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Beauty & Wellness
Advents Calendar 2016

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1. December 2016

Homemade Avocado Mask



Take 1/2 soft avocado, 2 tbs hot water and 1 tbs honey
- mash the Avocado with a fork, dissolve the honey in
the water and add it to the avocado. Apply it onto your
face, avoiding the area of your eyes and mouth. Leave on
for 10 - 15 minutes and wash off with warm water.

2. December 2016

Homemade Soap

How to make lye free soap



Home-made lye free soap recipe

Grate two regular size bars of natural soap. Use soap that is free of chemicals and fragrance

Heat crock pot on low and add soap. Pour 1-2 ounces liquid (water, coffee, green tea, infused herbs, coconut milk or floral hydrosol) over the grated soap. Stir frequently to avoid burning and to make sure the soap has melted completely.



When soap is completely melted, remove from heat.

Add your favorite essential oils. Stir well. Add any other ingredients you wish to use, such as oatmeal or rose petals.

Line your mold with parchment paper for easy removal. Pour mixture into mold and allow to cool and set for 24 hours.

Allow soap to air dry for a few day more or until the surface is completely dry.

Store as you would any soap or dress it up and give it as a gift!

3. December 2016

Caipirinha Cupcakes

Quick & Easy



© klaudiascorner.net



Caipirinha Cupcakes

Contains alcohol !

2½ cups flour, sifted - 2 tsp baking powder
½ tsp salt - 1 cup butter, softened
1 cup sugar + ¼ cup brown sugar
3 eggs - 2 tsp vanilla extract
⅓ cup milk - ⅓ cup cachaca
(Cachaça might not be everywhere
available, you can use white rum instead)

Frosting:

5-6 cups powdered sugar - ⅛ tsp salt - zest of 1 lime
1 Tbsp lime juice - lime garnish

Preheat oven to 350/170 degrees !

Start by creaming your butter, sugar & brown sugar.

Add your eggs, vanilla, milk, and the cachaca.

Sift together your baking powder, salt and flour.

Slowly add in the dry ingredients

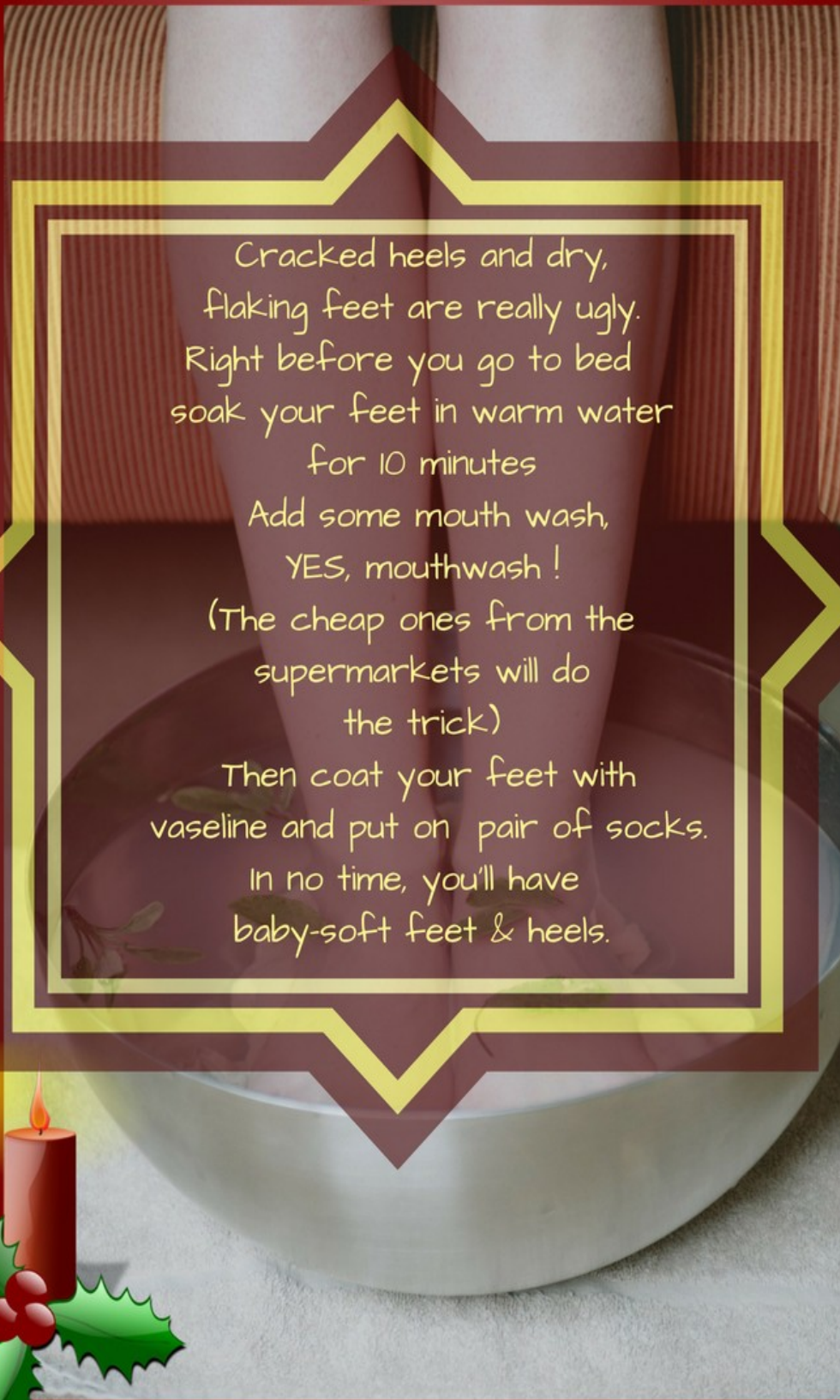
Scoop ⅓ cup of batter into a lined cupcake pan
and bake for 15-20 minutes.

