

Summer
Edition

Natural Summer Sun Skin Care



[Sign up for our !\[\]\(c3d993ca47bfe2a953c700506ce31fa0_img.jpg\)](#)
[Email Newsletter](#)
[& Receive a Free](#)
[Health Ebook!](#)

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Contents:

[Soak Up the Sun? Yes, 10 Tips and Fun Ideas](#)

[Sunscreens - Something You Should Know](#)

Natural Tanning:

[Natural Suntan Lotion Recipes](#)

Natural Sunscreens:

[Herbal Sunscreen Lotion](#)

[Great Basic Sunblock Formula](#)

Natural Sunburn Coolers:

[Marigold Tonic for Sunburn](#)

[Sunburn Bath](#)

[Sunburn Cooler](#)

[Sunburn Helper](#)

Natural Summer Skin care:

[Summer Skin Moisturizer](#)

[Summer's Evening Bath](#)

Companion Remedies for Natural Beauty

[ClearSkin-A Gel](#) - Promotes healthy clear skin and encourages a smooth and

trouble free complexion.

[The Natural Science of Skin and Skin Care](#) - Learn about the science behind beautiful, glowing skin

[Mediac](#) - Homeopathic remedy temporarily treats symptoms of acne vulgaris including [blackheads](#) on the face and body

[RosaRex](#) - Homeopathic remedy temporarily reduces facial redness, flushing and bumpy texture

[Invigorate Skin Tonic](#) - Promotes healthy functioning of the epidermis and tissues to nourish and support firm, supple skin

[Halitonic](#) - Promotes mouth freshness, as well as systemic cleansing and purifying.

[ReGrow Plus](#) - Promotes circulation, hormonal and thyroid functioning for healthy hair and nail growth.

[Total Balance Women's Plus](#) - Essential nutrients needed to help prevent degeneration and premature aging.

[Skin Dr.](#) - Helps maintain lymphatic functioning, promoting blemish-free healthy skin.

[EcoSlim](#) - Promotes healthy metabolism, liver, thyroid and digestive functioning

[Nail-RX](#) - Effectively treats and resolves nail fungal infections naturally

[Frownies](#) - This complete skin rejuvenation system has been called the best wrinkle treatment for facial wrinkles, frown lines, eye wrinkles and lip lines.

Soak Up the Sun? Yes, 10 Tips and Fun Ideas

Researchers now think that we need 15 to 20 minutes of unprotected sun every day for vital health and well-being. And there is something about becoming mindful of the life-promoting energy of the sun that connects us with that force for growth in a very powerful way.

So here is a cornucopia of sun-drenched ideas for getting the most out of your sun experience. Try one or try a few—you too can be a sun-worshipper!

1. Find a pleasant place in the sun and just sit there. If you wear glasses, remove them so you can absorb the full spectrum. Feel the warmth on your skin: after 15 or 20 minutes, sniff your arm and enjoy the sun-warmed scent. If you're afraid you may fall asleep, take a timer with you!
2. Go for a sunny walk around your neighborhood, or explore someplace new. Either way, you get sun and exercise, too.
3. Take your lunch break in the sun.
4. Make a pitcher of Sun Tea: Put 1 tea bag (Black, green, or herbal) per pint of water in a glass container, and leave outside in the sun to steep for an hour. Add sweetener and fresh mint, if you like, and drink a glass slowly during your Sun Minutes.
5. Play with Prisms: Buy a prism, go outside, and make rainbows. Give some thought to the wonder of bright light being made up of all those beautiful, saturated colors.



