
APHRODITE SKIN SOLUTIONS



~Natural Treatments~

~A natural approach
to beauty~

Whether you are looking to benefit from the relaxation & rejuvenation Facials can provide, or have a specific skincare concern to address, I will customize a treatment for your particular needs and lifestyle. I also include information on using nutrition and natural products to help you get your results faster.

I believe in a healthy, beautiful you, starting from the inside out.

Aging Skin

Virgin Coconut Oil ~ Use Virgin Coconut Oil as a moisturizer an hour before bed so it will fully absorb. Leave on overnight. This helps with fine lines, sun damage, dry skin and many more skin conditions. Check out HybridRastaMama.com and see the 333 Benefits of Virgin Coconut oil to find out all the other uses.

Age Spots ~ Use Lemon Juice, the acid in lemon juice helps fade the appearance of age spots. Just dab on 2x daily for 30 minutes. If you go outdoors make sure to rinse off the lemon juice because it increases skins sensitivity to the sun. Eat plenty of vitamin C. Vitamin C is essential for your skin as it fights the free radicals responsible for skin discoloration.

Dark Circles ~ Stay hydrated, Get plenty of sleep, Close eyes and place cucumber or raw potato on for 15 min. Almond oil applied under the eye for 10 min and then rinsed off. You can also use Lemon Juice applied to dark circles 2x a day because the acid in lemon juice helps fade the appearance of dark circles. Just dab on 2x daily for 30 minutes.

Sagging Skin ~ Cut a tomato in half and rub on your face in a circular motion. Rinse with cool water. Regular application of this may help tighten sagging facial skin and also brightens and help reduced enlarged pores.

Enlarged Pores ~ Egg white mask – leave on for 15 min, rinse with warm water or try Tomato juice applied to area and leave on for 20 min and rinse with warm water. Also, Honey applied directly to large pores, leave on for 15 min. or use Lemon juice - dab on with a cotton ball and leave on for 5 min

Blackheads ~ Steam and exfoliate your face to help stop the buildup of blackheads. Put a warm honey mask on blackheads for 10-15 minutes, pat, rinse with warm water or try the Egg White mask - leave on face for 10-15 minutes, rinse with warm water, lightly rub with washcloth

Rosacea ~ Combine a spoonful of honey with a splash of milk. Mix thoroughly and apply to your face. Allow to dry, rinse with warm water. Also, finding out your triggers and avoiding them will help. Possible triggers may include: Alcohol, Chocolate, Soy sauce, Citrus Fruits, Spicy and hot foods, Extreme hot or cold temperatures and Sunlight

Acne ~ Use pure tea tree oil. Just apply to a Q-Tip and gently dab on acne, rinse off after 10 min. Do this once or twice a day. Tea tree oil is a strong antiseptic that cleans out the ongoing infection. It is also gentle on the skin. You can also dab a small amount of honey directly on the spot and then rinse off after 15 min

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~By Appointment Only~

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Foods For Your Face

Oatmeal – regulates the skins PH balance. Oatmeal is also good for helping keep the moisture in your skin so it stays hydrated and since it is a natural anti-inflammatory agent its good for sensitive skin.

Gelatin Products (tapioca, jello, pudding cups & fruit cups) – You may drink a lot of water but your body doesn't always retain it. Gelatin will help your body hold in more moisture and nutrients to give you a more hydrated look.

Tomato's – high in Lycopene which will also help your body retain moisture and even help make the whites of your eyes whiter. You can also eat naturally processed ketchup and tomato sauce with whole or pureed tomato's to get these great results.

Green Tea – Green tea is great for antioxidants. It will help balance your body by releasing excess nutrients and help to absorb the nutrients it is lacking.

Eggs – Eggs are high in sulfur content, minerals and vitamins which are excellent for healthy skin and hair.

Yogurt – Yogurt is excellent for digestion and also helps your skin look more radiant by helping with texture and tone.

Sour Cream – Sour cream is high in lactic acid and can be used directly on the skin for hyper pigmentation, to even out skin tone and also brighten the skin.

Natural Face Masks

Firming Mask ~ 1 tsp baking soda, 1 egg
Beat the egg and then add the baking soda. Apply to your face and allow to dry for 8-10 minutes, then rinse it off with warm water. Only use this mask one time per week. Baking soda is good for killing bacteria and tightening the skin. Egg yolks are high in vitamin A, D and E and protein which is good for skin firming.

Egg White Mask ~ 1 egg white Whip up the egg white until fluffy and then apply to your face. You can leave this mask on for up to 20 minutes and then rinse off with lukewarm water. This is excellent for helping your skin feel supple and soft.

Pink Clarifying Mask ~ 1 tablespoon Pepto-Bismol This is high salicylic acid and is good for sloughing off dead skin, drying up acne and even works as an anti-aging active. If you have more sensitive skin the salicylic acid may cause redness. Apply to face and leave on for 5 minutes, but if you start to tingle a lot then go ahead and remove it with cold water.

Oatmeal Scrub ~ ¾ cup dry oatmeal, ½ cup honey Mix until blended and then rub on your face and let sit for 5 -10 minutes and rinse off. You can also use this as a body scrub in the shower. This will help your skin to glow