

A Sneak Peek from Beauty Secrets of the Bible:

Beauty Secrets Three-Step Skin Regimen

1. Milk and Oats Facial Scrub
2. Honey Tonic
3. Olive Oil Moisturizer

© Ginger Garrett, *Beauty Secrets of the Bible*: Thomas Nelson Publishers, 2006. No duplication or distribution is permitted. For more information please contact: [permissions @gingergarrett.com](mailto:permissions@gingergarrett.com)

Milk and Oats Facial Scrub

1 cup powdered goat's milk (available at Whole Foods® Stores)

1 cup quick-cooking oats

Process in a blender or food processor until very fine. Store in an airtight container. To cleanse face, sprinkle a small amount of powder into the palm of your hand and mix into a paste with warm water. Massage onto face and rinse.

Exodus 3:17 describes the promised land as a place “flowing with milk and honey.”

Throughout scripture, milk and honey symbolize the gracious nature of God, the abundance of His blessing. Ancient women used milk (and oats) in their baths to soften and nourish their skin. Today we know that this combination acts as both a natural, gentle exfoliant and nourishing moisturizer.

© Ginger Garrett, *Beauty Secrets of the Bible*: Thomas Nelson Publishers, 2006. No duplication or distribution is permitted. For more information please contact: [permissions @gingergarrett.com](mailto:permissions@gingergarrett.com)

Honey Tonic

Apply 1-2 drops honey onto a wet palm and massage onto face. Do not rinse. Pat dry.

Honey is not only good to eat, it was prized in the Biblical days and even used as an offering to the Lord. Today we know that honey is a healthy choice for sweetening, and many skin care experts believe it can nourish the skin and plump up fine lines. The secret is to use only 1-2 drops, on a very wet palm, and pat delicately onto your skin.

© Ginger Garrett, *Beauty Secrets of the Bible*: Thomas Nelson Publishers, 2006. No duplication or distribution is permitted. For more information please contact: [permissions @gingergarrett.com](mailto:permissions@gingergarrett.com)

Olive Oil Moisturizer

Place 2-3 drops of extra-virgin, organic olive oil onto your palm.

Rub palms together and pat your face gently. After make-up, to highlight the cheekbones, put 2-3 drops of olive oil in your palms and rub together. With the heel of your hand, press against the upper ridge of each cheekbone, under the eye and back towards your hairline.

Olive oil was the base for the anointing oil used in the Tabernacle, and olive oil continued to be used throughout biblical times as a beauty oil as well as religious purposes. Modern science tells us that olive oil is packed with vitamins and nutrients that moisturize the skin without blocking pores. It's excellent for removing eye makeup, moisturizing skin and fighting premature aging.

© Ginger Garrett, *Beauty Secrets of the Bible*: Thomas Nelson Publishers, 2006. No duplication or distribution is permitted. For more information please contact: [permissions @gingergarrett.com](mailto:permissions@gingergarrett.com)