

Florida GRAPEFRUIT



Go Florida Grapefruit Spokesperson BEAUTY TIPS

provided by Miriam Behar

🍊 **Grapefruit Aromatherapy Bath.** Pamper yourself after a stressful day with a warm bath and the soothing scent of grapefruit. Scoop out the pulp of a Florida grapefruit until you are left with the empty peel. Chop the peel into small pieces and sprinkle into your bathtub as the water runs. The fresh, invigorating aroma of the grapefruit oil, released by the steam and warm water, will help to establish a calm, spa-like atmosphere in your own bathroom.

🍊 **Grapefruit Herbal Toner.** A natural, homemade toner is one of the easiest and most effective ways to wake up and rejuvenate your complexion. To invigorate your skin, juice a Florida grapefruit and select one or several herbs (rosemary, sage, thyme, mint or marjoram) to infuse the citric acid. Combine all your selected ingredients into a squeeze bottle and let set for several hours to allow the ingredients and essence to infuse. Saturate a cotton ball with the mixture and swab the surface of the skin to refresh your complexion. (Note: Avoid sensitive skin and eyes.)

As an easier alternative, simply squeeze the juice from the grapefruit, saturate a cotton ball and swab the surface of the skin. Quick, easy and effective with no mixing involved!

🍊 **Grapefruit-Yogurt Clarifying Mask.** An all-natural clarifying mask works great for most skin types. Try grating the rind (outer skin) of one grapefruit and mix with 3/4 cup yogurt in a glass bowl. Apply to your face with clean fingers or a soft mask brush, taking care to avoid the eyes. Leave the mask on your face for 10 minutes, then rinse and follow up with a moisturizer.

Avoid sun exposure directly after using this mask. Natural citrus oils may make your skin temporarily sensitive to the sun.