

**EXTREME RESULTS INSIDE!**



**YOUTHFUL  
FACIAL  
SECRETS  
OF THE RICH AND FABULOUS**

LIZ SWANN MILLER

Copyright © Elizabeth Swann Miller - All Rights Reserved

**Copyright Notice:** No part of this publication may be reproduced in any form or by any means including scanning, photocopying or otherwise without prior written permission of the copyright holder.

**Health Disclaimer:** The information provided in this book is designed to provide helpful information on the subjects discussed. This book should not be used to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician.

The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book.

## **Want to turn the clock back in minutes? These secrets lift, firm, smooth, and re- energize your skin for dramatic, long-term results.**

If you think that rich and fabulous people – including some of Hollywood’s hottest stars – rely solely on their dermatologists, think again! What about pricey bottled solutions filled with the latest and greatest chemicals? While it’s safe to say some of the wealthiest and most fabulous people on the planet use on them, they also happen to depend on some very interesting all-natural facial secrets. Here are five you can start using right away, without paying a high-priced dermatologist or beauty expert.



## Use organic lip balm...where?

While many superstars and models use expensive products to hydrate delicate skin in the eye area, Miranda Kerr takes a simpler route to giving her eyes a special shimmer. This isn't at all surprising, as she is known for her natural beauty – but what might surprise you is the fact that she uses a product you might have with you right now: an organic lip balm.

### Benefits

Organic lip balm is made with rich, emollient ingredients that protect delicate skin from the elements. Since it's free from the synthetic compounds found in many mainstream lip balms, it safely penetrates skin, improving hydration. Choose one that includes aloe vera for even more benefits. This special ingredient stimulates skin and assists in new cell growth.<sup>i</sup>

Additionally, organic lip balm gives your eye area a soft, youthful sheen that makes you look more alert – even if you stayed up a little too late last night!

### How to Use

There are a lot of lip balms on the market, and all of them provide the moisture you need. However, many contain petroleum products, which you don't want on your skin at all, and which can clog pores instead of helping you get the glow you want. Skip these in favor of an organic brand, which will nourish your most delicate skin from the inside out. When selecting a lip balm to use around your eyes, be sure to look for one that doesn't contain powerful essential oils that might make you tear up. While peppermint and some other popular oils are great for the lip area, stick to a plain formula for this luxurious facial treatment.



As you'll soon discover, a little bit of organic lip gloss goes a long way. Take a tiny dab on the tip of your finger and apply it to the corners of your eyes. Moisturize deeply at night by applying more to areas where wrinkles tend to appear.

This treatment is perfect for days when you don't feel like wearing makeup – in fact, the rich oils in the lip balm can cause mascara and other products to run or smudge, leaving you looking less than fresh. Apply carefully to avoid this problem or simply allow your natural beauty to shine through once in a while, and experience the freedom that comes with a lightened-up facial routine.

## Rejuvenate with Olive Oil and Sea Salt

The legendary Sophia Lauren looks much more youthful than she is, something she credits to a beauty regimen that includes olive oil in her daily diet and on her skin. Lauren isn't the only one who loves olive oil; many people appreciate its ability to impart natural softness to skin. While you might already know that a few drops of extra-virgin olive oil works wonders on dry skin without causing it to look greasy, you might not know that blending it with sea salt is an excellent remedy for bringing a healthful glow to your face.



### Benefits

Olive oil is pure, natural, and won't clog pores – a claim very few commercial products can make! Sea salt is slightly abrasive, and unlike table salt, it contains no additives that might irritate skin. The salt and olive oil work together to penetrate your skin, removing dead skin cells and other impurities while providing a welcome moisture boost.

### How to Exfoliate with Olive Oil

It's best to use this treatment a few minutes into your bath or shower, when skin is moist and pores are open. Apply one teaspoon of olive oil to your face, neck and décolletage area, adding a little more if skin is drinking it in. You want to create a smooth environment for the salt to work on, which will prevent irritation.

Once you've got a nice coat of olive oil on areas you want to refresh, gently pat sea salt on over the olive oil. Using slow, gentle, circular motions, rub the salt into your skin until the salt dissolves.

When you are finished, simply rinse clean with lukewarm water. Pat your face dry with a soft towel and notice the smooth, silky feel.

Repeat twice weekly for best results. If your skin is irritated, sunburned, or breaking out, skip the salt and moisturize with plain olive oil in its place.

## Color Lips Naturally with Beetroot

Stars have access to all sorts of cosmetics, but that doesn't mean they don't appreciate simpler, more natural beauty "products" like the rest of us. Just ask Shailene Woodley, who has an affinity for beets in her diet and on her lips!



### Benefits

Many commercial lipsticks and lip glosses contain pigments from chemical sources, and many also contain petroleum products. If you're looking for a great way to add natural color to your lips, you'll like the way beetroot works. As a bonus, it lasts until you wash it off, and it gives your lips an innocent, youthful look.

