharing**

their homemade, natural skincare secrets that were passed down from their nonnas to them.

We tested and retested recipes until we find enough of the best “family secrets” that were so effective, we had to share with you in this book.

You’re about to start your journey with the most comprehensive, affordable, easy and natural approach to beautifying, maintaining, and for some, even reversing the appearance of aging skin, cellulite and damaged skin through easy-to-make recipes.

All of these recipes use common household ingredients that probably are just sitting around your house, or readily available at your local grocery store or online, so don’t fear that you need to buy the “eye of newt” from the far off mountains of Shangri-La.

All of the recipes we have included are comprised from every day, common ingredients in unique combinations that work with you and for you to maintain a youthful glow for years to come.

We have collected stories and recipes from across the world of family secrets, recipes that keep the beautiful young and vibrant without wasting time, money, or exposing yourself to toxins or pain!

So for the next 13 easy to read, colorful, creative and effective chapters, we have collected secrets and strategies from around the globe that have been passed down from mother to daughter for generations...because they work!

So what can you expect?

Now, I am 37 and am often asked if I am in my 20s. The same with Nayri. We are often hit on by inappropriately young men. We are approached by women, friends and strangers alike, asking what our secrets are to looking so young. We recently went to the dermatologist together to get a check up on our skin - he was shocked to learn that we were in our late 30’s. After years of research and compiling all that we have learned, we are finally ready to share this with you.

So if you're anything like me and if you:

- **DO NOT want to grow old gracefully**
- **DO NOT want to spend thousands of dollars for the rest of your life on expensive products**
- **DO NOT have the time or money to spend on spa facials weekly**
- **DO NOT want to be an addict and slave to the big pharma companies**
- **DO NOT want to fill your face/neck with toxins**
- **Want to look young way past the traditional years of "youthful beauty"**
- **Notice unwanted wrinkles before your time**
- **Desire to be more attractive**
- **Have loose skin, or possibly wrinkles in your 20's or 30's or 40's**
- **Have crow's feet or smile lines**
- **Have acne and haven't been able to get rid of it**
- **Have fallen for any of the marketing lies the big cosmetic and pharmaceutical companies have convinced you in believing**
- **Have ever had or have a friend who gets all the guys, is more popular, or is more desirable than you**
- **Haven't taken the best care of your skin when you were younger**
- **Haven't or don't have a mentor(s) for skincare**

If ANY of those sound even remotely familiar, this book is for you. SO don't wait another minute and start living a more youthful life today! After all...

Chapter 1

What Causes Aging?



It's NOT in the family genes, it's *the FAMILY secrets!*



What Causes Aging?

Before we talk about how you can start to change the appearance of your skin today, (less wrinkles, less fine lines, tighter, and more glow- sound good?!)...let me give you some foundation, and no, not the base of your makeup. I'm talking to you about why you age. Why you start to develop fine lines, then deeper wrinkles and finally there is NO hope to look youthful without a facelift to reverse the damage done.

Wrinkles, fine lines, dullness, altered pigmentation- OH MY! It's so easy to spot aging skin these days! What are the causes of skin aging and are there ways to reverse or at least stop the effects and appearance of it?



Your skin is an amazing, multilayered organ, protected by a couple of barriers. These layers moisten, nourish, shield and protect your skin from the constant bombardment of toxins and environmental factors which lead to premature aging.

The coating of your skin is an acid mantle, which keeps your skin slightly acidic at a relative level of pH 4 to 5. This level of acidity keeps away hosts of bacteria while supporting good flora, making it hard for infection and bacteria to penetrate and thrive.

The lipid layer is a thin layer of fatty oils secreted by the sebaceous glands, protecting your skin by maintaining moisture so you don't dry out- showing off any fine lines or wrinkles.

These layers are kept in prime condition through specific nutrients, minerals, vitamins and hydration.

But as time goes by, your skin undergoes biological, chronological and internal changes. Lifestyle is also a large factor in your cellular integrity which can directly attribute to whether you start to age prematurely or not.

Although there are a variety of known causes and factors that contribute to aging, two main schools of thought stand out: **intrinsic and extrinsic factors**. These two classifications can explain dark age spots, fine lines, and deep set wrinkles, discoloration of your pigmentation, and pretty much anything else that has to do with aging.

Intrinsic factors are primarily genetically determined. They take into consideration the integrity of your immune system, genetics and biological changes that naturally occur over time. You are able to somewhat influence the intrinsic rate of skin and cellular degradation with proper nutrition, mitigating your exposure to harmful UV rays and other damaging environmental factors.



UV radiation from the sun, is the number 1 cause of aging contributing to up to 80% of our environmental factors that point to aging.



The extrinsic classification is comprised of environmental factors and lifestyle choices. These are not genetically determined. Extrinsic factors include everything that you expose yourself to like: alcohol consumption, stress, poor nutrition, overeating, chemicals (lotion, cleaners), pollution and dangerous UV rays. UV rays (from sun exposure) has been reported to contribute up to 80% of our environmental factors that attribute to aging.

The extrinsic factors are what we do have the greatest control over allowing us to modify the speed in which aging takes grasp of our skin and appearance.

Over time, with constant exposure to damaging environmental agents and poor(er) lifestyle choices, damage-based aging occurs. This aging process is a slow build up over time. Many scientists believe this damage begins upon conception.

A major cause of this damage-based aging is a metabolic process called, “oxidative stress.” This is damage to DNA, proteins, fats and membranes caused by highly reactive substances containing oxygen. These oxidants are produced normally when we breathe but also are a result from inflammation, infection, and consuming toxins. One byproduct of this metabolic process is free radicals.

So what are these free radicals that you’ve probably heard about more than a few times? And how do they impact aging?

Free radicals are byproducts of cellular metabolism that attack otherwise healthy cells in an effort to create their own stability. They steal electrons from any other molecule they come across in an effort to achieve stability for themselves. By stealing another electron, this event can cause cascading effects resulting in the damage and mutation of a living and healthy cell.

Consider damage to be like an accumulation of toxic build up throughout your life. When your body is endlessly bombarded by toxins it will eventually lead to the mutation of enough cells. The damaged DNA can lead to errors in proteins which build-up over time, causing more errors in transcription. This creates a loop that will ultimately kill the cell, potentially leading to failure of the system. This can be seen as failure of a critical organ, like the integrity of your largest organ, skin.

Although most of us don’t want to kill our healthy cells nor do we intentionally consume or use toxic products, we unknowingly do by the products we choose. These nasty agents of age are everywhere. Lotions, cleaning supplies, commercial face washes, shampoos, conditioners- you name a product you can buy over the counter and it more than likely has more toxins than the Goslings have kids.

Here are 10 quick tips on slowing the aging process you can start today!

1. **Protect your skin every day!** Long term sun, wind, and UV rays can lead to



photo-aging and all cause significant damage to your skin like wrinkles. So whether you're running errands or spending the day outside, sun protection is vital. You can protect your skin with a hat, shade, and covering up with clothing or using a natural sunscreen. If you choose a natural sunscreen, apply liberally and often to all areas of skin not covered by clothing. Pumpkin and strawberry both contain Zinc - **Check out the treatments on page 92 (Canada) and 107 (Columbia).**

2. **Cleanse your skin twice a day and after sweating heavily.** Sweating, especially while wearing a hat/helmet can irritate the skin, so you want to wash your face as soon as possible after you're done exercising or sweating.

3. **Wash your face with a gentle scrub twice a week.** Gentle washing helps remove pollution, environmental toxins, makeup, and other substances. Oatmeal is a terrific exfoliate - **Check out page 39 for Kenya's favorite scrub!**

4. **Apply a facial, neck and chest moisturizer every day.** Moisturizing traps water in our skin, giving more of a supple, full and youthful appearance. The woman of Japan are very cautious about skin treatment and keeping their skin white and bright - **the treatment on page 51 is one of the best around for moisturizing.**

5. **Stop using skin care products that burn/sting.** Most chemically latent skincare products subtly irritate your skin. Whenever irritation is present so it the appearance of looking older.

