

ANTI-AGING HEALTH AND BEAUTY TIPS

**Turn Back the Clock with This Guide
to
Looking and Feeling Young!**



Letter from the Editor

Dear Fit&Fab Living Member,

At Fit&Fab Living, we know you want to look your best all the time. That is why we have compiled this book of anti-aging tips that are targeted to those who want look and feel fresh, vibrant and youthful. These tips will give you the information you need to look great no matter your age! From health and eating right to skin care tips and homemade beauty product recipes, you'll find everything you need to look great.

We'd also like to remind you that our eBooks are a completely FREE exclusive service for our members. If you would like to share this amazing collection, please pass it along to friends and tell them to sign up at Fit&Fab Living for even more!

If you think we are missing a health or beauty tip, or you just want to share your own creative ideas, please visit the site and submit your ideas now!

Enjoy this Anti-Aging Health and Beauty Tips eBook!

Allison

Allison

Editor

www.FitAndFabLiving.com

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Health & Fitness

8 Ways to Improve Your Posture

While you may not notice when you're slouching, chances are you'll notice it when you see someone else slump. Even though you might not think it's a big deal, poor posture can hurt you in the long run. Back, neck and muscle pain are just a few reasons why you need to correct your posture now. By standing and sitting correctly, you'll not only help your body, but you'll look longer and better too! **The following are 10 ways to give yourself that necessary posture boost!**

1. **Attentiveness** – Start thinking about what the conditions are when you tend to slouch or lean forward. Is it while you're working at the computer or maybe it's when you are eating dinner. The best way to get better posture is to become aware of the posture that you have now. Try to determine a cue (when you receive a text message or when you start to get hungry) that occurs pretty regularly, and use that as a reminder to check your posture. If you're slouching, correct it! Making this a routine is the first step toward better posture.

2. **A Simple Exercise** – If you're looking for an easy move that will help your posture, try this: Stand with your head, back and heels against a wall. Lift up your shoulders and then slowly move them back down so that they are touching the wall.

3. **Another Easy Move** – Sit down and cross your legs pretzel style. Sit up straight and make sure that your abs are contracted. While taking deep breaths, roll your shoulders up and forward 12 times. Then come back down and roll them back up and reverse. Roll them up and backwards 12 times.

4. **Elongated Side Stretch** – Stand with your leg a little more than shoulder width apart. Keep your legs straight, but not locked. Then raise your right arm over your head, while allowing your left arm to drop to your left leg. Bend down as far as you can without feeling any discomfort. Release and switch to the other side.

5. **The Back of the Chair** – When you're sitting on a chair, try to remind yourself to push your butt all the way to back of the chair. It will help prevent slouching, and get you in the habit of doing so every time you sit.

6. **Tree Position** - Stand up, lift your left foot up off the floor and hold on to your knee. Lift your arms up over your head, and put your palms together. Think of yourself as a strong, lengthy tree and feel your spine elongating. Breathe deeply 8 times and then repeat with your right foot.

7. **Loosen Your Back Muscles** – Lie on your back and pull both knees to your chest. Your hand should be behind your knees. Try to keep your tailbone on the floor. Holding this stretch for 15 seconds will help loosen your back muscles, which may have tightened from continuously poor posture.

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8. **Stay Active**- Your posture often suffers if you sit or stand too long, or if you walk too much during the day. Try to have an even balance of the three in order to better your posture.

My Tip Notes:

Staying Healthy Through Aging

As you begin to get older and wiser, you may be looking for the key to staying healthy as you age. The truth is that there is no miracle pill or special diet. The answer is simply old-fashioned diet and exercise. A healthy diet consisting of a wide variety of foods including fruits, vegetables, complex carbohydrates and lean protein combined with a fitness regimen will keep you looking young beyond your years and staying physically fit.

If you're worried about heart disease, high blood pressure or osteoporosis, focus on a healthy diet and daily exercise and you will be helping to ward off these diseases

My Tip Notes:

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The Secrets of Aging Well

There's no getting around it--America is a youth-obsessed culture, and no one over 30 wants to look or feel their age. While there is no fountain of youth, there are steps you can take to keep your youthful look and outlook as you age.

If you feel good, you look good. So take care of your health by eating right and exercising. Make sure you have plenty of fresh fruits and vegetables in your diet, and keep fatty, sugary foods to a minimum. You might want to consider a dietary supplement to make up for nutrients you may not be getting from your food. Drink plenty of liquids - not only will it keep you hydrated throughout the day, but it's good for your skin.

Of course, sometimes nature needs a little help from science and technology. Plastic surgery has never been more popular, with people having everything from eye lifts to breast implants and liposuction. The cosmetic industry also promises its lotions and potions will keep you looking young. Unfortunately, many of those claims aren't supported by scientific evidence, and while they may not do any harm, they certainly aren't doing what they promise.

As we get older, our skin does not synthesize as much collagen in the dermis, or skin, as when we were young. This is thought to be the major reason for thinning skin and wrinkle formation.

Exercise is also important to looking and feeling your best. Try to exercise every day -- it's good for your body, and it helps relieve stress (which can take a toll on your health and your appearance). You don't have to run 10 miles to get the benefits of working out. Taking a brisk walk around the neighborhood after dinner is a great way to work exercise into your day.

Yoga and pilates are two forms of exercise that emphasize flexibility and core strength. Many yoga practitioners say it helps them relax and unwind. Experts also suggest working out with weights as a good way to maintain bone mass and muscle tone. Again, you don't have to bench press 200 pounds to get the benefits of these workouts, but a few times a week with weights that are comfortable for you can make a big difference.

My Tip Notes:

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Can Grapefruit Make You Seem Younger?

Yes, it can! You may want to switch from eating a grapefruit to using the juice as perfume. Try out a flirty grapefruit scented body spray. Research has demonstrated that the scent of grapefruit on a woman makes her seem six years younger to men.

My Tip Notes:

Don't Lose Your Patience

Are you always losing your patience? Staying calmer may help keep your arteries young. Young adults who are prone to impatience appear to have a higher long-term risk of developing high blood pressure compared to their more patient peers. A tendency toward hostile feelings also was linked to a higher risk of high blood pressure down the road.

My Tip Notes:

Green Thumb

Keeping up an active hobby such as gardening when older may be one way to keep your mind young. Studies show that older people that regularly indulged in gardening have a lower risk of dementia compared to non-active older people.

