

# Herbal Skincare from Your Kitchen

## by Helen Joffe

Learn how to use simple ingredients from your kitchen to create a new skincare regime. Fun for the whole family, inexpensive and good for you! We will make:

- Lemon/Baking Soda Scrub
  - ½ lemon
  - 1 tbsp baking soda
- Honey, Turmeric and Yoghurt Mask
  - 1 tsp turmeric
  - 1 tbsp honey
  - 1 tbsp yoghurt
- Apple Cider Vinegar/Herbal Tea Hair Rinse
  - ¼ cup of apple cider vinegar
  - ¼ cup tea of choice (chamomile, black tea, herbal tea)

### Ingredient Glossary

Lemon – astringent and toner for skin – contains potassium

Baking Soda – sodium bicarbonate – good cleanser for skin, calming and detoxifying

Honey – very healing for the skin, contains copper, calcium, iron, manganese, magnesium, potassium, phosphorus, sodium and zinc.

Turmeric – is anti-inflammatory to the skin and heals wounds.

Yoghurt – Yogurt contains lactic acid, an alpha hydroxy acid that dissolves dead skin cells.

Apple Cider Vinegar – restores the natural acid of the scalp. Good for itchy scalp, dandruff or dull hair.

Chamomile or Nettle Tea – naturally lightens or rejuvenates hair

\*\* Please purchase organic whenever possible!

# Using Herbs from your Kitchen to Enhance Immunity

## by Helen Joffe

Learn about herbs that you can include in your daily recipes to enhance immunity and boost your health. We will make:

- Herbal Sun Tea with Fresh Ginger and Basil
  - one small root of fresh ginger
  - a bunch of fresh basil (can replace with mint)
- Arugula/Herbal Pesto
  - fresh bunch of arugula
  - 1 cup fresh walnuts
  - ¼ cup plus olive oil
  - ¼ cup parmesan
  - salt and pepper

### Ingredient Glossary:

Fresh Ginger – warming and increases circulation, decongestant.

Fresh Basil – *Ocimum basilicum* - vitamins A and C

Garlic – *Allium sativum* – contains selenium, iodine and amino acids – powerful remedy to keep you healthy and good for heart/circulation.

Arugula – rich in chlorophyll, digestive and detoxifying

Walnuts – high in Essential Fatty Acids and antioxidants

Olive Oil – high in antioxidants and healthy monounsaturated fats

### More Herbs for Nutrition and Immune Health:

Parsley – *Petroselinum crispum* - vitamins C, K and A

Nettles – *Urtica dioica* – high in chlorophyll, vitamin C and iron

Hibiscus – *Hibiscus rosa-sinensis* – high in Vitamin C and delicious served cold

Lemon Balm – *Melissa officinalis* – tonic for the heart and nervous system

Seaweeds – rich in trace minerals, high in calcium and vitamins.

Dandelion Greens – *Taraxacum officinalis* - calcium, iron, fiber, Vitamins A, E and K, and powerful antioxidants including beta Carotene and lutein

Shiitake Mushrooms – fiber, B vitamins and immune boosting properties

Mint – *Mentha piperita* - high in flavonoids and essential oil – great for digestion

Flax Seeds – lignans, fiber and Omega 3 Fatty acids – easy to add to food!

Pumpkin Seeds – high in zinc

Chili – *Capsicum spp.* - excellent antioxidant, good for circulation, accelerates oxygenation of cells

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