



bright & beautiful

*Beauty treatments using
all-natural honey.*



The Latest Buzz



Can't spend the day at a beauty spa? You can still get a sweet treatment. All-natural honey has been used as a beauty product since the days of Cleopatra and it continues to be used today in manufactured and homemade products for skin and hair care. Honey is a natural humectant, which means it has the ability to attract and retain moisture. The skin's ability to stay moist (or hydrated) is an important factor in its ability to maintain softness, suppleness and elasticity. As skin ages, or as it is exposed to environmental stresses and chemical agents, it loses its ability to retain water; it becomes dry and appears wrinkled. Honey's natural hydrating properties make it ideal for use in moisturizing products. Because it's all natural and doesn't irritate the skin, honey is also suitable for sensitive skin products.



Studies have also revealed that honey has significant natural antioxidant properties. Antioxidants play a role in protecting the skin from the damage of UV rays, and aiding in skin rejuvenation. Prolonged exposure to the sun's UV radiation can cause skin damage, premature aging and even skin cancer. The Cosmetics, Toiletries and Fragrance Association reports that, because chemical and physical barrier sunscreens can cause skin irritation, companies are researching the use of antioxidants, anti-irritants and moisturizers in sun care products. Honey has potential for use in these products.

A recent review of medical research documents honey's effectiveness as an antimicrobial agent. Antimicrobial agents inhibit the growth of certain bacteria. According to Janice Cox, author of *Natural Beauty at Home*, "Honey's antimicrobial properties make it useful for the treatment of minor acne flare-ups. Also, unlike some acne treatments, honey doesn't dry the skin." Honey is antimicrobial for many reasons, including its high sugar content, which limits the amount of water available to bacteria for growth; its relatively high acidity (low pH); and its low protein content, which deprives bacteria of nitrogen needed for growth. The presence in honey of hydrogen peroxide, and the antioxidants honey contains, also inhibit bacterial growth.



Honey's prospects in skin care are looking even sweeter; research is currently underway to develop a process using honey to create alpha hydroxy acids (AHAs). AHAs are an important ingredient in many skin creams and moisturizers because they help exfoliate the skin. Exfoliation increases the renewal of the skin cells and gives skin a younger, more vibrant look. Exfoliation can also cause skin irritation, so honey's natural moisturizing ability makes it a perfect fit for AHA products.



Pamper Your Honey



If your honey becomes cloudy or granular, part of honey's natural process of crystallization, you can easily restore it to a sparkling liquid state. Simply place the honey jar in warm water and stir until the crystals dissolve. Or place the honey in a microwave-safe container with the lid off and microwave on HIGH (100%), stirring every 30 seconds, until the crystals dissolve. Always store honey at room temperature, never in the refrigerator.

A Spoonful a Day



The old saying is "you are what you eat." Recent studies by Hoffmann-LaRoche, Inc. show that antioxidants in the diet also play a role in protecting the skin from the damage of the sun and other environmental stresses. In addition to antioxidants, honey provides a wide array of essential vitamins and minerals at trace levels and is a source of quick energy. Although sweeteners generally do not contain protein, several different amino acids, the building blocks of protein, have been identified in honey. To reap the benefits of honey's healthful properties, make honey part of your daily diet, along with plenty of fruits, vegetables and water.

Note: Honey should not be fed to babies under one year of age. Honey is a safe and wholesome food for older children and adults.



- Stir a spoonful of honey into your morning juice or afternoon yogurt.
- Sweeten coffee and tea with honey.

- Drizzle your favorite cereal with honey or look for honey-sweetened cereals in the grocery store.
- Pair honey with peanut butter for a grab 'n go sandwich spread.

Honey, You're a Natural Beauty



Why buy expensive beauty products when you can easily make them yourself? With common household ingredients like milk, nuts and oil, you can turn honey into an inexpensive, all-natural cleanser or conditioner. Try one of these ideas and then you'll hear, "Honey, you're beautiful."

Honey Cleanser

Mix 1 tablespoon honey with 2 tablespoons finely ground almonds and 1/2 teaspoon lemon juice. Rub gently onto face. Rinse with warm water.

Facial Toner

In a blender, purée 1 tablespoon honey with a peeled, cored apple. Smooth over face. Leave on 15 minutes. Rinse with cool water.

Firming Facial Mask

Whisk together 1 tablespoon honey, 1 egg white, 1 teaspoon glycerin (available at drug and beauty stores) and enough flour to form a paste. Smooth over face and throat. Leave on 10 minutes. Wash off with warm water.

Skin Softening Bath

Add 1/4 cup honey to bath water for a fragrant, silky bath.



Smoothing Skin Conditioner

Mix 1 teaspoon honey with 1 teaspoon vegetable oil and 1/4 teaspoon lemon juice. Rub into hands, elbows, heels and anywhere skin feels dry. Leave on 10 minutes; rinse off.

Hair Shine

Stir 1 teaspoon honey into 4 cups (1 quart) warm water. (Add a squeeze of lemon if desired.) After shampooing, pour mixture through hair. Do not rinse out. Dry as normal.

Hair Conditioner

Mix 1/2 cup honey with 1/4 cup olive oil. (Use 2 tablespoons oil for normal to oily hair.) Using a small amount at a time, work mixture through hair until coated. Cover hair with a shower cap; leave on 30 minutes. Remove shower cap; shampoo well and rinse. Dry as normal.

Soothing Skin Clarifier (for minor acne flare-ups)

Mix 1/2 cup warm water with 1/4 teaspoon salt. Using a cotton ball, apply directly to blemish. Maintain pressure with cotton ball for several minutes, to soften blemish. Using a cotton swab, dab honey on blemish; leave on 10 minutes. Rinse and pat dry.



- Dip apple slices and other fresh fruit in honey.

- Dress up a snack of crackers and cheese with a dab of honey.

- Eat a spoonful of honey before your morning jog or weekend volleyball game. To replenish fluids after exercising, stir a spoonful of honey into a glass of water.