

TOP TEN ANCIENT BEAUTY SECRETS©!

Excerpted from *Beauty Secrets of the Bible* by Ginger Garrett

1. The ancient women cared for their skin with oatmeal and milk, and Cleopatra was legendary for her milk baths. To recreate her recipe, try this at home:

Rich Milk Wash

1 cup powdered goat's milk

1 cup quick-cooking oats

Process in a blender or food processor until extremely fine. To use as a facial scrub, use 2 tablespoons, moistened with warm water. Gently rub into skin and rinse. (You can also add these into the bath.) The lactic acids in the milk are a natural source of alpha hydroxy acids that help fight the signs of aging, and the oats soothe and manually exfoliate the skin. Together, these ingredients will leave your skin unbelievably soft and supple.

2. Honey was extremely valuable in ancient days and a symbol of divine blessing.

Women applied it to their skin, along with oils, as part of their bathing ritual. "Honey is not sticky when used on damp skin," Christopher Watt, facialist to the stars, says. "Honey works to give the skin a beautiful glow and to plump up fine lines. It's a natural humectant and exfoliant, and gives the skin better absorption of product."

Try the ancient healing power of honey at home:

Honey Tonic

Apply 1–2 drops honey to wet fingertips and massage onto wet face. Do not rinse. Pat dry. Use wherever fine lines, or blemishes, are a problem.

3. Ancient women invented mineral cosmetics, and used eyeshadows, face powder, blush, and lip tints. Look for minerals that contain titanium dioxide, zinc oxide, and mica. Avoid cheap fillers like talc and also bismuth oxychloride. Remember, rocks don't "go bad" and so your minerals, if truly pure, don't need preservatives like methylparaben.

4. Ancient women did more than perfume themselves before a romantic evening: they perfumed their beds. The most common scents included cinnamon and spices, which modern science confirms may work to increase a man's arousal.

To recreate the scented linen secret, try this at home:

Romantic Linen Spray

In a clean spritzer bottle, place spring water and 3-6 drops of your favorite essential oil.

You can also substitute pure baking extracts, such as vanilla, anise, and cinnamon.

5. Ancient worship rituals included burning incense to God. The rising smoke was believed to carry the prayers of the faithful to heaven. Certain incense blends were created to be used for sacred temples and forbidden to be used elsewhere. The ancients knew that scent sets the mood, allowing us to let go of our immediate concerns and return to a sacred setting more easily.

Try it at home:

You can duplicate their peaceful, relaxing atmosphere by using a special scented candle during your meditation or quiet times of reflection. Do not use the scent for anything other than these special times of relaxation and restoration.

6. Part of the gifts of the Wise Men to the infant Jesus, myrrh was a precious perfume oil in the ancient world. Renowned for its ability to soothe skin and fight wrinkles, myrrh is still available today in the essential oil section of any health store. You can take advantage of this ancient wonder by using myrrh as a facial spritz to moisturize, refresh, and combat wrinkles.

Try it at home:

Myrrh Facial Spritz

In a small spritzer bottle, combine purified water with 1-2 drops of myrrh essential oil.

Use this spritz to set your makeup, refresh your skin throughout the day and replenish moisture, and also for a fast stress-relieving break.

7. Vinegar was as common as wine in biblical days, and different varieties were made by the addition of herbs. Vinegar has been in the news lately for its suspected ability to slow

carbohydrate absorption and encourage stable blood sugar. It may also contribute to a modest weight loss.

Try it at home:

Vinegar Tonic

Take two tablespoons of vinegar before meals, twice a day. Many people find raspberry vinegar to have a better taste than apple cider.

8. In biblical days, flax was a common food source and material for linen. Today, researchers believe the omega-3 fatty acids in flax may help the body regulate leptin, which helps you lose weight and burn fat more efficiently. Because ground flax seed is so rich in fiber, it may help keep your blood sugar stable and help you avoid low-blood sugar munchies.

Try it at home:

One to two tablespoons a day. For maximum benefit and taste, buy a coffee grinder and whole flax seeds, and grind a little fresh every morning to add onto your cereal, toast, or breakfast shake.

9. Cinnamon was used as a sacred anointing oil and perfume. Modern research tells us that consuming cinnamon plays a role in regulating blood sugar. By adding cinnamon supplements to your diet each day you may help boost your glucose metabolism, prevent blood sugar spikes, improve cholesterol levels, and help your body return to its natural weight.¹

Try it at home:

The studied dosage is the equivalent of $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon daily. Supplements are a convenient way to get your cinnamon each day, and are quite inexpensive. Cinnamon sprinkled on your food may not be as beneficial, since saliva contains a chemical harmful to cinnamon.

¹ Cinnamon, Clove Improve Insulin Function, Lower Risk Factors Diabetes, Cardiovascular Disease,” Medical News Today, <http://www.medicalnewstoday.com/medicalnews.php?newid=41026#> (accessed May 27, 2006)

10. Pistachios were both eaten and used to make skin preparations in biblical times. They are believed to have been part of the Hanging Gardens of Babylon, built by the biblical king Nebuchadnezzar and considered to be one of the Seven Wonders of the World. Today, we know pistachios are rich in carotenoids, the phytonutrient that can help “block sunlight-induced inflammation of the skin, which leads to wrinkles.²” As an added bonus, “one ounce of pistachios contains more fiber than a half-cup of spinach and the same amount as an orange or apple.³” More fiber means you’ll stay full longer, which helps with appetite control.

Try it at home:

Consume 1 ounce per day, preferably from raw pistachios.

² Nicholas Perricone, M.D., *The Perricone Promise* (New York: Time Warner, 2004) p. 44

³ Dr. Andrew Weil, “Are Nuts A Healthy Nibble?” May 31, 2004, <http://www.drweil.com/drw/u/id/QAA326631> (accessed October 16, 2006)