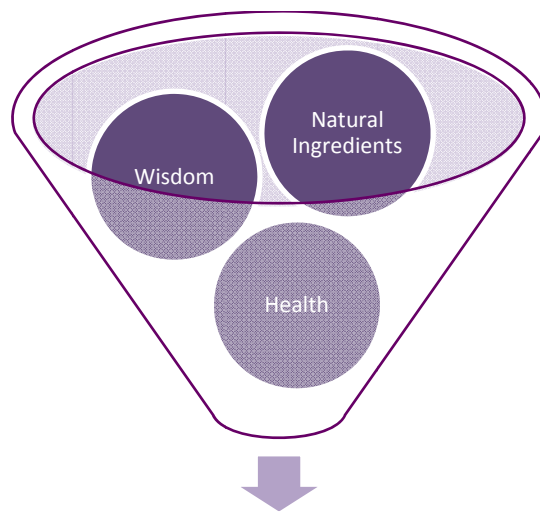


BEAUTY

Recipes



Beautiful Skin

Create Natural, Affordable Skin Care At Home

Naweko San-Joyz

Beauty Recipes: Create Affordable, Natural Skin Care at Home

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The Cheapest & Most Effective At Home Acne Facial Ever

Do you sometimes feel too broke to look good? Well get over it. Because now, for less than the cost of a towel bowl cleaner, you can design yourself one of the cheapest yet most effective acne treatments on the planet. Here goes...

Your insanely cheap shopping list:

1. Grab a 16-ounce bottle of witch hazel from any local drugstore for under three bucks.
2. Get a bag for cotton squares- less two bucks at the same joint as above.
3. Cruise to the soap aisle for a bar of "Lava" soap, it'll set you back less than \$2.50.
4. Glide over to the skin care section, squat down to the lowest shelf where they keep all the super cheap stuff and get a tube of "Queen Helens Mint Julep Clay Mask". You own it for \$3.

Now you're out the door for a little under \$12.

Key steps for getting acne under control

Step 1:

Cleanse your face with a warm washcloth

Step 2:

Saturate a cotton square with the witch hazel then smooth the saturated square over your face. This step removes surface layer oils and excess waste from your

skin.

Step 3:

Lather up the bar of "Lava" soap and smooth it over your face. This Lava soap contains real Lava ash, which allows this soap to deliver a cost effective microdermabrasion treatment to your skin. Massage the soap into your skin for 1-2 minutes and then rinse it away with warm water. Pat your face dry with a towel.

Step 4:

Now apply the Queen Helen mask to your face. Let the mask dry and rinse it off with warm water.

Step 5:

Repeat the four steps above once daily until your acne is under control and then use the treatment once or twice weekly to keep acne away.

Enjoy your clear skin. Then, once your vanity fest is over, share this tip with someone in desperate need of acne help.

3 Ways to Heal Acne Damaged Skin At-Home

What the most popular question asked about acne scars? "How fast can I get rid of them?" Surprising, the answer as to how fast your can repair skin damaged by acne is entirely up to you. In fact, you can use three at-home tips to significantly reduce the time your skin needs to recover from acne induced damage.

Tip 1: Make your skin healthier to speed the repair process

Another way to save big money on removing scars is to speed up your skin's repair time. You can do this with common liquids. For starters, reduce your alcohol intake because laboratories studies have demonstrated that having consumed alcohol impairs the skin ability to grow new skin cells and blood cells after an injury, like a popped pimple.

Moreover, a report from Alcoholism Clinical and Experimental Research found that alcohol consumption reduces the inflammatory response after receiving wounds. Proper wound repair involves a series of steps and inflammation typically happens once the skin has been compromised by a cut, gash, or in the case of acne scarring, excessive squeezing.

Just replace your alcohol consumption with water because even the slightest degree of dehydration can slow down wound healing. Additionally, dehydration reduces blood flow and increases in chances of a wound infection.

Tip 2: Use home remedies to reduce acne scarring

You can reduce the severity of your acne scarring by giving yourself a few at-home cosmetic treatments. For instance, if your acne scars are dark, you can use lemon juice to lighten

them. Dab one teaspoon of lemon juice into a cotton ball and smooth it over the acne marks. Leave for ten minutes, then rinse. Use caution with lemon juice because it can make your skin photosensitive. So be certain to use a sunscreen on any area you treat with lemon juice before going out into the sun.

Next, you can polish the look of your skin with a down-home microdermabrasion. Often times a version of baking soda is used in cosmetic microdermabrasion treatments. You can give yourself a mini microdermabrasion treatment by mixing one teaspoon of baking soda with the two teaspoons of filtered water. Then gently rub the mixture on your acne scars for sixty seconds then rinse it off.