[Elderberry Syrup](#)

Created for Planetary Herbals by licensed acupuncturist and clinical herbal



[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu

6. This fascinating favorite never fails to amaze and amuse: using a magnifying glass, capture sunlight in a small focused beam, shining it on a piece of paper or a dry leaf. See how quickly it will begin to burn. Be careful: the sun is powerful!
7. If you can't get outside enough, or in the winter, use full-spectrum lighting. Eight hours in this lighting only amounts to about 15 minutes of UV radiation. Sunlight offers all the same color spectrum as the chakras: red, Orange, yellow, green, Blue, indigo, Violet and white (the 8th chakra). We need a balance of all those colors to feel whole.
8. Do some gardening. If you don't have the space for a big garden, plant something in a terra cotta pot and tend it: it can be very soothing and meditative to pluck off dead flower-heads or pull out weeds, to water and nurture your plants. The sunlight you absorb while you do this is an added benefit.
9. Read the daily newspaper in the sun. Look at your mail there, too!
10. If you are physically challenged, open a window facing the sun and sit beside it for your 20 minutes. A friend of Annie's takes time every morning to soak in some sun, before coffee, breakfast, or anything else. This practice is similar to the Native American tradition of making a prayer to the sunrise first thing every morning, and then again at sunset.



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



Sunscreens - Something You Should Know

The sunscreen manufacturers continue to capitalize on the fear that people believe sunshine causes [Cancer](#).

I am not against sun screens as they are absolutely essential for most people if they only have irregular exposure to the sun. It is certainly not healthy to get burnt.

However, ensure that when you use a sunscreen that you don't use one so powerful that the beneficial rays of the sun are totally blocked. Also, make sure that this same principle is applied to your children so they can tan without getting burnt.

Now...this is what I wanted to tell you...

Only use sun screens that block the sun's rays by applying a barrier on the top of the skin. In other words sun screens that contain zinc or titanium oxide. These sun screens put a thin white layer of the oxide over your skin. It is not all that obvious until you go to wash it off. That is generally when you notice the white film.

The majority of the sun screens on the market today are responding to consumer demand to ensure that the sunscreen feels good. So, the manufacturers have reverted to chemical sun blockers that get absorbed by the skin and are not sticky or leave a residue like the ones containing zinc or titanium.

These chemical sun blockers are smooth and feel good on the skin so they are

Great Health Sites

[Natural Holistic Health Blog](#)

[Naturally Beautiful Me](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

[Women's Health Nurse](#)

now used extensively not only in sun screens but also in [Face Creams](#) and make up with an SPF factor.

But, the question is, are they harmful?

Well, the short answer is...no one knows. Some of them are certainly toxic if ingested so there is a real possibility that they may be harmful over the long term. It is important to consider that when a chemical is infused into your skin as these are, then a certain amount of the chemical finds its way into the blood stream. I am sure a little bit occasionally will do little harm, but what about the continual use of it over decades? Some scientists believe that they could trigger off [Cancer](#). I tend to take the same view.

So, the bottom line in my humble opinion is to avoid sun screens that do not use either zinc or titanium sun blocks. It is just not worth the risk.

Read more at [Xtend-Life](#)

Natural Suntan Lotions

Suntan Lotion

- 2 ounces salt-free mayonnaise
- 2 ounces [Black](#) tea (brewed very dark)
- Juice of 1 [Lemon](#)
- 5 (400 IU each) [Vitamin E](#) capsules

Mix mayonnaise, tea and [Lemon](#) juice in a blender. Pour into a storage container and squeeze contents of [Vitamin E](#) capsules into it. Keep refrigerated no longer than 1 week

Natural Tanning blend

If you insist on risking sun damage, this blend will hasten a tan, and provide [Antioxidant](#) protection.

- 20 drops Sea buckthorn Berry CO2 for [Antioxidant](#) and sun protection, Vit.A and C.
- 10 drops [Carrot](#) seed For vitamin A and a small amount of sun protection.
- 5 drops [Lavender](#) For healing.
- 1 oz. [Jojoba](#) Many sources say that [Jojoba](#) has a slight SPF value, perhaps SPF 3.

For extra protection, blend the oils with a higher SPF commercial sun screen product

Cocoa Butter Suntan Oil

- 1/2 cup light [Sesame](#) oil

[Mountain Rose Herbs](#)

[Natural Health Ebooks](#)



Natural Remedies

[Native Remedies](#)

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)



- 2 tablespoons [Coconut Oil](#)
- 2 tablespoons [Cocoa Butter](#)

Mix together all ingredients in a clean microwave-safe container. Heat the mix gently, stirring together all the ingredients. Place the container in the microwave for 1 minute on HIGH, or heat it gently in a double boiler or water bath on the stove top. Let the mixture cool completely. Place the suntan oil in clean jar or container with tight-fitting lid.

