

## milk & honey.

Two of Mother Nature's favourite moisturisers come together in an inspired recipe for a variety of delectable, skin-softening products. **Helene Larson** has picked 6 of the best.

Cleopatra was one smart cookie. Not for nothing did she bathe in camels' milk and massage sweet-scented honey into her face and body. Milk tones skin and its fat content acts as a moisturiser and soothes irritation, while honey helps to keep it hydrated and plump.

### Got milk? Absolutely!

Cleo's camels' milk might be tricky to find these days, but a wide variety of other milk-based natural skincare products are on offer. They feature animal-derived milks (goat's and cow's) as well as vegetable-sourced ones (soy, coconut, rice and oat). Goat's milk has the same pH as human skin and is higher in fat than cow's milk, making it extremely gentle. According to milk-based skincare company Archipelago Botanicals, oat milk is another good choice for easily irritated skin because of its exceptionally soothing properties, while soy milk acts as a skin hydrator and promotes the growth of healthy new cells.

Milk contains lactic acid, a mild exfoliant high in alpha-hydroxy acids (AHAs) that lift dead skin cells and

encourage the generation of new ones, leaving skin smooth and glowing. "It's a natural way to eliminate old, dead skin cells," says Ann Robinson, CEO of skincare company Caswell Massey. "Milk conditions and softens skin and removes flakiness." Milk contains beta hydroxy acids (BHAs) which improve skin tone, proteins and enzymes that strengthen skin structure and fat-soluble vitamins A, D, E and K (found in full-fat milk) and amino acids which improve hydration and protect against environmental damage.

### Sweet treat

Honey is a naturally soothing and emollient moisturiser with potent anti-ageing properties and it is so mild it can be used in baby products. Its unique texture holds the key to its many benefits: the high sugar content makes it a natural humectant (meaning it attracts moisture from the air to the skin and locks it in) and an effective anti-microbial agent, inhibiting the growth of bacteria and fungi. It also has a low pH – meaning it is acidic – which provides a mild antibacterial and antiseptic effect, making it exceptionally useful for disinfecting wounds and speeding the healing



## Milk and honey products we love ...



**L'Occitane Creamy Honey Lip Balm**  
(\$19.95 for 5g; 02 8912 3000; [www.loccitane.com.au](http://www.loccitane.com.au))  
Soothe and soften lips with this delectable concoction made with propolis, honey and royal jelly. It leaves behind a dewy, protective film for the sweetest, shiniest pout.

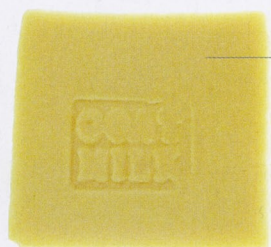


**Alba Organics Coconut Milk Facial Wash**  
\$15.95 for 235 ml; (03 9583 1522; 03 9583 1522; [www.kadac.com.au](http://www.kadac.com.au))  
With organic coconut milk, papaya fruit extract and jojoba and flaxseed oils, this moisturising cleanser smells like a delicious tropical fruit feast. Heavenly!

**Wild Herbs and Honey Conditioner**  
(\$9.90 for 250 ml; 1800 443 727; [www.ppcherbs.com.au](http://www.ppcherbs.com.au))  
A creamy blend of certified organic bush honey, chamomile, calendula, lime-flowers, lavender and mandarin essential oils to nourish and strengthen hair.



**Bod Shower Gel with Sandalwood, Rosewood and Patchouli**  
(\$20.99 for 250ml; 1800 009 886; [www.bod.com.au](http://www.bod.com.au))  
Combining manuka honey and chamomile with sandalwood, rosewood and patchouli oils, this light gel leaves skin feeling fresh and revitalised.



**Billie Goat Plain Goat's Milk Soap**  
(\$6.95; 02 4389 3455; [www.billiegoatsoap.com.au](http://www.billiegoatsoap.com.au))  
A gorgeous soap made from fresh goat's milk and a selection of oils, including olive, sweet almond, castor and palm. Wonderful for sensitive skin, eczema and psoriasis.



**Omveda Withania Honey Body Polish**  
(\$50.80 for 130 ml; 1300 662 383; [www.omveda.com.au](http://www.omveda.com.au))  
Features organic figs, winter cherry and walnut, honey, aloe, wheatgerm and almond oil, which combine to buff away dead cells while rehydrating and protecting skin.

