



- 10 DIY -  
beauty recipes

LUKBEAUTFOOD.COM



# Welcome

## *TO THE BEAUTY KITCHEN*

At lük beautiful our purpose is to provide you with the recipe for natural beauty. We help you to create a healthy glow to feed your inner confidence and give you that illuminated, fresh faced look.

We know that what we 'feed our skin today, walks and talks tomorrow' so why not feed your skin with the freshest, most nutritionally dense ingredients available to you?

Using clean, wholefoods, we teach you how you can nourish yourself from the inside out and the outside in so you look and feel your best.

Start your journey by pampering yourself with these simple, homemade body and skin recipes and create an 'at home spa'. Each recipe has been carefully created to nourish your body using skin-loving ingredients straight from your kitchen and garden.

Enjoy x



*Cindy Lilien*

B.App Sci (Food & Nutrition), Master Science (Honorary), Founder, CEO,  
Food Scientist and Product Designer at lük beautiful

# 01

## GREEN GODDESS INTENSE MOISTURE MASK

### how

1. Combine 1 tablespoon of organic yoghurt with a large tablespoon of mashed avocado.
2. Stir in a teaspoon of organic runny honey.
3. Apply to face and leave for 10-20 minutes.
4. Rinse with warm water and pat dry.

### why

The lactic acid in yoghurt dissolves dead skin cells and tightening pores. Lipids in avocado replenish the natural moisture barrier to keep skin soft and hydrated. Honey is humectant which works to attract and retain moisture.

### Tip

For extra skin-loving benefits, add a squeeze of fresh lime juice.



# 02

## *SWEET ALMOND CLEANSER*

### *how*

1. Combine 1 tablespoon of organic yoghurt with a tablespoon of raw organic runny honey.
2. Stir in a few drops of sweet almond oil.
3. Gently massage on face (avoiding eye areas).
4. Rinse with warm water and pat dry.

### *why*

Not only does yoghurt moisturise the skin but the zinc in it helps to repair damaged tissues. Sweet almond oil balances moisture levels in dry and irritated skin and is easily absorbed, therefore not leaving skin oily or blocking pores. It is also great for removing stubborn eye makeup.

### *Tip*

If you don't have sweet almond oil, you can use jojoba or rosehip oil to substitute. This can also be used as a face mask.







What goes on  
goes in ♡

WHAT ARE YOU  
FEEDING YOUR SKIN?

ele



Tip

Add more honey if your mixture is too grainy and more sugar if it feels too wet/oily.

# 03

## LUSCIOUS LIP SCRUB

*how*

1. Mix 2 teaspoons of rapadura sugar (or brown sugar) with a teaspoon of honey.
2. Add a dash of olive oil.
3. Stir well.
4. Optional: add a sprinkle of cinnamon for extra antioxidants and a gorgeous aroma.

*why*

Rapadura sugar gently exfoliates the delicate lips. Olive oil contains Vitamin E to plump skin cells while honey locks in moisture to give you soft, smooth lips.



# 04

## PAPAYA EXFOLIATOR

*how*

1. Combine 1-2 tablespoons of organic almond meal with a tablespoon of honey.
2. Add ¼ cup of fresh mashed papaya and stir into mixture.
3. Gently massage onto face in circular motion on to slightly damp face (avoiding eye areas).
4. Rinse with warm water and pat dry.

*why*

Vitamin C in papaya helps restore skin elasticity and assists in collagen production for wrinkle free, plump skin. Almond meal works to gently exfoliate the skin and its Vitamin E content helps to promote tissue repair.

*Tip*

Be gentle and do not scrub too hard. Also, if the mixture is too runny, simply add more almond meal or if it's too dry, add more honey.

# 05

## VANILLA HAND TREATMENT

### how

1. Combine 1 tablespoon of melted organic cocoa butter and 2 tablespoons of olive oil in a small jar. Scrape in  $\frac{1}{4}$  of a vanilla bean into mixture and stir.
2. Set aside for 2 hours at room temperature or until it has 'solidified'.
3. Beat well with a teaspoon until creamy soft and smooth.
4. Massage into hands. After 10-20 minutes, rinse hands with water and pat dry.

### why

The fatty acids in cocoa butter makes it amazing for dry skin as it penetrates further than the top layer of skin and moisturises on a deep level. The Vitamin E in olive oil heals nails and cuticles.



