



Discover The Beauty Of Pure Honey

(NAPSA)—As a popular all-natural ingredient, honey has often been used in everything from hand lotions to bar soaps and bubble bath elixirs. And now, according to a recent double-blind clinical study conducted by cyberDERM Clinical Studies and the National Honey Board, honey was scientifically proven to effectively moisturize the skin.

As a natural humectant, honey attracts and retains moisture. Honey can help keep skin hydrated and glowing, providing a homemade alternative to store-bought products. Maintaining proper moisture is crucial during seasonal challenges like dry, cold winters or, conversely, hot summer weather when moisture is drawn from the skin.

“Wholesome, all-natural honey is a perfect fit for a variety of moisturizing beauty remedies,” said Regine Berthelot of Caudalie Vinotherapie Spa at The Plaza Hotel in New York City. “That’s why we include honey in several of our skincare treatments, from the Crushed Cabernet Scrub and Honey and Wine Wrap to our signature Caudalie Grand Facial. Honey moisturizes while the other ingredients exfoliate and protect the skin.”

For those looking to enjoy the benefits of honey at home, try making a do-it-yourself (DIY) honey spa treatment for yourself or creating a “Girls’ Night In” party with friends. Here’s a how-to guide for your party: Following a DIY honey beauty recipe, set out one medium-sized bowl for mixing and additional bowls containing the necessary ingredients for the mixture. Mix the ingredients together, apply as directed and rinse off using warm wet washcloths.



Honey has been scientifically proven to be a natural skin moisturizer, according to a recent double-blind clinical study.

Remember to have hand mirrors, elastic hair bands and wooden spa spatulas or a blender for mixing handy. After your treatment, sip on the refreshing Tropical Honey Coconut Water Cooler included below.

For more information about honey as a natural beauty ingredient and for more honey recipes, visit www.honey.com.

Use these recipes for yourself and friends:

Cucumber Honey Eye Nourisher

(Makes 4 treatments)

- ½ tsp. chamomile tea**
- 2 tsps. cucumber, peeled with seeds removed**
- 1 Tbsp. aloe vera gel**
- ½ tsp. honey**

Steep chamomile tea in boiling water. Set aside to cool. In food processor or blender combine cucumber, aloe vera and honey. Blend on low setting. Add chamomile tea. Blend until smooth. Apply gently under eyes using ring

finger. Store in glass dish covered with plastic wrap in refrigerator for up to one week. Best applied chilled.

Tropical Honey Coconut Water Cooler

Prep time: 5 minutes

Makes 1 serving

- 1 cup coconut water**
- ½ cup frozen pineapple chunks**
- ½ cup banana, thickly sliced (1 small banana)**
- 2 tablespoons honey**
- ½ teaspoon coconut extract**
- Toasted coconut**
- Optional: 3 tablespoons rum or tequila**



This refreshing Tropical Honey Coconut Water Cooler is easy to make and simply delicious.

In blender, combine all ingredients except toasted coconut. Blend on high speed until frothy; pour into a 16-ounce glass and sprinkle coconut on top. Serve immediately.

Nutrition Information Per Serving (without alcohol): 287 calories; 1 g fat; 0 mg cholesterol; 51 mg sodium; 865 mg potassium; 74 g carbohydrate; 3 g fiber; 2 g protein.