



# Recipes Courtesy Mother Nature

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Consultants at Cuticonscious

Please note all these recipes are ones I have formulated from the medicine cabinet of Nature. They can form an alternate way to care for your skin and body and you can skip ingredients that cause any irritation.

All the ingredients mentioned in these recipes contain simple and complex compounds that ultimately benefit the condition of your skin in a holistic manner.

Visit your local herbalist or Organic Spa and discover all the ways Mother Nature will make your beauty shine from within. Nature is accessible to everyone and every single human being deserves the right to look and feel beautiful.

You do not need to spend thousands of dollars on skin care. Radiant skin can be achieved naturally, without a lot of intervention and unnecessary expense. If you are allergic to any of the substances mentioned in the recipes below, please avoid using them.

I always recommend you perform a simple patch test if you are unsure.

Vibe with Mother Nature and attune yourself to your inner goddess!



# Cleopatra Tresses

Young/green coconut water is brimming with carbohydrates, amino acids, electrolytes, vitamins, minerals and trace elements that will deeply nourish your hair strands and also take care of split ends.

- Give your hair a final rinse with 100% young green coconut water adding a few drops of lemon oil.
- You may want to massage Moroccan oil (Argan Oil) into your scalp to provide intense restoration and deliver helpful phytochemicals contained within the oil to your scalp.
- Cover your hair with a natural cloth for a few hours.
- Let your hair relax.



Coconut - This potassium rich water will bring a magical gleam to dry hair, nourish your scalp and promote hair growth at the same time. The lemon oil will give a glorious shine to your tresses, reduce dandruff and balance the scalp pH- a healthy scalp means healthy hair.

# Divine Feet

This recipe will hydrate, cleanse, detoxify, rejuvenate, exfoliate, nourish and treat your feet.

- Soak your feet in lukewarm mineral water, containing few drops of peppermint oil, rose hip oil, and lemon oil.
- Soak for about 20-25 minutes and read your favorite book or simply close your eyes and listen to calming music.
- Next, mix equal parts of Himalayan salt crystals, oats, fresh lemon peel paste and add one tablespoon of glycerin (this mixture should be prepared beforehand).
- Mix and gently scrub your feet, concentrating on the rough calloused areas.
- Rinse and massage shea butter all over feet.



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Wrap a moist cloth over your feet and lock in the moisture by wrapping your feet in non-porous material or by wearing a foot glove (this trick is my twist on the wet wrapping technique that is common in dermatological practice).





# Flour Power

A Shampoo that is also Gluten free

If you want to give your hair a clean fresh natural shampooing, this recipe will amaze you.

- Wash your hair with a handful of natural and pure gram (chickpea) flour. Gently massage it through like your regular shampoo. You will see it lather and clean your hair gently and deeply.
- Rinse out all the flour particles and apply a natural conditioner.
- Rinse well.
- Massage a few drops of Jasmine or Lilly Oil for a pleasurable scent.



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This recipe will help control an oily scalp, yet not leave it stripped of natural scalp oils. It will provide natural conditioning and nutrients and balance the scalp pH, hence leading to a healthy mane of hair.

# Ultimate Moisturizing Green Hydration

A naturally lipid rich anti-aging mask to deeply moisturize your skin and can be used on your body, face, hands, and décolleté area.

- Take a ripe organic Avocado, mash it to make a smooth paste, Add a teaspoon of raw honey, few drops of almond oil, and rose hip oil.
- Mix and apply all over face, avoiding delicate eye area.
- Relax, listen to some calming music and after 15 minutes, wash your face.

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This is a luxurious mask that will nourish your skin and deliver vital nutrients to your skin, soften it and restore lipid balance. You can use this mask weekly and make more if you want to treat your body. Avocado and the above mentioned oils, have additional anti-inflammatory, anti-aging and skin lightening properties along with high amounts of fats, vital amino acids, and vitamins A, B and E in the Avocado itself. This will also help those people who suffer from eczema, facial erythema and sensitive skin. Avocado is a nutrient dense fruit which is brimming with essential nutrients and disease fighting phytochemicals.



# Blemishes, Be Gone!

This tangy and aromatic mask will elevate your senses and slowly erase blemishes, dark spots, reduce hyperpigmentation, cleanse and brighten your skin.