You can start taking simple steps today to reverse all the signs of acne scarring. And when you do decide to seek professional help to remove your acne marks, you will have saved yourself a lot of money.

Step 3: Apply zinc

You want the mineral zinc around when you have wound. Zinc helps facilitate skin rebuilding steps like creating keratinocytes. Keratinocyte cells manufacture the protein keratin which helps create the skin. Moreover, zinc's antioxidant properties help remove free radicals and bacterial from wounds to expedite healing.

Additionally, according to a recent review of medicinal uses of zinc that appeared in *Wound Repair and Regeneration*, topical application of zinc should be considered for enhancing wound healing rates. To create your own zinc infused wound healing paste, just crush a zinc supplement and mix it with a teaspoon of a basic moisturizer. Next, smooth the mixture over your freshly cleansed acne scar to quicken its healing time.

Now, just one question remains: How fast is your acne scarring going to disappear know that you know how to make it happen?

Sources:

Fitzgerald, Daniel J, Katherine A Radek, Mitchell Chaar, Douglas E Faunce, Luisa A DiPietro, Elizabeth J Kovacs. Effects of acute ethanol exposure on the early inflammatory response after excisional injury. *Alcoholism Clinical and Experimental Research*; February 2007, vol 31, no 2, pp 317-323.

Lansdown, Alan BG, Ursula Mirastschijski, Nicky Stubbs, Elizabeth Scanlon, Magnus S Ågren. Zinc in wound healing: Theoretical, experimental, and clinical aspects. *Wound Repair and Regeneration*; January-February 2007, vol 15, no 1, pp 2-16.

How to Draw Out Blackheads without Ruining Your Skin

If I have one goal as a beauty crusader, it is to help people break the naughty habit of daily squeezing blackheads from their nose and cheeks.

But what's a flustered face to do? Glad you asked. Before you approach those clogged pores with your hands poised to pinch away blackheads- which could aggravate the problem- let us learn how these face critters that seemingly never die operate.

Blackheads are the result of oils leaving your pores that harden and oxidize within the skin. Imagine your skin's pores as a pipeline that lets oils flow through freely.

When the oils crystallize into hardened blackheads, this puts a cap on the skin's much needed oil flow. With this blockage, glands continue to pump out oils that simply collect beneath the skin's surface giving you are a bumpy, rough skin texture.

And thus, with blackheads, your skin problems is not oil or even the blackheads, but needing to maintain what I call your "skin's ecology".

Your face needs the oil to rise up from the pores, coat the skin and protect your face from bacterial and environmental damage and premature aging. Not having your skin properly lubricated makes your face vulnerable.

Now, to end the cycle of seeing a new crop of blackheads on your skin, you want to remove the embedded blackheads. Next, remove the waxy build up in your pores daily so that blackhead-inducing oils cannot collect in your pores. You can execute the blackhead preventing treatment in five easy steps.

Step 1: Cleanse skin

First, wash your face with a basic soap like a mild glycerin soap.

Step 2: Steam your face

To help “melt” the blackheads and make it easy to dislodge trapped blackheads, use “Blackhead melting”. To do this, dampen a clean cotton washcloth and place the cloth into the microwave for 45-60 seconds.

This will create a steaming cloth. Carefully smooth the steamed cloth over your face and let it rest on your skin for 60 seconds to help remove and “melt” deep blackheads. Re-steam and apply the cloth for congested skin.

(Note: Make sure the cloth is not too hot or you could burn your skin.)

Step 3: Dissolve the blackheads

There are more ways than one to draw out blackheads. You can squeeze them or dissolve them. One trick I like to use for dissolving blackheads is earwax removers. But before using an earwax remover, place protective gloves on your hands. The gloves will stop the earwax remover from seeping into your fingers and irritating your skin.

Only apply the earwax remover to areas plagued with blackheads. Let the wax remover stay on the skin for one to two minutes. Rinse away the wax remover with warm water

What you should see after you remove the earwax remover is little yellowish-white strings of oils rising from your skin. This happens because you have removed the “cap” on your pores and now the your skin’s oils are starting to flow again. This is what you want, natural oil flow in your skin.

Step 4: Draw out remaining skin oils & moisten the skin

To deeply cleanse away excess oils, give your skin a heated moisture treatment. Get a thick, heavy facial cream like Ponds cold cream or a generic thick moisturizing cream from your local drugstore. Smooth a thick layer of the cream onto your skin.

Make sure to cover your lips (or apply a coat of lip balm) to protect them from the heat.

