

How to Pamper your Hands and Feet the Beauty Kitchen Way

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By Heather Marianna

It's almost summer time here in Las Vegas and that means one thing, pool parties. You do not want to be seen with dry, cracked hands and feet; after all you have worked all winter long on your summer bod so don't neglect your hands and feet.

Here are some simple tricks you can do at home, for a fraction of the price of a trip to the spa.

Potatoes make for a great anti-aging, whitening, tightening and brightening skin treatment. If you have aging hands or just want to even out your skin tone, this potato mask will make an excellent treatment! All you need are potatoes and milk and who doesn't have that in their pantry?

Boil 2-3 potatoes, mash them thoroughly and add milk to form a paste. Apply the warm mixture on your hands and leave them on until they cool. Wash them off and apply Beauty Kitchen Bare Butter, available on heathermarianna.tv/shop.

My next mask is all about the sweet feet! A great easy way to pamper your feet with simple ingredients from your kitchen, your Beauty Kitchen. Orange Spice Foot Mask is a spicy foot mask will not only warm up your feet but it also contains oatmeal, honey and olive oil for some heavy duty hydration and skin soothing benefits.

Ingredients you will need are as follows:

- 1/2 cup whole oats
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cayenne pepper
- 4 tablespoons warm water
- 1 teaspoon olive oil
- 1 tablespoon honey
- 1 tablespoon fresh ginger, grated
- 4 drops sweet orange essential oil

Using your blender grind the oats to a fine powder. Transfer to a medium-size bowl, add the remaining ingredients and stir until blended into a thick paste.

To keep this treatment from being ultra-messy, I like to place the mask into two huge zip lock bags and then place my feet inside. Allow the mask to sit for at least 20 to 30 minutes. This is your time to relax and watch your favorite TV show or read and enjoy! You can also place hot towels over your zip lock bagged feet to really zone out and relax.

Rinse the mask with luke warm water.



For more information on the Beauty Kitchen visit:

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