

## A Honey Of A Solution To Rough, Dry Skin

(NAPS)—When Mother Nature sends enough rough weather to make it tough to keep skin smooth, the good news is she also created a way to soften it up again. Notably, honey and other products you may already have right in your own kitchen.

### Why Save The Skin You're In

Skin is the body's largest organ. It protects the other organs, makes you sensitive to touch and literally keeps you from evaporating. If it's itchy, dry and cracked, it can affect your health and happiness.

Fortunately, honey is a pure, botanical product at an economical price point. It's a natural humectant, meaning it takes moisture from the air and traps it. These healing, moisturizing qualities are why many expensive cosmetics contain premium honey. Raw honey is even used to help treat wounds and prevent scarring and it encourages growth of new tissues while hydrating skin. Honey naturally leaves skin soft and supple. It also fights off bad bacteria, tightens pores, protects skin from sun damage, and moisturizes.

### Dry Skin Remedy Recipes

Here are two simple ways Aunt Sue's Raw & Unfiltered Honey can help your skin feel more supple.

#### Aunt Sue's Dry Skin Remedy

This soothing, dry-skin solution is easy and effective, taking only minutes to make with three simple ingredients.

- 1 tablespoon Aunt Sue's Raw & Unfiltered Honey
- 1 teaspoon olive oil
- Juice from ½ a lemon

Mix honey, olive oil and lemon juice in a bowl. Apply lotion to dry areas and let sit for 20 minutes. Wipe off with a warm washcloth. Repeat as needed.

#### Homemade Honey Hand Balm

Easy to make, this hand balm does



**When your skin feels rough and raw, a lotion made with raw honey can soothe and smooth it again.**

wonders for dry skin and can be used as a lotion, hair conditioner or cuticle cream, as well.

- ½ cup coconut oil
- ¼ cup almond oil
- 5 tablespoons beeswax pastilles
- 1 tablespoon shea butter
- 1½ tablespoons Aunt Sue's Raw & Unfiltered Honey
- 10–20 drops of lavender oil
- 8-ounce glass jar, or several small tins with lids

Combine all ingredients except the honey and lavender oil into a microwave-safe bowl. Heat in 30-second intervals for two minutes or until all ingredients have melted. Mix in the honey and lavender oil and immediately pour into the jar. Let cool to room temperature. To reach desired texture, melt the balm again and add or remove beeswax or lavender oil.

Aunt Sue's Raw & Unfiltered Honey is pure, U.S. honey, produced by the Sioux Honey Association Co-op, representing 275-plus independent beekeepers and nearly 100 years of honey-producing experience.

### Learn More

For further honey facts, tips and skin care recipes, go to [www.siouxhoney.com/beauty](http://www.siouxhoney.com/beauty).