

BEAUTY & WEIGHT LOSS TIPS

Homemade Beauty



This eBook Contains Beauty Tips, Weight Loss Tips, Smoothie Recipes, Homemade Facials and More.

It is **very informative** and well worth your time.

Very Important!

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Masks and Homemade Cleansers

Start off with this wonderful cleansing scrub, and then try our tomato mask for acne or our firming face mask to tighten, your pores and follow with oil free moisturizer. Your face will feel refreshed and your acne will start to clear up in no time.

Honey Cleansing Scrub

- 1 tablespoon of honey
- 2 tablespoons finely ground almonds
- 1/2 teaspoon lemon juice.

Rub gently onto face. Rinse off with warm water.

Tomato Mask for Acne

- Remove skin and seeds and mash 1/4 of a tomato
- 2 tsp. plain yogurt
- 1 tsp. mashed cucumber
- 2 tsp. aloe gel
- 3 tsp. Oatmeal powder
- 2 mint leaves (crushed)

Mix ingredients together in a bowl, apply to face and leave on for about 10 minutes, rinse with warm water.

Finish with an oil free moisturizer

Firming Face Mask Whisk together:

- 1 tablespoon honey
- 1 egg white
- 1 teaspoon glycerin (available at drug and beauty stores)
- Enough flour to form a paste (approximately 1/4 cup).

Smooth over face and throat. Leave on 10 minutes. Rinse off with warm water.

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Would You Like More Fantastic Acne Treatments?

AROMA Stick Unique series of new cosmetic products which can help you if you have a headache, or your lips are very sensitive to the environment - they get dry and need protection, or you got pimples on your face or you have itch after a mosquito bite. These fantastic aromatic products will eliminate such unpleasant effects!



BEAUTY STICK Aromacosmetological roller pen
BEAUTY STICK contains natural ether oils which help to predry pimples and effectively fight blackheads as well as clean and disinfect the skin.

[More info...](#)

Full Body Treatments

Paraffin Wax Treatment For Hands and Feet

Deep conditioning treatment to soften and smooth your feet and hands.

Supplies:

- 3 blocks paraffin wax
- 3 oz. vegetable oil
- 20 drops of essential oil
- a few drops of olive oil
- plastic sandwich bags

Melt the paraffin, oil, and the scented oil in a double boiler. Be sure to use a double boiler for safety purposes. Very

carefully pour the wax into a greased foot tub and wait until a skin has formed on the top of the wax. At this point the temperature should be about right for submerging your hands and feet.

Be sure to test a little on your wrist first to make sure it is cool enough. Thourally wash your hands and feet and pat dry with a soft cotton towel.

Smooth on the olive oil and be sure to cover every inch of your hands and fingers or feet and toes. Dip each hand or foot into the wax repeatedly until you have several layers of wax built up.

Have someone help you put on the sandwich bags onto each hand or foot and then relax for about 30 minutes. For added benefit, place a bath towel over your hands or feet while you wait.

Now to remove the wax... simply peel it away. Start at the wrist or ankle area and pull it down. It should come off in large sections. Follow with a hand and foot massage.

Solution for Dry Elbows and Knees:

Start by using a good body scrub to exfoliate in the shower. Next mash-up pineapple in the blender and rub it on your elbows and knees.

Leave it on for about 15 minutes so the natural enzymes can do their work. Shower it off and follow up with a thick lotion. You'll be amazed at how soft your skin feels!

Full Body Treatment For Dry or Oily Skin

Dry Skin Body Treatment

Heat almond oil in a Pyrex dish until warm; slather all over your body. Standing outside the shower, turn on the spray

till the water is hot, closing the shower curtain or door till Steam forms. Now, enter the shower and stand under the steam (not the hot water!) For 10 minutes. Feel the oil slip into your skin. Next, stand under the warm -- not hot - water for 10 minutes... Then wash is usual.

Blemished Skin Body Treatment

This treatment is great for broken-out backs.