6. **Stop smoking.** Smoking quickly degrades the integrity of your cells. According to a Johns



Hopkins, smokers were four times as likely as nonsmokers to report feeling unrested after a night's sleep. Restless sleep is one of the extrinsic factors to aging.

- 7. Drink less booze.** This is my least favorite, but it's true. Alcohol is ultimately dehydrating, robbing our skin of the well needed moisture and full cellular capacity. Dehydrated skin is noticeable with puffy eyes, fine lines and wrinkles.
- 8. Avoid repetitive facial expressions.** Every time you make a facial expression, you contract the underlying muscles. By repeatedly contracting the same muscles (often done over years and years), these lines become permanent. Sunglasses and hats can help reduce lines caused by squinting.



- 9. Exercise most week days.** Increasing blood and oxygen flow throughout your body will increase circulation. Additionally, exercise gives your immune system a big boost, causing for toxins to be removed faster, allowing your face and skin to shine with radiance.
- 10. Eat a healthy, well-balanced diet.** Findings from many clinical studies suggest that a diet high in fruits and vegetables can help prevent damage that leads to the appearance of premature skin aging. Eating between 5-8 servings of antioxidant rich foods a day can benefit you greatly! Whereas, diets high in sugar and simple carbohydrates can accelerate aging.

Maintaining a youthful appearance and turning back the clock from years of damaging habits, without paying the hefty cost, is an uphill battle for most people. Some women deliberately choose to avoid spa and medical spa treatments because they KNOW that they are ingesting dangerous toxins with potential side effects.

We certainly are not helpless against fighting off aging, oxidized stress and their byproduct, free radicals. We just need to know *what* to do and what our bodies need to combat them.

Our body can actually create a physical barrier to contain free radicals at their site of production within a cell. There are also enzymes that neutralize dangerously reactive forms of oxygen.

What we put on and in our body can make a big impact as well. Certain foods can neutralize free radicals by contributing electrons to them. This cuts off the cascading events early in their course, allowing repair to take care of the oxidative damage to the DNA, fats, proteins and membranes.



Our skin requires certain vitamins, minerals, hydration and nutrition to maintain suppleness, form, and function and fight against oxidization and free radicals. Vitamins C and E are great examples. Biotin and zinc are great protectants against UV rays for your skin. All together, these “antioxidants”

neutralize the harm caused by free radicals, so they aren’t able to rob, steal healthy living cells causing rapid cellular degradation.

The great news is by balancing your antioxidant defenses, as we do all throughout this book, with the oxidizing stress (you’ll inevitably experience), there is great hope to look younger, sexier and healthier for a longer time than you ever thought possible!

Total Shopping Guide and List of Ingredients You Will Need

Throughout this book, we thoughtfully considered what ingredients and recipes to use from each region. We selected the most effective recipes with the most affordable and easy to source ingredients. You will only find recipes with ingredients that you can either find at local grocery store or easily online. All of the ingredients are natural and free of toxins that can damage your skin and cause faster aging. Most of the ingredients you may even have in your kitchen already.

Each of these ingredients provides one or more **major** benefits in fighting aging, helping with skin rejuvenation, texture, moisture and overall appearance all while reducing those fine lines. These ingredients are used in specific combination for the most effective outcomes possible. You will feel refreshed, clean, soft, supple and more youthful with every treatment you do.

We've compiled a quick to read (and print) list of ingredients, along with a comprehensive summary of their health benefits for you:

But first, here's a quick run-down of some of the 5 best vitamins (highlighted in this book) **for your skin!**

1. **Vitamin A** is a great wrinkle fighter. It is one of the best overall age fighting vitamins with over 700 clinical studies on retinoid alone.
2. **Vitamin B** can increase the production of two key skin barrier protectants: fatty acids and ceramides. This vitamin keeps moisture in and agents of age out!
3. **Vitamin C** not only plays clean-up to neutralize free radicals that cause wrinkling, sagging and loosening of skin but also helps firm and smooth skin.
4. **Vitamin E** if vitamin C is the cleaning crews of vitamins, E is the mafia. This "protector" vitamin not only helps neutralize free radicals, but also aids skin in retaining moisture, while protecting the UV defense.
5. **Vitamin K** can possibly lighten dark circles under your eyes. Start with some K today for younger looking and brighter eyes.

Chapter 2

Shopping List



Shopping List



Almonds

Almond oil

[Aloe Vera gel](#)

[Argan oil](#)

Avocado

[Avocado oil](#)

[Baking Soda](#)

Banana

Beer

[Beeswax](#)

Blueberries

[Brown Sugar](#)

[Camellia oil](#)

Carrot

[Castor oil](#)

Clove

[Cocoa powder](#)

[Coconut flour](#)

[Coconut oil](#)

[Coconut palm sugar](#)

[Coffee](#)

Eggs whites

[Emu oil](#)

Ginger

Grapefruit

[Green Tea powder](#)

Ground Cinnamon

Ground Pepper

Heavy Cream

[Honey](#)

[Jajoba oil](#)

[Kelp Powder](#)

Kiwi

Lavender Flowers

[Lavender oil](#)

Lemon

Lime

[Macadamia oil](#)

Mango

Mineral water

Mint leaves

[Monoi oil](#)

Nutmeg

Oatmeal

[Olive oil](#)

Orange Juice

Peach

[Peppermint oil](#)

Pineapple

Potato

Pureed Pumpkin

Raspberry

Raw Rice

Red Grapes

[Rice flour](#)

Rose Petals

[Rosemary oil](#)

[Rose water](#)

[Sea Salt](#)

Strawberries

[Sunflower oil](#)

Tomatoes

[Turmeric Powder](#)

[Vanilla extract oil](#)

Whole Milk

Yogurt

Chapter 3

The Magic of the Ingredients

Almonds have Vitamin E which not only help protect the skin, but they also have essential fatty acids, Omega 3, which help create supple, healthy skin.



Aloe Vera has been used for what seems like forever. Ancient Egyptians called it the “plant of immortality.” Aloe has a surplus of antioxidants like beta carotene, vitamin C and E which help improve skin firmness as well as a great natural moisturizer without a greasy feel. Aloe Vera also contains two hormones: Auxin and Gibberellins that provide wound healing and have anti-inflammatory properties that reduce skin inflammation.

Argan Oil is a very healing oil that is derived from a nut. It is rich with vitamin A, vitamin E and antioxidants Omega-6 fatty acid and linoleic acid. Tocopherol from the vitamin E helps to boost cellular production while promoting health skin and hair.



Avocado has the reputation of nature’s perfect food but it’s just as good on the outside as it is in your diet. Containing high amounts of omega-3 fatty acids, antioxidants like vitamin A, D, and E, this magic fruit helps create softer, suppler skin. It also contains sterolin, which facilitates the softening of skin.

Baking Soda (sodium bicarbonate) is often found as the key ingredient for many costly exfoliation products. Its natural antiseptic and antibiotic qualities have been shown to cure underlying fungal infections which can lead to acne and blackheads.

Banana-This humble little fruit offers a richness in powerful antioxidant, phytochemical and moisture that will nourish, revitalize and smooth out the roughest, aging skin. Containing potassium which hydrates and moisturizes, vitamin B, C and E protecting against free radicals that cause oxidized stress. Zinc and lectin which fights acne causing germs. Amino acid and vitamin C which help nourish, and help skin with collagen production and the elasticity of skin.

Beer having a very low pH can actually help tighten hair follicles as well as remove dirt and grease. The yeast helps slow down sebum production and is a great source of vitamin B, selenium, potassium, iron and zinc which helps fight acne causing germs. The hops, saccharides and yeast also helps dissolve dead skin cells and increase luminosity.