Herbal Sunscreen Lotion

A good sunscreen has two purposes: To begin with, it helps the skin maintain its natural oils and moisture, which can be lost through exposure to the sun s radiation. Secondly, sunscreen also protects the skin against UVA and UVB rays, whose damaging effects have increased markedly with the reduction in the atmosphere's ozone layer.

Sunlight causes skin pigment cells, called melanocytes, to synthesize increased amounts of melanin, giving the skin a protective pigment or tan. But, while increased melanin can act as a natural filter to keep harmful UV radiation from penetrating further into the skin, using sunscreen with a high SPF is still important, especially if you are fair-skinned or have a family history of Cancer.

As well as containing moisturizing properties, [Avocado](#) oil, [Sesame](#) oil and [Shea Butter](#) contain a low SPF sunscreen. However, they have only a limited VA/UVB-filtering ability, thus you should not use them as your only skin protection. For a natural sunscreen with a higher SPF, use a commercial sunscreen with titanium dioxide.

Perishability and storage

To keep homemade sunscreen from spoiling, use only clean utensils for preparation and storage. Store lotions in the refrigerator, where they will keep for about 3-4 weeks.


Proper application

To achieve maximum protection from the sun, apply sunscreen to dry skin 30 minutes before exposure. Limit your sun exposure time to less than one hour; actual amount of time depends on your skin type.

Skin types

There are four basic skin types, each with a different level of tolerance to sun exposure. People with light skin and blond or reddish hair are Type I, and their natural protection time (amount of time skin can be exposed to the sun without burning) is 5-10 minutes.

The natural protection time of people with skin Type II, who have a somewhat darker complexion, is up to 20 minutes. People with skin Types III and IV, those with much darker skin tones, can stay in the sun for 30-40 minutes. To determine



Monthly Specials
Up to 25% Savings!
CLICK HERE!

NativeRemedies
The Psychologist's Natural Choice

Proven Products.
Excellent Service
and Delivery

how long a sunscreen will protect you, multiply your natural protection time by the SPF. Of course, if you have a family history of skin Cancer, you should always use a sunscreen with a high SPF.

Natural-Protection Cream

- 3 tbsp. unrefined [Sesame](#) oil
- 1 tbsp. unrefined [Avocado](#) oil
- 1 tbsp. unrefined [Jojoba](#) oil
- 1 tbsp. walnut or [Almond](#) oil
- 1 tbsp. [Shea Butter](#)
- 2 tbsp. [Cocoa Butter](#)
- 1 tsp. [Beeswax](#)
- 1 tsp. soy-lecithin liquid
- 2 tbsp. [Aloe Vera](#) gel
- 2 tbsp. [Rose](#) or [Lavender](#) water
- 1/2 tsp. [borax powder](#)
- 20 drops [Carrot-seed Essential Oil](#)
- 3-5 drops coconut fragrance oil (optional)

Melt the first 4 oils, butters and [Beeswax](#) in a double boiler over medium heat until just melted. Add the soy-lecithin, and stir to blend. Remove from heat. In a small saucepan, gently warm the [Aloe Vera](#) gel and [Rose](#) or [Lavender](#) water, and stir in borax powder until dissolved. Remove from heat. When the oil and water mixtures are still warm to the touch and about the same temperature, set the small saucepan into a bowl of ice.

Drizzle in the oil mixture while mixing rapidly with a small whisk; a cream will quickly form. Add [Carrot-seed Essential Oil](#) and coconut fragrance oil, if desired; blend thoroughly. Take care! If you use perfume oils, avoid citrus oils - such as [bergamot](#), [Orange](#), [Lemon](#) or [Lime](#). They may cause unpleasant skin reactions when exposed to the sun. They also reduce a sunscreen's effectiveness.

For After-Sun Relief

To help reduce inflammation and cool and [Moisturize](#) sunburned skin, apply a thin coat of yogurt or [Aloe Vera](#) gel to reddened areas. Spray pure [Lavender](#) water or hydrosol freely on sun-damaged skin to keep skin hydrated, help prevent peeling and promote the regeneration of cells. Add 2-3 drops of [Lavender](#) oil to 1 tsp. of a [Carrier Oil](#), such as sweet [Almond](#) oil, and massage into affected area. Or apply diluted [St. John's wort oil](#).

