

# Beauty File

## Beauty Is In Full Bloom With Honey

(NAPSA)—From the days of Cleopatra and her milk-and-honey baths to Jennifer Lopez and her honey-kissed facials, all-natural honey has long been the ingredient of choice for the world's great beauties.

Christopher Watt, facialist for Jennifer Lopez, Halle Berry and other top Hollywood stars, has long been an advocate of honey. Whether blending it into a luxurious milk-and-honey bath soak or a creamy honey-based body balm, Watt knows that honey is a key ingredient to soft and supple skin.

"Many of my clients come to me wanting the newest creams and toners, but I tell them that it's the age-old ingredients like honey that often work best," said Watt. "I like mixing honey into toners because of its antimicrobial properties, and in creams and lotions because it really does a great job of softening the skin and locking the moisture in."

For a beautiful and glowing complexion, try Watt's Moisturizing Pumpkin Exfoliating Mask. The pumpkin enzymes dissolve dead skin cells while the cornmeal sweeps them clean and the honey moisturizes to leave skin soft and supple. For more beauty recipes, go to [www.honey.com](http://www.honey.com).

### Moisturizing Pumpkin Exfoliating Mask

- 1 tsp. green tea
- 2 tsp. pineapple, diced
- 4 Tbsp. pumpkin puree
- 1 Tbsp. honey
- 2 tsp. aloe vera gel (or aloe juice)
- ½ tsp. sunflower oil
- 4 tsp. cornmeal



Honey has long been used as a moisturizing ingredient in beauty treatments.

Steep green tea in boiling water. Set aside to cool. In blender or food processor, puree pineapple and place in medium-sized mixing bowl. Add pumpkin, honey and aloe. Mix well. Stir in sunflower oil, green tea and cornmeal. Discard remaining green tea. Stir. Apply small amount of pumpkin mask to cheeks, forehead, chin and neck. Massage in circular motions gently buffing skin. Repeat. Apply more product as needed. Leave a thin layer of pumpkin mask on face and neck for 15-20 minutes. Rinse with tepid or cool water and pat dry with soft towel. Follow with appropriate moisturizer. Store remaining mask covered in refrigerator for up to 2 weeks.

Makes 4 applications.