Now, get your blow dryer, place it on low heat and warm the cream on your face for one to two minutes. The heat from the dryer helps the cream attract excess oils floating around in your pores. Moreover, this heat treatment deeply moisturizes your skin so that your pores do not produce more oil simply because you have removed the surplus oils.

Remove the heavy cream with a warm cloth.

Step 5: Remove oil build up daily

Here's the key. To stop the build up of blackheads, each day, you will need to free your skin of excess oils. Repeat steps one through four daily for a week. This should get your blackheads under control. Then, use this treatment as needed to make blackheads stay away.

In short, using natural skin care to get rid of blackheads means working with the laws of physics: Items under pressure tend to go from areas of high pressure to areas of low-pressure.

Remove hardened oils from your skin and trapped oils will flow to the upper layers of your skin where they belong, thus making blackheads history.

How to Make a Natural Skin Lightening Toner At Home

You can locate natural skin whitening agents like soy, licorice, vitamin E and vitamin C at your local grocer or drugstore. Moreover, you can combine these active skin brightening ingredients in innumerable ways to craft a skin care product unique to your taste and skin brightening needs.

Here's some basics steps for formulating your own spot removing toner:

Step 1: Gather natural ingredients and utensils

Skin lightening ingredients

4 ounces of dried licorice or

4 ounces of dried soybeans

3 ounces of citric acid

Fragrant ingredients

(These herbs are typically available at the herb and/or tea section of most health stores in jars where you can purchase only as much product as you need)

Select one of two herbs that appeal most to your senses:

1 ounce of dried peppermint leaves

1 ounce of dried rosemary

1 ounce of dried hibiscus

1 ounce of dried lemongrass

1 ounce of dried grapefruit rinds or a potpourri of dried citrus rinds

Alcohol for creating herbal infusion:

10 ounces of grain alcohol or
10 ounces of ethanol

Mixing and storage:

16-ounce Mason jar with lid and screw cap
8-ounce dark colored plastic bottle or glass
1 Cheesecloth
1 Small funnel
2 stick-on labels

Step 2: Grinding

In a coffee grinder, roughly grind the soybeans or licorice with the fragrant herbs you have selected.

Step 3: Create and herbal infusion

Create a label that reads "Skin lightening herbal infusion" and place today's date on it.

Pour 10 ounces of alcohol into the Mason jar.

Now add the mixture of herbs and skin lighteners that you created in step two to the alcohol. Tightly place the lid and screw cap on the Mason jar. Gently shake the jar.

Place the label on the jar.

Now store the jar in a dark closet or cabinet for eight days. Check the jar once a day to make certain that all the herbs are still cover in the alcohol. If not, add just enough alcohol to cover the herbs, reseal the jar, and store it again until day eight.

Step 4: Straining

Place a cheesecloth into the funnel. Place the funnel into a bottle. Now slowly pour the herbal infusion you made in step three through the funnel to separate the herbs. Place a cap on the bottle to store the surplus.

Step 5: The final product

To finish your natural skin lightening toner, add five ounces of your herbal infusion to a plastic bottle. Next, add three ounces of concentrated, or fresh squeezed lemon juice to the herbal infusion.

To enjoy the benefits of your skin lightening toner, use it at least once or twice daily. First, cleanse your skin with a mild soap. Next saturate the toner with a cotton square. Smooth the toner over your entire face, avoiding the eye area, and leave on the toner for five to ten minutes then rinse it off.

Tip:

If the alcohol content of your finished products seems drying to your skin, add four to eight drops of vitamin E to your eight-ounce toner. This will boost the skin brightening effects of your homemade beauty product while preventing dryness.

To make this an acne skin toner, add 5 drops of tea tree oil or essential eucalyptus oil to eight ounces of your skin lightening toner. Both oils are sold in drugstores.

How to Make a Refreshing Hydrating Facial Mist

Why would anyone need a beauty mist? Facial mists moisturize the skin and, when properly formulated, help you feel more refreshed in the morning.

Creating your own facial mist is easy and affordable. Here are the basic ingredients you will need for formulating your own moisturizer mist and all these items are readily available at most drug and health stores:

- ❖ 4 ounces of aloe vera juice or aloe vera gel (Note: If you use the aloe vera gel, get the clear colored gel. The bright green aloe vera gels typically contain extraneous dyes.)
- ❖ 2 ounces of filter water or 3 ounces of witch hazel
- ❖ 1 4-ounce bottle of "Rose Water" with glycerin (you can find this generic item in the skin care section for less than three dollars)
- ❖ 1 eight-ounce bottle with a spray nozzle
- ❖ 1 small funnel
- ❖ Optional- springs of fresh lavender, citrus, peppermint, or hibiscus.