Beeswax oh wow! The young bees who carefully crafted this natural golden liquid had no idea how they were helping us fight aging! Not only can it act as a protectant, beeswax is an emollient and humectant drawing in moisture while sealing it in. Containing vitamin A which can be beneficial in rehydrating and cell reconstruction. Additionally, fighting and inhibits the growth of some bacteria and fungus making it a powerful acne fighter.

Blueberries are natural antioxidants, with natural vitamin A, E and C, phytochemicals and beta-carotene all present with rich amounts. These tasty treats (applied topically) can help neutralize free radicals and also helping to normalize or neutralize oil levels in your skin and less likely to accumulate sebum.



Brown Sugar is a terrific, affordable exfoliator. It contains some glycolic acid that is an alpha-hydroxyl acid which fights bacteria. It also is a natural humectant absorbing moisture and locking it in.

Camellia Oil is one rich oil with more naturally occurring antioxidants than almost any other botanically derived oil! Packed full of vitamins A, B, D and E, as well as oleic acid, nourishing Omega 3, 6 and 9. This silkening oil, almost an identical match for skin, absorbs quickly allowing your skin to reap the amazing benefits.

Carrots are often used as a carrier oil and has many nutrients for your skin and hair. Quickly stimulating skin cellular growth and renewal helping to maintain the elasticity of your skin. Rich in vitamins B, C, D and E all while packing in over 600 carotenoids (powerful antioxidants), and beta-carotene.

Castor Oil is highly concentrated with fatty acids. Ricinoleic acid makes up about 90% of the fatty acid content which is responsible for unique healing properties. Ricinoleic acid can be effective in preventing the growth of bacteria, yeast, molds

and viruses (which can cause hair loss). Also a strong anti-inflammatory and antiseptic agent while effectively moisturizing and emolliating skin.

Flour (Chickpea) is great as a gentle exfoliator and so safe that it's been used on newborns! Delivering boosts of iron, magnesium and phosphorus which is well known for its role carrying oxygen. Iron also functions as an antioxidant and it's needed for the production of collagen.

Clove is known as one of the best antioxidants, antiseptic and antifungals. Full of magnesium, calcium, vitamin C and K as well as an abundance in Omega-3s. USDA rating of clove's Oxygen Radical Absorbance Capacity (ORAC)



<http://www.ars.usda.gov/services/docs.htm?docid=15866> crushes to over 10 million. Most other antioxidants are rated in 10's of thousands to a few hundred thousand. This little guy packs a BIG punch.



Cocoa powder is chalk full of antioxidants and flavonoids that reduce the risk of skin degradation. Alongside with epicatechin which is a natural antiseptic, anti-inflammatory and antioxidant which helps protect cells and skin from free radicals which cause early aging.

Coconut Oil is predominately made up of medium chain fatty acids that keep the oil smooth to the touch and well equipped to retain moisture. Caprylic/lauric acid/capric are three fatty acids that have strong antimicrobial and disinfectant properties. Antioxidants like Vitamin E coupled with a rich amount of proteins round out this little nuts benefits.

Coconut palm sugar is a great option to use as an exfoliator due to its fine consistency, lack of toxins and in addition to its notable minerals like zinc, calcium and potassium. Zinc is a terrific acne fighter as well as great warding off environmentally damaging effects.

Coffee is not only a savior to some in the morning, but saving and using the grounds offers terrific protection to our skin. Being responsible for skin cell energy preservation through its free radical properties from a variety of antioxidants, coffee is a real skin savior too. Studies have shown that caffeine can inhibit the DNA damage response, protecting skin against UVB damage and environmental factors that cause premature aging. Also having great circulation benefits and reducing inflammation to areas of the skin.



Egg whites contain two vital ingredients for skin and hair: collagen and protein. Both of these can help improve and maintain elasticity. The vitamin A, or retinol, is critical for fighting the aging process.

Emu Oil contains fatty acids that help reduce inflammation but resembles properties like a mineral oil to help reduce stretch marks and keloids.

Ginger packs a big punch! Containing around 40 antioxidant compounds fight against damage from free radicals and the appearance of aging. It also removes toxins and can stimulate circulation with its antiseptic qualities.



Grapefruit might be a sour fruit, but it's extremely rich in vitamins. Mighty with A, C, E, and K protecting against sun spots, environmental hazards, while stimulating the production of collagen. Magnesium, potassium and zinc round out this fruit's superpower against the sun!

Green Tea is cited as one of the most potent antioxidants known to man. These antioxidants bind and deactivate free radicals before they can cause aging and harm to cells.

Green Tea powder is the broken down components of green tea. It has natural anti-aging / anti-inflammatory properties plus is rich in antioxidants.

Ground Cinnamon is one spicy anti-microbial, anti-bacterial, anti-fungal and super rich anti-oxidizing powder house. By bringing blood and oxygen to the skin's surface, cinnamon not only plumps up your skin, but removes dead skin cells along the way. Promoting clear skin, complexion smoothing and alleviating fine lines.

Ground Pepper, wait, what? It's a fruit? Pepper is actually the fruit of the black pepper plant which is a strong antioxidant that helps repair or can prevent damage from free radicals. Rich in potassium, magnesium, vitamins C and K and iron. It helps to neutralize compounds and protect your skin against premature aging, help with pigmentation issues, wrinkles, age spots and fine lines.

Heavy Cream has moisturizing fats that helps calm redness, reduce dryness caused by acne. Preventing damage from free radicals is covered by antioxidants while vitamins A, D and E which all help with cellular growth! The amino acids aid in water retention, keeping your skin plump and beautiful!

Raw Honey is anti-bacterial, anti-viral and anti-fungal. It obliterates skin infections, reduces inflammation all while hydrating skin. We recommend sourcing local honey, as there are additional benefits from using honey that is curated in your area.

Kelp Powder is loaded with Omega 3s, fatty acids and polyphenols- all aiding you in anti-aging and reducing fine lines and wrinkles.

Kiwi is not only a tasty little fruit, but it is abundant in vitamin C, having effects on collagen formation and skin pigmentation. This mighty and powerful antioxidant fights the aging process, keeping your skin looking young and vibrant.

Lavender is the most used essential oil to date for everything from skin rashes, skin care, relaxation and more! Due to its antimicrobial and antioxidant characteristics, it can help heal dry skin and help with fine lines!

Lemon works as natural astringent, packed full of calcium, vitamin C, magnesium, and many more great antioxidants and minerals that help improve the appearance and glow of your skin. Strong antibacterial and antifungal properties make them ideal when combatting acne or blackheads.



Lime contains large amounts of nutrients and antioxidants like Vitamin C, astringent and antibiotic properties that can inhibit the bacteria that forms acne. Don't just use the juice though, the peels can slough off dead skin, improving the appearance and glow!

Mango helps to regenerate skin cells, restore elasticity, and moisturize skin while shielding against sun and environmental damage. It's rich in Vitamin A, contains powerful antioxidants and helps you looking younger while neutralizing external triggers for skin damage.

Mineral water contains high quantities of silica, which can slow down wrinkle formation and strengthen the cells (the spongy ones) between elastin and collagen fibers. It's a great cleanser, with the ability to breakdown waste and dirt lurking on your skin.



Mint smells amazing, but in addition to that, it can sooth while giving a refreshed feeling to your skin. Acting as a natural astringent it's been used to treat acne since its high concentration of salicylic acid helps in loosening up skin and allowing it to shed reducing clogged pores.

Monoï Oil is actually the result of soaking Tiare Tahiti blossoms (an exotic gardenia) in locally harvested coconut oil. Having the coconut foundation, rich in essential fatty acids, Vitamin E and antioxidants that fight the heck out of those free radicals. This powerful oil allows for strong moisturizing, bolsters elasticity while soothing and suppling skin.

Nutmeg could possibly be the most underrated seed for helping produce beautiful, glowing skin. Containing antioxidants and phytochemicals (some completely unique), with anti-inflammatory properties to aid in reducing acne, redness while moisturizing and exfoliating.