My Tip Notes:

5 Reasons to Start Running Now!

You know you should be doing it, it's easy, requires minimal equipment and you know it's good for you. But for some reason you just can't bring yourself to hit the pavement. Running is known to have both physical and psychological benefits. Even running for as little as 60 minutes per week can improve your overall health. But in case you needed more convincing, here's a look at 5 reasons why you should start running today:

It's simple

Running is one of the simplest forms of exercise you can do. Just grab your running shoes, do some light stretching and you're off. It's simplicity that attracts many people to this form of exercise in the first place. No intimidating gym equipment or special gear needed.

Weight Loss

If your goal is to shed some pounds, running will prove to be the most effective method. Because of the high energy needed to run, you'll burn a lot of calories. To lose weight, you'll have to burn more calories than you consume. Running will easily burn more calories than any other exercise. On average, a runner can burn up to 100 calories per each mile.

Improved Health

Runners benefit from overall improved health compared to non-runners. Some of these benefits include low blood pressure, decreased risk of heart problems, improved bone health and lower risks of disease like stroke and breast cancer.

Goodbye Crankiness

Many runners attribute their low levels of stress and overall good mood to consistent running. Thanks to the endorphins released in your body when running, many claim to experience a "runner's high." Running helps you focus on the task at hand, since it's demanding and for many, it provides a way to clear the mind.

Reverse Aging

Let's face it, getting older is not pleasant. The wear and tear on our muscles and bones becomes evident as we grow older. But running has been proven to slow down this process by strengthening our muscles. It also promotes the human growth hormone, which helps you look and feel younger.

My Tip Notes:

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3 Pilates Exercises for Beginners

Pilates is a form of exercise that focuses on developing and strengthening core muscles - those that play an important role in keeping the body balanced and support the spine. Practicing pilates consistently helps keep your abdominal muscles in great condition. Pilates teaches an awareness of breathing and keeping core muscles like ribs, torso, abs, spine and shoulders in proper alignment while performing the exercises. Besides rockin' abs and a longer, leaner body, pilates appeals because it is so versatile. Young adults, people in rehabilitation programs, seniors as well as moms all practice these great strengthening exercises. The idea behind pilates is that over time it helps the body move with optimum grace and balance.

If you're new to working out or just new to pilates, these exercises are the perfect place to start! Don't be surprised if your core muscles feel sore the next day. The core muscles are a hard group to exercise and many people aren't used to exercising them. Just stick with it, and you will notice a toner body the more you do it! And best of all, you only need a mat to get started!

Chest Lift

While this may look like a crunch, it is not. Lie on a mat with your knees bent and feet flat on the mat. Make sure that your hip, knee and ankle are all in alignment. Keeping your shoulders down, bring your hands behind your head with your fingertips supporting the base of your skull. Your finger tips should remain spread apart.

Exhale and slowly pull your belly button down towards your spine, allowing your spine to lengthen and your lower back to touch the mat. At the same time, tilt your chin down and from the top of the head, slowly lift the upper spine off the mat until the base of the shoulder blade is just brushing the mat. Pause at the top and inhale, and draw in the abs even further. Exhale and slowly lower yourself back down to the mat while keeping the abs drawn in. Inhale as you release the abdominal muscles and return to a neutral spine position. *Repeat this exercise 6 - 8 times.*

The Hundred

Lie on your back with your legs bent and with your shins and ankles parallel to the floor. Breathe in and out. Bring your head up with your chin down and, using your abs, curl your upper spine up off the floor. Keep the shoulders engaged in the back. Your gaze is down into the scoop of the abdominals. Inhale in this position.

Exhale: At the same time, deepen the pull of the abs and extend your arms and legs. Your legs reach toward where the wall and ceiling meet in front of you. You can adjust them higher if need be, or lower for more advanced work. Your arms extend straight and low, just a few inches off floor, with the fingertips reaching out. Hold your position.

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Take five short breaths in and five short breaths out (like sniffing in and puffing out). While doing so, move your arms in a controlled up and down manner - a small pumping of the arms. Keep your shoulders and neck relaxed. It is the abdominal muscles that should be doing all the work. Do a cycle of 10 full breaths. Each cycle is five short in-breaths followed by five short out-breaths. The arms pump up and down a few inches, in unison with your breath. To finish: Keep your spine curved as you bring your knees in toward your chest. Grasp your knees and roll your upper spine and head back to the floor.

Rolling

Sit on the mat and clasp your hands over your shins, just above the ankle. Drop your shoulders, widen your back, deepen your abdominals, and make a nice curve of your spine. Don't tuck your head, your neck should be part of the spinal curve. Lift your feet off the mat and balance on, or just behind, your sit bones.

Inhale: Pull the lower abs in and up to get yourself going and roll back on the inhale. Roll only to the shoulders. Do not roll onto the neck. Exhale: Stay deeply scooped with your spine curved. Use your exhale and abdominals to return to upright position.

Repeat 5-6 times.

My Tip Notes:

5 Ways to Stay Sharp

Research has shown that the more we use our intelligence and imagination, the more likely we are to stay sharp as we age. In the same way that we must lift weights to build muscle, we must consistently use our brain to keep it strong.

Here are 5 tips that will help you keep your brain healthy and active.

1. **Puzzles**– Doing puzzles such as crossword and jigsaw puzzles may keep your memory and thinking skills sharp as well as help prevent dementia and Alzheimer’s disease. If you want to keep your brain active, turn off the television and try a crossword puzzle. Jigsaw puzzles are also a great way to spend time with friends and family. Start with easier puzzles and then gradually increase the level of difficulty. The Internet is a great resource for locating all kinds of free brainteasers and crossword puzzles.
2. **Learn a new language or take up an instrument** – Hobbies and interests are a great way to stay active. If you are planning to take a trip abroad, try and learn basic conversational language. If you always dreamed of becoming a concert pianist, it’s never too late! Even if you never become fluent or you don’t perform at Carnegie Hall, these activities keep your brain young.
3. **Exercise** – Keep your brain functioning at its best by incorporating at least 30 minutes of exercise into your routine on a regular basis. Not only does exercise help your brain’s performance, but it also can help ward off quite a few diseases. Adults who exercise moderately show increased functioning in activities like planning, scheduling and task coordination. Combining strength training with cardiovascular activity shows even greater results. So get moving!
4. **Use both sides of the brain** – The brain is divided into 2 sections: the left brain and the right brain. The left brain deals with language, numbers and reasoning. The right brain deals with music, art and the imagination. Engage in both kinds of activities to give your brain a complete workout. If you’re really looking for a challenge, try using your non-dominant hand for routine activities like brushing your teeth, writing or even getting dressed. Although these exercises may seem silly, they keep your brain hard at work.
5. **Describing** – Describing things to others is a great way to improve your visual memory. Keep an eye out for a good story to tell each day. The act of describing or telling a story builds your attention and memory skills. It’s also a great opportunity to connect with others.