ALL PRODUCT SHOTS: SARAH CALLISTER; LAVENDER, HONEY AND MILK PICTURE: ISTOCK IMAGES

## KITCHEN COSMETICS

These two simple and inexpensive recipes can be whipped up in no time and will work wonders for your skin.

**Dry skin drops** Place 1 teaspoon of honey, 1 teaspoon of olive oil and ½ teaspoon of lemon juice in a small bowl and whisk together. Apply a few drops to the backs of hands, elbows, heels or any other area that is prone to dryness, and massage in well. Leave for 15 minutes and then rinse off with warm water.

**Soothing milk bath** Add 2 drops of lavender oil, 1 tablespoon of honey and 2 tablespoons of full-fat powdered milk (or 1 cup full-fat milk) to a warm bath. Soak for 15 minutes and then gently pat skin dry with a soft towel. Feel the difference!

**TIP:** Choose a dark-coloured variety of honey; it contains higher levels of antioxidants than the lighter-coloured types.





process. The same characteristics make it ideal for treating blemished skin. Janice Cox, author of *Natural Beauty at Home* (Henry Holt, NY) adds, "Importantly, unlike conventional acne treatments, honey doesn't dry the skin." Plus, honey's antioxidant properties fight free radicals from the sun and pollution that age skin, and assist in rejuvenating sallow and sun-damaged skin.

When honey is applied as a wound dressing, it combines with body fluids to form a naturally-occurring antiseptic hydrogen peroxide that won't harm damaged tissue, thus reducing the risk of scarring.

In its whole form, honey is a powerhouse of skin-saving ingredients – sugars (glucose and fructose), minerals (magnesium, calcium, sulphur, iron and phosphorus) and vitamins (B1, B2, B3, B5, B6 and C), along with trace amounts of copper, iodine and zinc. Depending on where it is sourced from, the quantities of these ingredients may vary slightly. Research is currently underway to develop a process where honey is used to create high-potency AHAs that will accelerate skin cell turnover and renewal without the irritation and sensitivity problems associated with conventional exfoliants.



Our Beauty Editor **HELENE LARSON** has a degree in Economics and Public Health, and has written widely on health and fitness. Helene also worked in the cosmetics industry for many years as a make-up artist. Contact Helene with your beauty questions at [Helene-NatureandHealth@hotmail.com](mailto:Helene-NatureandHealth@hotmail.com).

## SLEEPING BEAUTY

Having trouble getting your eight hours of beauty sleep? Try the following tips and you will be drifting off to dreamland in no time.

- Take a long, hot shower or bath just before bed.
- Make sure your bedroom is dark and quiet, and the temperature is not too warm or too cold.
- Avoid exercising at least two hours before bed.
- Skip that afternoon coffee. Caffeine stays in your body for many hours.

Bedtime beauty products we love...

**Badger Sleep Balm** (\$14.19 for 21g; [www.badgerbalm.com](http://www.badgerbalm.com))

Includes lavender, rosemary and sage to calm your thoughts. Just rub a little under your nose or pulse points. Sweet dreams...

**Malka Soak Bath Crystals** (\$24.50 for 250g; [www.malka.com.au](http://www.malka.com.au))

Soothe your senses with a warm bath using these luxurious mineral salts infused with essential oils of lavender, patchouli and vetiver.

**Botanical Extracts Essential Oil Blend in 'Rest'** (\$22.75 for 11ml; 1300 464 683, [www.botanicaextracts.com.au](http://www.botanicaextracts.com.au))

A relaxing combo of marjoram, lavender and sweet orange oils. Place a few drops on a tissue under your pillow.



## Because **sex** is natural your lubricant should be too



A little bit of what you fancy can be good for you!

But maybe you don't fancy the idea of petrochemicals (like propylene glycol & paraben preservatives), harsh synthetics, liquid silicones, sugars, artificial flavours & colours in your precious & sensitive body?

Then try the exquisite feel of **Sylk**, the unique natural solution made from gentle, oh so slippery kiwifruit vine extract – clever little plant!

Made for women's optimal health & pleasure, **Sylk** is the intelligent choice in a world full of unnecessary chemicals (Tip: always read the label!) Plus, men adore **Sylk** too.

Available from larger Coles, Woolworths & Safeway supermarkets, selected pharmacies & health stores or privately & securely online at [www.sylk.com.au](http://www.sylk.com.au)