

# secrets from the closet

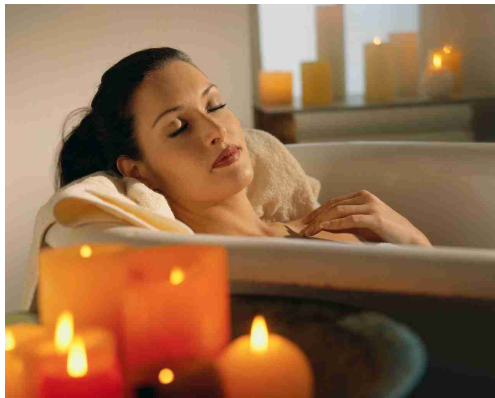
## beauty tips from Valleta Lanier



### SKIN...

#### *The Beauty Bath*

Every lady wants beautiful skin. Just look at the shelves and shelves of creams and lotions, all claiming to give you YOUNGER LOOKING SKIN!



The right kind of cream or lotion can do wonders for your skin, but sometimes I think we get the “cart before the horse!” There’s a very simple way to keep your skin looking young, no matter what your age... it’s what I call THE BEAUTY BATH.

Here’s how simple it is...

1. Set aside 1 hour of time. Hmm... this might take some planning, but believe me, it will be worth it.
2. Assemble the following: 1—100% cotton wash cloth, 1—100% cotton towel. Be sure they are not some of these new, nice and soft ones. If you have to, look for some old ones you don’t use anymore!
3. Fill the tub with nice warm water. You may want to have your favorite drink close by, lit some candles, or play music of your choice.
4. Let the warm water completely cover your body, and relax for about 15 minutes.
5. After 15 minutes, while still under the water, take your cotton wash cloth and start rubbing your legs and feet, keeping them under the water. You will begin to see tiny flecks of “something” all over the top of the water! Feel of your legs... are they bumpy with skin rolling up? Good, you are doing it right! Keep rubbing your legs and feet until nothing comes off. Then start on your arms. Remember to stay under the water. Do this to every part of your body. By now your water should be looking pretty nasty! So unplug the drain and turn on fresh water, allowing it to mix with the old until the water refreshes. Plug the drain again. Stay under the water until you have gone over every part of your body and nothing rolls off.
6. Unplug and drain the water. If you have a shower, turn it on and wash off completely. If not, run fresh water into the bath and pour it over your skin to remove any of the skin filled water.
7. Step out of the bath and dry off with your cotton towel. Your skin should feel damp. Now take your towel and start rubbing your legs and feet. You will be amazed to find that more skin will roll off. Do the same thing all over your body and continue doing this until nothing comes off.
8. Now it’s time for your favorite cream or lotion!

Yes, I am talking about exfoliating! But this is a full body exfoliate! And you will be amazed at how soft your skin will be. Not only that, but if you are 50 or above, it will take 20 years off the appearance of your skin! So in a time when we have to hurry at everything, and usually end up in a short shower, set aside a time for a BEAUTY BATH! You deserve it, and so does your skin!