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Say
goodbye
to problem
skin

Holistic
healing,
redefined

Why we *all*
need to detox

Summer recipe special

- Juices and smoothies
- Raw ice cream

Summer
2010
UK £3.95
US \$7.95



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Feed your skin

Cherie Soria presents quick and easy recipes for making your own cleansers, masks and scrubs.

In the last issue we addressed some of the steps we can take to achieve a healthy, glowing complexion from the inside, including things as simple as getting enough sleep and eliminating foods and drinks that cause premature aging. In this issue I bring you seven recipes for feeding your skin from the outside. All are super simple to prepare and will leave your skin cleansed and rejuvenated.

Exfoliating Oatmeal Cleanser, Scrub and Mask

(Suitable for all skin types)

- 2 tablespoons oatmeal, finely ground
 - 2 tablespoons liquid probiotics
 - 2 tablespoons agave syrup, coconut nectar syrup, or honey
 - 1-2 drops rose or lavender oil
- 1** Combine ingredients in a small jar, seal with a watertight lid, and place in a hot water bath for 5 minutes.
 - 2** Use half the mixture to gently scrub your face, avoiding the delicate skin around your eyes. Set the rest aside for a few minutes.
 - 3** Remove the scrub with warm water, and blot with a towel.
 - 4** Apply the remaining to your face as a mask and relax for 15 minutes.
 - 5** Wash your face again, towel blot, and finish with oil or moisturiser.

Exfoliating Salt Scrub

(For the entire body)

- ¼ cup fine sea salt
 - ¼ cup liquid coconut oil
 - 2-4 drops of peppermint essential oil
- 1** Combine ingredients and gently rub all over your body in a circular motion.
 - 2** Rinse off in the shower.
 - 3** Follow with a moisturiser immediately after you dry off.



Natural Fruit Acid Cleanser and Peel

(For oily skin)

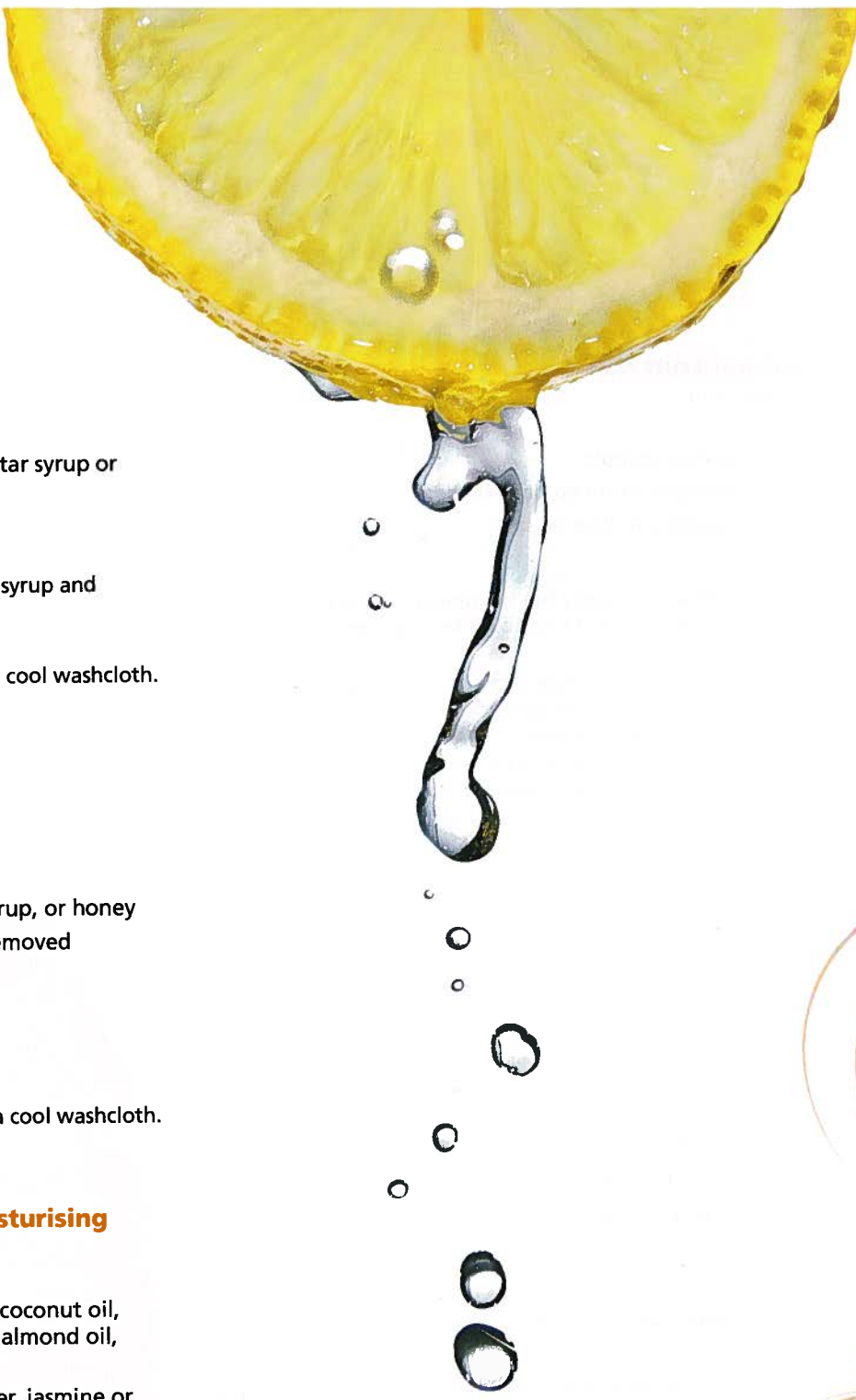
- 1 fresh pineapple
 - 2 tablespoons rolled oats, finely ground
 - 1 tablespoon olive oil
- 1** Cut the rough peel from the pineapple, including some of the flesh, and put in a blender with the rest of the ingredients.
 - 2** Use half of the mixture to gently scrub your face, avoiding the delicate skin around your eyes. Set the rest aside for a few minutes.
 - 3** Remove the core from the (now peeled) flesh of the pineapple and make a smoothie using dark leafy greens, ground chia seeds, and anything else you typically put in your favourite smoothie.
 - 4** Apply the remaining pineapple mask to your face and sip your smoothie.
 - 5** By the time you finish your drink, you can wash the mask off your face and finish with oil or moisturiser. Your skin will feel smooth and beautifully flushed!

