

# FIT FOR LIFE \* NEWSLETTER\*

March 2005

## ~Oil Recipe of the Month~

Did you know: 'every night your make up is not removed, ages your skin 7 days' WOW !! Wonder if this also applies to the accumulation of everyday environmental pollutants? Enjoy these **pamper your face** skin care recipes.

### 1.) Facial Scrub –

1 tsp aluminum free baking soda  
1 tsp liquid organic honey  
1 drop YL lavender oil  
palm blend and massage over entire face

remove with warm moist face cloth

### 2.) Facial Massage –

1 oz V-6 mixing oil  
6 – 10 drops YL Ylang Ylang  
massage onto face, vita flex face \*ylang ylang is especially relaxing to facial muscles, releasing facial tension thus reducing wrinkles and lines.

### 3.) Facial Steam –

4 cups steaming distilled water  
6 drops YL lavender oil  
put oil in bottom of glass bowl, pour in water, sit with face over the bowl, drape towel over head and inhale steam for 10 min. May cause coughing at first- allow the lungs to fill and enjoy. \*lavender steam soothes and tones giving a rested feeling. Wipe face with an ice cold cloth.

### 4.) Facial Mask –

1 very ripe organic banana . 2 drops YL Ylang Ylang . 1 tbsp organic honey  
mash together, smooth on face, leave 10 minutes, wash off with warm water  
\*honey is a powerful natural moisturizer  
\*this is food for all types of skin, leaving the skin soft and moisturized.

### 5.) Skin Toner –

Lavender floral water – 1 oz distilled water, 10 drops YL lavender oil in a spray bottle. Gently spray mist face.

6.) ART Night Reconstructor – YL product code 5171 - gently massage face Follow this procedure once a week and experience the benefits.

## ~Product of the Month~

For daily maintenance consider Young Living's complete ART kit (code 3131) on age refining technology, consisting of the Day Activator, Night Reconstructor and Gentle foaming cleanser. To find complete information on this amazing product go to [www.youngliving.com](http://www.youngliving.com) Find documented research of how DNA recovery enzymes, wolfberry seed oil, EO of Frankincense & Sandalwood are combined to reduce fine lines, wrinkles, age spots, improve skin tone & increase elasticity of the skin.

## ~Health Tip of the Month~

Making a clean sweep – let's take another look at laundry soap and eliminate the chemical build up in our clothing & linens – thus our skin ☺ I have been satisfactorily using this recipe for 2 months – 1/2 cup aluminum free baking soda, 1/2 cup white vinegar, 2 caps of thieves cleaner. Mix baking soda with water, pour into machine, add vinegar and thieves cleaner.

## ~Upcoming Events~

CARE Seminars for Mar, April & May  
Winnipeg, Man – Mar 17 – 19  
Kelowna, BC – April 14 – 16  
Grande Prairie, AB - May 5 – 7  
Green Bay, WI - May 12 – 14  
YL Co. sponsored events, Mar 1- Burnaby, BC Moncton, NB, Mar 2 Fredericton NB, Mar 3 Toronto Ont, Apr 6 Calgary AB, Apr 7 Edmonton AB, Apr 8 Saskatoon Sask  
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