THE HONEY PHENOMENON

REVERSE Aging with Liquid Gold

The Alternative Daily
Do you know what’s in your skin care products? Many products we use contain harsh chemicals, parabens (which have been linked to cancer) and other artificial ingredients. Want to know a few skin care ingredients that may be causing problems for your health?

1. **Parabens.** Ingredients like methylparaben and butylparaben are common in a lot of beauty products. They have been found in breast cancer tumors and have been linked to serious long-term diseases. They’re also considered endocrine disrupters and can cause reproductive problems.

Avoid products with parabens at all costs.

2. **Fragrance.** Unless you’re using a product that’s scented with essential oils, most companies use chemicals to artificially create a scent. Besides creating an allergy issue, chemical-laden fragrances can lead to hormone disruption. To be safe, choose products made with essential oils or natural scents.

3. **Preservatives.** To extend the life of products (so they don’t spoil), companies use preservatives such as methylisothiazolinone and methylchloroisothiazolinone, which may have neurotoxic properties.

Your skin is your body’s largest organ. Whatever you’re putting on (or in) your body, including conditioner, deodorant, toothpaste and lotion, is being absorbed and either encouraging good health or wreaking havoc on your system.
Look at the labels of the products you’re using and make sure they’re not laden with preservatives.

Honey - Nature’s Answer

Not only are honey’s therapeutic health properties well known, it is also known that honey has the ability to help you look your best. Cleopatra herself used honey as an integral part of her beauty routine.

Honey is a natural humectant, meaning it not only draws moisture from the air and keeps skin hydrated, it is also loaded with enzymes and anti-oxidants, as well as anti-inflammatory and nourishing properties that clean and feed the skin. All of this without the worry of dangerous chemicals!

Honey Beauty Recipes

Here are a few of our favorite honey beauty recipes to keep you glowing and looking great.

Makeup Remover

Ingredients:
- Honey
- Organic coconut oil

Instructions:
1. Mix enough honey and coconut oil together to form a spreadable mixture.
2. Apply to face (do not get in eyes), then rinse with warm water.
3. Pat dry.
Honey Sunburn Treatment

Ingredients:
- 1 part raw honey
- 2 parts pure aloe vera

Instructions:
Mix the ingredients together and apply to sore skin.

Coconut Honey Hair Mask

Ingredients:
- 2 tablespoons coconut oil
- 2 tablespoons honey

Instructions:
1. Heat the honey and coconut oil in a small saucepan until well combined and warm.
2. Apply hair mask to damp hair.
3. Run your fingers or a wide tooth comb through your hair to distribute the mask evenly.
4. Wrap your hair into a bun and allow the mask to sit for 30-40 minutes.
5. Rinse clean with warm water.

Dark Circle Remover

Ingredients:
- 1 teaspoon honey
- 1 teaspoon sweet almond oil

Instructions:
1. Mix ingredients together and apply under eyes.
2. Allow mixture to sit for 20 minutes, then rinse off with warm water and pat dry.
**Nail Strengthening Treatment**

**Ingredients:**
- 1 tablespoon honey
- 1/4 cup apple cider vinegar

**Instructions:**
1. Mix ingredients together in a shallow dish.
2. Soak nails in mixture for 10 minutes.
3. Rinse clean.

**Peppermint Honey Foot Scrub**

**Ingredients:**
- 1/4 cup brown sugar
- 2 tablespoons coconut oil
- 3 tablespoons honey
- 3 drop peppermint essential oil

**Instructions:**
1. Mix all ingredients together well.
2. Apply to feet using a circular scrubbing motion.
3. Rinse clean with warm water. Towel dry.

**Cuticle Moisturizer**

**Ingredients:**
- 1 teaspoon honey
- 1 teaspoon apple cider vinegar
- 1 teaspoon coconut oil

**Instructions:**
1. Mix all ingredients together.
2. Apply to cuticles and let set for 10 minutes.
3. Rinse off with warm water.
4. Pat dry.
Honey Body Lotion

Ingredients:
- 1 tablespoon honey
- 1/2 cup grated beeswax
- 200 ml almond oil
- 1/2 cup rosewater

Instructions:
1. Heat honey, beeswax and almond oil together in a small saucepan.
2. Once everything is mixed together well and melted, remove from heat.
3. Allow to cool slightly.
4. Add rosewater to the lotion one drop at a time, whisking while adding.
5. Pour cream into a jar.
6. Allow to cool before closing jar.

Citrus Honey Face Mask

Ingredients:
- Boiling water
- 1/2 lemon
- 1 tablespoon honey

Instructions:
1. Pour boiling water in a bowl and stand over the steam. This will open your pores and allow them to soak in the benefits of the mask.
2. Mix the lemon and honey together and apply as a mask to your face, avoiding the eye area.
3. Let the mask sit for 15 minutes.
4. Rinse clean with warm water.
5. Splash cold water on your face to close your pores.
Honey Lavender Chap Stick

Ingredients:
- 2 tablespoons coconut oil
- 1 tablespoon shea butter
- 1/2 teaspoon honey
- 1 tablespoon sweet almond oil
- 2 tablespoons beeswax
- 15 drops lavender essential oil
- 5 drops frankincense essential oil
- 12 empty lip balm tubes and a rubber band.