Unfortunately you can’t change your genetics, but you do have control over how you live your life. The bottom line is to keep mentally and physically active if you want to experience the best quality of life.

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Forget Your Worries

A more carefree attitude may help keep your mind young. Chronic worry was linked to an increased risk of cognitive decline in a study. Obsessive worriers had more than double the risk of decline compared to their more carefree peers. Kick worries to the curb by writing them down in a journal or talking them out with people you love. Also, work on decisive plans of action for worries that won't go away.

My Tip Notes:

Too Young To Stress

Make time this summer for your favorite stress reliever. It will help keep you young. Research reveals that older people who experienced chronic stress tended to have higher blood levels of interleukin-6 (IL-6). IL-6 is an inflammatory protein that has been linked to aging and disease. Counteract stress by reserving time for long walks, soothing music, or chats with good friends.

My Tip Notes:

Workout While Watching TV

After a long day of work, coming home to your favorite reality television show or medical drama can be a comforting way to spend the evening. It's easy to plan to workout in the evening and then let the rush of fatigue wash over you as you snuggle up to the couch for the next few hours. It's tough to decide between the comfort of watching your favorite shows and the workout you know you need. No need to choose anymore because Fit&Fab Living has come up with the perfect solution - workout while you watch TV!

Television Toners

A 30-minute television program has about 10 minutes of commercials! You can either workout throughout the duration of the television episode, or if you're just beginning, start slowly and only workout during commercial breaks. You can gradually increase the time as you begin to feel more comfortable. You can get all the enjoyment out of your shows and still burn calories, too. It does mean that you have to commit to movement during tv time, but we promise you'll feel a lot better knowing you've got the best of both worlds. Try some of these tv workout exercises and you'll notice the difference in your strength, flexibility and muscle tone.

- If you have a treadmill, this is the easiest way to get in a great cardio workout. Place the treadmill in a spot where you can still see the television or move a smaller television in front of the treadmill and start walking! While you don't need to be huffing and puffing, you should be walking at a fairly brisk pace. If you're looking for a challenge, raise the incline! If you don't have a treadmill, jog in place, do knee raises or jumping jacks. Do any or all of these exercises for 1 minutes intervals on and off until the show's over.
- Pushups are a great muscle-building exercise. Try them on the floor for the greatest challenge or for a less strenuous option, do pushups standing up against a wall. Do as many as you can until your arms won't let you do one more!
- Leg lifts are another easy option to tone thighs. Lie on your side with the bottom leg straight and the top leg slightly bent. Lift and lower leg 30 times on each side.
- TV time is the perfect time to get in a killer ab workout. Experiment with different kinds of crunches to work all of your abdominals!
- If you're looking to sculpt your derriere, then do chair squats during commercial breaks. Stand up in front of a couch or chair and then squat down until you are almost sitting, but not quite. Stand back up and repeat for the length of the commercial break.
- Pick up a set of dumbbells and you can really amp up your toning exercises by adding all kinds of arm-toning exercises to your routine.

My Tip Notes:

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7 Tips To A Younger-Looking You

1. Take an aspirin. This wonder drug does more than just relieve headaches and fever; it can also decrease your risk of stroke, heart disease, memory loss, wrinkles and even some cancers. Take 325 milligrams of aspirin a day.
2. Have sex. Spending time between the sheets at least twice a week can make you healthier, provided you practice safe sex, of course.
3. Floss often. If your dentist were to tell you that flossing could make you younger, you would heed his/her advice to help prevent gum disease. Daily flossing prevents stroke, memory loss and heart disease, because it inhibits harmful artery-attacking bacteria from growing in your gums.
4. Get a furry friend. Your dog does more than just fetch and roll over; she can also keep you young. In addition to suffering fewer headaches, cold sores and other chronic infections, pet owners have a higher survival rate for heart attacks. Why the boost? Your dog serves as a live-in personal trainer who makes you take daily walks and helps keep your sleep and waking schedules regular.
5. Eat blueberries. All fruit is good for you, but ounce for ounce, berries offer the most nutrients per calorie. Berries are veritable antioxidant pills. Just half a cup of blueberries provides as much antioxidant power as five servings of any other fruit or vegetable. Plus, blueberries are loaded with vitamin C, fiber and ellagic acid, which is believed to prevent some cancers.
6. Pump iron. Many women shy away from lifting weights for (false) fear of looking like Mr. Universe. 30 minutes a week of weight lifting can turn the tide of aging. Keeping the body strong and flexible helps reduce wear and tear that makes us older. If weights aren't your thing, strength-building yoga postures will also do the trick.
7. Have a beer or a glass of merlot with friends. You might think that curling up at home with a good book will keep you younger than going out on the town. But as long as your social life doesn't involve excessive drinking, smoking or sleep deprivation, playing social butterfly can actually make you younger. Socializing is a natural stress blocker.

My Tip Notes:

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Healthy Eating

Nix Aging Morning Meals

Skip big, fatty breakfasts and you could protect your body from harmful inflammatory processes that lead to needless aging. Within an hour of eating a fatty meal, study participants experienced increases in inflammatory proteins that are associated with heart disease. The inflammatory proteins remained elevated for as many as three or four hours after the meal.

My Tip Notes:

Wonderful Vitamin C

Much has been written about the effects of vitamin C (ascorbic acid). A few vital facts, however, highlight how important this vitamin is, particularly when it is often far below optimal levels in our modern diet.

Of all creatures on earth, humans are one of the few unable to produce vitamin C in their bodies. Instead, we have been designed to absorb our requirements from fresh fruit and vegetables.

Vitamin C performs many functions, including:

1. Aids absorption of other nutrients, e.g. iron.
2. Acts as an antioxidant.
3. Promotes healthy bone and connective tissue formation.
4. Enhances our immune systems - hence the recommendations for extra vitamin C if you have a cold or 'flu'.
5. Promotes wound healing.

