



*five beauty treatments
featuring one natural wonder*

MAKE A DATE TO DISCOVER THEM ALL.



NATIONAL
HONEY BOARD™



THE BEAUTY OF HONEY

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Hollywood has the buzz on beauty and it's honey. From skin care to hair care, some of the world's most notorious beauties used honey. Cleopatra, ritualistically bathed in milk and honey; and Queen Anne of England kept her legendary mane lustrous and strong with a mixture of honey and oils. Today, several Hollywood trendsetters use honey as part of their regular beauty treatments.

Why honey?

Honey is nature's moisturizer. It is a humectant, which means it helps to attract and retain moisture. Honey also acts as an anti-irritant, making it suitable for sensitive skin. Many of today's manufactured beauty products, such as creams, cleansers and shampoos use honey.

Homemade beauty

It doesn't take a celebrity-sized salary to get glowing skin. Save money and create spa-like, honey-based beauty products at home. Because honey contains naturally occurring enzymes, vitamins and minerals, 100 percent pure honey is best for skin. Be sure to look at the label to ensure your honey is all natural. Here are a few recipes to get you started. If you're left wondering about the benefits to any of these ingredients, please reference our beauty listing at the end of this brochure and visit www.honey.com for more recipes!



in your cupboard...

1/4 cup buttermilk

2 Tablespoons honey

1 Tablespoon grapeseed oil

Olive or canola oil may be substituted

1 egg white

1/4 cup freshly ground coffee

2 Tablespoons wheat germ

Makes 1 – 2 treatments

RENEW.

In mixing bowl, combine buttermilk, honey, grapeseed oil and egg white; mix thoroughly. Slowly add coffee and wheat germ being careful not to clot or clump. Scrub should be smooth and creamy but with a slight grit. Allow to stand. Apply all over in shower or bath using a washcloth or body sponge to aid exfoliation. Rinse completely. Towel dry and apply moisturizer. Chill remaining scrub, if necessary.

APPOINTMENT REMINDER:

morning buzz body scrub

MAKE A DATE WITH YOURSELF
TO ENJOY THIS MORNING SCRUB.

APPOINTMENT REMINDER:

aloha honey hawaiian delight

MAKE A DATE WITH YOURSELF
TO ENJOY THIS HAWAIIAN FACIAL.

in your cupboard...

- 2 Tablespoons green tea
- 1/2 ripe papaya
- Mango may be substituted*
- 1/2 cup fresh pineapple, diced
- 2 Tablespoons honey

Makes 2 treatments

PAMPER.

Steep green tea in boiling water. Set aside to cool. Peel papaya wedge and remove seeds. In blender or food processor, blend papaya and pineapple until puréed. Pour into glass bowl and combine honey and green tea. Mix well. Apply to face with fan brush or finger tips. Recline and rest for 10 to 15 minutes. Remove completely with tepid water and soft facial cloth. Store in covered container in refrigerator for up to one week.





in your cupboard...

1 cup sweet almond oil

Light olive or sesame oil may be substituted

1/2 cup honey

1/2 cup unscented liquid soap

1 Tablespoon vanilla extract

Makes 4 baths

UNWIND.

Measure the oil into a medium bowl, then carefully stir in remaining ingredients until mixture is fully blended. Pour into a clean plastic bottle with a tight-fitting stopper or lid. Shake gently before using.

Swirl desired amount into the bathtub under running water—then step in and descend into a warm, silky escape.

APPOINTMENT REMINDER:

foaming vanilla honey bath

MAKE A DATE WITH YOURSELF
TO ENJOY THIS RELAXING BATH.



APPOINTMENT REMINDER:

honey hair conditioner

MAKE A DATE WITH YOURSELF
TO ENJOY THIS HAIR TREATMENT.

in your cupboard...

1/2 cup honey

1/4 cup olive oil, use 2 Tablespoons for normal hair

Makes 1 treatment

REVIVE.

Mix honey and olive oil. Work a small amount at a time through hair until coated. Cover hair with shower cap; leave on 30 minutes; remove shower cap; shampoo well and rinse. Dry as normal.

APPOINTMENT REMINDER:

harvest pumpkin exfoliating mask

MAKE A DATE WITH YOURSELF
TO ENJOY THIS FACIAL MASK.

in your cupboard...

