



Free Beauty Tips eBook

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If dieting for you is just another thing that improves your appetite, Maybe it's time you discovered 1001 Beauty Tips.

You will learn how you can eat the foods you love and still lose weight. How to soften and smooth your skin back to its youthful glow with things made from your own kitchen. How to workout at your desk and firm up while you work. How to feel better about yourself and build your self confidence. How to give yourself or loved one a sensational full body massage (with complete techniques). Go online first then

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DISCLAIMER: All information is intended for your general knowledge only and is not a substitute for medical advice or treatment. You should seek medical advice before starting this or any other weight loss or fitness regimen. Use of these skin and hair care treatments is at your own risk. We make no warranty, express or implied, regarding your individual results.

Homemade Beauty - This eBook Contains Beauty Tips, Weight Loss Tips, Smoothie Recipes, Homemade Facials and More.



1. Face Masks and Cleansers for Acne

- a.) Honey Cleansing Scrub
- b.) Tomato Mask for Acne
- c.) Firming Face Mask

2. Full Body Treatments

- a.) Paraffin Wax Treatment For Hands and Feet
- b.) Solution for Dry Elbows and Knees
- c.) Dry Skin Body Treatment
- d.) Blemished Skin Body Treatment

3. Soothing Baths

- a.) Foaming Vanilla Honey Bath
- b.) Homemade Milk and Sea Salt Bath
- c.) Homemade Fragrant Milk Bath
- d.) Honey Milk Bath
- e.) Smooth and Silky Milk Bath

4. Hair Care Tips

- a.) Homemade Intensive Conditioner
- b.) Reconditioning Hair Care Tips
- c.) Help for Dandruff
- d.) Help for Itchy Scalp

5. Cutting Calories

- a.) 20 Ways to Cut Calories

6. Weight Loss Tips

- a.) 12 Super Weight Loss Tips

7. Facial Exercises

- a.) Help for a Double Chin
- b.) Firm and Lift Your Cheeks and Corners of Mouth
- c.) Firm Those Sagging Jowls

8. 13 Exercises for Body

- a.) Desk Exercises for chest, back of upper arms, knees, neck Shoulders, Back and Hip Muscles.
- b.) Want Great Legs? "6 Tips to Firm and Tone Them"
- c.) Firm Your Buttocks 3 Firming Movements

9. Low Calorie Smoothies

- a.) Hawaiian Punch
- b.) Banana Split
- c.) Chocolate Amaretto Fudge Shake
- d.) Home-Made Strawberry Lemonade

10. Herbal Teas

- a.) Cranberry Orange Ice Tea
- b.) Triple Berry
- c.) Green Banana Iced Tea

Chocolate Amaretto Fudge Shake (181 calories)

- 2 tbs. Chocolate Protein Powder
- 1/2 tsp. instant decaffeinated espresso coffee
- 8 oz. skim milk
- 1/4 tsp. almond extract
- 4-6 ice cubes (optional)

Mix with a blender

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Home-Made Strawberry Lemonade

- 8 cups water
- 1 cup fresh-cut strawberries
- 1 cup frozen strawberries
- honey to taste
- 1 cup lemon juice
- 2 lemons sliced

In a large container, combine 4 cups of water and the fresh and frozen strawberries. Let soak in the sun for 3-4 hours. In another container, combine the lemon juice, sliced lemons and water.

Chill for 3-4 hours to let the lemon juice soak thru. Mix the 2 containers together, and add honey to your taste. Serve chilled over ice.

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Do You Need More Energy?

Try all our yummy herbal tea and smoothie recipes to give you that extra boost to get through your day with more energy and stamina. Plus, low fat recipes for meal planning. You will also receive homemade recipes for head to toe skin care.

[ClickHere!](#)

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