Oatmeal- gentle exfoliate, great for sensitive skin, naturally anti-inflammatory and moisturizing.

Oils like Almond, Olive, Avocado, Jojoba, and Macadamia create a phenomenal base for most things that will make your skin shine, soft, smooth and simply lovely. Some will absorb more quickly into your skin because of their composition of fatty acids: oleic, linoleic, lauric, palmitic and stearic acid. Some of these consist of a

specific fatty acid, gamma-linolenic acid (GLA) which can work as an anti-inflammatory agent and promote skin growth.

Orange Juice contains antioxidants and vitamin C that increases circulation

Peach can protect your skin from hazardous UV rays and neutralizes free radicals. Loaded with Vitamin A, C, and K, B nutritional vitamin, beta carotene, zinc and magnesium. This heavy hitter boosts collagen generation and improves elasticity in your skin.

Peppermint has a secret weapon...menthol. It creates a cooling sensation along with reducing the secretion of oil from sebaceous glands while nourishing dull skin. Coupled with that, it's rich in antioxidants and Vitamins A, C, K, E and beta carotene.

Pineapple increases collagen synthesis, keeping your skin firm and supple. Vitamin C and amino acids round out this skin friendly fruit.



Potatoes are rich in Vitamins A, B and C and starch making for a healthy combination to clear skin and heal damaged skin cells.

Pureed Pumpkin is full of fatty acids, enzymes and alpha hydroxyl acids (AHAs) which increase cellular production. Vitamins like A and C help soften and soothe skin while boosting collagen production. It even contains zinc, which is great for acne and UV protection.

Raspberry performs very well as an anti-aging agent filled with Vitamin B, C, potassium, iron, magnesium and more goodies! The tannins in raspberries also help minimize wrinkles and aid in recovering from sunburn.

Rice has moisturizing, antioxidant and healing properties that help reduce inflammation, reduce age spots, and improve circulation and skin's moisture. There are traces of pitera, which is touted to promote cell regeneration, keeping your skin looking young and fresh.

Red Grapes host a polyphenolic compound called resveratrol, which are special little antioxidants making waves these days for having anti-inflammatory and antioxidant properties. Coupled with Vitamin C, and other antioxidants fighting against free radicals. Vitamin E keeps your skin moist and supple.



Rose Petals contain high amounts of Vitamin C, which can protect skin cells from damage, like staying in the sun for too long. Their natural oils help lock in moisture while their antibacterial oil helps reduce oil that causes acne.

Rosemary not only is one of my favorite scents, but contains phytonutrients that are tough on the effects of harmful UV rays. The antimicrobial and antiseptic qualities fight to eliminate oily skin and acne.

Sea Salt has trace minerals that rejuvenate skin, stimulate cell growth and help retain moisture.



Strawberries contain Vitamin C and ellagic acid which prevents collagen destruction and protects skin from UV rays. The acidity also helps remove excess accumulation of sebum, warding off acne.

Sugar is a natural source of glycolic acid, which naturally inhibits bacterial growth, great when fighting acne. The coarse texture helps to slough off dead skin cells, leaving your face and neck looking younger with fewer fine lines. Glycolic acid also boosts new cell production and breaks down the protein that keeps dead cells hanging on to your skin.

Tomatoes are chock full of antioxidants with vitamins. When applied topically, the acid can reduce oil and prevent acne. The perfect application tool for face masks with nourishing properties of vitamin A, C and K, leaving your skin clear, radiant and free of dead cells.

Turmeric Powder contains an arsenal of aging fighters! Containing everything from Vitamin A, D, B12, C, B6, protein, turmeric can decrease inflammation (acne, redness and more)!

Vanilla extract is a great source of the B's, you know the vitamins. Niacin, thiamin, B6 and pantothenic acid all play a tremendous role in maintaining the appearance of healthy skin and skin tone. The antioxidants of vanilla can help prevent skin damage caused by free radicals, slowing down aging signs like fine lines and wrinkles.



Whole Milk contains lactic acid which is a form of alpha hydroxyl acid (AHA) found in many expensive, high end cosmetics. It can help tone, exfoliate and soften your skin

Yogurt- Yogurt is a natural source of alpha hydroxyl acid (AHA)-a form of lactic acid that hydrates and soothes your skin and balances PH levels while reducing wrinkles fine lines and the slowing aging process.

Chapter 4

Africa



FACE

Kenya



Best for:
Face and neck exfoliator



Ingredients:	3
Prep Time:	2 Minutes
Application Time:	5 Minutes
Total Time:	7 Minutes

Ingredients:

- 1 ½ Tablespoon of fine oatmeal (you can grind this in a bullet or a blender)
- ¾ Tablespoon of [baking soda](#)
- 1 Tablespoon of water

Directions:

1. Combine oatmeal and baking soda in a bowl.
2. Slowly add enough water to create paste.
3. Apply to wet skin.
4. Rub gently in circular motion.
5. Rinse with cool water and pat dry.

FACE

MOROCCO



Best for:
Hydration and clogged pores



Ingredients:	2
Prep Time:	2 Minutes
Application Time:	15 Minutes
Total Time:	17 Minutes

Ingredients:

Dry Skin:

- 1 Drop of [castor oil](#)
- 9 Drops of [sunflower oil](#)

Normal Skin:

- 2 Drops of castor oil
- 8 Drops of sunflower oil

Oily Skin:

- 3 Drops of castor oil
- 7 Drops of sunflower oil

Directions:

1. Open both oil containers.
2. Combine ingredients, with a dropper, into the palm of your hand.
3. Mix with your finger.
4. Apply the oil to your face and neck for 3-5 minutes massaging in a circular motion.
5. Take a face towel/cloth and dip completely into hot water.
6. Squeeze and remove the water.
7. Put the hot towel on your face.
8. Let it steam, opening pores and allowing oil to absorb.
9. Repeat 4 times.
10. Rinse face with cool water.

**Best for night time to allow the
oil to absorb overnight.**

FACE

Kenya



Best for:
Minimizing wrinkles



Ingredients:	1
Prep Time:	2 Minutes
Application Time:	20 Minutes
Total Time:	22 Minutes

Ingredients:

- ½ Ripe banana

Directions:

1. Mash ½ a banana until very smooth and creamy.
2. Apply to your face and neck.
3. Leave on for 15-20 minutes.
4. Rinse off with warm water.
5. Follow with splash of cool water.
6. Pat dry.

BODY

Ethiopia



Best for: Body scrub for cellulite reducer



Ingredients:	3
Prep Time:	2 Minutes
Application Time:	5 Minutes
Total Time:	7 Minutes

Ingredients:

- 1 Cup of [coffee ground](#)
- 6 Tablespoons of fine [sea salt](#)
- 3 Tablespoons of [olive oil](#)

Directions:

1. Combine ingredients in a large bowl.
2. Mix well.
3. In the shower, apply the scrub onto skin in circular motion.
4. Rinse and repeat again.

Nayri likes to add 5 tablespoons of olive oil to this recipe instead of 3.

BODY

MOROCCO



**Best for:
Moisturizing skin**



Ingredients:	1
Prep Time:	1 Minute
Application Time:	3 Minutes
Total Time:	4 Minutes

Ingredients:

- [Argan oil](#)

Directions:

1. Place a couple of drops on to your hand.
2. Rub onto your skin and repeat.

BODY

South Africa



Best for:
Body scrub for soft skin



Ingredients:	4
Prep Time:	3 Minutes
Application Time:	5 Minutes
Total Time:	8 Minutes

Ingredients:

- 2 ½ Cups of [brown sugar](#)
- ½ Cup of warm [coconut oil](#)
- 1 Fresh lemon (juiced)
- 1 Tablespoon of [honey](#)

Directions:

1. Combine ingredients in a large bowl.
2. Mix well.
3. In the shower, apply the scrub onto skin in circular motion.
4. Rinse off.

