

Mixing Fruity Cosmetics In Your Own Kitchen With a New Base

Ever wish, perhaps as you shelled out three bucks for a tiny jar of cream, that you could make your own cosmetics?

With the help of a new product, Bonnie Bell's "Well Spring" and the fresh fruit of your choice you can.

Well Spring is a .24 (unlisted) ingredient liquid base that can be combined with water, milk, fresh fruits or anything else you care to throw in, to make anything from skin conditioners to sun tan lotion.

The lotion comes with mixing jars and a recipe book listing 24 fresh cosmetics you can mix in only a few minutes. It sells for \$3.50 for 4 ounces or \$5.50 for 8 ounces.

Any cosmetic made with fresh lemons or strawberries sounds terribly organic but remember, Bonnie Bell doesn't say what the "over two dozen carefully selected ingredients" in the base are. And then some people are allergic to fresh lemons and strawberries.

So, as with any cosmetic, be sure to test it on a small portion of skin before smearing it all over your face.

Used alone Well Spring is "a gentle skin cleanser that leaves the skin pliable, moist and smooth." Mix it with an equal amount of water, shake, and it becomes a slightly oily white cream for hands or face. Mix it with equal parts milk or yogurt and you have a protein cream.

Now for the fun fruit part. Fruits should be ground and strained. Use only fresh fruits as canned fruits contain sugar and additives. Use equal parts (1 tsp.) fruit juice and Well Spring and shake for a cream.

Some acidic fruits juices like lemon, orange and grapefruit, will have to be neutralized by adding small amounts of baking soda before they will form a cream.

Other fruits such as apples and bananas, will tend to oxidize as they do when peeled. Add a crushed Vitamin C tablet and refrigerate.

APPLE, CANTALOUPE, CELERY AND PINEAPPLE creams are moisturizers.

CARROT (which contains Vitamin A) and STRAWBERRY creams are good for dry skin.

CUCUMBER AND LEMON creams are astringents.

Glycerine and Rosewater mixed with Well Spring makes a hand cream.

Mix egg and beer with the base and you have a pre-shampoo hair treatment lotion.

Mix the yellowish juice from the leaf of an ALOE plant (if you can find one) with Well Spring for a soothing cream. The aloe plant supposedly contains healing agents, especially for burns.

Try WHITE WINE or WITCH HAZEL for a stimulant and toner.

How about TEA? Mix three parts quadruple strength tea to one part Well Spring and rub it all over your body before going to the beach. Bonnie Bell says the T tannic acid will screen up to 50 percent of the burning rays of the sun.

Where do you go from here is up to you. Just remember to test each concoction before using extensively.

Most cosmetics have been found to be fairly germ free when first opened but provide good breeding grounds for germs from fingers, applicators and the air as they are used repeatedly. Since Well Springs recommends each cosmetic be mixed in a very small amount, this problem should be reduced (provided you don't contaminate the bottle of base.)



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YEAST MASK

Add a small piece of Brewer's yeast and a little olive oil to the yolk of one egg. Mix well. Apply to the face and neck, leaving on for 20 minutes. Removed with softened water. This mask is excellent for a dry skin. It softens, cleans and closes the pores.

You will find other beauty hints like this in the book *Nature's Way To Beauty* by Gregory Carlson \$1.95

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"A blood analysis tells a physician many things; it usually tells you little that you could not learn by examining yourself carefully before the mirror. If your ears and if your forehead, neck, and skin not hidden by rouge have a glow of health, you can assume that you are not anemic. You have one of the fundamental attributes of genuine beauty and probably the vivacity which helps to make up the intangible qualities known as charm and personality." Adelle Davis, national nutritionist.

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