

Shopping List

Here are a few of the items I recommend in the book, *Beauty Secrets of the Bible*. You'll notice I divided the list by chapter, and some items may appear more than once if they are mentioned in several chapters.

Weight

Almonds, whole, raw
Flax seed, whole (grind fresh daily in coffee grinder)
Fish
Cinnamon
Cloves
Figs
Vinegar (any flavor is fine)
Whole grains

Skin

Oatmeal
Goat's milk
(I recommend Meyenberg Powdered Goat's Milk, which is found at health food stores and WholeFoods)
Honey
Olive Oil
Apricots, pistachios
Pomegranates
Walnuts
Raisins
Dark chocolate chips
Frankincense essential oil*
Myrrh essential oil*
(* it's less expensive to buy the type that is mixed with jojoba oil)

Hair

Flaxseed
Coconut oil
Vinegar
Rosemary, or rosemary essential oil

Cosmetics

Minerals
(There are lots of brands to try, but you might want to start with this blog, which has a link to affordable mineral makeup: <http://www.innerbeautygirlz.blogspot.com>. I especially like the eyeshadows, bronzers and blushes from this line. For foundation, I recommend sampling brands at a nearby beauty store.)
Olive Oil
Aloe Vera plant
Spritzer bottles

Perfumes & Scents

Candles

Essential oils: choose your favorite scents

Sugar for creating a sugar scrub

Linen spray