


# CHALLENGE: YOUR BEST SKIN EVER!

Give your skin everything it wants with these easy solutions.

**"I want a golden glow... without damage."** You can fake a St. Tropez tan with cocoa powder.


 Flip to the next page to learn how.

**"I want a flawless back."** Surprise "bacne" solution: jojoba oil. Dabbing it on loosens impurities, and "tells" skin it has enough oil—so it stops overproducing.

**"I want to get rid of my stretch marks."** Try an ancient African cure: shea butter. The nut oil has a high concentration of fatty acids, which may minimize marks.


**"I want a smooth bikini line."** Red n' bumpy? Dab on plain milk of magnesia (just a drop on a cotton ball) before bed: it can help to draw out ingrown hairs.

**"I want to show off my calves."** Dry, shiny or scaly? Could be from shaving. Before you reach for the razor, exfoliate and moisturize with DIY oatmeal body polish.

 Flip to the next page to learn how.


**"I want mark-free skin."** Got a black and blue mark? Soak a cotton ball in apple cider vinegar, and tape it to the spot for an hour to speed healing.

**"I want even skin."** Toners may claim to soothe redness, but many contain alcohol, which is irritating. Solution: our super-easy Soothing Summer Toner recipe.

 Flip to the next page to learn how.

**"I want my veins to vanish."** Ask your doc about horse chestnut. The natural supplement is a hit in Europe, and has studies to back it up.

**"I want delicious skin that gets noticed."** Legend has it Cleopatra stayed beautiful by bathing in milk and honey. Try it yourself with our recipe.

 Flip to the next page to learn how.



## KEEP IT SIMPLE, SUDSY

Homemade scrubs, polishes and potions are great, but no cinch to repeat daily. Easy answer: **Olay Ultra Moisture Body Wash**. Basically, it's a body wash tricked out with Olay's deep moisturizing technology. So to give your skin everything it wants, all you have to do is shower with it. Why we love it:

**It's like a little medi-spa.** It's been shown to moisturize even the driest skin for up to 24 hours.

**It has a secret weapon.** It's shea butter, a natural nut oil that's been cherished for centuries in Africa.

**It's fast. Really fast.** A single shower will make your skin soft and silky.

DIY instructions: lather and rinse. We can handle that.

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Try these easy DIY recipes to get glowing.

## RECIPES:

### Chocolate Tan

- 1/2 cup of your favorite natural lotion
- unsweetened cocoa powder

Add 1/2 tsp. cocoa powder to the lotion, and mix well. Test the cream on the lightest part of your skin; keep adding cocoa and retesting until you achieve the color you desire. Apply with a makeup applicator to avoid streaks, or even out darker patches by smoothing on a drop of olive oil, then gently blotting. "Fix" the color with a dusting of translucent powder and a fine mist of toner.

### Oatmeal Body Polish

- 1/4 c. rolled oats
- 1/4 c. raw sugar
- 1/4 c. milk
- 1/4 c. jojoba or grapeseed oil

Grind oats in a food processor until powdery. Mix with milk to create a paste, then add raw sugar and oil. Gently massage the mixture onto dry areas, rinse and pat dry.

### Cleopatra Bath

- 2 c. powdered milk
- 1/4 c. honey
- rose petals (optional)

Boil 1 c. water, and fully dissolve the honey in it. Then, add it and the powdered milk to the bath. Top with rose petals.

### Soothing Summer Toner

- 2 c. mineral water
- 2 chamomile tea bags

Boil the water; then brew the tea, allowing it to steep until tea has completely cooled. Apply with a cotton ball, or pour into a spray bottle.

