

# THE BEAUTY OF HONEY

Hollywood has the buzz on beauty and it's honey. From skin care to hair care, some of the world's most notorious beauties used honey. Cleopatra, ritualistically bathed in milk and honey; and Queen Anne of England kept her legendary mane lustrous and strong with a mixture of honey and oils. Today, several Hollywood trendsetters use honey as part of their regular beauty treatments.

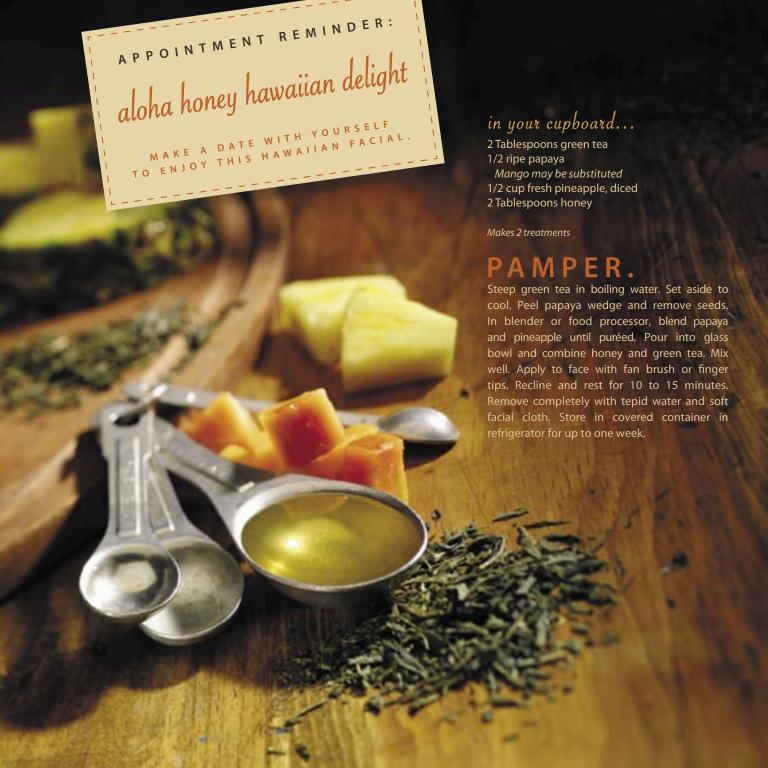
### Why honey?

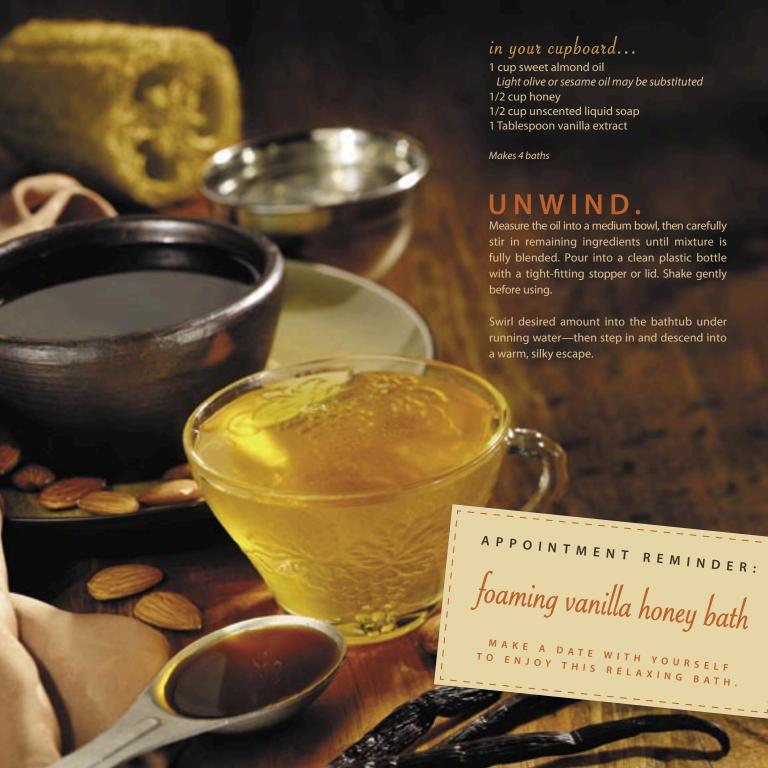
Honey is nature's moisturizer. It is a humectant, which means it helps to attract and retain moisture. Honey also acts as an anti-irritant, making it suitable for sensitive skin. Many of today's manufactured beauty products, such as creams, cleansers and shampoos use honey.