Great Basic Sunblock Formula

- 2-1/2 ounces [Sesame](#) oil
- 1-1/2 ounces of [Cocoa Butter](#)
- 1/2 ounce [Beeswax](#)
- 4 ounces distilled water
- 2 tablespoons zinc oxide



Rediscover
Passion



Optimal
Wellness

- Anti-aging
- Scientifically Formulated
- ALL NATURAL
no side effects

XTEND-LIFE
Natural Products

[MORE INFO](#)

- 25 drops [Grapefruit](#) seed extract (as a preservative; available in health food stores)

Melt the oils and [Beeswax](#) in a double-boiler over medium heat. Remove from the heat, add the water, and mix with an electric handheld mixer until thick and creamy. Add the zinc oxide and preservatives. Makes 1 cup.

Preparation Time: 30 minutes Shelf Life: 6 months Storage: Glass jar with screw top

Marigold Tonic for Sunburn

Used to soothe and heal sore, chapped and sunburnt skin.

You will need the following;

- 3 handfuls fresh marigolds
- 1 pint of boiling water.

Pour the boiling water over the the flowers, then cover them and leave for 2-3 hours. Strain off the liquid and then bottle.

Sunburn Bath

- 6 d. [Peppermint](#) oil
- 4 d. [Lavender](#) oil

Put oils in 2 Tbsp of Epsom Salts or Baking Soda and add to bath when water is running. Soak 15-20 minutes.

Sunburn Cooler

- 1 oz [Aloe Vera](#) Gel
- 1 oz [Lavender](#) Hydrosol
- 10 drops [Lavender](#) EO
- 8 drops [Roman Chamomile](#) EO
- 2 drops [Peppermint](#) EO

Mix together, shake well. I put it in a squeeze bottle and keep it in the refridgerator. Works wonders

Sunburn Helper

Add some [Lavender](#) to some generic drugstore hand lotion and slather it on soon after burning. The pain will go away. Then make the following blend for use after every bath until it's all better.

- 18 drops [Lavender](#)
- 6 drops [Chamomile](#) (I used English cause that's what I had)
- 2 drops [Geranium](#)
- 2 drops [Rose absolute](#) or [Jasmine](#) (just cause I thought it would smell good, no other real reason)
- 1 drop [Peppermint](#) (to cool the skin, still felt warm but didn't hurt)
- Blended into 2 ounces [Jojoba](#) oil

Apply some onto wet skin from the shower or bath and let dry au natural..

Put a couple droppers full of the blend into a couple ounces of [Neroli](#) hydrosol and sprayed that on later before getting dressed. Very soothing.

Summer Skin Moisturizer

- [Tea Tree](#) 4 drops
- [Lavender](#) 6 drops
- [Peppermint](#) 3 drops
- [Helichrysum](#) 3 drops
- [Frankincense](#) 2 drop
- Colloidal Silver 1 T
- [Aloe Vera](#) Gel .5 oz.
- [Nature's Fresh](#) 1.5 oz.

Directions:

Mix [Essential Oils](#), colloidal silver, [Aloe Vera](#) gel and [Nature's Fresh](#) in a 2 oz. amber bottle. Shake well and label bottle. To use, spray three to five times daily. This blend is also refreshing and hydrating to the body and mind after spending any length of time in the sun.

Summer's Evening Bath

- 2 drops [Peppermint Essential Oil](#)
- 3 drops [Lavender Essential Oil](#)
- 2 drops [Chamomile](#) (Roman) [Essential Oil](#)

For Bath: Add [Essential Oils](#) to a tub full of warm water and mix well.

For Sunburn: Add [Essential Oils](#) and 1 Tablespoon apple cider vinegar to a 4 ounce spritz bottle filled with water and spray on sunburn.

Taken from The [Essential Oils](#) Book by Colleen Dodt

Companion Remedies for Natural Beauty

[ClearSkin-A Gel](#) - Promotes healthy clear skin and encourages a smooth and trouble free complexion.

