

PREEN

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*Honeycomb provided by the Savannah Bee company
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BEAUTY + THE BEES

NATURAL BEAUTY FROM THE HIVE BY CANDY BULL & LUCY MILLIGAN

Honey, that sublime nectar produced by those mysterious little honeybees, has been delighting humans for more than 40 centuries as a source of health and a sign of purity. Honey's natural humectant quality keeps skin looking moist, soft and elastic, and its ability to restrict the growth of certain bacteria makes it a natural antibiotic as well. No wonder that Emperor Nero's wife, Poppea, regularly applied a mixture of honey and milk to her face to keep her skin looking young and smooth, and other beauties from Cleopatra to Madame Du Barry, the last mistress of Louis XV, found honey to be indispensable in creating the magic potions that kept them looking radiant.

We can't help but touch on a few little "honey facts" to amaze and fascinate you before we delve into the beauty benefits of the beehive. Did you know that honey never spoils, so there is no need to refrigerate it? To make honey, bees drop the collected nectar into the

honeycomb and then evaporate it by fanning their wings. Of course, the queen bee sits back and watches her worker bees do all the work. Yet another reason why it's good to be queen. The only time it's not good to be queen is during the summer months, when she is expected to lay 1,000 to 1,500 eggs a day. Whew! How's that for productivity? The flavor and color of honey varies depending on the location and kinds of flowers the bees visit, but no matter the source, honey contains vitamins, antioxidants, is fat free, cholesterol free and sodium free! Not a spinach lover? Just dip your spoon into that heavenly food and you'll be consuming similar levels of heart healthy antioxidants.

Moving on to my favorite subject, we've collected some proven homemade beauty recipes to take pampering yourself to a whole new level. Let the goodness of honey bring out the best in your complexion, hair and skin with these tried and true recipes. Luxuriate!

SOOTHING SKIN CLARIFIER

Clear up pimple flare-ups fast

- ½ cup warm water
- ¼ teaspoon salt
- ¼ teaspoon honey
- 1 cotton ball
- 1 cotton swab

Directions: Mix together water and salt. Using a cotton ball, apply directly to blemish. Maintain pressure with cotton ball for several minutes to soften blemish. Using cotton swab, dab honey on blemish. Leave on 10 minutes. Rinse and pat dry.

HONEY AND OATMEAL MASK

Perfect for oily skin

- 1 large egg yolk
- 2 Tablespoons honey
- 2 ½ Tablespoons finely ground oatmeal
- ½ teaspoon orange water

Directions: Whisk together egg yolk and honey. Stir in oatmeal and orange water. Using fingers, spread the mixture over your face and neck (avoid the eye area). Relax for 20 minutes. Remove the mask with a washcloth soaked in warm water.

MILK & HONEY CLEANSER

Leaves skin feeling silky smooth

- ¼ cup honey
- ½ cup buttermilk
- 3 teaspoons rosewater

Directions: Place the ingredients in a suitable closed container and shake well. Apply a small amount to your face and neck with your fingers. Rinse with warm water. Store remainder in refrigerator. Bring to room temperature before next use.



PROPOLIS SOAP WITH MANUKA HONEY + MANUKA OIL

Soft, luxurious cleansing soap with all the benefits of propolis, Manuka oil and raw Manuka honey. Takes care of unwanted bacteria and can be used for face, body and hands. Also provides necessary nutrients to delicate skin. \$6.95
www.manukahoneyusa.com

CHANTECAILLE DETOX CLAY MASK WITH ROSEMARY + HONEY

Purifying clay mask with rosemary and honey that absorbs oil, tightens pores and nourishes your skin. \$75
Available at Barneys, Bergdorf Goodman and Neiman Marcus.



Illustrations by Tabitha Sbafran



ROYAL JELLY BODY BUTTER - BLACKBERRY

Rich body cream that uses the wonderful power of beeswax, royal jelly, honey and floral essences to soften, restore and rejuvenate your skin. \$21.99
www.savannahbeecompany.com