- Finely grind orange peels and mix half teaspoon of each, Amla fruit powder (*Phyllanthus emblica*), sandalwood powder, rose petal powder, rice bran powder and fuller's earth.
- Add a pinch of turmeric and mix with aloe vera juice or pure rose water. It should form a thick aromatic paste.
- Apply this mixture to the affected area. If you are using this mask on your face, please avoid eye area.
- Leave mask on for a good 10 minutes.
- Rinse, gently scrubbing off the paste with water.
- Lastly, take a few drops of pure Argan facial oil and apply all over face and décolleté area.
- Apply this mask 2-3 times per week and you will notice a brighter complexion in just a few weeks.

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You can use this for your hands, neck and feet as well. It is suitable for all skin types. I prefer you perform a small patch test on your forearm before you apply the mask to your face. In traditional Ayurvedic medicine, this kind of a mixture is also known as Ubtan.





# Pearls of Wisdom

An Ancient Secret for Acne-Free and Glimmering Skin

Here is my recipe for gorgeous, acne-free Goddess skin.

- To one tablespoon of glycerin add 0.5 grams (1 Vial) of pure pearl powder, few drops of honey and a drop of tea tree oil.
- Mix this in a small ceramic cup.
- Apply this mixture at night to face, neck, hands and feet for 20 minutes.
- Wash and retire to bed.

Alternately, if you have oily skin, you can substitute glycerin with Greek yogurt and repeat the same process. You may use this mask 3-4 times per week. You will notice brighter, clearer, smoother, rejuvenated skin in just a few weeks. You can also add a small amount of pure pearl powder to your night-time serum and apply to face as usual.



Pearls: A gift from the depths of the ocean to human kind. These beautiful lustrous orbs hold much power. They have been used for thousands of years in China and India for various maladies, but specifically for helping blemished, spotty and oily skin. The high content of calcium and beneficial minerals and amino acids helps give powdered pearls its curative properties. Powdered pearls have anti-inflammatory, anti-aging, water retaining, epidermal repairing and antioxidant properties along with a skin lighting effect.

# The Golden Cup

## A Magical Tea



Saffron is an enigmatic spice that has been used for centuries by ancient civilizations for preparing cuisine and it is also known for its miraculous medicinal benefits. It is one of the rarest and most expensive condiments on the planet and there is a reason for that - it is very difficult to cultivate and harvest. The flower of the plant *Crocus Sativus* is a 'sensitive' one. The threads or filaments (Stigmas) are harvested at morning twilight, dried and sold as Saffron.

Here is my recipe for clear, luminous and gorgeous skin.

- In your favorite teacup, add a few threads of pure good quality Saffron.
- To it, add boiling water and a teaspoon unpasteurized wild-flower honey.
- Sip and drift into joyfulness.

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Saffron has immense purifying properties. It purifies the blood, clears the lungs and is a natural organ cleanser and benefits depression and muscle fatigue. It is this cleansing property that makes it a curative spice. Delicate, sun kissed golden threads, with hints of romantic orange, this beautiful spice battles inflammation at the cellular level. The scent, a surreal ancient aroma that lifts away the moody blues, is certainly addictive. Due to these anti-inflammatory and antioxidant properties, Saffron is an exotic yet potent spice. Saffron also clears your lymphatic and glandular system, therefore, regular usage will ensure a healthy immune system.

# Puffy Eyes & Dark Circles No More

Stinging Nettle (*Urtica dioica*) is a plant that is a potent diuretic. It also reduces factors of inflammation, promotes healing and helps in multisystem purification. If you suffer from puffy eyes, this plant will become your friend - but use it wisely and avoid it if you are allergic to it.

- Steep the Stinging Nettle leaves (about ten to fifteen leaves) overnight in water and strain the water the next day. Alternately prepare the teabag as per directions.
- Soak cotton pads in the steeped tea and gently place under the eyes, avoiding the delicate eye area.
- Leave for 15 minutes and remove.
- Wash face and apply few drops of Vit.C serum to the puffy eye area.
- Your puffy eyes are no more.

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Don't forget to get enough sleep. A good night's sleep will dramatically reduce puffy eyes and dark circles.





# Thank You

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