Rose-Scented Clay Mask

(For oily skin)

- 1½ tablespoons aloe vera gel
 - 2 teaspoons green clay (French is preferred)
 - 1 tablespoon rose water
 - 1 drop rose oil
- 1** Combine clay, aloe vera gel, rose water and rose oil.
 - 2** Apply to face and relax for 15 minutes.
 - 3** Rinse with warm water and finish with a cool washcloth.
 - 4** Apply your favourite moisturiser or oil.





Soothing Banana Face Mask

(For sensitive skin)

- 1 banana, preferably ripe
 - 1 tablespoon agave syrup, coconut nectar syrup or honey
 - 1 teaspoon orange or lemon juice
- 1** Mash the banana until smooth. Add the syrup and orange or lemon juice.
 - 2** Apply to face and relax for 15 minutes.
 - 3** Rinse with warm water and finish with a cool washcloth.
 - 4** Apply your favourite moisturiser or oil.

Natural Astringent Mask

(For oily skin)

- ½ teaspoon lemon juice
 - 1 tablespoon agave, coconut nectar syrup, or honey
 - ½ cup chopped strawberries, leaves removed
 - 2 drops of your favourite essential oil
- 1** Mash or blend ingredients.
 - 2** Apply to face and relax for 15 minutes.
 - 3** Rinse with warm water and finish with a cool washcloth.
 - 4** Apply your favourite moisturiser or oil.

Scented Oil for Cleansing and Moisturising

(For dry skin)

- 1 ounce moisturising oil (choose from coconut oil, sesame seed oil, grape seed oil, sweet almond oil, avocado oil and jojoba oil)
 - 1-4 drops of essential oil (rose, lavender, jasmine or sandalwood)
- 1** Combine the two oils in a small, shallow bowl.
 - 2** Wash face, towel blot, and apply a light film, massaging gently. May also be used as a massage oil.



Cherie Soria

is the founder and director of the Living Light Culinary Arts Institute and author of three books. Cherie is known as the “mother of gourmet raw cuisine” and has been teaching raw vegan culinary arts to students and teachers from around the world since 1992. Visit RawFoodChef.com or call (001) 707-964-2420 for information.