3 quick recipes to ignite your beauty
Beauty, Skin & Gut Summit.

3 RECIPES TO IGNITE YOUR BEAUTY

**Pineapple & Turmeric Anti-Inflammatory Smoothie**

**Ingredients**

- 1 cup diced pineapple
- 1 tsp turmeric powder or freshly grated
- 1 tbsp chia seeds
- 1 tbsp shredded coconut
- 1/2 lime, peeled
- 1 cup water or coconut water
- A dash of black pepper (necessary to help with the absorption of curcumin in turmeric)

**OPTIONAL:** MACA POWDER

**Method**

Blend all ingredients together and enjoy!

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**Turmeric**

Turmeric would have to be one of Mother Nature’s best gifts! It’s perfect for helping detoxify the body, lowering inflammation and supporting a healthy immune system.

**Pineapple**

Pineapples contain the digestive enzyme bromelain, a natural enzyme that supports the digestive system in breaking down and absorbing nutrients from the food we eat.

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**Glossary**

**Curcumin:** It is the principal curcuminoid of turmeric, a member of the ginger family.
Skin Beauty Salad

Ingredients

2 handfuls of bitter greens (arugula, dandelion & endive)
1 carrot, grated
1 radish grated
1 cucumber, diced
1/2 red onion, finely diced

Dressing

1/2 Lemon juiced
1 avocado
1 cayenne pepper
1 tsp raw honey or agave syrup
1 tbsp apple cider vinegar
1/4 tsp sea salt
1 handful of fresh, soft herbs (works best with dill, cilantro or basil)

Method

1. To make the dressing, add to the blender lime juice, avocado, cayenne pepper, vinegar, honey, herbs and salt.
2. Blend until smooth; you may need to add a dash of water to facilitate blending.
3. Adjust seasoning to taste.
4. In a large bowl, arrange the leaves, cucumber, carrot, radish and onion.
5. Top with your favorite ingredients if you like. We added toasted pepitas to our salad!

Glossary

tablespoon = tbsp    teaspoon = tsp

Did you know?

Onions and arugula (rocket) are high in sulfur, a beautifying mineral which cleanses the liver and skin. Additionally radishes and cucumber are high in silica, which is necessary for the strengthening and moisturizing of hair, skin and nails.
If you were a fruit you'd be a fineapple.
D E S S E R T

Raw Chocolate

PREP: 15 m  INGREDIENTS: 4  SERVES: 8

Ingredients
1 cup raw cacao
2 - 3 tbsp raw honey or maple syrup
1/2 cup Food Matters Superfood Chocolate
1 cup cacao butter (or swap for coconut oil)

Method
1. Combine all your ingredients. If you are in a cooler climate and your coconut oil is hard, you may have to slightly melt it in a double boiler. Pour into chocolate molds or a lined baking tray (to keep it super simple) and allow to set in the fridge!
2. Get creative and add your favorites to really treat your taste buds. A dash of vanilla, a pinch of sea salt, a little nut butter, goji berries or raspberries... The choices are endless!

Polyphenol antioxidants found in cacao belong to the same group of antioxidants as green tea and red wine. They protect our cells from premature oxidation or destruction and can keep us looking and feeling younger longer.

Looking for a guilt-free chocolate fix?

Try the Food Matters Superfood Chocolate blend.

COUPON CODE: Enjoy a 10% discount using "BSG-Choc" in your next order online.

LEARN MORE AT STORE.FOODMATTERS.COM

Tip: There are lots of healthy chocolate recipes you can experiment with. We’ve added 1 tablespoon of nut butter to ours! Sayonara Reese’s Peanut Butter cups!
Coconut oil is quite possibly one of the most versatile ingredients to keep in your home. Perfect for cooking it also makes an incredible cheap beauty product alternative. You'll be going loco for coco when you discover all the ways you can use it!

**Uses of Coconut Oil**

**Nourish Split or Dry Ends.**
Trying to grow long and luscious locks? Protect the delicate ends of your hair with a regular treatment of coconut oil. Simply warm a small quantity of oil in the palms of your hands, then gently rub into the tips of the hair shaft. Leave in for at least several hours before rinsing, or wait until your next hair wash.

**Combat The Frizz.**
Few of us wake up with an orderly ’do. For most of us, our hair needs a little love and attention before we’re ready to face the day. Instead of spritzing your scalp with chemical hair sprays (which ultimately get absorbed into the bloodstream), try gently massaging your hair with a very small quantity of coconut oil. Start at the ends of your hair and slowly work your way up as needed. And remember, a little bit goes a long way here.

**Natural Eye Make Up Remover.**
Do you have sensitive eyes or find it hard to get rid of the last bit of makeup residue? Apply a few dabs of coconut oil around your eyes and gently massage in small circular motions to dissolve your makeup. Rinse away with warm water and enjoy the clean, rejuvenated feeling.

**Freshen Up With A Foot Scrub.**
Our feet carry us all day long and often don’t receive the love they deserve! Mix a large dollop of coconut oil with peppermint oil and a tablespoon of salt to create your scrub. Soak your feet in a bucket of warm water for 10 minutes before rubbing the coconut scrub over your feet, taking extra care over the heel or any harder areas. Rinse your feet in the bucket and pat dry. Put a pair of socks on straight away to lock in the residual oil and protect you from slipping.
Pucker Up, Baby.
Plump and glossy lips speak of rosy health and a natural beauty. The trouble is, many glosses and lip sticks contain all manner of chemicals which are bad news for your health. Carry a small vial of coconut in your handbag instead. You’ll achieve the same glossy sheen and nourish your lips at the same time.