To ensure we have sufficient vitamin C levels, we should consume fresh fruit and vegetables regularly -- most desirably 5 portions daily. Among the best sources of the vitamin are broccoli, Brussel sprouts, cabbage, citrus fruits, green peppers, kiwi fruit and tomatoes.

In order to maximize vitamin C intake, follow these simple guidelines: -

1. Never boil vegetables -- vitamin C will rapidly leak into the cooking water and is wasted. Steaming or cooking vegetables for a short time reduces losses, e.g. stir-frying for a minute or two.
2. Eat fresh fruit and vegetables as soon as possible after purchasing. Both lose vitamin C at the rate of 10 percent per month when stored.
3. Reduce alcohol consumption and stop smoking - both deplete vitamin C levels in our bodies.

My Tip Notes:

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Get the Most Out of Your Tea

Drinking real tea (not the herbal kind) has been found to help with a variety of ailments. Cancer, heart attacks, strokes, high blood pressure, cavities, and bad breath are just a few of the physical ailments that tea can either ease or cure, according to various tests and doctors. The antioxidants found in green tea were found to be 100 times more effective than vitamin C and 25 times better than vitamin E at protecting cells from damage from cancer and heart disease. It shares the same ingredient that has made red wine a newly discovered treasure. Black tea, which is more prominent in the U.S., also has many of the same antioxidants.

Here are 4 tips to making sure you get the most out of your green tea of choice: 1) Brew it from bags instead of from leaves. Crushing tealeaves releases more antioxidants. 2) Brew it yourself. Many bottled or canned tea beverages contain very little tea and a lot of sugar and additives. Instead, brew your own tea for 5 minutes. Hot and iced teas are equally good for you. 3) Use caffeinated tea. Preliminary studies show that the caffeine may actually help to increase tea's cancer-protecting effects. Decaffeinated tea has the same antioxidants, but caffeine helps flush out the system. 4) Reconsider herbal teas. They are made from different plants and spices altogether and often contain no tea leaves at all. Be sure that tea is listed as the primary ingredient instead of fruits or spices.

My Tip Notes:

Iron Out Wrinkles With Nutrition

Maintaining a healthy diet may actually ward off wrinkles, according to a recent report in the Journal of the American College of Nutrition. The researchers investigated the diets of more than 400 participants aged 70 and older. They found that participants who ate plenty of healthy foods - including green leafy vegetables, nuts, olive oil, beans, and multigrain breads - were less likely to develop wrinkles than participants who maintained diets high in butter, red meat, and sugar.

My Tip Notes:

Spice It Up

Don't get stuck in a salt and butter rut. Seasoning your food with more exotic flavors may help you stay young.

Too much salt or butter in the diet can promote arterial aging. However, studies show that spices and herbs such as cloves, cinnamon, pepper, ginger, garlic, mint, and onion possess antioxidant properties that can help guard against lipid peroxidation, a mechanism of cellular injury.

My Tip Notes:

Vitamins for Every Age and Stage of Life

Trying to decide what supplements to take can be overwhelming. Drug store shelves are packed full of every option imaginable, so how can you know which ones are right for you? When it comes to vitamins, it is important to realize that age plays a large factor in what you should be taking; a 25-year-old needs something completely different from a 45-year-old. Although each person is unique, these are the supplements that are generally recommended for each age group:

Children

There is a great deal of controversy surrounding the arguments for and against giving children vitamin supplements. Most doctors agree that if your children follow a balanced diet, it is unnecessary to give them vitamins. However, if your children are especially picky eaters, they might be missing out on essential nutrients. Children who refuse to eat their vegetables might be missing out on the vitamin C that they need for their brain and immune system. In addition, children's diets often do not contain enough omega-3 fatty acids that are found in oily fish. Giving them an omega-3 supplement can improve their brain function.

20's and 30's

Folic acid is especially important in this stage of life. It is essential to cellular function and repair, as well as the creation of red blood cells. Pregnant women should especially take care to consume enough folic acid. Iron is also an important mineral for people in their 20's and 30's, especially women. Women lose iron during their menstrual cycles and are more prone to anemia. And because bone mass continues to increase during your 20's, taking calcium regularly can help build and maintain bone density.

40's and 50's

Once people reach their 40's and 50's heart health becomes more important. Both B vitamins and vitamin C can help reduce the risk of heart disease. A fiber supplement might be helpful for this age group, as well, as it can lower blood cholesterol.

Seniors

Seniors need extra antioxidants (vitamins A, C, and E). Antioxidants not only keep the immune system functioning well, but they also slow the aging process and help prevent serious diseases. Vitamin D and calcium are also very important for seniors. Vitamin D helps the body absorb calcium, which is necessary for keeping bones strong and preventing osteoporosis. Finally, Vitamin K ensures that blood clots and it has also been linked to the prevention of Alzheimer's disease.

Always speak to your doctor before taking supplements, especially if you have a health condition or are pregnant. Over-consumption of particular vitamins can be dangerous, so make sure that the combination of supplements you are taking is safe.

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7 Foods for Great Skin

Adzuki beans are loaded with [zinc](#), a vital mineral your skin uses to repair damage. Zinc also strengthens your immune system and may help fend off acne. Beans are available fresh or canned -- and the crunchy sprouts are a great salad garnish.

Almonds contain omega-3 fats, protein, [vitamin E](#), calcium and zinc - all major nutrients that keep your epidermis healthy.

Beet greens - try them sautéed with garlic in olive oil - will help [dry skin](#) with vitamins A and B1, biotin and linoleic acid.

Collard greens are a great source of lutein, an antioxidant that blocks the effects of sun on your eyes to prevent cataracts and [macular degeneration](#). Researchers think they can help prevent sun damage to your skin, too. Saute or steam them and add a dash of soy sauce.

Garlic, the wonder bulb that helps scour your [arteries](#) and boost your immune system, also has fungus-fighting properties. A few cloves a day will battle athlete's foot.

Grapeseed oil, which can be used as a safe and healthy cooking oil, contains linoleic acid, an essential fat that helps heal damaged skin. It also contains a [powerful antioxidant](#) that may prevent sun damage.

Hummus, a Middle Eastern delicacy containing ground up chick peas, tahini, olive oil, garlic and lemon juice, delivers a tremendous amount of iron, which brings color back to pale skin. The lemon juice in hummus contains vitamin C, which enhances iron absorption.

My Tip Notes:

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7 More Foods for Great Skin

Here are even more foods that will keep your skin looking great!

