

FROZEN FACIALS: 5 Ice Cube Beauty Uses

Ice facials are growing in popularity due to the long list of benefits they offer. Applying ice to your face shrinks pores, revitalizes and tightens skin, reduces redness and swelling, and hydrates and locks in moisture. Ice cubes are simple to make and convenient for single-use facials. They can be customized with natural ingredients for maximum benefits, and they have a long shelf-life. For a flawless complexion that glows, rub ice cubes directly onto your clean face for no more than five minutes, or wrap in a soft cloth. Cool off and beautify this summer with these five refreshing ideas!

FULL OF ALPHA-HYDROXY ACIDS, HIBISCUS REVIVES SKIN, EXFOLIATES, PROTECTS AGAINST PREMATURE AGING, TONES, FIRMS, AND CONTROLS OIL PRODUCTION. NOT ONLY DOES THE PLANT HAVE A DELIGHTFUL, NATURAL SCENT, BUT ITS HIGH MUCILAGE CONTENT MAKES IT A SOOTHING SKIN MOISTURIZER.

IN ADDITION TO ITS ANTISEPTIC AND ANTIBACTERIAL PROPERTIES, LAVENDER BALANCES OUT OIL LEVELS, RELIEVES STRESS AND TENSION, AND WORKS WONDERS ON DRY, SENSITIVE SKIN.



HIBISCUS & LAVENDER FLORAL ICE CUBES

You Will Need

- Hibiscus flowers: fresh/dried
- Lavender: fresh/dried
- Water
- Essential oils (optional)

To Make

Gather fresh or dried hibiscus flowers and lavender; tear off the petals, mix with water, add to an ice cube tray, and freeze.

Notes

- The fresher the flower, the more natural antioxidants you will receive; however, dried flowers are still beneficial! Learn how to harvest and dry your own hibiscus flowers on page 112.
- Make sure the flowers you are using are pesticide-free!
- Add a few drops of each flower's essential oil to reap even more benefits. 🌿

COCONUT WATER & MINT ICE CUBES

You Will Need

- Coconut water
- Fresh mint leaves

To Make

Add coconut water and mint leaves to an ice cube tray, and freeze.

Note

- These ice cubes, featured in our Autumn 2015 Issue, are also great to use in a refreshing drink!



COCONUT WATER IS KNOWN FOR HAVING A HIGH CONCENTRATION OF POTASSIUM AND SODIUM — MINERALS THAT KEEP US HYDRATED AND WORK WONDERS ON DRY, DULL SKIN. IT HAS ALSO BEEN SAID THAT COCONUT WATER CONTAINS ANTI-AGING INGREDIENTS AND HELPS TO PRESERVE SKIN ELASTICITY.



IN ADDITION TO MINT'S ANTISEPTIC PROPERTIES WHICH HELP KEEP SKIN CLEAR, IT ALSO CONTROLS OIL SECRETION AND CREATES A REFRESHING, COOLING SENSATION WHEN APPLIED TOPICALLY. 🌿

TURMERIC & MILK ICE CUBES

You Will Need

- Blender
- Organic turmeric root
- Milk (optional)

To Make

Blend turmeric root with milk, add to an ice cube tray, and freeze.
Rinse face well after use.





MILK IS PACKED WITH VITAMINS AND PROTEINS THAT HYDRATE, EXFOLIATE, AND SOOTHE SKIN.

TURMERIC IS ANTI-INFLAMMATORY, ANTI-FUNGAL, ANTIBACTERIAL, AND WORKS GREAT FOR MILD EXFOLIATION THAT RESULTS IN SOFT, SMOOTH SKIN.

Notes

- Turmeric has been known to temporarily discolor skin, but this can be avoided by mixing the turmeric with milk or applying olive oil, avocado oil, or a sugar scrub to your face after use.
- These ice cubes can also be made with turmeric powder and water as seen in the more translucent ice cubes.
- For more information on the beauty benefits of turmeric, check out our Summer 2016 Issue. 🌿



A photograph of an aloe vera plant with several bright pink flowers in bloom. The plant is set against a dark, blurred background. The aloe vera leaves are green and pointed, with small spines along the edges. The flowers are in various stages of bloom, showing their delicate petals and centers.

IN ADDITION TO ALOE VERA'S ABILITY TO PROVIDE COOLING PAIN RELIEF FOR SUNBURNS, IT ALSO HAS BEEN SAID TO INCREASE CIRCULATION, REDUCE BACTERIA, AND PROMOTE CELL TURNOVER. ALOE VERA IS AN AMAZING NATURAL MOISTURIZER AND CAN REDUCE SKIN INFLAMMATIONS, BLISTERING, AND ITCHINESS, WHILE HELPING THE SKIN TO HEAL MORE RAPIDLY.

ALOE VERA ICE CUBES

You Will Need

- Knife
- Spoon
- Aloe vera plant
- Container

To Make

Cut leaves from the base of a mature aloe vera plant. Set the leaf upright in a container or glass and let gel drain for about 10 minutes. Slice the aloe leaf lengthwise and scrape the gel with a spoon into a container. Add the aloe vera gel to an ice cube tray, and freeze.

Notes

- If you don't have access to a plant, you can also use aloe vera juice or 100 percent (or close to) natural aloe vera gel.
- A full tray of ice cubes will take quite a few aloe vera leaves, so try mixing the gel straight from the plant with store-bought juice or gel to get more out of each plant.
- Add a touch of rose water for a lovely floral scent and added skin-soothing benefits. 🌸



CUCUMBER, CHAMOMILE & LEMON ICE CUBES

RECIPE BY ADRIENNE LEONARD

You Will Need

- Blender
- 1/2 organic cucumber
- 1 cup chamomile tea, cooled
- 1 unpeeled, organic lemon

To Make

Blend all of the ingredients together, add to an ice cube tray, and freeze. Rinse face well after use.

CUCUMBERS CONTAIN CAFFEINE WHICH HELPS TO FIGHT INFLAMMATION. THEIR HIGH WATER CONTENT HYDRATES THE SKIN, AND THEY'RE GREAT FOR REDUCING UNDER-EYE PUFFINESS.

THE ASTRINGENT CITRIC ACIDS FOUND IN LEMONS MAKE THEM A GREAT SKIN TONER AND HELP TO REFINE PORES. LEMONS ARE ALSO GREAT FOR TREATING ACNE, BRIGHTENING COMPLEXIONS, AND INCREASING COLLAGEN PRODUCTION.



CHAMOMILE IS WELL-KNOWN FOR ITS POWERFUL ANTIBACTERIAL, ANTI-INFLAMMATORY, HEALING, AND MOISTURIZING PROPERTIES.