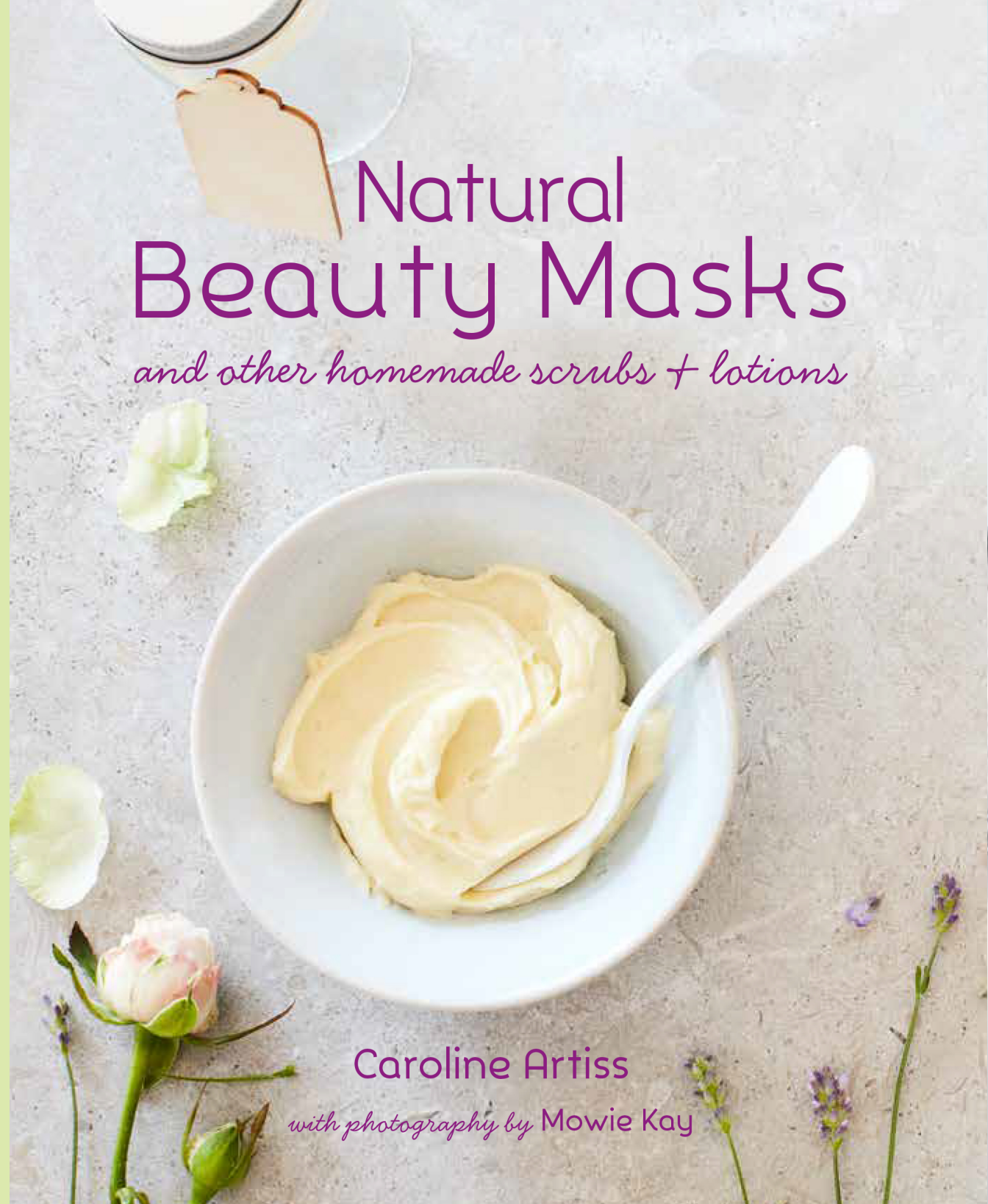




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Natural BEAUTY MASKS CAROLINE ARTISS



Natural Beauty Masks

and other homemade scrubs + lotions

Caroline Artiss
with photography by Mowie Kay

Natural BEAUTY MASKS

Caroline Artiss presents homemade masks, scrubs and lotions that will leave you radiant and nourished from top to bottom. The first chapter, Face Masks, includes an Avocado and Banana Face Mask. Avocados are packed with vitamins A, C and E all of which are essential for healthy, glowing skin and bananas are a rich source of potassium and keep skin moisturized and plump. Next, Body Scrubs features a Mocha Body Bliss, an invigorating scrub made from coffee grounds, cocoa powder, sugar and coconut oil which not only gently exfoliates but also softens the skin and restores moisture. From the Hair Masks chapter, try Caroline's Rosemary and Coconut Hot Oil Stimulant Treatment on thin, lifeless hair. Further chapters include Hands and Nails, Feet Treatments, Eye Treatments and Lip Remedies.

Caroline Artiss is a chef and co-owner of The Gorgeous Kitchen in Heathrow Terminal 2. She presents a popular YouTube cooking show and is a top Food Vlogger. Born in London, she now lives in Santa Monica with her daughter. She is the author of **Beauty Foods**, also published by Ryland Peters & Small.

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LAVENDER AND OAT RELAXING FOOT BATH

for tired and dry feet

This foot bath is ideal just before bedtime as lavender is a natural relaxing agent and can help get you ready for a deep and restful nights sleep, which is essential for all natural beauty regimes. Oats are a perfect soothing ingredient for dry chapped skin and can help soften and exfoliate.

*1 cup ground old fashioned natural oats
8-10 drops lavender oil
1 basin hot/warm water*

I typically grind up a large batch of old fashioned oats in a blender until very finely ground and keep them in a jar for all my natural beauty needs. They act as a great base for many face masks and body scrubs.

For this recipe simply add the oats and lavender oil to the water and stir around for a couple of minutes until the water has turned a milky consistency. Add feet and sit back and relax for 20 minutes. You can top the water up with more hot water if it begins to get cold. I like to give my heels a gentle scrub with a pumice stone at the end to help keep them smooth, then add a little of my favorite moisturizer or rub a little olive oil into them for extra softness.



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ROSEMARY AND COCONUT HOT OIL STIMULANT TREATMENT

all hair types

Rosemary oil is packed full of antioxidants, antibacterial and anti-inflammatory properties plus it's known to be a stimulant. The antibacterial and anti-inflammatory properties help keep the scalp healthy and can aid with flaky scalps, any pimples on the scalp or other hair follicle infections which can cause hair loss. Most importantly the stimulant affects of rosemary oil help increase blood circulation to the hair follicles, which enables the hair to get the nutrients it needs to grow thicker and stronger. This treatment is even better when you take some time out and give yourself, or better yet get someone else to give you a head massage while applying it.

*2 tablespoons coconut oil
4-5 drops rosemary oil*

Warm the coconut oil in a small pan just so it is in liquid form, do not let it boil. Add the drops of rosemary oil and stir together. When it is warm enough to touch gently massage the oil into the roots of the hair and the scalp and then smooth it over the rest of your hair. Wrap a towel around your head and relax for 15 minutes, then wash out using your favorite shampoo. You can use this once a week.



HAIR MASKS 113

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