



## Beauty Talk Highlights: "Honey for Beauty", June 2, 2009

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This week on Beauty Talk I welcomed a special guest, Christopher Watt, owner of Christopher Watt Esthetics in West Hollywood and beauty spokesperson for the National Honey Board. Chris shared some fabulous, and all natural, beauty products that you can make at home using honey.

### Harvest Pumpkin Exfoliating Mask

- Makes 4 treatments -

#### Ingredients:

4 tablespoons pumpkin puree  
 1 tablespoon honey  
 4 teaspoon cornmeal  
 2 teaspoon aloe vera gel  
 2 teaspoon pineapple, diced  
 1 teaspoon green tea  
 1/2 teaspoon sunflower oil  
 6 drops frankincense essential oil (optional)  
 4 drops cinnamon extract (optional)

#### Directions:

Steep green tea in boiling water. Set aside to cool. In blender or food processor puree pineapple and place in medium-sized mixing bowl. Add pumpkin, honey and aloe. Mix well. Stir in sunflower oil, green tea and cornmeal. Discard the remaining green tea. Add frankincense and cinnamon. Stir. Apply small amount of pumpkin mask to cheeks, forehead, chin and neck. Massage in circular motions gently buffing skin. Repeat. Apply more product as needed. Leave a thin layer of pumpkin mask on face and neck for 15-20 minutes. Rinse with tepid or cool water and pat dry with soft towel. Follow with appropriate moisturizer. Store remaining mask covered in refrigerator for up to 2 weeks.

### Papaya & Coconut Honey Hair Conditioner

-Makes 1 treatment-

Benefits: Helps to add shine and moisture to hair.

#### Ingredients:

1/2 papaya, peeled and sliced  
 1 cup honey  
 1/2 cup coconut milk or coconut oil  
 (for dry hair use coconut oil, for thin or oily hair use coconut milk)  
 1 banana  
 1 egg

#### Directions:

Combine all ingredients and blend until smooth. Apply to clean, damp hair. Apply shower cap and leave in hair for 20 to 30 min. Remove shower cap, rinse hair completely. Dry and style as usual.

Cover and store remaining treatment in refrigerator for up to two weeks.