Instructions:
1. Remove the caps from the lip balm tubes and bundle them together with a rubber band.
2. Melt the coconut oil, shea butter, honey, beeswax and essential oils together in a double boiler.
3. Remove from heat and stir in almond oil.
4. Quickly pour mixture into lip balm tubes before the wax sets.
5. Put the lids on the containers and allow to harden.

Honey Hair Deep Conditioner

Ingredients:
- 1 tablespoon honey
- 1 tablespoon olive oil

Instructions:
1. Mix honey and olive oil together in a small sauce pot.
2. Heat mixture just until warm.
3. Apply mixture to wet hair and comb through evenly.
4. Wrap hair in a warm towel and let the conditioner soak in for 20-30 minutes.
5. Rinse out and shampoo as normal.
Honey Bath Soak

Ingredients:
- 1/2 cup honey
- 2 cups organic milk
- 8 drops eucalyptus essential oil

Instructions:
Add all ingredients to running water in a hot bath.

Coconut Honey Bath Soak

Ingredients:
- 2 cups coconut milk
- 4 tablespoons honey
- 10 drops of your favorite essential oil

Instructions:
1. Mix all ingredients together in a bowl.
2. Once well combined, pour into a warm bath.
3. Stir the water around with your hand before soaking.

Brown Sugar Honey Face Scrub

Ingredients:
- 1/4 cup raw honey
- 1/4 cup brown sugar

Instructions:
1. Place honey and sugar in a small jar with a lid.
2. Mix together well.
3. Apply to wet face in a circular scrubbing motion.
4. Rinse clean with cool water.
Citrus Honey Foot Soak

Ingredients:
- 1/2 cup honey
- 1/2 cup apple cider vinegar
- 1/2 lemon, sliced
- Hot water

Instructions:
1. Place honey, vinegar and lemon slices in a large bowl.
2. Add hot water over the previous ingredients.
3. Soak feet for 15-20 minutes, then towel dry.

Honey Sugar Body Scrub

Ingredients:
- 1/4 cup honey
- 2 tablespoons coconut oil
- 1/2 cup brown sugar
- A few drops of essential oils (your choice)

Instructions:
1. Melt honey and coconut oil on the stove.
2. Add brown sugar and essential oils to mixture.
3. Stir to combine, then scrub all over damp skin in a gentle circular motion.
4. Rinse clean with warm water.
Honey and Vinegar Fall Hair Treatment

Ingredients:
- 10 tablespoons apple cider vinegar
- 1/4 of honey

Instructions:
1. Mix honey and vinegar together.
2. Apply mixture to hair and massage in evenly.
3. Allow mixture to sit for 20 minutes, then wash clean.

Milk and Honey Face Wash

Ingredients:
- 1/4 cup milk or cream
- 1 tablespoon honey

Instructions:
1. Mix honey and milk or cream together in a small dish.
2. Apply mixture to damp face.
3. Rinse clean with warm water to reveal glowing skin.

Honey Olive Oil Lip Balm

Ingredients:
- 1 tablespoon honey, melted
- 1 tablespoon olive oil

Instructions:
1. Mix ingredients together and pour into a small container.
2. Allow lip balm to harden. Apply to lips as needed.

Bad Breath Treatment

Ingredients:
- 1/4 cup water
- 1 teaspoon honey
- 1 teaspoon lemon juice

Instructions:
1. Mix together all ingredients.
2. Gargle with mixture for 3 minutes. Rinse mouth clean.
Honey Baking Soda Scar Treatment

Ingredients:
- 1 tablespoon baking soda
- 1 tablespoon honey

Instructions:
1. Mix honey and baking soda together to create a paste.
2. Apply paste to scars.
3. Allow the paste to sit for 30 minutes, then rinse clean.

Honey Almond Exfoliator

Ingredients:
- 1/4 cup ground almonds
- 1/4 cup honey

Instructions:
1. Mix honey and almonds together.
2. Rub mixture in a circular motion onto damp skin.
3. Rinse clean.

Natural Hair Remover

Ingredients:
- 1 tablespoon honey
- 1 tablespoon lemon juice
- 3 tablespoons brown sugar

Instructions:
1. Combine all ingredients in a microwave safe bowl. Warm slightly in the microwave.
2. Allow mixture to cool and apply to facial hair using a popsicle stick.
3. Place a small piece of muslin cloth over the area and rub slightly.
4. Remove with a quick pull in the opposite direction of hair growth.
Skin Tightening Treatment

Ingredients:
- 1 tablespoon honey
- White of 1 egg

Instructions:
1. Mix honey and egg white together to make a paste.
2. Apply to face.
3. Rinse clean after 15-20 minutes.