For severely dry hands apply treatment before bed and sleep with cotton gloves on. Rinse away treatment in the morning.







Feed your skin &  
WITH the beauty of food



*WHAT YOU PUT ON YOUR BODY SHOULD BE AS  
NUTRITIOUS AND SAFE AS WHAT YOU EAT!*



# 06

## ANTI REDNESS FACE MASK

how

1. Combine 1 tablespoon of organic Greek yoghurt with 1 teaspoon of fresh grated turmeric and stir well.
2. Make a pot of loose leaf chamomile tea and strain.
3. Combine the chamomile flowers into the mask mixture.
4. Apply to cleansed face for 10-20 minutes and wash off with warm water and pat face dry.

why

Curcumin in turmeric gives it anti-inflammatory properties to significantly reduce redness and puffiness. Its antibacterial properties also fight acne and reduce pigmentation. Chamomile lightens skin, reduces signs of pigmentation and soothes irritated skin.

Tip

Wear gloves when grating the turmeric, it can get messy and stain fingers!







You can use also use this as a treatment for dry or irritated spots around the body and face.

# 07

## *ANTI-WRINKLE EYE SERUM*

### *how*

1. Combine a teaspoon of aloe vera gel with 2 drops of jojoba oil and 2 drops of pure Vitamin E oil. Note the aloe vera will not combine perfectly with the oils.
2. Mix well.
3. Gently massage under eyes before bed and rinse in morning.

### *why*

Due to aloe vera's high water content it is a great way to hydrate, moisturize and rejuvenate the skin. Not only is jojoba intensely moisturising but it also reduces inflammation and puffiness around the eye whilst reducing the appearance of fine lines.





What you wear  
today

WALKS AND TALKS  
TOMORROW

*elle*

*be delicious*

INSIDE & OUT



Tip

Use coconut oil when it is a buttery, creamy texture + be careful in the shower as this can get slippery!

# 08

## *BROWN SUGAR BODY SCRUB*

*how*

1. Combine 2 tablespoons of coconut oil, 1 tablespoon of coconut cream and ½ cup of brown sugar.
2. Sprinkle in the zest of a fresh pink grapefruit.
3. Add a squeeze of fresh grapefruit juice and mix well.
4. Scrub all over body in warm shower and rinse.

*why*

Grapefruit is rich in Vitamin C which is essential for collagen synthesis while its antioxidants fight free radicals that can cause fine lines and premature ageing. The cytokinins in coconut oil regulate cell growth, which minimises the ageing of cells and keeps connective tissues strong and hydrated for soft, supple skin.



# 09

## DETOXIFYING BATH SOAK

### how

1. Combine and crumble dried marigold, rose and lavender petals until they resemble loose-leaf tea leaves.
2. Add desired amount of magnesium rich salts (such as Epsom salts).
3. Add 2-5 drops of essential oils such as jasmine or ylang ylang and stir gently.
4. Pour desired amount into bath and store any leftovers in an airtight jar.

### why

Magnesium rich salts help to flush toxins from the body easing muscle pain. They are also a natural stress reliever. Marigold is wonderfully healing to the skin while aromatic flowers such as lavender relax muscles and alleviate headaches.

### Tip

Light a candle, boil the kettle and grab a book, this is your time to truly relax and detox both mind and body.



# 10

## HYDRATING HAIR MASK

### how

1. Combine 1 tablespoon (or more if your hair is long) of coconut oil, 1 tablespoon of mashed banana and 2 tablespoons of mashed avocado.
2. Apply to the ends of damp hair and leave for 20-40 minutes.
3. Rinse with warm water.

### why

Coconut oil is a hair treatment superstar. Fatty acids bind to the protein in hair and protect the roots from breakage and seal in moisture. The fatty acids, proteins and vitamins in avocado and banana help with both hair growth whilst adding lustre and shine.

### Tip

Follow with organic Argon oil for extra shine and hydration.



Confidence  
WEAR IT LIKE MAKEUP  
♥

*CULTIVATE SELF WORTH BY TAKING  
TIME TO NOURISH YOUR BEAUTY*

*Cindy*





luk

100% NATURAL, TOXIN-FREE LIPSTICK

*made from food*



LUKBEAUTIFOOD.COM