While baking, mix together your frosting by
combining all the ingredients in your mixer.

After the cupcakes have baked and cooled,
scoop the frosting on top of the cupcakes
and add a slice of lime garnish .

4. December 2016

Pamper your Feet



Cracked heels and dry,
flaking feet are really ugly.
Right before you go to bed
soak your feet in warm water
for 10 minutes

Add some mouth wash,
YES, mouthwash !
(The cheap ones from the
supermarkets will do
the trick)

Then coat your feet with
vaseline and put on pair of socks.
In no time, you'll have
baby-soft feet & heels.



5. December 2016

Creamy Banana Strawberry Smoothie

*1 cup almond milk
1 chopped banana
3/4 cup strawberries*

*1 teaspoon vanilla
1 teaspoon honey
1/2 teasp. cinnamon*

*Blend all ingredients
in a blender
until
smooth & creamy*



6. December 2016

Makeup Brush Cleaner

Mix 1 cup of warm water, 1 tablespoon of liquid dish detergent and 1 tablespoon of white vinegar in a cup and dip the brushes in. Give them a good swirl around the cup and you'll see the makeup come right off. Rinse the brushes under luke warm water, reshape and let dry overnight. The mix of the detergent leaves your brushes clean and fresh smelling.



7. December 2016

Quick Delicious Salmon Soup

5 cups chicken broth
½ kilo fresh salmon (1lb)
1 onion , 4 tbl spoons olive oil
1 bunch fresh spinach , fine chopped
½ a tbl spoon cayenne pepper ; salt

Saute onion in olive oil until caramelized

Add broth and boil.

Add sliced salmon and let simmer for 10 min.

Add pepper and check if you need to add salt.

Stir in spinach. Turn of the heat. Serve.



After you serve you can sprinkle some
parmesan cheese on top



8. December 2016

Beautiful Christmas Nails

USE LEMON JUICE TO WHITEN FINGERNAILS !

Nails often stain and turn yellow because of nail polishes. Lemons are full of acids, which lighten and brighten your fingernails.

This soak works best before you begin a manicure. Mix the juice of 1/2 a lemon with 1 cup of warm water.

Dip your fingers in the mixture for 5 - 10 minutes to soften your cuticles and brighten your nails and also remove unwanted old stains.



9. December 2016

Homemade Moisturizer

... for a more beautiful You

As your skin gets older, be sure to wear the moisturizer that meets your skin's needs for this age. Skin tends to start out oily and becomes drier over time, so it is important to make sure that your skin's need for moisture is being met appropriately.



Home made Avocado-Honey Moisturizer

Ingredients: 3 tablespoons of fresh
cream 1/4 avocado 1 tablespoon honey
Directions: Place all three ingredients in
a blender and puree into a smooth
cream. Apply it to your skin and leave
on for at least an hour. Rinse off with
warm water.



10. December 2016

Pina Colada Banana Smoothie

rich and highly nutritious !

1 large banana
1 cup coconut milk or more (to taste)
2 pineapple spears
1 tablespoon agave nectar or honey
ice cubes



11. December 2016

Face Yoga Exercise

The Smile Smoother

Hide the teeth with the lips to make an 'O' shape with your mouth. Smile widely while keeping the teeth hidden and repeat six times. Hold the smile while placing your index finger on the chin. Then start to move the jaw up and down as the head tilts gently back.

Relax and repeat twice more.

by MarieClaire.co.uk

12. December 2016

*To ensure that your skin
remains as bright and
lively as possible ..*

Homemade Exfoliator



Coconut Oil & Sugar :

*This is super easy : Take a
tablespoon of coconut oil and
melt it in the microwave for
about 20 seconds. Next , add 3
tablespoons of white sugar,
combine and scrub !*



13. December 2016

Mad Hair Day

*Coating your hair with mayonnaise !
makes it soft and shiny.
Rinse it out well !*

© klaudiascorner.net



14 . December 2016

Benefits of St. John's Wort

Medical studies found that the herb significantly reduced the severity of hot flashes in menopausal women.

The journal *Phytomedicine* stated that the herb blocked pain receptors involved in migraines, making it an effective natural treatment for migraine sufferers.

Research proves its effectiveness for depression, particularly mild to moderate depression and also as a natural anti-anxiety medicine.



