

1810
“All Natural” Tips

All Natural Guru
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Segment 2: “Energy Drink!”

Eight hour energy drink and Anti-stress

1 Kale leaf
1 Collard leaf
Small handful parsley
1 stalk celery
1 Carrot
1 Red pepper
1 tomato
1 Broccoli Floweret
Celery stalk for garnishing

Bunch up leaves and parsley, and push through the juicer with celery and carrot. Follow with red pepper, tomato and broccoli.
Garnish with celery stalk and enjoy!

** Contains Pantothenic acid, Vitamin C, Zinc, Magnesium, Potassium, Chromium, Beta-carotene, and B-complex.

TIPS

- Proper nutrition is so important to daily life. To ensure that you get all the vitamins and nutrients needed, Riquette prescribes to the Rainbow diet, where one tries to eat a fruit or vegetable of every color throughout the day/week.

- A juicer is a great way to keep your family healthy, naturally! Without any additives or preservatives, you get all the goodness of a fresh fruits and vegetables in a glass. Juicing is also a great way to use your produce before it goes bad, without having to spend hours cooking and preparing it.

Segment 3: “Hair Oils”

Herbal Stimulating Formula

6 teaspoons rosemary oil
3 teaspoons basil oil

3 teaspoons lavender oil
2 teaspoons lemon oil

*** The oils and bottle can be purchased from Herb Products: (818) 761-0351

Combine the ingredients in a small jar. An amber colored bottle with a dropper is preferable, as it will help to preserve the oils. Shake well to mix.

Pour the formula into a small glass or ceramic bowl, and then massage the mixture into the scalp with your fingers. Comb out hair.

TIPS

- Want to learn about more use of essential oils in hair care? Here's a quick guide:

Basil: Oily hair ...promotes growth

Chamomile: Fine to normal hair ... gives golden highlights

Clary sage: All types of hair ... dandruff treatment

Lavender: Normal hair ... Scalp treatment for itchiness, dandruff, and even lice!

Lemon: Oily hair ... Gives golden highlights; treatment for dry scalp, dandruff, lice, and under active sebaceous glands

Myrrh: Dry hair ... Treatment for dry scalp, dandruff, lice, and under active sebaceous glands

Patchouli: Oily hair ... Dandruff treatment

Peppermint: Dry hair ... Promotes hair growth

Rose: Fine hair ... Soothes scalp

Rosemary: Oily hair ... Dandruff treatment; promotes hair growth

Tea tree: Oily hair ... Treatment for dry scalp, dandruff, lice, and under active sebaceous glands

Ylang-ylang: Oily hair ... Dandruff treatment

- If you don't feel like mixing your own natural hair treatments, there are plenty of products on the market. Look into brands like Burt's Bees and Aveda, that aim to use products derived from natural sources.

Segment 4: “Dessert Mask”

Sinfully Rich Dessert Mask for Anti-aging Prevention

Raid the fruit department of your supermarket!

1/2 Cup Any ripe fruit: pear, strawberries, grapes, papaya, apple, orange...

1 Tsp. Honey

1/2 Cup Whipping Cream

A knife, a cutting board, a towel, a shower cap, a bowl, a whisk, and a blender.

Whip the cream until it just starts to hold its shape (a blender or mixer can help in this process). Then mash the overripe fruit. Combine fruit and honey to whipped cream and apply with pastry brush. Leave on for 10 minutes, then rinse.

TIPS

- Don't throw out your over ripe fruit! Now you can puree it into a vitamin rich mask that's safe to have around the house for your children. If you make too much mask to use, you can serve the extra as dessert!
- Looking for more organic skincare treatments? Go to www.correctiveskin.com for a full line of organic skincare products.