Chapter 5

Asia



FACE

India



Best for:
Removing blackheads and cleansing skin



Ingredients:	2
Prep Time:	1 Minute
Application Time:	5 Minutes
Total Time:	6 Minutes

Ingredients:

- 2 Tablespoons of plain yogurt
- 1 Tablespoon of ground pepper

Directions:

1. Combine ingredients in a small bowl.
2. Apply to wet face and neck.
3. Gently rub in circular motion for 5 minutes.
4. Rinse off with warm water and pat dry.

FACE

Japan



Best for:
Preventing premature skin aging



Ingredients:	3
Prep Time:	10 Minutes
Application Time:	30 Minutes
Total Time:	40 Minutes

Ingredients:

- 2 Tablespoons of dry rice
- ½ Tablespoon of [honey](#)
- 1 Tablespoon of warm whole milk

Directions:

1. Boil two tablespoons of rice in water until soft (about 10 minutes).
2. Strain, rinse rice (keep strained rice water).
3. Put the rice in separate bowl.
4. Add warm milk to rice and blend in a bullet (or blender).
5. Add honey and mix well.
6. Generously apply to your clean face and neck.
7. Leave on for 30 minutes then rinse with rice water.

**You can keep the rice water refrigerated up to 4 days.
Then use it twice a day, morning and evening as a lotion.**

FACE

India



Best for:
Pimples and acne



Ingredients:	2
Prep Time:	1 Minute
Application Time:	20 Minutes
Total Time:	21 Minutes

Ingredients:

- 1 Dab of [honey](#)
- 1 Dash of cinnamon

Directions:

1. Mix ingredients on your finger or in a bowl.
2. Apply directly to the blemish.
3. Allow to stay on for 15-20 minutes.
4. Rinse off with warm water and pat dry.

BODY

China



**Best for:
Stretch marks**



Ingredients:	1
Prep Time:	0 Minutes
Application Time:	1 Minute
Total Time:	1 Minute

Ingredients:

- 1 Teaspoon of [camellia oil](#)

Directions:

1. Apply camellia oil to areas with stretch marks in the morning and evening.
2. Allow to penetrate skin consistently.

BODY

Japan



Best for:
Improve texture and stimulate collagen production



Ingredients: 4
Prep Time: 2 Minutes
Application Time: 5 Minutes
Total Time: 7 Minutes

Ingredients:

- ½ Cup of heavy cream
- ½ Cup of fine [sea salt](#)
- 1 Teaspoon of vanilla extract
- 5 drops of [lavender essential oil](#) or essential oil of your choice

Directions:

1. Mix all of the ingredients together in a bowl.
2. In the shower, apply the scrub onto skin in circular motion.
3. Rinse off and feel the softness of your skin.

BODY

Maldives



Best for:
Body scrub to brighten and rejuvenate the skin



Ingredients:	7
Prep Time:	3 Minutes
Application Time:	15 Minutes
Total Time:	18 Minutes

Ingredients:

- 1 Tablespoon of [rice flour](#)
- ½ Tablespoon of nutmeg
- ½ Tablespoon of ground ginger
- ½ Tablespoon of [turmeric powder](#)
- ½ Tablespoon of cinnamon powder
- ½ Tablespoon of ground clove
- 2 Tablespoons of warm water

Directions:

1. Combine rice flour, nutmeg, ginger, turmeric, cinnamon, clove in a small bowl.

2. Gradually add warm water while mixing until you create a paste like texture.
3. In the shower, apply onto skin in circular motion. Leave on for 10-15 minutes.
4. Rinse off with warm water.

Chapter 6

Caribbean



FACE

Cuba



Best for:
Removing dull and dead skin



Ingredients: 2
Prep Time: 1 Minute
Application Time: 2 Minutes
Total Time: 3 Minutes

Ingredients:

- 1 Fresh tomato
- 1 Tablespoon of [brown sugar](#)

Directions:

1. Cut the tomato in half.
2. Dip one piece of the tomato in a small bowl of brown sugar.
3. Rub in circular motion onto your face and neck.
4. Rinse off with warm water and pat dry.

FACE

Aruba



Best for:
Soothing skin and blood circulation



Ingredients: 3
Prep Time: 1 Minute
Application Time: 20 Minutes
Total Time: 21 Minutes

Ingredients:

- 1 Tablespoon of [honey](#)
- 1 Tablespoon of [aloe vera gel](#)
- 1 Tablespoon of ground cinnamon
-

Directions:

1. Combine ingredients in a bowl.
2. Apply to clean face and neck.
3. Allow to sit for 15-20 minutes.
4. Rinse off with warm water and pat dry.

You will feel a tingle while mask is on. Your face may be a little red from the cinnamon.

FACE

Puerto Rico



Best for:

Improving tone, fading age spots, and rebuilding skin collagen



Ingredients: 5
Prep Time: 20 Minutes
Application Time: 15 Minutes
Total Time: 35 Minutes

Ingredients:

- 1 Egg white
- 2 Tablespoons of [honey](#)
- ½ Cup of heavy cream
- 1 Ripe Avocado
- 1 Carrot (boiled)

Directions:

1. Boil carrot in water until soft (approximately 15-20 minutes)
2. Blend all ingredients in a bullet (or blender) really well.
3. Gently spread over your face and neck.
4. Allow to sit for 10-15 minutes.
5. Rinse off with warm water and pat dry.

BODY

Jamaica



Best for:
Body scrub for even skin tone



Ingredients: 3
Prep Time: 2 Minutes
Application Time: 5 Minutes
Total Time: 7 Minutes

Ingredients:

- 3 Tablespoons of warm [coconut oil](#)
- ½ Fresh grapefruit juice
- 1 Cup of [brown sugar](#)

Directions:

1. Combine all ingredients in a bowl.
2. Mix well.
3. In the shower, apply the scrub onto skin in circular motion.
4. Rinse off.

BODY

Barbados



Best for:
Getting rid of dead skin



Ingredients:	3
Prep Time:	3 Minutes
Application Time:	5 Minutes
Total Time:	8 Minutes

Ingredients:

- ½ Cup warm [coconut oil](#)
- ½ Cup cut pineapple
- ½ Cup [brown sugar](#)

Directions:

1. Combine and blend all ingredients in a bullet (or a blender) really well.
2. In the shower, apply the scrub onto skin in circular motion.
3. Rinse off.

**Make sure to focus on your
knees and elbows.**

BODY

Virgin Islands



Best for:
Body scrub for skin hydration and getting rid of dead skin



Ingredients:	3
Prep Time:	3 Minutes
Application Time:	5 Minutes
Total Time:	8 Minutes

Ingredients:

- ½ Cup warm [coconut oil](#)
- ½ Cup [sea salt](#)
- 1 Tablespoon lime or lemon zest

Directions:

1. Mix all ingredients in a small bowl.
2. In the shower, apply the scrub onto skin in circular motion.
3. Rinse off.

**This scrub is awesome!
You won't even need to apply lotion.**

Chapter 7

Central America



FACE

Costa Rica



Best for:
Pore shrinking, acne fighting, skin firming, and toning



Ingredients:	2
Prep Time:	2 Minutes
Application Time:	3-5 Minutes
Total Time:	5-7 Minutes

Ingredients:

- 1 Teaspoon of water
- 1 Teaspoon of freshly squeezed orange juice

Directions:

1. Mix water and freshly squeezed orange juice.
2. Dip a cotton ball into the mixture.
3. Smooth all over your face.
4. Allow to sit for 3-5 minutes.
5. Rinse off with warm water and pat dry.

FACE

Guatemala



**Best for:
Oily skin**



Ingredients:	2
Prep Time:	2 Minutes
Application Time:	20 Minutes
Total Time:	22 Minutes

Ingredients:

- ½ Fresh, ripe banana
- ½ Fresh lemon (juiced)

Directions:

1. Mash a banana until smooth.
2. Squeeze lemon into bowl with banana.
3. Mix banana and lemon juice
4. Apply to your face and neck.
5. Let it sit for 15-20 minutes.
6. Rinse off with warm water and pat dry.

