

Dictionary definition of BEAUTY:

A delightful quality associated with harmony of form or color, excellence of craftsmanship, **truthfulness, originality,** or another property.

Proverbs 31:30

Charm *is* deceitful and beauty *is* passing,
But a woman *who* fears the LORD,
she shall be praised.

Esther 2:12

Now when every maid's turn was come to go in to king Ahasuerus, after that she had been twelve months, according to the manner of the women, (for so were the days of their purifications accomplished, to wit, six months with oil of myrrh, and six months with sweet odours, and with other things for the purifying of the women;)

Jeremiah 29:11

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.

Proverbs 25:16

If you find **honey**, eat just enough— too much of it, and you will vomit.

The Take Back Tour is a health ministry which features inspirational, practical tips for healthy shopping, **kid approved real recipes (KARR)**, free sample links and coupon downloads to help us support those companies that provide **REAL foods**. To sign up to receive these weekly inspirational real-world tips on healthy shopping and eating (on a budget), contact me at takebacktour@yahoo.com or leave a message at (336) 512-8573.

THE TAKE BACK TOUR

FEATURES:

So Free Sundays Soda Free

NFF Mondays No Fake Food

Take Back Tuesdays

Water time Wednesdays

Walking Wednesdays

3M's Thursdays

Make Mine Meatless

TGIF Fridays

Thank God I'm Free
[from guilt when I slip up]

Friendship Fridays

Wellness Walk (annual spring event)

KARR= Kid Approved Real Recipes

Take Back Your Health Grocery
Shopping Tours

Renee's REAL Freebies

Beauty Secrets of the Bible parties &
workshops

Renee Lea-Currie has a Ph.D. in Nutrition from UNC-Greensboro and is the Director of Cell Biology for Zen-Bio, Inc in Research Triangle Park, NC. Renee is also the Health Leader for Philadelphia Seventh Day Adventist Church, 629 Cameron St. Burlington, NC and a founding member of the Healthy Alamance Faith Based Initiative Task Force.



Take Back Your Health
Take Back the Love
Take Back the Fun
Take Back Your Faith

A Health Ministry of the Philadelphia 7th Day
Adventist Church, Burlington, NC

RECIPES FROM THE BEAUTY SECRETS OF THE BIBLE WORKSHOP

By Dr. Renee Lea-Currie



Hosea 4:6 My People are destroyed
from lack of knowledge"

BE INFORMED OF THE SAFE, NATURAL
BIBLE-BASED ALTERNATIVES TO SYNTHETIC
COSMETICS.

<http://www.thetakebacktour.com/>

**Beauty Secrets of the Bible
Workshop Shopping List**

Use these inexpensive products to create all the natural beauty remedies featured in the workshop. These items can be found in most grocery stores, Target, Wal-mart, and dollar stores. Experiment with your favorite real scents and be amazed at how great you will look and feel.

Beauty Secrets From the Bible
by Ginger Garrett

The Holy Bible

Whole Foods 365 or Tom's of Maine
unscented glycerin bar soap

Dr. Bronner's liquid castile soap -
(unscented, peppermint)
Honey, (raw or Grade A)

Turbinado or demerara sugar
Epsom salt

Olive oil (regular or extra light)
Safflower oil

Coconut oil

Apple cider vinegar

Oatmeal, regular or quick version

Baking soda

Corn starch

Goat's milk (powdered or evaporated)

Travel size spray misting bottles

Measuring cups & spoons

Ground flax seeds

Water (spring or purified)

myrrh, lavender, peppermint essential
oils *

* 100% pure essential oils are usually found in health food stores or online. I like the ones at WFMEd.com as you can order small sizes to find your favorite.

1. Honey facial

Wet fingers with water. Massage honey onto face. Leave on 5-15 min. Rinse with water and glycerin soap**. Add a 2-3 drops of olive oil to hands and massage into wet skin. Air dry. Enjoy glowing, younger looking moist skin.

2. Moisturizing Facial scrub

Add 1 packet raw sugar to ¼ tsp olive oil. Use as facial scrub. Rinse with water and vegetable glycerin soap**. Air dry.

3. Acne/oily skin wash

Add 2 TBSP oatmeal to ½ TSP honey. Add 2-3 drops water to make a mask/paste. Leave on 5-15 minutes. Rinse with water. Do this twice per day.

4. Soothing milk bath

Add equal amounts of Epsom salt and powdered goat's milk. Add 1 TSP olive or safflower oil and 2-3 drops of your favorite essential oil to your bath.

5. Moisturizing bath

Add ¼ cup powdered or evaporated goat's milk + 2 TSP olive oil to your bath water. Soak and enjoy.

6. Soothing foot bath

Add ¼ cup Epsom salt + 1 TSP liquid glycerin soap and 2-3 drops of peppermint essential oil to water OR ¼ cup Epsom salt + a few drops Dr. Bronner's peppermint soap.

**7. Moisturizing shampoo/body wash/
hand soap**

Add equal amounts liquid glycerin soap** + olive oil. Shake and use as normal shampoo or body wash.

8. Dandruff /itchy scalp treatment

Add apple cider vinegar to scalp (I like to use a travel size misting spray bottle). Organic apple cider vinegar smells sweeter and not as bitter. Leave on scalp 15-35 min. Wash with olive oil/glycerin shampoo (see #7). Repeat each week. Apply a small amount of coconut oil to the scalp to control itching & flaking between washes.

9. Deodorant

Add equal amounts baking soda and corn starch. Sift for easy spreading. Moisten fingertips with water and rub on armpits for natural odor and wetness control.

10. Body spray

Add 1-2 drops essential oil to spring water in a misting spray bottle. Shake and enjoy. Can also double as a room deodorizer.

11. Milk and Honey land

Add equal amounts of WHOLE (full fat) organic milk and honey. Shake well to mix and add to bath water. Also can add ¼ TSP ground flax seed for a skin smoothing scrub.

12. Super Dry Skin moisturizer

Add 1-2 drops of your favorite essential oil to ½ cup safflower or olive oil. Massage into wet skin 2 times a day. I love myrrh for its beauty and healing effects.

** vegetable glycerin soap used are Whole foods 365 unscented bar or Dr. Bronner's liquid castile soap-unscented