Add enough water to crushed almonds or cornmeal to make a paste. Stand in the shower and apply your meal paste all over your body, massaging it vigorously - first with your hands, then with a loofah, or Body Buf-Puf.

The skin will look clear following your shower.

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Beautiful Silky Skin Can be Yours!



"MILLENIUM" Cosmetic

Thanks to the advanced technologies, we have managed to develop highly effective cosmetics based on natural components. We have preserved what Nature gave us to bring it to people and help you stay healthy, beautiful, young and cheerful.

More info...

Soothing Bath Treatments

Foaming Vanilla Honey Bath

- 1 cup sweet almond oil (light olive or sesame oil may be substituted)
- 1/2 cup honey
- 1/2 cup liquid soap (plain or flower scented)
- 1 tablespoon vanilla extract

Mix all the ingredients together and pour about 1/2 cup under running water into tub. Relax and enjoy!

Put the remainder in a canning jar for later use and refrigerate for up-to 30 days.

Homemade Milk and Sea Salt Bath

Want Luxurious Skin? This milk bath is great for all skin types.

Ingredients:

- 1 cup of instant dried skim milk
- 3/4 cup of either fine or coarse sea salt
- 20 - 25 drops of fragrance oil if desired or 15 - 20 drops of essential oils

Instructions: Place the dried milk and sea salt into a large bowl. Mix well. Scoop out about 1/2 cup or so and place into small bowl. Sprinkle your fragrance or essential oils over the top of this mixture and stir well. Add this back into the main bowl and thoroughly mix. Store your milk bath in a glass jar with a tight fitting lid.

Now just scoop out about 1/3 cup and dissolve under running bath water. Jump in and relax!

This recipe makes enough for about 5 or 6 baths. Enjoy!

Homemade Fragrant Milk Baths

- 2 cups dry milk powder
- 1 cup cornstarch
- 1/8 teaspoon fragrance oil of your choice
- Blend together all ingredients in blender.
- Add 1/2 cup of mixture to hot bath water.

Mix all the ingredients together and pour about 1/2 cup under running water into tub. Relax and enjoy!

Put the remainder in a canning jar for later use.

Honey Milk Bath

- 1 cup honey
- 2 cups milk
- 1 cup salt
- 1/4 cup baking soda
- 1/2 cup baby oil
- Fragrance oil of your choice

Combine honey, milk, salt and baking soda in a bowl. Fill your tub and pour the mixture in. Add the baby oil and a few drops of the fragrance.

Smooth and Silky Milk Baths Ingredients:

- 1 cup of instant dried skim milk.
- 3/4 cup of either fine or coarse sea salt
- 20 - 25 drops of fragrance oil if desired or 15 - 20 drops of essential oils

Place the dried milk and sea salt into a large bowl. Mix well. Scoop out about 1/2 cup or so and place into small bowl. Sprinkle your fragrance or essential oils over the top of this mixture and stir well. Add this back into the main bowl and thoroughly mix. Store your milk bath in a glass jar with a tight fitting lid.

This recipe makes enough for about 5 or 6 baths. Now just scoop out about 1/3 cup and dissolve under running bath water. Jump in and relax!

Want More Skin Care Treatments?



"MILLENIUM" anti-aging Gel is the first step to overcoming ageing problems and to ensure the skin keeps its youthful freshness and elasticity.

The composition based on plant extracts and other natural substances chosen for their beneficial effects, act to protect and regenerate the epidermis.

Using the anti-ageing Gel regularly, the skin will assume a younger, smoother and healthier look, and wrinkles will be attenuated.

More info...

Hair Care Treatments

Homemade Intensive Conditioner

Mix 1/4 cup of olive oil with 1 egg and apply to hair. Use more olive oil if your hair is very long. Cover your head with aluminum foil, then cover with a towel that has been soaked in hot water and rung out. Leave on for 30 minutes or overnight for deep conditioning very dry hair, then shampoo as usual.

