

My Skin Care Wish List

*Mark with an X which benefits on the following list you WISH
To gain from your skin care routine.*

<input type="checkbox"/>	Relief from inflammation	<input type="checkbox"/>	Restoration of Collagen
<input type="checkbox"/>	Delays visible signs of aging	<input type="checkbox"/>	Anti-fungal
<input type="checkbox"/>	Astringent	<input type="checkbox"/>	Removing dryness
<input type="checkbox"/>	Antibacterial	<input type="checkbox"/>	Scar reduction
<input type="checkbox"/>	Preventing dryness	<input type="checkbox"/>	Relief from acne
<input type="checkbox"/>	Preventing roughness	<input type="checkbox"/>	Relief from skin blemishes
<input type="checkbox"/>	Remove dirt/oil.	<input type="checkbox"/>	Hydrating
<input type="checkbox"/>	Relief from eczema	<input type="checkbox"/>	Exfoliating dead skin cells
<input type="checkbox"/>	Antispasmodic (suppresses muscle spasms)	<input type="checkbox"/>	Improving skin tone
<input type="checkbox"/>	Pore tightening	<input type="checkbox"/>	Reducing swelling
<input type="checkbox"/>	Topically firming	<input type="checkbox"/>	Reducing redness
<input type="checkbox"/>	Antiseptic	<input type="checkbox"/>	Antioxidant: repair sun damage
<input type="checkbox"/>	Relief from psoriasis	<input type="checkbox"/>	Soothing irritated skin
<input type="checkbox"/>	Maintaining its elasticity	<input type="checkbox"/>	Reducing (Brightening) skin pigmentation
<input type="checkbox"/>	Wrinkle reduction	<input type="checkbox"/>	Blackhead removing
<input type="checkbox"/>	Cell regeneration	<input type="checkbox"/>	Softening
<input type="checkbox"/>	Healing age spots	<input type="checkbox"/>	Relief from dermatitis
<input type="checkbox"/>	Improving texture	<input type="checkbox"/>	Relieving itchy skin
<input type="checkbox"/>	Moisturizing	<input type="checkbox"/>	Anti-allergenic

Be honest with yourself and your answers. It doesn't matter how old you are, in your twenties or your eighties.

DID YOU KNOW?

YOUR SKIN IS THE LARGEST ORGAN ON YOUR BODY.

**WHAT YOU PUT ON YOUR SKIN GETS INTO YOUR BLOODSTREAM IN SECONDS,
EVEN FASTER THAN FOOD REACHES YOUR STOMACH.**

I firmly believe in ONLY putting natural, organic products on your skin. This is our way of life at our homestead in Northern Rural TN. Natural beauty products leave out the chemicals and give you many added benefits you can't find in OTC skincare!

Now, we turn the page and see what matches with your real skin's needs and what you want for beautiful skin. Match your needs to the corresponding skin care.

LEMON ZEST SUGAR SCRUB:

Exfoliating (medium grain) dead skin cells	Maintaining skin elasticity
Reduces (Brightens) skin pigmentation	Cell regeneration
Cell regeneration	Improving texture
Delays visible signs of aging	Healing sun damaged spots
Wrinkle reduction	Improving skin tone
Restoration of Collagen	Pore tightening
Hydrating	

VANILLA BROWN SUGAR SCRUB:

Exfoliating (fine grain) dead skin cells	Pore tightening
Reduces (Brightens) skin pigmentation	Improving texture
Cell regeneration	Healing sun damaged spots
Delays visible signs of aging	Soothing irritated skin
Relief from acne	Blackhead removing
Wrinkle reduction	

EUCALYPTUS ROSEMARY SUGAR SCRUB

Exfoliating (medium grain) dead skin cells	Antiseptic
Reduces (Brightens) skin pigmentation	Relief from acne
Cell regeneration	Soothing irritated skin
Delays visible signs of aging	Healing age spots
Wrinkle reduction	Scar reduction
Blackhead removing	Antispasmodic (suppresses muscle spasms)
Relief from dermatitis	Antioxidant: repair sun damage

LAVENDER LEMON SUGAR SCRUB

Exfoliating (medium grain) dead skin cells	Maintaining skin elasticity
Reduces (Brightens) skin pigmentation	Cell regeneration
Cell regeneration	Improving texture
Delays visible signs of aging	Healing sun damaged spots
Wrinkle reduction	Improving skin tone
Restoration of Collagen	Pore tightening
Hydrating	Relief from eczema
Reducing redness	Reducing swelling
Blackhead removing	Relief from inflammation
Anti-allergenic	Antispasmodic (suppresses muscle spasms)

PINK OR RED ROSE SUGAR SCRUB

Exfoliating (medium grain) dead skin cells	Healing sun damaged spots
Reduces (Brightens) skin pigmentation	Improving skin tone
Cell regeneration	Relief from inflammation
Delays visible signs of aging	Hydrating
Wrinkle reduction	Scar reduction
Restoration of Collagen	Relief from acne

BROWN SUGAR OATMEAL BODY SCRUB

	Exfoliating (Fine grain) dead skin cells		Relief from skin blemishes
	Reduces (Brightens) skin pigmentation		Reducing redness
	Cell regeneration		Relief from psoriasis
	Soothing irritated skin		Relief from eczema
	Relief from acne		Relieving itchy skin
	Relief from inflammation		Improving skin tone

COCONUT LEMON SUGAR SCRUB

	Exfoliating (medium grain) dead skin cells		Moisturizing
	Reduces (Brightens) skin pigmentation		Improving texture
	Cell regeneration		Relief from psoriasis
	Delays visible signs of aging		Relief from eczema
	Wrinkle reduction		Pore tightening
	Restoration of Collagen		Softening
	Preventing roughness		Relief from acne
	Blackhead removing		Relief from skin blemishes
	Cell regeneration		Relieving itchy skin

ALMOND VANILLA BROWN SUGAR SCRUB

	Exfoliating (Fine grain) dead skin cells		Relief from skin blemishes
	Reduces (Brightens) skin pigmentation		Reducing redness
	Cell regeneration		Relief from psoriasis
	Preventing roughness		Delays visible signs of aging
	Preventing dryness		Softening
	Antioxidant: repair sun damage		Hydrating
	Soothing irritated skin		Relieving itchy skin

ORANGE CALENDULA SUGAR SCRUB

	Exfoliating (medium grain) dead skin cells		Relief from acne
	Reduces (Brightens) skin pigmentation		Relief from inflammation
	Cell regeneration		Soothing irritated skin
	Delays visible signs of aging		Blackhead removing
	Wrinkle reduction		Scar reduction
	Restoration of Collagen		Hydrating

What does yours match up with? Each herb, flower, ingredients such as sugar, lemon juice, carrier oil or essential oil used in making these botanical scrubs has their own individual skin benefits. When combined with other ingredients, the result is a perfect combination for any skin type, sensitivity, or ailment.

1st Match: _____ 2nd Match: _____