Kiwi fruit delivers more than 100% of your daily requirement of vitamin C. Vitamin C prevents skin damage and helps produce collagen, the protein that helps keep skin elastic.

Lentils, which can be served up in a soup or salad, pack protein for your skin, as well as fiber, iron [vitamin B](#) and other minerals.

Olive oil is credited by the American College of [Nutrition](#) with seeming to stop wrinkles, especially in women who eat diets high in vegetables and legumes.

Salmon and similar cold-water fish like mackerel contain high amounts of mega-3 fatty acids, which keep skin resilient and may reduce the inflammation that leads to [skin conditions](#) like psoriasis.

Shiitake mushrooms, which are credited with boosting your immune system, also are high in [selenium](#), a vital mineral. Lack of selenium has been linked to certain types of [skin cancer](#). Shiitakes also contain protein, vitamin B and zinc.

Soy milk provides a no-fat form of protein and other [health benefits](#). It's also made without the use of iodine, which is a necessary to the sanitary production of milk, including organic milk. Some researchers believe an individual's intolerance to even traces of [iodine](#) may lead to blemishes.

Tomatoes pack [beta carotene](#), vitamin C and lycopene, all antioxidants credited with protecting against sun damage and skin [cancer](#). You can enhance your intake of lycopene by sautéing the tomatoes in olive oil.

My Tip Notes:

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Get Vitamin E from Peanut Butter

Peanut butter has gotten a bad reputation in recent years. At first, it was touted as a healthy food, but then its fat and calorie count was too high to be healthy. Then we hear that adding nuts to your diet decreases heart disease in spite of the extra calories.

Now studies at the Institute of Food Technologies has confirmed that the processes used in making and packaging peanut butter don't significantly reduce the positive effects of eating raw peanuts. It was shown that peanut butter has the same vitamin E content as raw peanuts. So it seems that peanut butter is back on the list of good things to eat to help prevent heart disease.

My Tip Notes:

The Benefits of Salmon

Eating a meal that contains salmon before you work out will increase your chances of losing weight faster. Salmon is great for the heart and also contains omega-3 fatty acids which can help lesson abdominal fat.

Salmon also is a great source of protein and it contains an abundance of vitamins. The American Heart Association suggests eating two servings of salmon a week.

My Tip Notes:

A Mindful Nutrient

Folate may be an important player in your quest to keep your mind young. A daily helping of folate appears to help ward off one of the causes of age-related cognitive decline: high homocysteine levels. Folate lowers blood levels of homocysteine, a protein that can damage blood vessels and cells of the [brain](#). Include folate-rich foods such as orange juice and dark leafy greens in your [diet](#) to ensure you get your share.

My Tip Notes:

Bravo for the Avocado

Do you have a love-hate relationship with avocados? Then it's time to toss any bad feelings aside, because a little avocado in your life could help you grow younger. The avocado is rich in mono-unsaturated fats, which raise HDL (healthy) cholesterol levels and help slow arterial aging. Also, some research indicates that the avocado contains an antioxidant, glutathione, which may help fight cardiovascular disease and cancer.

My Tip Notes:

A Healthy Food Grocery List

There's something empowering about purchasing groceries on your own. I didn't realize this until I took control of my nutritional destiny and stopped relying on my parents to bring home healthy food choices (which they never really did). The grocery store is a big place and it's easy to feel overwhelmed by the numerous food choices scattered in the store. I always try to stick with unprocessed, organic foods that can be easily cooked and thrown together after a long day at work.

After some research, I found lists of foods that contribute to healthy muscles and bones. Others had foods that were good for your heart or burn belly fat. These lists were helpful because they gave me a sense of direction in regards to what I needed to purchase, but it would have been easier if they were on one comprehensive list.

Below you will find the grocery list I put together to use while shopping for my favorite delectable food choices. Print it out and take it with you on your next shopping trip. Happy shopping!

Vegetables

Edamame (frozen or unfrozen) – Soy protein and fiber lower cholesterol

Sweet Potatoes – Vitamin A and fiber aid heart health

Swiss Chard – Potassium and magnesium help control blood pressure

Carrots – Cancer-fighting vitamin B

Spinach (frozen or unfrozen) – Neutralize free radicals with vitamins C and E

Onions, Shallots, Garlic – Allicin and quercetin reduce heart disease risk

Fruit

Mango – Potassium helps reduce blood pressure

Raspberry, Blueberry, Strawberry – Highest antioxidant capacity of all fresh fruit; boost immune system

Kiwi – Vitamins A, C and E fight against age-related macular degeneration (ARMD)

Grapes- Flavonoids protect LDL cholesterol (good cholesterol)

Peach – Lycopene and lutein protect against heart disease, ARMD and cancer

Watermelon – Vitamin C and beta-carotene reduce heart disease

Refrigerated Items

Salmon – Omega-3 essential fatty acids and protein benefit cardiovascular system

Tofu – Soy protein lowers bad cholesterol (LDL cholesterol)

Eggs – Egg protein aids in muscle repair

Low Fat Yogurt – Calcium and vitamin D help in decrease chance of osteoporosis

Soy Milk – Healthy alternative if lactose intolerant or vegetarian

Miscellaneous

Extra Virgin or Virgin Olive Oil – Monounsaturated fat leads to healthier heart and lower LDL

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cholesterol

Milled Flaxseed – Richest source of omega-3 fatty acids; enhances immune system

Barley – Soluble and insoluble fiber lower cholesterol

Peanut Butter – Vitamin E reduces risk of cancer and cardiovascular disease

Tea (Green, Black, White or Oolong) – Antioxidants in green tea improve the flexibility of blood vessels and make them less vulnerable to clogging

Oatmeal – Soluble fiber helps to manage weight

My Tip Notes:

Beauty

TLC for Aging Skin

regime can protect your skin and make you feel better. Age naturally, and look beautiful at the same time!

Always get a good night's [sleep](#) and make sure to brighten up your face every morning. Apply a chilled wet washcloth to your face before applying your makeup to enhance your complexion and diminish your pores.

Don't use too many products. Too much of any good thing, even anti-aging products can yield negative results. Instead of clogging your skin with several products, determine which products work best for your skin and stick with them.

Cleanse, Exfoliate, Tone and Moisturize

It's vital that you take your makeup up off and **cleanse** your skin every night. Forgetting this crucial step can leave the skin without its natural oils, and strain [sensitive skin](#) causing wrinkles and sagging. Use a facial cleanser every night, and make sure to use a gentle makeup remover for the eyes as well.