FACE

Mexico



Best for:
Hydration, clear pores, and dissolve dead skin



Ingredients:	3
Prep Time:	2 Minutes
Application Time:	10 Minutes
Total Time:	12 Minutes

Ingredients:

- 1 Egg white
- ½ Cup of beer
- ½ Fresh lime (juiced)

Directions:

1. Combine ingredients in a small bowl.
2. Slather onto your face and neck.
3. Let it sit for 10 minutes.
4. Rinse off with warm water and pat dry.

BODY

Mexico



Best for:
Hand scrub for getting rid of dead skin



Ingredients:	2
Prep Time:	1 Minute
Application Time:	3 Minutes
Total Time:	4 Minutes

Ingredients:

- ½ Fresh lemon (juiced)
- ½ Teaspoon of [brown sugar](#)

Directions:

1. Combine ingredients in a small bowl.
2. Rub on your hands for 3 minutes.
3. Gently massage the scrub into your hands for a minute and repeat three times.
4. Rinse and feel the soft and suppleness!

BODY

Belize



Best for:
Body mask for soft skin



Ingredients: 2
Prep Time: 9 Minutes
Application Time: 10 Minutes
Total Time: 19 Minutes

Ingredients:

- 12 Tablespoons of [cocoa powder](#)
- 4 Tablespoons of [honey](#)

Directions:

1. Boil 3-4 cups of water in a pot and let it sit.
2. Combine the ingredients in a bowl.
3. Sit the bowl in the hot water for 3 minutes to warm the mask.
4. Spread on your entire body.
5. Let it dry for 10 minutes.
6. Rinse off in warm bath or shower.

BODY

Guatemala



Best for:
Body mask for smooth skin



Ingredients: 4
Prep Time: 3 Minutes
Application Time: 15 Minutes
Total Time: 18 Minutes

Ingredients:

- 2 Very ripe avocados
- 2 Tablespoons of [olive oil](#)
- 1 Tablespoon of fresh lemon juice
- 1 Cup of fine [sea salt](#)

Directions:

1. Blend avocado, olive oil, and lemon juice really well in a bullet (or a blender).
2. Cover entire body.
3. Let it sit for 15 minutes.
When rinsing off the mask, use sea salt as an exfoliator.

Chapter 8

Eastern Europe



FACE

Russia



Best for:
Smooth and vibrant skin



Ingredients:	2
Prep Time:	1 Minute
Application Time:	16 Minutes
Total Time:	17 Minutes

Ingredients:

- 2 Tablespoons of oatmeal
- 1 Tablespoon of [sunflower oil](#)

Directions:

1. Blend the oatmeal in a bullet (or blender).
2. Combine both ingredients in a small bowl.
3. Mix well.
4. Gently apply to face and neck.
5. Rub in circular motion.
6. Leave on for 10-15 minutes.
7. Rinse off with warm water and pat dry.

Add a dash of lemon juice or a couple of drops of lemon essential oil if you'd like a citrusy smell.

FACE

Ukraine



Best for:
Getting rid of dead skin



Ingredients: 2
Prep Time: 1 Minute
Application Time: 20 Minutes
Total Time: 21 Minutes

Ingredients:

- 1.5 Tablespoons of [honey](#)
- 1 Tablespoon of fine [sea salt](#)

Directions:

1. Mix both ingredients in a small bowl.
2. Wet face with warm water.
3. Gently apply to face and neck.
4. Rub in circular motion.
5. Leave on face and neck for 15 minutes.
6. Rinse off with warm water and pat dry.

FACE

Russia



Best for:
Prevent premature aging, reduction of wrinkles, and pore minimizing



Ingredients: 2
Prep Time: 1
Minute(Overnight)
Application Time: 2 Minutes
Total Time: 3 Minutes

Ingredients:

- 2 Tablespoons of [green tea powder](#)
- ¼ Cup of mineral water

Directions:

1. Combine ingredients in a small bowl.
2. Mix well.
3. Fill up an ice cube tray (as many of the ice cube holders you can).
4. Allow to freeze overnight.
5. Massage ice cube on your face in circular motion for 1-2 minutes.
6. Splash with cold water and enjoy your radiant glow!

BODY

Turkey



Best for:
Dry and aging hands



Ingredients: 2
Prep Time: 2 Minutes
Application Time: 10 Minutes
Total Time: 12 Minutes

Ingredients:

- 2 Tablespoons of plain yogurt
- ¼ Fresh lemon (squeezed)

Directions:

1. Squeeze ¼ fresh lemon into yogurt.
2. Apply generously to your hands.
3. Cover your hands with plastic gloves.
4. Let it sit for 10 minutes.
5. Rinse and love your smooth, youthful looking hands.

BODY

Ukraine



Best for:
Increase circulation and get rid of toxins



Ingredients:	2
Prep Time:	2 Minutes
Application Time:	5-10 Minutes
Total Time:	7-12 Minutes

Ingredients:

- 3 Tablespoons of [honey](#)
- ¼ Cup of [almond oil](#)

Directions:

1. Combine ingredients in a small bowl.
2. Mix extremely well, right until you are applying it to your skin.
3. Massage in circular motion to stimulate circulation.
4. Rinse off with warm water.

BODY

Iceland



**Best for:
Reduce cellulite**



Ingredients: 2
Prep Time: 2 Minutes
(Overnight)
Application Time: 5-10 Minutes
Total Time: 7-12 Minutes

Ingredients:

- 1 Cup of mineral water
- Handful of fresh rose petals or dried roses.

Directions:

1. Pour the combination into an ice cube tray.
2. Freeze overnight.
3. Take a warm shower.
4. Before getting out of the shower, massage your whole body with the ice cube, focusing on areas with cellulite.

Chapter 9

European Union



FACE

Sweden



Best for: Exfoliation



Ingredients:	2
Prep Time:	2 Minutes
Application Time:	16-21 Minutes
Total Time:	18-23 Minutes

Ingredients:

- ½ Teaspoon of [honey](#)
- 1 Egg white

Directions:

1. Mix ingredients in a small bowl.
2. Submerge a wash cloth/hand towel in hot water.
3. Ring out towel.
4. Rest towel on your face for 1 minute.
5. Apply mask to your face and neck.
6. Allow to sit for 15-20 minutes.
7. Rinse off with warm water and pat dry.

FACE

Spain



Best for:
Getting rid of dark circles under your eyes



Ingredients:	1
Prep Time:	1 Minute
Application Time:	10 Minutes
Total Time:	11 Minutes

Ingredients:

- 1 small potato

Directions:

1. Slice up potato into $\frac{1}{4}$ " slices (need two slices).
2. Lay down, cover your eyes, and put the potato slices on top of your eyes.
3. Leave on for 10 minutes.

FACE

Italy



Best for:
Acne fighting and tightening pores



Ingredients: 2
Prep Time: 1 Minute
Application Time: 15-20 Minutes
Total Time: 16-21 Minutes

Ingredients:

- 2 Tablespoons of plain yogurt
- ½ Small tomato (squeezed)

Directions:

1. Combine ingredients and mix in a small bowl.
2. Apply liberally to your face.
3. Allow to sit for 15-20 minutes.
4. Rinse off with warm water and pat dry.

BODY

France



**Best for:
Exfoliating body scrub**



Ingredients: 3
Prep Time: 2 Minutes
Application Time: 10 Minutes
Total Time: 12 Minutes

Ingredients:

- ¼ Cup of freeze dried blueberries
- ¼ Cup of brown sugar
- 3 Tablespoons of jojoba oil

Directions:

1. Grind blueberries into a powder by blending in a bullet (or blender).
2. Combine remainder of ingredients in the blender.
3. In the shower, apply the scrub onto skin in circular motion.
4. Rinse off and feel the softness of your skin.