- 1 teaspoon green tea, brewed
- 2 teaspoons pineapple, diced
- 4 Tablespoons pumpkin purée
- 1 Tablespoon honey
- 2 teaspoons aloe vera gel
- 1/2 teaspoon sunflower oil
Olive or canola oil may be substituted
- 4 teaspoons cornmeal
- 6 drops frankincense essential oil (optional)
- 4 drops cinnamon extract (optional)

Makes 4 treatments

INDULGE.

Steep green tea in boiling water. Set aside to cool. In blender or food processor purée pineapple and place in medium-sized mixing bowl. Add pumpkin, honey and aloe. Mix well. Stir in sunflower oil, green tea and cornmeal. Reserve remaining green tea for another use. Add frankincense and cinnamon. Stir. Apply small amount of pumpkin mask to cheeks, forehead, chin and neck. Massage in circular motions gently buffing skin. Repeat. Apply more product as needed. Leave a thin layer of pumpkin mask on face and neck for 15 to 20 minutes. Rinse with tepid or cool water and pat dry with soft towel. Follow with appropriate moisturizer. Store remaining mask covered in refrigerator for up to two weeks.

INGREDIENTS:

morning buzz body scrub

BUTTERMILK: Can be used as a deep cleanser. It nourishes and softens the skin.

HONEY: 100 percent pure honey is renowned for its skin soothing and moisturizing properties.

GRAPESEED OIL: A preferred cosmetic ingredient for damaged and stressed tissues, possessing regenerative qualities. Used as an all-over skin moisturizer, grapeseed oil is known to reduce the look of stretch marks.

EGG WHITES: Effective cleanser and pore-reducer.

GROUND COFFEE: Gently firms and tones skin, minimizing pores and sloughing off dead skin allowing fresh new skin underneath to be revealed.

WHEAT GERM: Helps counter the effects of sun damage, smoking exposure and pollution. Improves skin texture, oil production and fine lines.

aloha honey hawaiian delight

GREEN TEA: Green tea is naturally rich in antioxidants and helps fight aging caused by the sun, pollution and other free radicals in the environment.

PAPAYA: Delivers exceptional benefits to the skin, papaya has long been used to cleanse, soften and rejuvenate from the inside out.



PINEAPPLE: Loaded with vitamins and minerals, pineapple relaxes the skin, reduces inflammation and cares for other dermatitis conditions.

HONEY: 100 percent pure honey is renowned for its skin soothing and moisturizing properties.

foaming vanilla honey bath

ALMOND OIL: The benefits of almond oil come from the fact that it is high in minerals, protein, naturally occurring vitamins (A, B₁, B₂, B₆ and E) and in mono and polyunsaturated fatty acids. Sweet almond oil is easily absorbed into the skin leaving it soft and smooth.

HONEY: 100 percent pure honey is renowned for its skin soothing and moisturizing properties.

LIQUID SOAP: Gentle cleanser.

VANILLA EXTRACT: The extract taken from the vanilla plant helps to boost the body's ability to moisturize and give it the power to heal itself. It will help aid in maintaining healthy, moisturized skin all day and night.

honey hair conditioner

HONEY: 100 percent pure honey is renowned for its skin soothing and moisturizing properties.

OLIVE OIL: Moisturizes, deep conditions and helps to prevent split ends. Thick hair responds very well to the heavier oils like olive and coconut oil. Other hair types, like fine or thin hair, will do better with lighter oils like sesame and almond oil.

Most ingredients can be found at your local food specialty store.

harvest pumpkin exfoliating mask

GREEN TEA: Green tea is naturally rich in antioxidants and helps fight aging caused by the sun, pollution and other free radicals in the environment.

PINEAPPLE: Loaded with vitamins and minerals, pineapple relaxes the skin, reduces inflammation and cares for other dermatitis conditions.

PUMPKIN PURÉE: Rich in Vitamins A & C, pumpkin also contains exfoliating enzymes that help to wash away dead skin cells, rejuvenating the skin.

HONEY: 100 percent pure honey is renowned for its skin soothing and moisturizing properties.

ALOE VERA: Used for healing infections and soothing burns, aloe vera is an anti-inflammatory that calms and moisturizes the skin.

SUNFLOWER OIL: Acts as an emollient to gently soften the skin.

CORNMEAL: An effective, yet gentle, exfoliate.

FRANKINCENSE ESSENTIAL OIL: Helps improve dry, chapped mature-looking skin.

CINNAMON EXTRACT: Has been known to eliminate the growth of any bacteria on the skin. Helpful on acne-prone skin types.



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