Reconditioning Hair Care Tips

To recondition the hair, shampoo hair with a natural shampoo. Rinse and towel dry. Apply regular mayonnaise (not salad dressing) to the hair. Massage in. Let sit for 10-15 minutes, shampoo again lightly and rinse with apple cider vinegar and water solution.

Help for Dandruff

Mix one part of antiseptic mouthwash with 9 parts of water and massage to scalp. Rinse after 10 minutes.

Mix 3 tbsp of lime juice with 1 cup coconut oil and massage to scalp. Shampoo after 1 hour.

Boil oat meal and massage to scalp- comb after 10 minutes and shampoo after 15 minutes. Repeat this once in week.

Help for Itchy Scalp

Suggestions to help:

- Use 1/2 to 1 teaspoon of peanut oil, rub together in both hands and massage into your scalp before you get into the shower. Wash your hair as usual.

- Brush your hair frequently to remove the flakes.
- Massage your scalp to improve circulation.
- Avoid using alkaline based shampoos.
- Try jojoba oil based shampoo and use it regularly.
- Try a final rinse of one cup warm water mixed with two to three tablespoons of white vinegar. This will also bring out the highlights in your hair and make it shiny.
- Massage 20 crushed aspirin (you can use a generic brand about \$1.50) mixed in 1/2 cup water into your dry scalp before shampooing.
- Massage warm olive oil into your hair and scalp cover your hair with plastic wrap and with two warm, wet towels for 20 minutes, then shampoo your hair twice.

Want Shiny Healthy Hair? Plus finest condition of skin and nails!



"Beauty" biologically active food supplement compensates for the deficiency of polyunsaturated fatty acids, vitamins and other biologically active substances needed for restoration and maintenance of healthy condition of the skin, hair and nails.

It slows down the aging processes and improves tissue structure, also regulating metabolism.

More info...

Weight Loss Tips

12 Super Weight Loss Tips

- Try to work out as much as possible, but at your own pace, and reward yourself. But not with a snack, by putting a certain amount of money in a jar, for every time you work out. The more you work out the more money you save. Then go on a shopping spree, and buy yourself a new wardrobe for your new thin, and trim body.
- Keep healthy foods handy like fruit or vegetables in the fridge. Eat only if hungry.
- Ask yourself how many times have you started a diet & where would you be now if you had just stuck to one of them?

- Play with your kids! It is hard enough for us to find time to be with them with all the pressures of life. Play some kind of game requiring physical movement. They will love you for it, and you will benefit in more ways than you can imagine.
- If you think you can you will. If you think you can't, you won't.
- Snack every 4 hours (try oranges, apples, carrot sticks, pretzels, airpopped popcorn).
- Buy pre-cut fruit and veggies: You'll be more likely to munch on them for a snack or make a salad for dinner.
- Cut down on fat, keep it to less than 25 percent, somewhere around 20 percent is nice.

- Carry a little sport bottle at all times. If you feel hungry, take a drink. This works great, for example, when you're at your desk or computer as it helps to curb your appetite.
- Eat a Good Breakfast, people who skip breakfast burn 5 percent fewer calories than those who eat a healthy morning meal.
- Substitute activity for eating. When the cravings hit, go to the gym or health club if possible: or clean, or walk around the block.
- Include two fruits or vegetables in every meal or snack. You'll feel fuller and cut back on calories from other foods.

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Control Your Appetite and Burn Fat Faster



"Sveltform" Biologically active food supplements compensates for the deficiency of vitamins, minerals and other biologically active components in your everyday diet, decreases appetite and helps to lessen the excess of body mass increasing metabolism.



"Chromevital" Recommended as general restorative means to improve physical capacity and resistance to unfavorable environmental conditions. It also helps to lessen the excess of body mass by stimulating metabolism. It increases the adaptation properties of the organism.

More info...

Facial Exercises

Do you find as you age you have lost elasticity and tone in your face? Here are some wonderful exercises to firm and tone the muscles in your face and neck and give you back your youthful appearance.