Try:

Neutrogena Healthy Skin Visibly Even Foaming Cleanser

Murad AHA/BHA Exfoliating Cleanser

Exfoliating can get rid of dead skin cells, which lie on the surface of the skin and block moisture from being absorbed. As you age, more and more dead skin cells will be shed, so you need to exfoliate the skin 2-3 times a week.

Try:

Olay Regenerist Microdermabrasion & Peel System

Neutrogena Healthy Skin Anti-Wrinkle Anti-Blemish Scrub

Applying **toner** to your skin is a crucial element in your anti aging routine because toner tightens your pores and restores pH balance. But as you get older, a harsh toner that is alcohol-based may harm your skin, so stay away from them, and opt for more natural ones instead.

Try:

Tonique Pure Focus

Dermalogica Multi-Active Toner

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Keep your skin moisturized to reduce wrinkles naturally. After you cleanse, exfoliate and tone, use an anti-aging **moisturizer** to nourish and protect the skin. You can do this in the morning to hydrate your skin and to create a base before you apply makeup. Also, apply moisturizer before you go to bed so the skin can restore itself properly while you sleep.

Try:

Olay Total Effects 7-in-1 Anti-Aging Moisturizer

Cetaphil Moisturizing Cream

These products that can help you get started. Remember not to overload, but try to determine what works best for you. Start this regime early to get a head start on aging skin and wrinkles.

My Tip Notes:

Anti-Aging Skin Fighter

Yogurt, lemon juice, [vitamin E](#) and honey make this recipe an easy way to fight wrinkles.

Ingredients

2 tsp. plain yogurt

1/2 tsp. honey

1/2 tsp. lemon juice

3 capsules vitamin E (equivalent of 300 units)

Directions

Combine yogurt, honey and lemon juice. Prick open the [vitamin E](#) capsules then fold contents into the mix. Leave on [skin](#) for 15 minutes. Rinse with warm water, and pat dry.

My Tip Notes:

Antioxidants Protect the Eyes

If you want to make your eye look a little more lively and youthful, apply an eye cream with antioxidants every morning. The antioxidants are there to fight sun damage. Try an eye cream that contains green tea for starters.

My Tip Notes:

Wrinkles

The skin creases known as wrinkles can form when certain facial muscles contract repeatedly. Over time, wrinkles that have formed can become deeper and more noticeable. Take care of your skin early in life to help prevent wrinkles forming later on.

My Tip Notes:

Young Eyes

Once past your twenties, skip using eyeliner on the lower lashes. As we age, gravity takes its toll and our eyes start to droop. Using eyeliner on the bottom lashes can actually accentuate the droop. To keep younger-looking eyes, avoid shimmery eye shadow, as it accentuates wrinkles. Go for matte!

My Tip Notes:

Avoid Dark Lips

To look fresh and young, skip the ultra-dark lip colors for daily wear. Instead, find a lip color with a pinkish hue to look vibrant, healthy and young! Save your darker colored lipsticks for special evenings out.

My Tip Notes:

The Best Sunblocks Ever!

Did you know that 90 percent of wrinkles and premature aging in women and men is caused by unprotected sun exposure. This means that if we have the right sunblock, we can help prevent wrinkles, save money on over-priced anti-aging creams and significantly decrease our odds of developing [skin cancer](#)! Applying sunscreen should be the easy part - it's shopping for it that can be tricky! With so many brands that contain different active ingredients, whose to know which sunblock pasts muster. This guide provides a list of the best-rated sunblocks by a variety of reviewers.

The best sunblocks are broad spectrum, blocking a wide variety of UVA and UVB rays. While a minimum of SPF 15 is recommended, some studies suggest that SPF 30 provides significantly better coverage. The active ingredients you should look for are [zinc](#) and titanium dioxide, which provide the strongest protection against the sun's rays. These ingredients are also great for people who have [sensitive skin](#) as they rarely cause irritation.

La Roche-Posay Anthelios XL - The cream of the crop, but definitely not a budget!

What could be a \$55 tube of sunblock is only \$20 at [Amazon](#). The reason this product is superior to its competitors due to the active ingredients Mexoryl, the only sun-filter that has been approved by the FDA. It protects the [skin](#) by absorbing the energy of the sun's UVA rays (the more harmful of the sun's rays). While this product has been touted as the best of the best, some reviewers noted that it left their skin feeling sticky. You might consider this only a minor inconvenience if you're looking for maximum protection. Be aware, though, that this sunscreen is not water resistant.

Neutrogena Ultra Sheer Dry-Touch SPF 55 - Best affordable sunblock

You can find this sunblock at almost any retailer, but we recommend [Wal-Mart's](#) low price of \$10.74. Many reviewers noted that the "greasy" sunblock feeling you get after applying most brands, quickly disappears after only a few minutes!

No-Ad Sunblock Lotion SPF 45 - Best inexpensive sunblock

Order 16 fl. oz. of sunblock at Drugstore.com for \$9.99. This is a great deal considering how much more sunblock you get with No-Ad.

Blue Lizard Sunscreen Sensitive SPF 30+ - Best sensitive skin sunblock

Find this consistently high-rated suncream at [Coolibar.com](#). The official Blue Lizard website is out-of-stock because it has been so well-received!

Banana Boat Sport Performance - Best performance sunblock

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This SPF 50 sport sunblock is both sweat-proof and waterproof for long-lasting protection. Find this sunblock at your local [Target](#). No more wiping the stinging beads of [sweat](#) mixed with sunblock out of your eyes!

California Baby SPF 30 + Sunscreen Lotion - Best sunblock for your little ones!

Purchase this sunblock straight from the [California Baby website](#), as this product is not widely available. It's [fragrance](#) free and chemical free, which means that if your baby must be out in the sun, this is the stuff you want to have on-hand. Also, it's sold in a portable, easy-to-use stick form to have handy for readily-exposed areas, such as the face.

My Tip Notes:

9 Life-Changing Skin Care Tips

Uh oh, your epidermis is showing! So make sure it's looking young and fresh. It really is easy to take of your [skin](#), but not everyone chooses to follow simple tips, like washing your face every night, moisturizing your hands and wearing sun screen when you're in the sun. Those are the top tips you should live by. The 9 [skin care](#) tips below are just as important, but not always as obvious.

