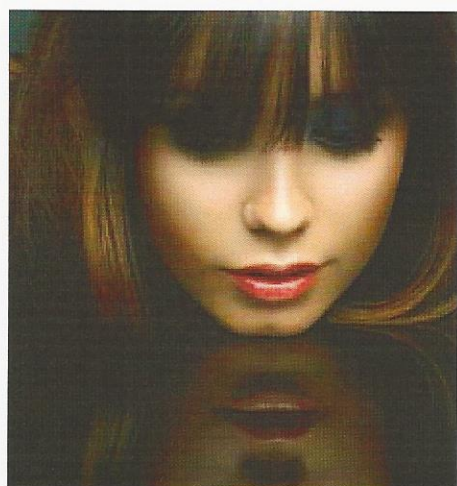


## Natural Treatments for Healthy Younger Looking Skin

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Although aging is a natural process, you can choose to slow down the appearance of aging skin and turn back the clock with natural external treatments.

Get in the habit of using all natural products and you will not need to use over-priced and over-hyped treatments.

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Healthy, young looking skin is an indication of one's internal health. Eating healthy and exercising daily is also important for a healthy body.

Try these two all-natural and time-tested treatments for healthier, younger looking skin.

### **Diatomaceous Earth**

For youthful radiant skin, start with Food Grade Diatomaceous Earth (DE) an adaptable natural silica product.

Mix DE with a little water to make a cleansing paste. Apply in a circular motion. Leave on for five to ten minutes, then wash off with warm water. This cleanser can be used three or four times a week.

### **Coconut Oil**

Coconut oil contains lauric acid, an anti-microbial ingredient that helps the oil to act as a deep cleansing and makeup removing agent. This healthy fat works as an antioxidant, using coconut oil regularly will slow down aging process while safeguarding the skin from free radicals.

A single application of pure coconut oil daily is sufficient to keep skin soft and supple. For better absorption, warm it slightly by rubbing in the palm of your hand before applying.

### **Diatomaceous Earth and Coconut Oil Combined**

For a face mask, combine Food Grade Diatomaceous Earth and Coconut Oil, leave on 10 to 20 minutes and wash off with warm water. This application is great for arms, legs, chest and neck. It is particularly beneficial for mature skin, as it does not dry out the skin.

These two natural products can also be taken internally for overall health.

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