### How to Stain Lips with Beet Juice

While you can use raw beet juice for lip stain, it doesn't have the same staying power that the juice from roasted beets has. Use a small cosmetic applicator or a cotton swab to apply the beet juice to your lips, being very careful not to stray. If



you'd like a darker color, apply more than one coat. Keep your beet fresh by refrigerating it for a few days.

If you like this treatment, you can get even more uses out of a single beet by freezing the juice and thawing out just a little to use each time you want to apply a hint of color.

## Dry Brushing

Miranda Kerr isn't the only one who relies on this all-natural beauty secret! It's a mainstay among superstars including Molly Sims. You may have heard of dry brushing your body to improve blood circulation and eliminate dry skin, but there's another way to use this technique: On your face, to give it a more youthful glow and stimulate new cell growth by enhancing circulation.



### Benefits

The uppermost layer of your skin (the part you can actually see) is called the epidermis. It is composed of several layers of cells, and unless you've been exfoliating regularly, you can bet that most of them are dead. This layer of dead, dry skin cells causes facial skin to look dull, and it makes fine lines and wrinkles appear deeper too.

You may already know that exfoliation is among the most important parts of any beauty regimen, as it speeds up the process of rejuvenation and leads to a younger, more energetic appearance. Dry brushing also provides the benefit of

enhanced circulation, and following up with an all-natural moisturizer such as aloe vera gel helps to nourish and plump the newly revealed skin, giving you a healthy glow and imparting a younger appearance.

### **How to Dry Brush your Face**

While you can be fairly aggressive when dry brushing your body, it's important to be extra-gentle when dry brushing your facial area! Choosing a brush with natural bristles is also important, as they do not have the same sharp edges manufactured nylon bristles can sometimes have.

Begin by washing your face and patting it dry with a soft towel. Next, use a gentle, upward motion to lift the muscles of the face while removing dry skin. Be extra gentle, and use circling movements as you go. When you reach the forehead, sweep gently from the center to each temple.

When you first begin using this method, your treatments should last no more than 30 seconds apiece. After a few months, you'll find that you can dry brush for two to three minutes without experiencing any discomfort.

Apply the natural moisturizer of your choice as soon as you finish. Repeat the entire process two to three times weekly for best results.

# Juice Cleanse for Beauty from the Inside Out

If you want to make a real change in your skin, whether for a special occasion or simply to look better, then consider a juice cleanse for incredible beauty from the inside out. You won't be alone: Juice cleanses are hot in Hollywood, with models, actors, and actresses using them to look more youthful and feel more energetic. Gwyneth Paltrow, Salma Hayek, and Nicole Richie are just a few famous celebs who enjoy juice cleanses, and who rely on organic juices and smoothies as part of their daily regimen.



## Benefits

Juicing is a powerful health habit that benefits your entire body, nourishing you on a cellular level, helping to heal chronic diseases, and flushing out toxins that can leave you feeling bloated and looking puffy.

A juice cleanse – or even the simple addition of fresh juices to your daily diet – can help you look better than ever, particularly when combined with other

natural beauty treatments. If you are struggling with acne, dry under-nourished skin, oily skin, or just want to look better, then juicing can help.

Not all juices are created alike! To really benefit your skin, you need raw juices made with a variety of ingredients. Some of the best ones for your skin include:

- Carrots – Humble orange vegetables that are common almost everywhere, carrots contain incredible quantities of beta-carotene, a form of vitamin A. A powerful antioxidant, beta-carotene helps cells resist damage from aging and degenerating, helping to maintain a youthful appearance. Carrots also contain vitamin C, which aids in collagen production.<sup>ii</sup> Collagen is an essential nutrient for skin elasticity, helping to prevent wrinkles and slowing the signs of aging. Carrots are also high in potassium, which plays a role in manufacturing fresh, new skin cells and reducing blemishes.
- Beets – Beets are loaded with vitamins and minerals that are absolutely essential for glowing, healthy skin. If you suffer from a skin condition that affects the way your face looks, beets should be one of your go-to juicing ingredients, as they also cleanse the liver and blood, aiding in eliminating skin conditions that are related to toxicity. High in iron, niacin, potassium, copper, and vitamin C, they also contain magnesium, manganese, calcium, folic acid, and zinc.
- Kale – There's a reason so many green juice recipes call for kale: this nutritious vegetable is more than just a great source of vitamins and minerals, it is also highly anti-inflammatory. The vitamin A it contains can help repair and maintain your skin, and combines with its omega-3 fatty acids to make it a powerful ally in the fight against inflammation.<sup>iii</sup> If you have acne, lots of blackheads, or any other skin condition that is related to toxicity, then include kale in your juices at least a few times each week.
- Parsley – A tasty herb that imparts interesting flavor to savory green juices, parsley also happens to be outstanding for skin health. Not only does it contain lots of vitamin A and vitamin C, it offers a high level of vitamin K, which can help speed healing and improve skin's elasticity.<sup>iv</sup>

These are just a few of the best juice ingredients for skin health. Lemons, oranges, apples, ginger, papaya, kiwi, pomegranate, and red or purple berries are some others to try, along with a variety of greens such as spinach and watercress.