## Homemade beauty

It doesn't take a celebrity-sized salary to get glowing skin. Save money and create spa-like, honey-based beauty products at home. Because honey contains naturally occurring enzymes, vitamins and minerals, 100 percent pure honey is best for skin. Be sure to look at the label to ensure your honey is all natural. Here are a few recipes to get you started. If you're left wondering about the benefits to any of these ingredients, please reference our beauty listing at the end of this brochure and visit www.honey.com for more recipes!











#### **INGREDIENTS:**

#### morning buzz body scrub

**BUTTERMILK:** Can be used as a deep cleanser. It nourishes and softens the skin.

**HONEY:** 100 percent pure honey is renowned for its skin soothing and moisturizing properties.

**GRAPESEED OIL:** A preferred cosmetic ingredient for damaged and stressed tissues, possessing regenerative qualities. Used as an all-over skin moisturizer, grapeseed oil is known to reduce the look of stretch marks.

**EGG WHITES:** Effective cleanser and pore-reducer.

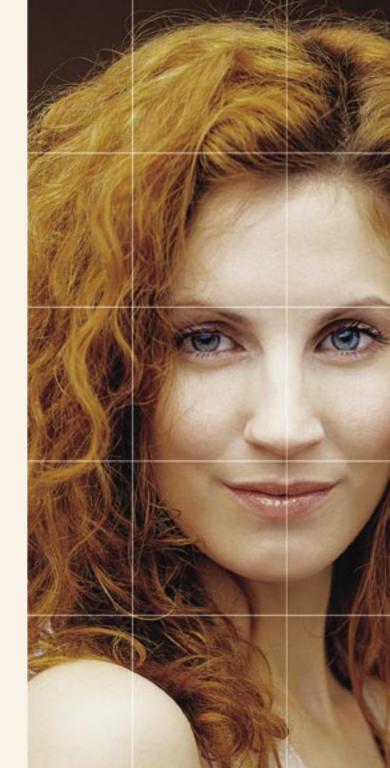
**GROUND COFFEE:** Gently firms and tones skin, minimizing pores and sloughing off dead skin allowing fresh new skin underneath to be revealed.

**WHEAT GERM:** Helps counter the effects of sun damage, smoking exposure and pollution. Improves skin texture, oil production and fine lines.

#### aloha honey hawaiian delight

**GREEN TEA:** Green tea is naturally rich in antioxidants and helps fight aging caused by the sun, pollution and other free radicals in the environment.

**PAPAYA:** Delivers exceptional benefits to the skin, papaya has long been used to cleanse, soften and rejuvenate from the inside out.



**PINEAPPLE:** Loaded with vitamins and minerals, pineapple relaxes the skin, reduces inflammation and cares for other dermatitis conditions.

**HONEY:** 100 percent pure honey is renowned for its skin soothing and moisturizing properties.

#### foaming vanilla honey bath

**ALMOND OIL:** The benefits of almond oil come from the fact that it is high in minerals, protein, naturally occurring vitamins (A,  $B_1$ ,  $B_2$ ,  $B_6$  and E) and in mono and polyunsaturated fatty acids. Sweet almond oil is easily absorbed into the skin leaving it soft and smooth.

**HONEY:** 100 percent pure honey is renowned for its skin soothing and moisturizing properties.

LIQUID SOAP: Gentle cleanser.

**VANILLA EXTRACT:** The extract taken from the vanilla plant helps to boost the body's ability to moisturize and give it the power to heal itself. It will help aid in maintaining healthy, moisturized skin all day and night.

## honey hair conditioner

**HONEY:** 100 percent pure honey is renowned for its skin soothing and moisturizing properties.

**OLIVE OIL:** Moisturizes, deep conditions and helps to prevent split ends. Thick hair responds very well to the heavier oils like olive and coconut oil. Other hair types, like fine or thin hair, will do better with lighter oils like sesame and almond oil.

harvest pumpkin exfoliating mask

**GREEN TEA:** Green tea is naturally rich in antioxidants and helps fight aging caused by the sun, pollution and other free radicals in the environment.

**PINEAPPLE:** Loaded with vitamins and minerals, pineapple relaxes the skin, reduces inflammation and cares for other dermatitis conditions.

**PUMPKIN PURÉE:** Rich in Vitamins A & C, pumpkin also contains exfoliating enzymes that help to wash away dead skin cells, rejuvenating the skin.

**HONEY:** 100 percent pure honey is renowned for its skin soothing and moisturizing properties.

**ALOE VERA:** Used for healing infections and soothing burns, aloe vera is an anti-inflammatory that calms and moisturizes the skin.

**SUNFLOWER OIL:** Acts as an emollient to gently soften the skin.

**CORNMEAL:** An effective, yet gentle, exfoliate.

**FRANKINCENSE ESSENTIAL OIL:** Helps improve dry, chapped mature-looking skin.

**CINNAMON EXTRACT:** Has been known to eliminate the growth of any bacteria on the skin. Helpful on acne-prone skin types.





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