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Creating Your Own Beauty Products At Home

Are you one of those people who think that by spending more money you get a fresher and more beneficial product?

Stop!

Did you know you could make your own skincare products right in your own kitchen? What could be fresher? Learn how in Lily Morgan's book, *Beauty, Health and Happiness* (HCO Publishing). Morgan wrote the book based on her own experience and as founder and formulator of Lily Organics Dew Fresh tm, a Colorado-based company that for 20 years has created a full line of all-natural, no-synthetics-added skincare products. She earned a Bachelor of Science degree from Metropolitan State College in Denver and a Master's degree from the University of Colorado. Morgan also attended The Colorado Herbal College and has taught classes at the Rocky Mountain Center for Botanical Studies in Boulder, Colorado.

So what ideas does this commercial business women and entrepreneurial maker of organic skincare products have to share for people to make at home in their own kitchens? Read on.

Some healthy skin aids come naturally ready-made, Lily will tell you! She recommends for **dry skin** that you take a fresh avocado, remove the peel and gently rub the inside if the peel all over your clean face. Leave the residue on your face for twenty minutes while it naturally moisturizes and nourishes your skin. Wipe off any excess.

"Apply evening primrose oil topically," Lil suggests for dry skin, too. Fill a mesh bag of dry oatmeal. Use the bag to gently rub your face. Oatmeal is a natural exfoliator.

For sunburn Lily recommends taking a cool bath with one-quarter cup of baking soda in the water. Applying aloe is another aid. Making a compress of skim milk and oatmeal and applying it to the affected area can help, as can applying witch hazel with a cotton ball. Applying diluted essential oil of lavender aids in overcoming the sunburn. "Drinking lots of water" says Lil, "to counteract the drying effect of too much sun." Especially soothing is putting your purely organic moisturizer in the refrigerator before applying, according to the founder and formulator of Lily Organics Dew Fresh tm.

Lil's book, *Beauty, Health and Happiness*, also includes aids for acne. If your acne is hormone related, she points out that primrose and wheat germ taken internally have been

known to help balance hormone production. Vitamin E, mixed with the herbs lily and comfrey can be applied to heal scarring after inflammation is gone. Cleansing the skin with milk and/or yogurt have been found to be helpful. Applying diluted lemon juice has helped many as it is antiseptic, cleanses and has a high pH.

Why, some would ask, would an entrepreneur making purely organic skincare products for sale be interested in telling potential customers how to make their own? “I want everyone to have the best and freshest chemical-free skincare products possible,” explains this concerned businesswoman. “People can make their own organic skincare products, but if they run out, or don’t have the ingredients on hand at the time, or don’t want to bother, Lily Organics Dew Fresh tm Organic Moisturizing Cream, Nourishing Facial Cleanser, Rejuvenating Enzyme Mask, Seven Facial Rejuvenating Oil Treatment are waiting on the shelves of fine health store like Vitamin Village, Wild Oats and Whole Foods.

Her purely botanical skincare products, made fresh weekly, and her book, Beauty, Health and Happiness, are also available online at www.lilyorganics.com and by phone at 303-455-4194 or 1-800-333-LILY (5459).