BODY

Italy



Best for:
Getting rid of dead skin and hydration



Ingredients:	3
Prep Time:	2 Minutes
Application Time:	5-10 Minutes
Total Time:	7-12 Minutes

Ingredients:

- ½ Cup of [olive oil](#)
- ½ Cup of [sea salt](#)
- 3-5 drops of [lavender essential oil](#)

Directions:

1. Combine ingredients in a small bowl.
2. Mix well.
3. Scrub, in circular motion, on your entire body.
4. Rinse off in the shower.

BODY

Greece



Best for:
Removing dirt and moisturizing skin



Ingredients: 4
Prep Time: 5 Minutes
Application Time: 10 Minutes
Total Time: 15 Minutes

Ingredients:

- 1/3 Cup of [olive oil](#)
- 1 Ounce of [beeswax](#)
- 1 Ounce of [rose water](#)
- 10 drops of rose essential oil

Directions:

1. Mix olive oil and beeswax in a glass jar.
2. Stand the jar in a pan of hot water on the stove until wax melts.
3. Add rose water and leave on for 30 seconds.
4. Remove from stove and add essential oil.
5. Apply to your skin while showering.

6. Let it sit for 5-10 minutes.
7. Rinse with warm water.

Chapter 10

Middle East



FACE

Israel



Best for:
Prevent wrinkles and glowing skin



Ingredients:	2
Prep Time:	2 Minutes
Application Time:	10 Minutes
Total Time:	12 Minutes

Ingredients:

- 1 Teaspoon of [honey](#)
- 1 Tablespoon of fresh ginger (grated)

Directions:

1. Mix ingredients in a small bowl.
2. Rub mixture on your face and neck.
3. Feel the revitalizing warmth of ginger.
4. Leave on for 10 minutes.
5. Wash off with cooler water.
6. Pat dry.

FACE

Lebanon



Best for:
Moisturizing, pimples, and removing blackheads



Ingredients: 3
Prep Time: 2 Minutes
Application Time: 30-45 Minutes
Total Time: 32-47 Minutes

Ingredients:

- 2 Tablespoons of [honey](#)
- 1 Tablespoon of cinnamon
- 1 Tablespoon of nutmeg

Directions:

1. Combine ingredients in a small bowl.
2. Spread mixture on your face and neck.
3. Allow it to sit for 30-45 minutes.
4. Exfoliate blackhead area by rubbing in circular motion.
5. Wash off with warm water then pat dry.

FACE

Iran



Best for:
Brightening and soothing skin



Ingredients: 4
Prep Time: 2 Minutes
Application Time: 30 Minutes
Total Time: 32 Minutes

Ingredients:

- 3 Fresh strawberries
- 1 Egg white
- 1 Tablespoon of [rice flour](#)
- 1 Tablespoon of [rose water](#)

Directions:

1. Crush up the strawberries in a bowl.
2. Mix together remainder of ingredients.
3. Apply to your face and neck.
4. Leave on for 30 minutes.
5. Wash off with warm water then pat dry.

BODY

Lebanon



Best for: Moisturizing body scrub



Ingredients:	4
Prep Time:	2 Minutes (Sit in a jar for 1-2 days)
Application Time:	10 Minutes
Total Time:	12 Minutes

Ingredients:

- ¼ Cup of [brown sugar](#)
- ¼ Cup of [olive oil](#)
- ½ Tablespoon of [almond oil](#)
- Handful of rose pedals

Directions:

1. Combine all ingredients in a bowl.
2. Mash all ingredients together with a large spoon.
3. Let it sit for 1-2 days so the rose pedals can penetrate the oil.
4. Massage all over your body and into your skin.
5. Let it sit for 10 minutes.
6. Rinse and enjoy the smell and touch of your skin.

BODY

Iraq



Best for:
Clear skin and treating eczema



Ingredients:	3
Prep Time:	3 Minutes
Application Time:	15-20 Minutes
Total Time:	18-23 Minutes

Ingredients:

- Handful of mint leaves
- 1 Fresh lemon (juiced)
- 1 Cup of warm water

Directions:

1. Blend mint leaves in a bullet (or blender).
2. Mix all ingredients in a bowl.
3. Apply all over body.
4. Leave on for 15-20 minutes.
5. Rinse with warm water.

BODY

Israel



Best for:
Removing toxins in the body and skin irritation



Ingredients: 4
Prep Time: 3 Minutes
Application Time: 10 Minutes
Total Time: 13 Minutes

Ingredients:

- ¼ Cup of fine [sea salt](#)
- 1 Tablespoon of [kelp powder](#)
- ½ Cup of [coconut oil](#)
- 10-15 drops of [lavender essential oil](#)

Directions:

1. Mix all of the ingredients together in a bowl.
2. In the shower, apply the scrub generously in circular motion to your body.
3. Rinse off with warm water.

Chapter 11

North America



FACE

United States



Best for:
Hydration and anti-aging



Ingredients:	3
Prep Time:	2 Minutes
Application Time:	20 Minutes
Total Time:	22 Minutes

Ingredients:

- 2 Tablespoons of [cocoa powder](#)
- 2 Tablespoons of plain yogurt
- 1 Tablespoon of [honey](#)

Directions:

1. Mix all three ingredients in a bowl.
2. Apply mousse to your dry face and neck.
3. Allow 20 minutes for the mousse to penetrate your skin.
4. Rinse off with warm water then pat dry.
5. Feel the smoothness.

**This scrumptious mask is dangerously delicious to taste.
Be sure not to eat it all before it makes it to your face!**

FACE

Canada



Best for:
Skin brightening mask



Ingredients: 4
Prep Time: 2 Minutes
Application Time: 20 Minutes
Total Time: 22 Minutes

Ingredients:

- 1 Tablespoon of pureed pumpkin
- 1 Tablespoon of yogurt
- 1 Tablespoon of [honey](#)
- 1 Tablespoon of [olive oil](#)

Directions:

1. Mix ingredients together in a small bowl.
2. Apply to your face and neck.
3. Let it sit for 15-20 minutes.
4. Rinse off with warm water then pat dry.

FACE

United States



Best for:
Pore minimizer



Ingredients: 2
Prep Time: 1 Minute
Application Time: 20-30 Minutes
Total Time: 21-31 Minutes

Ingredients:

- ½ Fresh peach
- 1 Egg white

Directions:

1. Juice ½ a peach.
2. Combine with egg white and whisk.
3. Dip a cotton ball in the mixture.
4. Apply to face and neck.
5. Leave on for 20-30 minutes.
6. Rinse off with warm water then pat dry.

BODY

Bermuda



**Best for:
Smooth skin**



Ingredients: 3
Prep Time: 2 Minutes
Application Time: 30 Minutes
Total Time: 32 Minutes

Ingredients:

- $\frac{3}{4}$ Cup of whole milk
- 2 Tablespoons of [honey](#)
- 3 Tablespoons of dried lavender flower or 3-5 drops of [lavender essential oil](#)

Directions:

1. Blend lavender in a bullet (or blender) until it becomes powder.
2. Mix powder with remaining ingredients.
3. Pour mixture into your bath.

Play some spa music and light some candles and relax. You're going to feel like a queen!

BODY

United States



Best for:
Hand and foot scrub to get rid of dead skin.



Ingredients: 2
Prep Time: 5 Minutes
Application Time: 5 Minutes
Total Time: 10 Minutes

Ingredients:

- 4 Tablespoons of fine [sea salt](#)
- 1 Tablespoon of warm [avocado oil](#)

Directions:

1. Warm the avocado oil on your stovetop.
2. Mix ingredients in a small bowl.
3. Gently massage the scrub into your hands and feet for 30-60 seconds.
(Don't forget to exfoliate between your fingers and your toes.)
4. Repeat twice.