[The Natural Science of Skin and Skin Care](#) - Learn about the science behind

beautiful, glowing skin

[Mediac](#) - Homeopathic remedy temporarily treats symptoms of acne vulgaris including [blackheads](#) on the face and body

[RosaRex](#) - Homeopathic remedy temporarily reduces facial redness, flushing and bumpy texture

[Invigorate Skin Tonic](#) - Promotes healthy functioning of the epidermis and tissues to nourish and support firm, supple skin

[Halitonic](#) - Promotes mouth freshness, as well as systemic cleansing and purifying.

[ReGrow Plus](#) - Promotes circulation, hormonal and thyroid functioning for healthy hair and nail growth.

[Total Balance Women's Plus](#) - Essential nutrients needed to help prevent degeneration and premature aging.

[Skin Dr.](#) - Helps maintain lymphatic functioning, promoting blemish-free healthy skin.

[EcoSlim](#) - Promotes healthy metabolism, liver, thyroid and digestive functioning

[Nail-RX](#) - Effectively treats and resolves nail fungal infections naturally

[Frownies](#) - This complete skin rejuvenation system has been called the best wrinkle treatment for facial wrinkles, frown lines, eye wrinkles and lip lines

For Guaranteed, Effective, 100% Natural [Herbal Remedies](#), please visit [Native Remedies](#)

[Mountain Rose Herbs](#) is where NHH recommends you purchase all of your [Bulk Herbs](#), [Spices](#), [Teas](#) and single oils!

Are you looking for quality [Vitamins](#), diet aids and health [Supplements](#)? Visit the [Health Supplement Shop](#) - highly recommended by NHH!



[Nutra-Mune](#)

Nourish your defense system with Nutrapathics Nutra-Mune!



[Kidshield Immune Spray](#)

KidShield by Symbiotics has a delicious Tutti Frutti flavor children love.



[Family Defense Immune Spray](#)

Enhances immune activity. This immune balancing action is important for your family!



[Colostrum Plus Immune](#)

Symbiotics Multi-Nutrient Immune Formula provides extra support when your body is under stress.



The Natural Way to Beautiful, Younger Looking Skin

If you cherish your skin and want to put off the visible signs of aging ... as well as nourishing your skin with the most effective, natural and safe products possible ... [our skincare range](#) is for you!

Our products are specially-designed for all skin types ... and all climates. Each product uses the latest proven cell rejuvenation technology. They are all unique formulations and years ahead of the 'name brands'.

The Best Wrinkle Solution

You've asked us to recommend the best anti wrinkle cream on the market, so we've done some extensive research into dozens of skin care products and treatments.

As a result of our study, we have selected one topical that we can confidently recommend as the **best cream for wrinkles available**, significantly reducing fine lines, blemishes, age spots and furrows.

Best Wrinkle Treatment

With all of the complications and side effects, not to mention costs, of cosmetic procedures such as botox injections and chemical peels, **more and more people are opting for safer, natural alternatives** to achieve a more youthful appearance.

Fortunately, the best anti wrinkle cream can be **as effective as many procedures**, and can have a marked effect on wrinkles, as well as restore the skin's natural beauty.

After testing many products on a variety of subjects, we have selected [Xtend-Life Anti Wrinkle Treatment](#) as the **best cream for wrinkles, age spots and overall skin appearance**, yielding significantly better results than all of the other skincare products we tried.

(UPDATE**** The makers of Xtend-Life are offering a limited time **no risk money back guarantee** for this unique system so take a look today!)

Xtend-Life contains a special blend of vitamins, minerals, herbal extracts and other nutrients that can smooth wrinkles, revitalize and nourish your skin.

Try it out and discover how you can look and feel younger with the best wrinkle treatment on the market.

In our opinion, it is the best cream for wrinkles we have come across, and we have done very comprehensive research.

Nourish your skin 24 hours a day!

All the products in the [Xtend-Life skincare range](#) are designed to work together in synergy, to feed your skin with essential nutrients day and night. The same key active ingredients are included in all the products, so your skin is continuously nourished 24 hours a day.