

The Art Of Creating Sweet And Simple Spa Treatments at Home

(NAPSA)—Few can resist the inner and outer glow produced by a trip to the spa. The soothing, pure powers of honey, used in beauty treatments since the time of Cleopatra, make it easy to bypass expensive trips to the spa and indulge in economical and all-natural pre- and post-workout treats at home.

The natural hydrating properties of honey make it an ideal moisturizing ingredient in skin and hair care products. Honey also contains antioxidants, which have been known to protect skin from the damage of UV rays as well as aid in skin rejuvenation.

Recipes featuring honey have long been a staple of healthful diets, with recent studies suggesting that the glucose and fructose in honey can help enhance athletic performance.

Following are two recipes from the “Sweet and Simple Spa Moments” brochure, created by the National Honey Board. The brochure features recipes for at-home spa treatments as well as spa-inspired cuisine. To request a free brochure, call 888-421-2977 and press 5.

For more information on the many beauty and possible health benefits of honey, and other tasty, healthful menu ideas, log onto www.honey.com.

HONEY ALMOND SCRUB

8 whole unblanched almonds
2 Tbsp. rolled oats, uncooked
1 Tbsp. honey
2 tsp. yogurt, sour cream or lightly beaten egg white



Sweet indulgence made simple with this natural, honey-based face and body scrub.

Process almonds and oats in a blender until finely ground. In a small bowl, mix ground almonds and oats, honey and yogurt until blended. Pat scrub on face and neck; leave on for up to 10 minutes for extra softening. Wet hands and massage gently to exfoliate. Rinse off. Makes enough for one scrub.

STRAWBERRY-KIWI SMOOTHIE

1½ cups frozen strawberries
1 large kiwi, peeled
1 container (8 oz.) low-fat vanilla yogurt
2 Tbsp. honey
10 ice cubes

In a blender or food processor, combine all ingredients and process until smooth. Serve immediately. Makes 2 servings (1½ cups each).