BODY

United States



Best for:
Removing dead skin, softening, and moisturizing



Ingredients: 5
Prep Time: 3 Minutes
Application Time: 5 Minutes
Total Time: 8 Minutes

Ingredients:

- 1 Cup of oatmeal
- ½ Cup of [olive oil](#)
- 1 Tablespoon of vanilla extract
- 1 Tablespoon of [honey](#)
- 1 Tablespoon of [brown sugar](#)

Directions:

1. Blend oatmeal in a bullet (or blender) until it turns to powder.
2. Add rest of ingredients and blend.
3. In the shower, scrub on your body in circular motion.
4. Rinse off with warm water.

Chapter 12

Oceania



FACE

Australia



**Best for:
Overnight anti-aging**



Ingredients: 1
Prep Time: 0 Minutes
Application Time: 2 Minutes
Total Time: 2 Minutes

Ingredients:

- Dime size of [Emu oil](#)

Directions:

1. Apply dime size of Emu oil at night before going to bed to your clean face and neck.
2. Rinse off in the morning with cool water.

FACE

French Polynesia



**Best for:
Intense hydration**



Ingredients: 1
Prep Time: 0 Minutes
Application Time: 20 Minutes
Total Time: 20 Minutes

Ingredients:

- 1 Teaspoon [Monoi oil](#)

Directions:

1. Apply Monoi oil generously to face and neck.
2. Let it sit for 20 minutes.
3. Rinse off with warm water then pat dry.

This is great for winter time.

FACE

Australia



**Best for:
Oily skin**



Ingredients:	2
Prep Time:	1 Minute
Application Time:	10 Minutes
Total Time:	11 Minutes

Ingredients:

- ½ Fresh ripe kiwi
- A few drops of fresh squeezed lemon

Directions:

1. Mash kiwi until smooth.
2. Add few drops of lemon and mix.
3. Apply to dry face and neck.
4. Leave on for 10 minutes.
5. Rinse off with warm water then pat dry.

BODY

Fiji



Best for:
Skin exfoliating, brightening, and tightening



Ingredients: 3
Prep Time: 2 Minutes
Application Time: 5 Minutes
Total Time: 7 Minutes

Ingredients:

- ½ Cup of fresh mango
- ½ Cup of fresh pineapple
- ½ Cup of [brown sugar](#)

Directions:

1. Blend ingredients in a bullet (or a blender).
2. Apply to entire body, massaging in circular motion.
3. Rinse with warm water.

BODY

New Zealand



Best for:
Body scrub get rid of dead skin



Ingredients: 4
Prep Time: 2 Minutes
Application Time: 5 Minutes
Total Time: 7 Minutes

Ingredients:

- Handful of fresh raspberries
- 1 Cup of [brown sugar](#)
- 1 Tablespoon of [almond oil](#)
- 1 Tablespoon of warm [coconut oil](#)

Directions:

1. Blend ingredients in a bullet (or a blender).
2. Apply to entire body, massaging in circular motion.
3. Rinse with warm water.

BODY

Australia



Best for:
Skin softening, and moisturizing



Ingredients: 4
Prep Time: 2 Minutes
Application Time: 5 Minutes
Total Time: 7 Minutes

Ingredients:

- ¼ Cup of fine [sea salt](#)
- ½ Cup of [macadamia oil](#)
- ½ Tablespoon of dried lavender
- 2-3 Drops of your favorite essential oil

Directions:

1. Blend all of the ingredients in a bullet (or blender).
2. While in the shower, scrub your entire body in circular motion.
3. Allow the water to rinse the scrub off.
4. No lotion needed. Enjoy your soft skin!

Chapter 13

South America



FACE

Brazil



Best for:
Face and neck rejuvenation



Ingredients: 2
Prep Time: 2 Minutes
Application Time: 30-40 Minutes
Total Time: 32-42 Minutes

Ingredients:

- ½ Cup of oatmeal
- ¼ Cup of whole milk

Directions:

1. Blend the oatmeal in a bullet (or blender) until it's a powdery consistency.
2. Combine the ingredients in a small bowl.
3. Stir until a nice paste like consistency.
4. Apply to your face and neck.
5. Let it sit for 30-40 minutes.
6. Rinse off with warm water then pat dry.

FACE

Chile



Best for:
Oily skin, glowing skin



Ingredients: 2
Prep Time: 2 Minutes
Application Time: 15-20 Minutes
Total Time: 17-22 Minutes

Ingredients:

- 7-10 Red grapes
- 2 Tablespoons of [coconut flour](#)

Directions:

1. Blend grapes in a bullet (or blender).
2. Add in flour and blend.
3. Apply mask to clean face and neck.
4. Let it sit for 15-20 minutes.
5. Rinse off with warm water then pat dry.

FACE

Columbia



**Best for:
Glowing skin**



Ingredients:	3
Prep Time:	2 Minutes
Application Time:	20 Minutes
Total Time:	22 Minutes

Ingredients:

- 2 Fresh strawberries
- 1 Tablespoon of yogurt
- 1 Tablespoon of [honey](#)

Directions:

1. Mash Strawberries until smooth.
2. Mix all ingredients well.
3. Apply to clean face and neck.
4. Leave on for 20minutes.
5. Rinse off with warm water then pat dry.

BODY

Venezuela



Best for:
Moisturizing and exfoliating dry skin



Ingredients: **3**
Prep Time: **3 Minutes**
Application Time: **15 Minutes**
Total Time: **18 Minutes**

Ingredients:

- 1 Ripe avocado
- 1/3 Cup of ground almonds
- ¾ Cup of oatmeal

Directions:

1. Blend oatmeal in a bullet (or blender).
2. Mix all ingredients together really well.
3. Apply to entire body, massaging in circular motion.
4. Rinse with warm water.

**Nayri likes to add 2 tablespoons
of avocado oil to this recipe.**

BODY

Columbia



Best for:
Dry skin, smoothing skin



Ingredients: 4
Prep Time: 2 Minutes
Application Time: 10 Minutes
Total Time: 12 Minutes

Ingredients:

- ¼ Cup of warm [coconut oil](#)
- ½ Cup of [ground coffee](#)
- ½ Cup of [brown sugar](#)
- 1 Tablespoon of ground cinnamon

Directions:

1. Mix all ingredients together in a bowl until well combined.
2. In the shower, apply to wet skin.
3. Rub in circular motion to entire body.
4. Rinse with warm water.

BODY

Ecuador



Best for:
Skin softening, and moisturizing



Ingredients: 4
Prep Time: 2 Minutes
Application Time: 15-20 Minutes
Total Time: 17-22 Minutes

Ingredients:

- 2 Very ripe avocados
- ¼ Cup of fine [sea salt](#)
- ½ Fresh lemon (juiced)
- 1 Tablespoon of [avocado oil](#)

Directions:

1. Blend avocado in a bullet (or blender).
2. Add remaining ingredients and blend well.
3. Cover your entire body and massage in circular motion.
4. Let it sit for 15-20 minutes.
5. Rinse with warm water.

Letter from Barbara and Nayri,

First, we'd love to congratulate you and welcome you to the ancient beauty secrets family! We understand that there is a lot of information available these days, and sometimes it's extremely hard to decipher fact from fiction. We appreciate you entrusting us to help guide you through your skincare regimen to come out with beautiful, resilient, radiant skin!

We've spent decades of years studying, learning, listening to experts in this area and finally felt like we were ready to share the most potent, relevant and cost effective strategies to staying youthful forever! So we are grateful that you've decided to join us in our mission to look great for longer than we thought possible.

Keep up with us as we're taking the lessons we've learned about skin and will be applying them to hair next! As we've already had thousands of requests on strategies for keeping the sexiest, strongest, and shiniest hair! And we know there are TONS of family secrets out there since we've started researching!

Until next time! Remember, it's not the family genes, it's the family secrets!



Barbara Statter and Nayri Ishkhanian
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