Care For Your Cuticles.
Giving your cuticles some TLC with a regular dose of coconut oil will help you to grow strong nails and maintain youthful hands. Simply dab a tiny drop onto the bed of your fingernail and work into your cuticles. It feels beautifully nourishing too! (Hot tip: leave your hands a little while before driving... They will be a little slippery.)

Salvage Cracked Heels.
Hard, cracked heels are uncomfortable and expose your skin to higher risk of infection. Soften and moisturize this area with a regular dose of coconut oil. Pop on an old pair of socks afterwards to help the oil soak in and to prevent any slippery falls.

The Most Simple Deodorant Ever.
If you’re not a naturally sweaty person (yup, some people perspire more than others) and don’t have any scheduled exercise, some people find that a smear of coconut oil under their armpits will naturally protect against BO. For a little extra support, you can also mix in some aluminium-free bicarb soda to keep you fresh. (Heads up - this option is probably best in sleeveless tops, as some material will stain with the oil and bicarb.)

Reduce Hair Dye Stains.
If you use natural hair dyes at home, you may be familiar with the pesky job of trying to keep the dye from seeping down and staining your scalp. Before applying the hair dye, try smearing a small amount of oil along the boundary of your hairline. This acts a natural barrier to help protect against unwanted smudges and stains.

Shave Naturally.
Forget chemical shaving creams and say hello to coconut oil! Lather your legs with a generous coating of oil and slide over your razor. You’ll nourish your skin and achieve a silky close shave! (This is sometimes easier to do on a towel before jumping in the shower. You can wipe your hands on the towel if they start to slip and it stops the oil from coating your shower floor.)

#11

Scrub Recipe:

Combine 1 cup of coconut oil, ¼ cup of sea salt, ¼ cup of sugar and a few drops of your favorite essential oil and mix.

Lather a handful over your skin, then rinse off for an indulgent pampering. Just keep wet hands out of the scrub (pour onto your hands or dispense with a spoon instead) as moisture will invite spoilage into the mixture.
Deep Condition Dry Hair.
After shampooing, massage a handful of coconut oil through your hair, paying special attention to your scalp and roots. Leave for ten minutes before rinsing clean. (This can make your shower a little slippery, so feel free to wash your hair off over a sink instead.)

Exfoliate Naturally.
Mix a little coconut oil with some leftover coffee grounds from your morning brew. Rub gently over the rough skin on your elbows, knees and feet, then rinse off in your morning shower. Super invigorating for your mind and body to kickstart the day!

All-Round Moisturizer.
Coconut oil is cheap, natural and effective as a whole body moisturizer. Keep a jar beside the shower and apply whilst your skin is warm and ready to soak up the goodness!

Make A Massage Oil.
There’s few things as relaxing and rejuvenating as massage. It stimulates blood flow, increases lymph drainage, relieves muscle tension and instantly creates calm. There’s no need to buy a fancy bottle of massage oil; simply mix a few drops of your favorite essential oils into a small container of coconut oil.

Kitchen
Condition Your Cutting Boards.
Wooden chopping boards will last a lot longer - and carry a whole less germs - with a regular deep clean and condition. Spray your board with a little vinegar before washing well in warm soapy water. Once dry, gently massage coconut oil into the wood for a shiny finish and powerful protection!

Butter Up With Coconut Oil.
Can’t eat dairy and miss your butter? For a special treat, smear a serve of coconut oil over your toast, pancakes or homemade cakes and muffins. Coconut oil also makes a great vegan substitute for butter in general baking.

A Super Simple Scrumptious Snack.
Hungry for something quick and nourishing? Warm a little coconut oil in a pan and make your own popcorn! These crunchy white balls will come out with a hint of coconuty goodness.

Natural Non-Stick Baking.
Simply grease your cake tins, trays and roasting containers with a thin film of coconut oil. It will reduce the food sticking to the cookware surface.
Remedies

Natural Sleep Aid.
Mix a few drops of pure lavender essential oil into a small quantity of coconut oil. Massage this mixture into your temples, back of the neck and shoulders to wind down and sink into a relaxing, restorative sleep.

Oil Pulling.
For centuries, Ayurvedic Medicine has promoted the practice of oil pulling for detoxification. Simply put a tablespoon of coconut oil into your mouth and swish it around as it melts to coat your teeth and tongue. Hold for 20 minutes without swallowing before spitting it.

Make Your Own Vapor Rub.
Mix a couple of drops of Eucalyptus Oil into a few spoonfuls of coconut oil. Massage into your chest and back or dab onto a tissue to place under your pillow. It will decongest your airways and soothe an aching chest.

Itchy Skin Salve.
Apply a small amount of coconut oil over insect bites and itchy welts. Just patch test if the rash is new or you haven’t tried coconut oil on your skin before. For most people however, coconut oil can be quite soothing for normal itchy skin conditions.

Soothe A Sore Tummy.
Put a few droplets of pure peppermint oil into 2 teaspoons of coconut oil. Using the flat of your hand, gently rub into your stomach in a clockwise direction to soothe stomach spasms and bloating, later on repeat.

Make A Natural Insect Repellent.
Combine coconut oil with a few drops of either rosemary, tea tree, peppermint or eucalyptus oil. Smear some lotion over exposed skin to keep those creepy crawlies at bay!

QUICK TIP
Freshen Your Breath Naturally.
Brush your teeth with coconut oil and a little bicarb soda, taking care to gently brush the top surface of your tongue as well. The naturally antifungal and antibacterial properties of coconut oil help to protect against the bad bacteria in your mouth that contribute to bad breath. Gargle and rinse with a little sea salt dissolved in water for a fresh and squeaky clean mouth feel.
for more information, please visit:
www.beautyskingut.com

With love,
James and Laurentine.