

## PRESS RELEASE

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### ***Embark on an All-Natural Way of Life Create Your Own Beauty Products with Nothing Artificial Added***

**Try going all natural.** Give up using anything that has an artificial or synthetic chemical in it. Just give them up!

Why?

You are going to look better and feel better immediately.

You can make a choice that will create more health. And as an added bonus, you are going to feel new confidence and strength and goodness about the self-discipline you brought to your life.

This will create more health, more beauty, more confidence and even more happiness.

This is the method developed by Lily Organics, inc.

Lily, author of the book *Beauty, Health and Happiness* (HCO Publishing), and creator of an entire line of herbal skin care products is a virtual fountain of knowledge about natural products. In her book, Lily offers hundreds of beauty tips, ideas and answers to the key questions you may have about how to acquire beauty, health and happiness using natural herbs, essential oils, and natural skin care.

You might start by wearing an essential oil instead of a synthetic perfume, or by bathing with lavender oil added to your bath one night instead of using a store bought soap filled with harsh artificial chemicals.

One thing is for certain. You will find out for yourself when you see the results.

Whether it's rough skin or acne or embarking on the natural rejuvenation trail is exciting. Learning how to rejuvenate yourself using natural herbs and treatments to take better care of yourself is delving into yourself and your relationship with the rest of the universe.

Here is a sampling of some of Lily's recommendations from her book, *Beauty, Health and Happiness*:

**Problem: Dry skin**

Rub the inside of an avocado skin all over clean face and let sit for twenty minutes to moisturize and nourish dry skin. Apply evening primrose oil topically. Use a bag of oatmeal as a wash cloth.

### **Problem: Sunburn**

Take a cool bath with one-quarter cup of baking soda or apply it with a compress. Apply aloe vera. Make a compress of skim milk and oatmeal and apply. Apply witch hazel with a cotton ball. Apply diluted essential oil of lavender. Put your moisturizer in the refrigerator before applying. Drink lots of water to counteract the drying effects.

### **Problem: Acne**

If your acne is hormone related, primrose and wheat germ taken internally will help balance hormone production. Vitamin E mixed with the herbs lily and comfrey can be applied to heal scarring after inflammation is gone. Clean your skin with milk and yogurt. Take bee propolis internally and externally. Acne sufferers often need additional chromium, selenium, magnesium, and zinc. Many people swear by lecithin, taking two tablespoons of the granules in apple juice or five capsules per day. It is said to emulsify and help break down fatty globules in the body. Applying diluted lemon juice, which is antiseptic, cleansing, and has a high pH.

### **Five Chemical Ingredients in Skin Care Products You Should Avoid**

You don't need a chemistry degree to discover if your favorite makeup contains these hazardous ingredients. Read the labels and pass over products that contain one or more of these toxins.

1. Synthetic colors - Listed on cosmetic labels as FD&C or D&C, these colors are found in most conventional color cosmetics. All are potential carcinogens.
2. Talc - Loose powders, blushes, and eye shadows can contain up to 50 percent talc, a mineral that has been linked to respiratory damage.
3. Dibutyl phthalate - Found in nail polish and moisturizers, this hormone-disrupting chemical accumulates in the body's fatty tissue and can cause reproductive damage.
4. Formaldehyde-releasing preservatives - Because formaldehyde is a suspected carcinogen that can also cause irritation and allergic reactions, avoid preservatives such as DMDM hydantoin, quaternium-15, and diazolidinyl urea, which release formaldehyde as they degrade.
5. Parabens - Butyl-, ethyl-, methyl-, and propyl-parabens mimic estrogen and may result in reproductive damage, according to recent studies.

You may end up changing your lifestyle. You can find your self hanging out more often at the health food store, juice bars, organic food shops and vegetarian restaurants.

You'll find yourself on a new path for knowledge and you'll be always looking to try new things as you explore the body God gave you, the wonders of the planet you live on and your rightful space in it.

For more information visit [www.LilyOrganics.com](http://www.LilyOrganics.com)

### **All about Lily**

Lily is the founder and formulator of Lily Organics, Dew Fresh tm. She has a Bachelor of Science degree from Metropolitan State College in Denver and a Master's degree from the University of Colorado. She attended the Colorado Herbal College and has taught classes at the Rocky Mountain Center for Botanical Studies in Boulder, Colorado.



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Media kits, product test samples, review copies and interviews available upon request. Media can receive an all-herbal sample kit so that they can test and experience Lily's natural herbal remedies and treatments for skin cleansing, toning and treatment.

For a review copy of *Beauty, Health and Happiness* or to set up an interview with Lily for a story, please contact Dana at [answers@lilyorganics.com](mailto:answers@lilyorganics.com) or call 1-800-333-5459. . If you would like a review copy, please send your name, publication, and mailing address. To speak to Lily directly call her cell phone at 303-668-1128 or email her directly at [elilypads@cs.com](mailto:elilypads@cs.com).