

## Honey Beauty Recipes

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Honey is a natural "humectant" which means it attracts and retains moisture. **Facial Mask:**  
Stir 1 teaspoon honey into 4 cups (1 quart) warm water.

### Facial Toner In blender

Puree 1 Tablespoon honey with a peeled, cored apple. Smooth over face; leave on 15 minutes. Rinse with cool water.

### Moisture Mask

Mix 2 Tablespoons honey with 2 teaspoons milk. Smooth over face and throat. Leave on 10 minutes. Rinse off with warm water.

### Smoothing Skin Lotion

Mix 1 teaspoon honey with 1 teaspoon vegetable oil and 1/4 teaspoon lemon juice. Rub into hands, elbows, heels and anywhere that feels dry. Leave on 10 minutes. Rinse off with water.

**Honey Cleansing Scrub** Mix 1 Tablespoon of honey with 2 Tablespoons finely ground almonds and 1/2 teaspoon lemon juice. Rub gently onto face. Rinse off with warm water.

### Firming Face Mask

Whisk together 1 Tablespoon honey, 1 egg white, 1 teaspoon glycerin (available at drug and beauty stores) and enough flour to form a paste (approximately 1/4 cup). Smooth over face and throat. Leave on 10 minutes. Rinse off with warm water.

### Hair Conditioner

Mix 1/2 cup honey and 1/4 cup olive oil. (Use 2 Tablespoons oil for normal hair.) Work a small amount at a time through hair until coated. Cover hair with a shower cap; leave on 30 minutes. Remove shower cap; shampoo well and rinse. Dry as normal. Milk and Honey Cleanser to refresh depleted skin and leave it feeling silky smooth.

**Skin Softening Bath** Add 1/4 cup honey to bath water for a fragrant, silky bath.

**Hair Shine** Stir 1 teaspoon honey into 4 cups (1 quart) warm water. Blondes may wish to add a squeeze of lemon. After shampooing, pour mixture through hair.