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Vegetable facials

There are plenty of articles online for natural facials. Oatmeal, pineapple, mango, banana and even strawberries usually make the cut. Here at MelissaChappell.com, we wondered why you couldn't make facials with vegetables, too! So we went for it, and here's what we came up with:

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Healing Facial:

spinach and honey

Spinach is full of vitamins and minerals, but it also contains oxalic acid, which can interfere with the absorption of calcium and iron. Cooking spinach helps release much of the oxalic acid and also frees up some of the nutrients that spinach is highest in, like calcium and lutein. Cooked spinach itself is a very mild vegetable and can be soothing and calming to skin.

Honey is extraordinary for skin health. Externally, honey can be used to treat about every kind of skin problem, including lip sores, blemishes, eczema and even burns and other wounds. Honey has anti-viral, anti-fungal and anti-bacterial properties and is known as a

hydrophilic, which means that it binds to moisture.

If the skin on your face could use some healing, this is your facial.

1 oz. fresh spinach (about 3/4 C)

1 T honey

Cook the fresh spinach, squeeze out all the liquid, and then either puree it in a food processor or blender with the honey until smooth. Because this recipe makes such a very small amount, you may find it difficult to puree it in your blender. In that case, you can just mash it together with a fork and it will work fine. Put a little dab on the inside of your arm to test for sensitivity. If your skin is happy, go ahead and spread it thickly all over your just washed face. Leave on for twenty minutes and then gently wash off with water (no soap!). Moisturize as usual. I like to use walnut oil, coconut oil or almond oil.

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Exfoliating and Nourishing Facial:

carrot juice and salt

You've heard of Retinol A or over-the-counter retinoids? There are several studies showing that vitamin A is excellent for skin health when used externally. It has been shown to lighten brown spots, reduce wrinkles and roughness. The problem with those commercial products, mentioned earlier, is that they can produce irritation, redness and dryness, as well. Carrot juice contains vitamin A along with other nutrients and while we haven't done any studies on it, we think it would be very nutritive for skin.

Salt is full of minerals and is very good for exfoliating skin. This facial is good for removing dead skin and allowing that carrot juice to penetrate to more than just the first layer of skin.

1 T carrot juice

1/2 tsp. Real Salt (or other high quality salt)

Mix together in a small bowl and apply immediately, rubbing in small, but gentle circles. Leave it on for five minutes and then rinse. Check a little on the inside of your arm

first to ensure that you won't be irritated by this mix when it's applied to your face. Make sure to moisturize when finished.

Moisturizing Facial:

cucumber and avocado

As you know, because of the proverbial image of two round cucumber slices on a relaxed woman's eyes we've all seen a million times, cucumbers have been used in facial treatments forever. Cucumber is very soothing to the face and can help with inflammation when used externally on sensitive areas such as the skin around the eyes. Combined with high-fat avocado, cucumber can also be very hydrating to the skin.

Avocado is largely composed of monounsaturated fat, which, when put on skin acts as a sort of lotion. You'll love how soft your skin feels after you apply this facial mask. Avocados are also very high in vitamin K, a vitamin that, when applied topically can help with rosacea. It's also used after surgery to

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promote healing and reduce bruising and swelling.

1/4 of a small cucumber

1/4 of an avocado, peeled and pitted

Put both ingredients into a blender or food processor and blend until smooth. You can smash both with a fork if you prefer. Rub onto your face, making sure you've tested a little on the inside of your arm first, and leave on for twenty minutes. Rinse off with water only and follow it with just a little natural moisturizer like olive, coconut, walnut or almond oil.

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