

HONEY

*Beauty Recipes
For Every Generation*



Think back to the time when you grew up.

Life was easy and carefree. Your look was flawless. And so was your skin. Well, now you can recapture the days of your youth without any artificial serums or expensive treatments.

Get back to basics with nature's timeless beauty secret—honey.

Here, you'll find all-natural beauty recipes for every generation—specifically developed to address common issues you might be facing. Developed by Christopher Watt—Hollywood's aesthetician to the stars—these recipes will leave you feeling like you did back in the good old days.



If you grew up in the '50s and '60s...

you grew up in a swingin' good time, daddy-o. The world was going through some pretty radical changes, but you kept it real with your revolutionary attitude and can-do spirit. **Get your skin feeling like it did**

during the British Invasion with a **Soothing Honey Balancing Balm.**

Created to help mitigate the lines and wrinkles caused by dry skin, this moisture-boosting mix of all-natural ingredients will have you feeling fresh-faced, fearless and ready to take on the world once more.

Soothing Honey Balancing Balm

Ingredients:

- 1/4 cup Cocoa butter
- 1/4 cup honey
- 1 teaspoon Jojoba oil
- 1 drop Bergamot essential oil
- 1 drop Tea Tree essential oil
- 1 drop Lavender essential oil

In small double boiler, melt Cocoa butter until clarified. Remove from heat and pour into small glass dish. Add honey and stir well. In separate glass dish combine essential oils with Jojoba oil. Combine ingredients and stir well. Store in covered container in cool place away from sun or heat. Let stand to thicken before use.

To Use:

Apply to face and neck as final step in facial process. Leave on skin or remove after 30 minutes using tepid or cool water.





As a child of the '70s...

you know a thing or two about keeping it natural. With your macramé, long hair and ponytails tied with yarn, you grew up during the back-to-the-land movement and very first Earth Day. **Get back that groovy look** with the all-natural **Aloha Honey Hawaiian Delight**. It can help balance some of the hyper pigmentation caused by sun damage and it might even help diminish some of those pesky fine lines.

Aloha Honey Hawaiian Delight

Ingredients:

- 1/4 ripe papaya (one quarter of the fruit)
- 1/4 cup fresh pineapple, diced
- 1/2 cup honey
- 1 Tablespoon green tea, brewed

Steep green tea and set aside. Slice papaya into quarters. Peel and remove seeds of one quarter piece. Blend papaya and pineapple in blender or food processor until puréed. Pour into glass bowl and combine honey and green tea. Mix well. Store in covered container in refrigerator for up to one week.

To Use:

Apply to face with fan brush or fingertips. Recline and rest for 10–15 minutes. Remove completely with tepid water and soft facial cloth.



Simply Sweet Honey Face Scrub

Ingredients:

- 6 medium strawberries
- 1 small cactus fruit (optional)
- 1/4 cup oatmeal (uncooked)
- 1/2 cup honey
- 2 teaspoons green tea, brewed
- 3 teaspoons natural sugar (raw sugar works well)

Wash strawberries and remove stems. Peel cactus fruit and discard skin. Slice in quarters, set aside. Using food processor or blender, combine strawberries, cactus fruit, oatmeal, honey and green tea. Mix until puréed. Place in glass or rubber mixing bowl. Stir in sugar until completely mixed. Store in covered container in refrigerator for up to one week.

To Use:

Apply small amount to cheeks, forehead, chin and neck. Using fingertips, work product into skin using circular motions. Repeat. Apply more product as needed until entire face and neck are covered. May be left on skin for 10 minutes as a mask or removed immediately. Rinse completely using tepid or cool water.



So, like if you grew up in the '80s...

then, like that's totally awesome. You were like so rad in those leg warmers and mini-skirts. Everything was energetic and bright—just like your skin. **Get that fresh-faced feeling back again** with a **Simply Sweet Honey Face Scrub**. It can exfoliate and moisturize, helping you keep that youthful glow. Once you're refreshed and renewed, you can go out and see if they still sell that tutti-frutti lip gloss you used to love so much.





In the '90s, you grew up with...

hip-hop, power pop and alternative rock as your soundtrack. Your mom stocked the house with fat-free treats that you and your friends ate while you made scrunchies for your hair. **Your skin is probably still looking great**, but now's the time

to keep it that way. This

Zesty Lemon Honey Mask

can help manage breakouts while keeping your skin moisturized. And proper moisture can help keep early signs of aging—like wrinkles—away.



Hey there, '90s Girl!

Zesty Lemon Honey Mask

Ingredients:

- 3 Tablespoons powdered Bentonite or Kaolin clay*
- 3 Tablespoons green or white tea, brewed
- 1/4 teaspoon powdered Lemon Balm herb* (optional)
- 1/2 cup honey
- 3 drops Bergamot essential oil* (optional)
- 2 drops Rosemary essential oil* (optional)
- 1 drop Lavender essential oil* (optional)

*Items are available in most health food stores, herb stores or ordered online.

In glass or rubber bowl, mix powdered clay and tea until creamy. Mix in Lemon Balm and honey until completely blended. Slowly stir in Bergamot, Rosemary and Lavender essential oils until all ingredients are combined into a thick, creamy texture. It may be necessary to add more powdered clay.

Store in covered container away from direct sunlight or heat for up to one week.

To Use:

Apply with clean fingertips to clean skin. Leave on for 10 minutes or until dry. Remove in short “rolling” motion until completely removed from skin. Rinse well and apply appropriate moisturizer.

The Beauty of Honey.

Every generation—since the beginning of time—has enjoyed honey as part of their beauty regimen. *That's because honey provides an all-natural alternative to over-the-counter treatments. A natural humectant, it attracts and retains moisture—a quality that can help keep skin hydrated and glowing. It's also an anti-irritant, making it a preferred ingredient for those with sensitive skin and acne. No matter what your age, honey may help you maintain a youthful glow and leave you feeling great about using an all-natural product on your skin.*



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The Recipes.

Licensed aesthetician Christopher Watt

has rapidly risen to fame as one of the country's leading skin care experts. His skin care philosophy is centered on using natural ingredients. Simple ingredients—like 100% pure honey. He is responsible for the glowing, radiant complexions of Jennifer Lopez, Halle Berry, Rose McGowan, Ricky Martin and many more, including you! Christopher developed the recipes in this brochure so that anyone and everyone can get an all-natural, superstar treatment—right in their very own home.



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