Help for a Double Chin

Sit upright in a chair and tilt your head back looking at the ceiling, keeping your lips closed and relaxed. Start by puckering your lips together like you're going to kiss someone, stretch to kiss like you're trying to kiss the ceiling. Keep your lips puckered while counting to 15 to yourself, then relaxed, bring your head back to normal and repeat five times.

Firm and Lift Your Cheeks and Corners of Mouth

Turn the corners of your mouth upward in big smile as far as possible. Try to oo make your smile has wide and as big as possible while bobbing your head. Hold this position to the count of 5. Now return your mouth to it's normal position. 7 Repeat this five times.

Firm Sagging Jowls

Close your mouth and clench your back teeth tightly. Open your mouth as you release the clench. Slowly bring your lower jaw up again until your back molars meet again, and bite down hard. Return your mouth to you relaxed position. Repeat this exercise 10 times.

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Want to Know Secret of Anti-Aging?



"TRIOVITAL" Cosmetic

A cautious choice of beauty aids is a radical for effective and safe skin care. It is really easy to be beautiful and beloved one using "TRIOVITAL".

The adaptable and complete care system is elaborated by beauty experts.

It will give you a chance to care for your skin consciously and properly with "TRIOVITAL" products working at their highest efficiency.

More info...

4 Exercises to Tone Your Body

Desk Exercises

You can get an effective workout at your desk. Try these simple desk exercises to work out the kinks and get your body in shape at the same time.

1. Desk Top Push-ups: Work your chest and back of upper anus.

Stand a few feet away from your desk, put your hands on the desk, shoulder-width apart. Keeping your back straight, lower your chest toward the desk, then push out. Don't rush. Repeat 8 to 12 times.

2. Knee Stretch:

Pull one leg to your chest, grasp with both hands, and hold for a count of five.

Repeat with opposite leg. Repeat 8 to 12 times.

3. Stretch Out Your Shoulders, Back And Hip Muscles

Place your palms on your lower back in a standing or sitting position. Stretch back your upper body. Hold this position for 5 seconds. Do this 3 times.

4. Neck stretch:

Let your head drop slowly to the left, then to the right. Slowly drop your chin to your chest, and then raise your chin as high as you can. Turn your head to the left, return it to the normal position, and then turn it to the right.

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Want Great Legs? "6 Tips to Firm and Tone Them"

- Bend your knees deeply to reach an item on a low shelf, then straighten up without leaning forward or holding onto anything for support.
- When you get into or out of a chair, don't depend on the arms for help. Instead, let your thigh muscles contract to lower and raise your body while your back is kept straight.
- Climb stairs two at a time, with a straight back and without leaning dependency on the handrail.
- In the theater, on a bus, or during a meeting, sit with your lower back against a chair, then press your two legs tightly together as if they were one for as long as possible.

- To increase your walking speed, take longer strides rather than shorter, quicker steps. By lengthening your pace you're using more of your thigh and hip muscles.
- Just before you retire at night, stand with your knees slightly bent and grip your pillow between them. Squeeze the pillow for 8 counts as if trying to crush it. Repeat several times.

Firm Your Buttocks

Lunge This exercise works your gluteus muscles in the Hips as well as your, Quadriceps and Hamstrings.

1. Stand with your feet together, your toes pointed straight ahead and your hands at your sides. Take an exaggerated step forward with your right leg.

2. Bend your right knee slowly, lowering your body close to the floor. Keep your right knee directly over the right foot and your back straight. Most of your weight will be over your front foot; you should feel the strain in your hip and thigh muscles, not your knees, ankles or back.
3. When your rear knee is about two inches above the floor, hold for one second. Then slowly return to the starting position.
4. Perform 8 to 12 repetitions. Then do a set with your left leg in front.

Flutter Kicks

- Lie on stomach, elbows bent, palms on floor near shoulders. Breathing steadily, contract muscles in

buttocks and flutter kick legs as if swimming. Repeat for 50 repetitions, working up to 100.

Donkeys: This exercise works the Buttocks and Lower Back.

