

# AMY AND HOLLYBETH'S MOISTURIZING HONEY FACIAL



One ingredient. The way nature intended.

From the summer sun to the winter winds, seasonal weather can wreak havoc on anyone's complexion. Summer can leave skin feeling greasy and irritated, while winter brings chapping and dryness.

Cleanse and moisturize your skin with this five-step, soothing honey facial using natural and readily available ingredients. This do-it-yourself treatment helps to restore all skin types.

## Oh, Honey! Purifying Cleansing Oil

- 3 tablespoons honey
- 3 large ripe strawberries
- 1 tablespoon Almond or Grapeseed Oil

Mix ingredients together in a bowl. Utilizing the enzymes of strawberries, create cleansing oil that won't strip the skin. Allow oil to sit on your face for a few minutes, then rinse off with warm water and towel dry.

## Grits & Honey Scrub (A HollyBeth original)

- 1 tablespoon honey
- 1 tablespoon grits (can also use oats, ground nuts, coffee beans)
- ½ teaspoon of your favorite oil (such as lavender, peppermint, almond, grapeseed)

Mix ingredients together in a bowl. Spread the mixture onto your face using circular motions on cheeks, chin and forehead to slough dead skin cells. Massage into the skin for 2 minutes, then rinse off with warm water and towel dry.

## Even Out Skin Toner

- 1½ tablespoons witch hazel
- ⅛ teaspoon lemon juice
- ⅛ teaspoon honey

Mix the ingredients and use a spray bottle to mist on your skin. Leave toner on skin.

## "Milk n Honey" Pore Refining Mask

- 2 teaspoons full fat Greek yogurt
- 2 teaspoons honey
- 2 drops lavender (or your favorite essential oil)

Mix ingredients in a bowl and apply using hands or a fan brush. Let mask dry for 20 minutes then rinse with warm water and towel dry.

## Buzzy Lip Conditioner

- ½ teaspoon honey
- ½ teaspoon Organic Sweet Almond Oil
- 1 drop peppermint (or other favorite essential oil)

Mix ingredients in a small bowl or container and apply using lip brush, finger or a q-tip. Leave conditioner on your lips.



## AMY AND HOLLYBETH GET BEAUTY

Amy is the founder of New Moon Skincare and Aviary, a beauty collective in Atlanta. Amy is a wife, mom and an educator about beauty products, who believes her clients should receive personalized skin-care in a relaxing music-filled setting. Amy provides guests with facials that won't just make their skin feel good but will look good as well. For more information, please visit <http://www.aviarybeauty.com/>.



HollyBeth combines organic ingredients to develop luxurious, handcrafted products that soothe, nurture and pamper your skin. HollyBeth creates unique products that care for your skin – and the environment – in a pure, gentle, and beautiful way. HollyBeth makes her certified organic products, HollyBeth Organics, with love and passion in an old cotton warehouse in Atlanta. For more information, please visit <http://hollybethorganics.com/>.