While celebs often pay top dollar for their juice cleanses, it's possible to enjoy a cleanse and maintain a healthy juicing habit while also maintaining a healthy budget! As an added benefit, you're likely to lose some weight and improve your overall health when you replace unhealthy snacks with juices, making this a win-win prospect on a whole body level.

### **How to Improve Skin by Drinking Juice**

Like other natural beauty regimens described here, it takes more than one treatment to really make a lasting difference in the way your skin looks and feels. Celebrities tend to do juice cleanses two or more times each year, and many iconic beauties make a point of consuming a healthy amount of fruit and vegetables each day. Many, including Alicia Silverstone, Demi Moore, Jennifer Lopez, and Natalie Portman are vegans, while many others are vegetarians. And, while some stars are known for partying hard, particularly in their youth, there are lots of others than maintain clean, healthy lifestyles that revolve around a high intake of raw, natural vegetables and fruits. Since stars rely partly on their appearances for their livelihoods, this makes a lot of sense!

While you don't have to change your entire lifestyle in order to make juicing a part of your routine, it's worth mentioning that the more changes you make, the better off you are likely to be. The changes will happen fastest if you go on a juice cleanse, and there are many different ones to consider, along with a number of outstanding juice recipes that you can use before, during, and after undergoing a complete cleanse.

Start by obtaining a juicer. Once prohibitively pricey, juicers are now so popular that it's easy to find one for less than \$100, and even less than that if you are willing to purchase the appliance secondhand.

Next, decide when to undergo your cleanse. A weekend or a little block of vacation time – 3 days or so – is perfect. You want to let your whole body destress and detoxify itself, and you are likely to long for extra sleep during this time.

The next step is to obtain juice recipes and shop for the ingredients so you'll have them on hand. Focus on purchasing fresh, organic fruits and vegetables for your juices, plus additional fruit and veg to snack on. If you don't have purified water at home, consider getting a water purifier while you're at it, so that you can treat

yourself to lots of healthy hydration. Go the extra mile by choosing a detox tea to accompany your cleanse!

While cleansing, take time out for you. Long baths, skin care treatments like the ones mentioned earlier, and light exercise, such as walking, will make the journey to healthier skin from the inside out easier, and help you enjoy a spa-like retreat experience even if you never leave home.

After the cleanse, continue to enjoy one or two fresh juices each day. Your skin will look better than ever, even if you don't take extra time out for facial treatments.

## Conclusion

As anyone who makes looking fabulous a priority will tell you, getting younger, healthier skin isn't about following one single beauty trend. Instead, gorgeous red-carpet ready looks come as part of an overall plan that incorporates natural skincare treatments and a healthy lifestyle. It's easier to delay the aging process than it is to deal with it, so here are some final tips in parting.

- Make sun protection a priority. Get a natural sunscreen, enjoy time in the shade, wear sunglasses, and avoid getting burned. You'll age more slowly, and your risk of skin cancer will decrease.
- Stop smoking. If you smoke, you already know a few very good reasons why you should quit. Add your beauty to that list! Smoking causes the tiny blood vessels that supply the skin's outer layers to shrink, depriving skin cells of oxygen. Smoking also damages the fibers that give your skin its elasticity and shrink, and that can cause you to age prematurely.
- Manage stress, which can trigger skin problems. Take time to relax, and consider increasing the amount of exercise you get. This alleviates stress while improving circulation, giving your skin two benefits in one.
- Get plenty of rest. The old adage about needing your beauty sleep is true! When you don't get enough sleep, it shows up on your face as bags under your eyes and an overall look of tiredness. Sleep gives your skin the chance to make crucial repairs, so don't skimp!

---

<sup>i</sup> <http://www.ncbi.nlm.nih.gov/pubmed/19778236>

<sup>ii</sup> <http://nutritionreview.org/2013/04/collagen-connection/>

<sup>iii</sup> [http://www.niams.nih.gov/News\\_and\\_Events/Spotlight\\_on\\_Research/2008/VitaminA\\_Anti\\_Inflam.asp](http://www.niams.nih.gov/News_and_Events/Spotlight_on_Research/2008/VitaminA_Anti_Inflam.asp)

<sup>iv</sup> <http://www.nutraingredients.com/Research/Vitamin-K-shows-potential-in-the-fight-against-wrinkles>