

BOOKS WORTH READING

Visiting The Supermarket Spa

(NAPSA)—Some of the best beauty spas have shopping carts and express lines. That's the idea behind a new book that says a quick stop at the grocery store could be all you need for a complete, affordable at-home spa treatment.

The book, titled "Joey Green's Supermarket Spa" (Fair Winds Press, \$10.95), gives tips on ways to use name-brand peanut butter, yogurt and other products to pamper yourself at home. For instance:

- Take a soothing bath with dry milk.
- Condition your hair with syrup.
- Give yourself a moisturizing facial with Milk of Magnesia.
- Tighten pores with yogurt.
- Soothe tired feet with mustard.
- Exfoliate skin with peanut butter.
- Indulge in stimulating aromatherapy with VapoRub.
- Remove makeup with vegetable shortening.

Loaded with strange facts and jam-packed with little-known information about well-known brand-name products, the book can be a practical guide for anyone looking for a simple way to revive body and spirit.

Try this idea from the book for a complete facial:

Refrigerate a can of Libby's



A new book lists ways to pamper yourself with items you probably have in the refrigerator.

Pumpkin overnight. Mix one cup of the pumpkin with one teaspoon of McCormick Ground Nutmeg and massage all over dry skin. The pumpkin, which is loaded with vitamin A and fruit acid enzymes, exfoliates dead skin.

Rinse clean, then apply a mixture of equal parts C&H Cane Sugar and SueBee Honey. Wait five minutes, then rinse clean and pat dry with a towel.

For more information, visit www.fairwindspress.com.