1. On your hands and knees, bring your right knee to your chest, then kick it straight back. leading with your heel. Be careful not to arch your back. Finish with your leg straight, lifting it out and up.
2. Bring knee back to chest.
3. Do 25 to 30 repetitions, then switch legs.

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Want Proven Means for Your Back?



"MAGIC BELT" Camel Down Belt

New trend - bioinformational technologies along with the experience gathered by mankind over ages. Return to the sources of the folk medicine is one of the most topical trends in the modern approach to health care.

More Info...

Low Calorie Smoothies

Yummy Smoothie Recipes! Here are a few tasty smoothies sure to curb your sweet tooth and fill you up.

Hawaiian Punch

- 2 tbs. Vanilla Protein Powder
- 8 oz. unsweetened pineapple juice
- 1/2 banana
- 5-6 strawberries
- 4-6 ice cubes (optional)

Mix with a blender

Banana Split

- 2 tbs. Chocolate Protein Powder

- 8 oz. skim milk
- 1/2 banana
- 5-6 strawberries
- 4-6 ice cubes (optional)

Mix with a blender

Chocolate Amaretto Fudge Shake (181 calories)

- 2 tbs. Chocolate Protein Powder
- 1/2 tsp. instant decaffeinated espresso coffee
- 8 oz. skim milk
- 1/4 tsp. almond extract
- 4-6 ice cubes (optional)

Mix with a blender

Home-Made Strawberry Lemonade

- 8 cups water
- 1 cup fresh-cut strawberries
- 1 cup frozen strawberries
- honey to taste
- 1 cup lemon juice
- 2 lemons sliced

In a large container, combine 4 cups of water and the fresh and frozen strawberries. Let soak in the sun for 3-4 hours. In another container, combine the lemon juice, sliced lemons and water.

Chill for 3-4 hours to let the lemon juice soak thru. Mix the 2 containers together, and add honey to your taste. Serve chilled over ice.

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100% Personal Health Care Products



"COMPLEX FOR WOMEN" is meant for solving specific female problems such as problems of the «critical days», menopause, metabolism, balance of mind, well-groomed appearance.

Feminine appeal is a tender gift of a nature; it depends on the physical and psycho-emotional health of a woman and needs to be preserved and developed.

The biologically active nutritive supplements will help in fighting many women problems.

More Info...

Herbal Teas

Cranberry Orange ice Tea

- 2 cups boiling water
- 6 cranberry herb tea bags
- 1/4 cup lemon juice
- 9 packets (or 1 tablespoon bulk) Sweet'N Low granulated sugar substitute
- 2-1/2 cups cold water
- 1 -1 /2 cups orange juice

1. In a large pitcher, pour the boiling water over the tea bags. Steep 5 minutes; remove the tea bags and discard.

2. Stir in the lemon juice and Sweet'N Low until the Sweet'N Low dissolves. Mix in the cold water and orange juice.

3. Refrigerate until well chilled.

4. Pour over ice in tall glasses. Makes 6 cups.

Per Serving (1 cup): 40 calories, 1 g protein, 9 g carbohydrate, 1 g fat, 1 g saturated fat, 0 mg cholesterol, 10 mg sodium

Triple Berry

- 4 oz. of ice
- 6 oz. raspberry iced tea
- 2 oz. cranberry juice
- 1 oz. blackberry syrup

Combine ice, iced tea, juice and blackberry syrup in a cocktail shaker or a jar with a lid. Shake until cold and frothy. Pour into a tall iced tea glass.

Green Banana Iced Tea

- 1 cup Green Tea
- 1 cup Banana Pineapple Nectar
- Ice cubes

Place one tea bag of Green Tea into an 8 oz. cup. Pour approximately 2 oz. (1/4 cup) boiling water into cup and steep for 4 to 6 minutes. Remove tea bag and fill cup to top with cold water. Mix with banana pineapple nectar and ice. Makes on 16 oz. serving.

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You can order products for you health in e-shop through registration as independent distributor of Vision (then you will also receive **discount 40%**)

www.vipgo.net