1. **[Take A Milk Bath](#)** - Light a candle, run the tub and treat yourself to a milk bath. You will feel relaxed and your skin will feel silky smooth! [Click here to find out how much to use.](#)
2. **[Shower Routine](#)** - As great as a long, hot shower may be, it can also stress your skin. Shower in lukewarm water for 15 minutes or less and then pat yourself dry — don't rub. [Read more here](#) and find out why you should be using a moisturizing body wash instead of soap.
3. **[Sensitive Underarms](#)** - If you have sensitive underarms, make sure you're taking all the precautions you can to avoid razor bumps and irritation after shaving. Start by taking a warm, wet washcloth and placing it under your arms to wet the area and soften the skin. [Check out the next step by clicking here!](#)
4. **[Cover Your Hands](#)** - Household cleansers can irritate hands. Protect your skin by slathering hands with lotion, then wear rubber gloves before washing dishes or cleaning the tub. [Read more of this tip here!](#)
5. **[Cure For Dry Feet](#)** - If you suffer from dry and cracked heels, you're not alone. Many women's feet get dry and rough throughout the year. If you're looking for a natural solution, try using one of the following oils: eucalyptus oil, [jojoba oil](#), almond oil or avocado oil. [Click here](#) to read about how to use the oil on your feet.
6. **[Know Your Skin Type](#)** - Caring for your skin is an important party of [staying healthy](#) and looking good. Each of the five skin types requires different a beauty regime, but which one should you follow? [Click here](#) to learn how to identify and care for your skin type so you'll be able to keep your features looking their best.
7. **[Treating Acne](#)** - Occasional hot presses can help keep acne at bay. Acne affects more than just teenagers going through puberty. Doctors estimate that about 10% of adults suffer from occasional or chronic acne problems. Using heat can help keep acne away when used consistently. [Read more here!](#)
8. **[Pack this Product](#)** - One product that you shouldn't ever forget, even on vacations: sunscreen. It's essential to help protect your skin from wrinkles, sun damage and skin cancer. To save space, use a moisturizer that also has an SPF factor of at least 15. [Click here](#) for the rest of this tip!

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9. **Rosewater Toner** - If you want a great facial toner but don't want to spend big bucks on it, just buy a bottle of rosewater! Pour a little bit on a cotton ball or makeup pad and gently rub it all over your face. It will act as a simple toner and it smells fabulous, too!

My Tip Notes:

5 Beauty Mistakes That Can Add 10 Years

No matter what, your makeup and beauty products should never make you look older than you are. They're supposed to give you a [healthy](#), natural glow, not leave you look dull and like an older relative. The biggest problem when it comes to prematurely giving you an aged appearance is applying too much makeup. Less is more, and the natural look is so in right now! It'll make you look [healthier](#) and younger. **Check out these 10 mistakes that tons of women (and lots of celebrities) make that make them look way older than they really are.**

- 1. Piling on the Concealer** – All of us want to cover up [blemishes](#), pimples and other imperfections, but be mindful. Taking it too far and putting too much concealer on, especially under your eyes can make you look older. Lighten up your concealer and apply it with a fine brush in order to apply it more evenly. Also, avoid applying it heavily around your eyes. A little dab under the eyes is all you need to make you look more youthful.
- 2. Bad Blush** – We're told all the time to apply our blush on the apple of our cheeks, but that's not always the best option. As you get older, applying blush to that area can make your [skin](#) look droopy. Apply subtle colors higher up on the cheekbones, as opposed to the apples.
- 3. Lose the Bold Lipstick** – Lips tend to thin out as we get older, making most of those vibrant hues that we used to wear hard to pull off. Neutral roses, corals and other shades that aren't too bright or dark will make your lips look fuller. Gloss is also another fun alternative that gives you a sparkly shine.
- 4. Lower Lash Mascara** – Move off the mascara. Well, at least if you're overdoing it. Mascara on the lower lashes tends to do more harm than help as we get older. It can make any dark circles you might have much more noticeable. Stick to mascara on the top lashes, and if you're looking for a more dramatic look, opt for shadow instead of lots of mascara.
- 5. Heavy Foundation** – Caked on foundation isn't attractive at all, so how could it possibly make you look younger? It can't. It does just the opposite. Wear a tinted moisturizer instead, which will hydrate your skin and make it look younger. Foundation can often make it seem like you have something to hide. Show off your natural, beautiful skin instead.

My Tip Notes:

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A Gentle Touch

Roughness is not the way to go when dealing with your skin, especially around your eyes. Make an attempt to take notice when you frown or feel particularly tense. These unpleasant expressions can cause unwanted wrinkles in the long run. Instead, try to smile more. It'll make you look younger.

My Tip Notes:

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Treat Yourself to a Facial Massage

Whoever said that massages are a modern day luxury? Records of [massage](#) therapy have been found in Chinese medical texts dating all the way back to the third century B.C. Ancient cultures like the Greeks and Persians also noted the medicinal and cosmetic benefits of [massage therapy](#). Recently, facial massage has become an extremely popular Western practice in order to shed years off our appearance. It can be done by a professional [massage therapist](#), an aesthetician, cosmetologist or you can even do it yourself within the comforts of home. Facial massage slows down the aging process while relieving stress, [sinus congestion](#), Premenstrual Syndrome (PMS) and migraines.

Facial massage stimulates [blood circulation](#) in the face, which is often lacking after a full night's [sleep](#). During sleep, the body processes slow down leaving that pallid, puffy-eyed face we often see in the morning. The stimulation from facial massage increases the flow of oxygen to the face and increases collagen production (that wonderful protein that helps maintain skin elasticity). Facial massage also reduces wrinkles as the massage relaxes tightened muscles, especially in the forehead.

Benefits of facial massage:

- Improvement of facial skin and muscle tone
- Relaxation of facial and eye muscles
- Alleviation of stress and anxiety
- Relief from tension headaches and facial pain
- Overall physical and mental relaxation

If you are a regular at the spa and have yet to experience the wonders of facial massage, make sure and ask the masseuse about it. And if you have never had a massage, look into getting a monthly facial massage or if you choose to indulge—a full body massage. Whether you are looking to keep your [skin](#) looking young and healthy or need [stress relief](#) from a busy life, take a little time out of each month to pamper yourself.

My Tip Notes:

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Washing Every Night

Wash your face every single night. Missing a day or two can cause acne and potential wrinkles. If you're too tired, at least use [baby](#) wipes nightly. It only takes a couple minutes and it's so worth it!