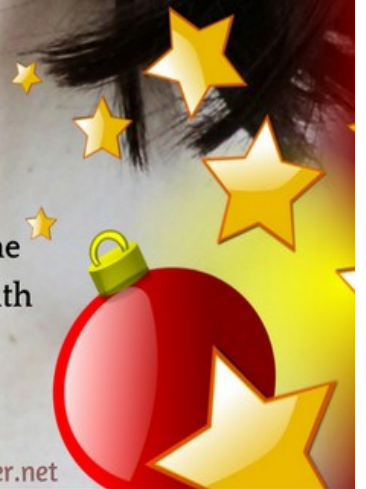
15. December 2016

Face Yoga Exercise 2

lines and loose skin on the neck

The Giraffe

Looking straight ahead, place the fingertips at the bottom of the neck and stroke the skin downwards with the head tilted back. Bring the head back down to the chest and repeat twice more. Jut the lower lip out as far as possible to pull the corners of the mouth down and place finger tips on the collarbone with the chin pointed upwards.
Hold for 4 deep breaths.



16. December 2016

Banana Muffins

- 3 cups flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 cups sugar
- 1 cup vegetable oil ; 3 eggs
- 1 tablespoon vanilla extract
- 4 ripe bananas



16. December 2016

Banana Muffins Directions:

Preheat oven to 325/170

Line two muffin tins with paper liners

Mix together the flour, salt and baking powder in a medium bowl to blend & set aside

In a larger bowl, mix together the sugar, oil, eggs and vanilla until completely combined.

Gently stir in the banana

Add the dry ingredients to the banana mixture and fold the batter together until just blended.

Fill the prepared muffin cups about two-thirds full.

Bake the muffins until the tops are golden brown about 25 minutes.

Put the muffins on a rack and cool slightly before decorating and serving.

The muffins can be stored in an airtight container at room temperature for up to 4 days.

17. December 2016

Overnight Skin Care

COCONUT OIL
TO GET RID
OF ANY DIRT
IMPURITIES
AND
STUBBORN
MAKEUP

*Apply extra virgin
coconut oil and
massage it into your
skin for 5 minutes.
Cover face with warm
damp towel for
half a minute.
let the remaining
coconut oil work its
magic on the skin
overnight*



18. December 2016

Anti-Aging Chocolate Mask

1/2 cup of cocoa powder
3 tablespoons of oats
4 tablespoons of cream
1/4 cup of honey



Dark chocolate can work wonders in terms of perking up our moods and giving us a boost of antioxidants, when consumed. If applied topically, you also get the benefits of its anti-aging properties, which help the production of collagen. Combine it with honey, coconut cream and avocado, and you have a wonderfully creamy concoction that easily glides onto your face. Apply a delicate layer, leave it on for 10 minutes and gently rinse it off. Plus, it smells amazing and you'll want to set aside some leftover cocoa nibs to nibble on.

source: www.self.com

19. December 2016

The Beauty of a Woman

The beauty of a woman isn't in the clothes she wears,
The figure that she carries, or the way she combs her hair.

The beauty of a woman must be seen from in her eyes;
Because that's the doorway to her heart,
the place where love resides.

The beauty of a woman isn't in a facial mole;
But true beauty in a woman is reflected by her soul.

It's the caring that she cares to give,
the passion that she shows,
And the beauty of a woman with passing years only grows.

Audrey Hepburn



20. December 2016

Lavender Mint Bath Salt

2 cups epsom salts

1/2 cup baking soda

1/4 cup sea salt (optional)

30 drops of lavender essential oils

10 drops of peppermint essential oil

Mix all ingredients in a medium size bowl.

Store in an air-tight jar and use 1/4 cup per bath.

source.wellnessmama.com



21. December 2016

Get rid of your double chin



*While standing, tilt your head back
and look toward the ceiling.
Pucker your lips and “kiss the ceiling.”
Hold the kiss for five seconds.
Relax your lips and return your head
to a neutral position.
Repeat this 15 times.*

BY LITTLETHINGS.COM


22. December 2016

Fluffy Lemon Cream

~ QUICK ~ EASY ~ DELICIOUS

Heat the cream, sugar and lemon zest in a pan over a medium heat until it almost boils. Reduce the heat to low and cook gently for 3 mins, until the sugar dissolves.

Take off the heat and stir in the lemon juice. Pour through a sieve into a jug, then pour into glasses. Cool for a couple of hours. Decorate with lemon parings.



300ml double cream
60g caster sugar
Zest and juice of 2 lemons
Extra lemon parings, to serve

23. December 2016

Happiness Bath Oil

4 tablespoons of almond or jojoba oil combined with:

10 drops Sandalwood

5 drops Jasmine

5 drops Rose

5 drops Bergamot

This homemade bath oil leaves you feeling warm and happy inside !



Merry Christmas

*"My idea of Christmas, whether
old-fashioned or modern is very simple:
Loving others.
Come to think of it, why do we have to
wait for Christmas to do that?"*

Bob Hope

Thank you very much for supporting me during 2016 !

From Klaudia with Love