My Tip Notes:

10 Important Sun Safety Tips

As spring marches on and summer approaches, everyone is itching to get outdoors and soak up the beautiful weather. Don't forget, however, that too much exposure to the sun can result in skin damage. By not exercising proper sun safety, you can end up with wrinkles, sun spots, sunburns, blisters, and even cancer. Follow these simple tips and you and your skin will be prepared for an endless number of sunny days.

1. SPF isn't just for the summer. You should wear sunscreen year-round to protect your skin from prematurely aging. You can even get a sunburn when it's cloudy, so make a habit of using sunscreen daily.
2. Try to stay out of the sun between 10am and 3pm. The sun is at its highest point in the sky during those hours, which makes these the prime hours for burning.
3. The sun's rays reflect off of water, making them extra-intense. If you're sitting in a boat or swimming, make sure you are wearing sunscreen with a high SPF.
4. Use waterproof sunscreen even if you're not in the water. If you're in the hot sun, your sweat can wash off regular sunscreen.
5. Don't forget your lips- they burn, too. Wear a lip balm with SPF protection to prevent them from chapping and blistering.
6. Sunglasses are of the utmost importance. To avoid developing cataracts, wear sunglasses with UV protection.
7. Pick the right SPF for you. Children should use sunscreen with a minimum SPF of 30, while adults should use a minimum of SPF 15.
8. Make sure you get all the tricky spots. Many people forget to put sunscreen on their ears, their scalp, and the tops of their feet. Make sure you cover all the bases.
9. Don't wait until you get outside to start slathering on the sunscreen. It takes some time to absorb into your skin, so remember to apply it about a half an hour before you head out into the sun.
10. Re-apply! One application of sunscreen will not last you the entire day. Follow the instructions on the bottle; most sunscreens will have to be re-applied about every 2 hours.

My Tip Notes:

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Do-It-Yourself Beauty Recipes

Eggs for Younger Looking Skin

As you color eggs for Easter, keep this little fact in mind. An egg white can help firm up your skin. Whip an egg white until it is frothy, and dab it on your face. Avoid your eyes, nose and mouth, and be sure to daub it on, not smearing or rubbing which can reduce the oxygen you just whipped into it. Leave it on for about 5-10 minutes or until your skin begins to feel a little tighter underneath. Just rinse in warm water, and you are one step closer to younger-looking skin.

My Tip Notes:

Papaya Anti-Wrinkle Facial

The natural fruit acid and enzymes remove dead skin cells and your skin will look and feel both younger and smoother.

Ingredients

2 Tbs. mashed ripe papaya

1 tsp. aloe vera gel

Directions

Mix together the papaya and aloe vera gel to make a smooth paste. Apply to your clean face and neck. Let sit for 5 minutes. Rinse with cool water. This formula can be drying if it is left on for longer than 5 minutes.

My Tip Notes:

Banana Wrinkle-Fighter

Banana is wonderful as an anti-wrinkle treatment so it doesn't need anything else.

Ingredients

1/4 banana

Directions

Mash banana until very creamy. Spread all over face and leave for 15-20 minutes before rinsing off with warm water followed by a dash of cold water. Gently pat dry.

My Tip Notes:

Skin Smoothing Soak

Homemade bath salts will leave your skin soft and smelling good. Combine 1 cup sea salt and 2 cups Epsom salts in a bowl and mix well. Add a couple of drops of orange food coloring, if desired, and mix well. Sprinkle with five drops of orange essential oil and ¼ teaspoon glycerin (sold at many crafts stores). Stir well. Run a warm bath and add some of this mixture under the flowing water, then slip in and relax.

My Tip Notes:

Energizing Soak

This stimulating herbal bath is especially good for an energy boost after a long day.

Ingredients

3 Tbs. dried nettle
3 Tbs. dried red clover blossoms
2 Tbs. dried peppermint
5 drops peppermint essential oil
5 drops rosemary essential oil
1 tsp. distilled witch hazel

Directions

Place the dried [herbs](#) in the center of a piece of cloth like a cotton handkerchief. Gather the corners of the cloth together and tie with a piece of string, making a loop large enough to fit over your bathtub faucet. Hang this herbal "teabag" from the faucet so that the bathwater runs through it. While you wait for the tub to fill, dilute the essential oils with the witch hazel to prevent any [skin sensitivity](#) to the concentrated oil. When the tub is full, add the essential oil mixture. (oils will dissipate too quickly if added while the hot water is still running.) Swirl the water around with your hand to disperse the oils. Place the herbal teabag in the tub.

My Tip Notes:

Oatmeal Bath Salts

These basic bath salts absorb the scent of fragrant herbs or essential oils of your choosing.

Ingredients

1 C. borax
1/8 C. kelp powder
1/8 C. finely ground oatmeal
1/8 C. sea salt

Directions

Place all in a glass jar. Add your favorite powdered fragrant herbs to the salt mixture and mix well or add several drops of your favorite essential oil/oils. Let sit for several hours or overnight to dry and allow oils to penetrate salts. Break up any lumps that formed when adding the oil. Store in an airtight container. Add about 4 Tbs. to bathwater as desired.

My Tip Notes:

Moisturizing Body Lotion

Make a body lotion with your favorite [perfume](#) or essential oil.

Ingredients

10 Tbs. (5 oz.) distilled water
1/2 tsp. powdered tragacanth
6 Tbs. alcohol (70% strength)
2 Tbs. your own moisturizing cream
Scant drop green food coloring
3 drops of your own perfume or essential oil

Directions

Pour distilled water into a shallow bowl and sprinkle tragacanth powder over the surface, as evenly as possible. Let sit overnight (or for a few hours) until the powder settles to the bottom of the bowl and acquires a gummy consistency. Stir the water and tragacanth thoroughly to make a gelatin-like mixture. Add alcohol, moisturizing cream, and [food](#) coloring. Beat mix well, then stir in perfume or oil. Pour the lotion into a wide-mouthed bottle. Decorate with pretty ribbons for gift giving.

My Tip Notes:

Peppermint Wheat-Germ Stimulating Cream

This invigorating mask will tighten and energize the skin all over [your body](#).

Ingredients

1 oz. beeswax or lanolin
3 oz. wheat germ oil
1 oz. peppermint tea, brewed strong
1 drop peppermint oil

Directions

Place over low heat until the beeswax is melted. Remove from heat, then whip with a whisk until cool. Store in a jar with tight fitting lid. To use apply to [skin](#) and rub in soft circular motion.

My Tip Notes:

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