Actually, there are millions of ways to create your own facial mist. I'll show you the basic recipe but do not be bashful about playing around with this formulate to create you own moisturizing mist.

Step 1:

Pour three ounces of the aloe vera gel or aloe vera juice into the spray bottle using your funnel to prevent spills. (Note: the aloe vera gel will be thicker than the aloe vera juice so you may add use two to three ounces of the aloe vera gel to prevent your mist from becoming too thick to spray easily)

Step 2:

Add, one ounces of water or two ounces of witch hazel to the aloe vera. Witch hazel is preferred if you wish to add herbs to your beauty mist later. The witch hazel will help draw out the therapeutic properties of the herbs while the alcohol in the witch hazel will help to better preserve the botanicals.

Step 3:

Add two ounces of "Rose Water" to the mixture. Rose water is a combination of a rose hydrosol and a skin softening moisturizer called glycerin. This ingredients will help lock in moisture to your skin all day long.

Step 4:

Toss in any herbs that you wish to use to the mixture. Tightly screw on the spray nozzle on to the bottle and then shake well. Now you have your very own moisturizing beauty mist.

To further customize your facial spray, you can add one to two drops of essential oils like rose, geranium, white grapefruit, or ylang-ylang. Just make sure to add only one essential oil at a time because overdoing the essential oils will make your facial mist too irritating to the skin.

Tip:

Mist your face with a visible layer of your facial spray before applying your moisturizing cream or SPF 15 sunscreen. This way, your moisturizer will lock the dewy texture delivered by your facial mist.

Advanced At-Home Methods to Reduce the Signs of Aging

Hormesis is a practice based on the premise that a little bit of biological harm- such as toxins, a backslap from an attentive mother or poisons- can affect long-term health benefits in organisms. Oncologists practice hormesis when administering chemotherapy to cancer patients.

Now, researchers have found a way to incorporate hormesis into the anti-aging therapies. Though the name sounds complicated, consumers can now take advantage of anti-aging hormesis into their own living room.

Scientists have noted that a treatment known as repeated mild heat stress reverses the signs of aging among normal human skin fibroblasts (cells that make up human skin).

Delivering heat of 41 degrees Celsius (105 degrees Fahrenheit) for one hour, twice-weekly to human skin fibroblasts yielded a list of skin age reducing benefits. For instance, the repeated mild heat stress reduced the accumulation of proteins damaged by sugar metabolism or oxidation.

The skin cells also experienced greater resistance to damage inducing elements like ethanol, hydrogen peroxide and UV-B rays.

While repeated mild heat stress may sound like an exotic medical treatment, you could incorporate this technique into your beauty regime just as easily as brushing your teeth. Since many home massages now include infrared heating devices, you can use these instruments to tone your skin while administering heat.

You could easily fit in two cumulative hours of heated facial massaging each week while watching your favorite TV show, surfing the web, checking your email, or even while chatting on the phone. Just think of it as your smart way to reduce wrinkle formations on your face before they start.

Major skin care tip:

Giving yourself a facial heat massage every week does work to combat and prevent deep wrinkles. The catch is that you have to use this treatment weekly to achieve and maintain the results. This shouldn't come as a surprise since you ALWAYS have to be consistent with your antiaging methods to see and maintain your youthful appearance.

Source:

Rattan, Suresh & Ali Rehab. Hormetic Prevention of Molecular Damage during Cellular Aging of Human Skin Fibroblasts and Keratinocytes. *Annals of the New York Academy of Sciences*; April 2007; vol 1100, no 1, pp 424-430.

How to Protect Your Skin After a Deep Facial Peel

Deep chemical peels are a relatively affordable to create a striking change in your looks. But a lot can also go wrong with a facial peel. For example, the extreme drying and burning the peel creates can provoke cracks and deep sores in the skin. You can prevent this facial damage and get the optimal benefit from your peels by deeply hydrating your skin after a facial peel.

Step 1: Facial spray

Moisturizers “lock in” moisture. If you have just had a deep chemical peel, your face, that beauty treatment robs skin of its natural protective moisture barrier. Thus, before you slather a face cream onto dry skin, infuse your skin with moisture.

All you need to do is add one part water and one part aloe vera juice into a spray bottle. Cap the bottle with a spray bottle and shake it well. Now spritz a visible layer of water onto your skin.

Step 2: Thick moisturizer

With the visible wetness floating on your skin, apply a thick layer of a heavy moisture cream to your skin. Such creams are widely available at drug stores for less than \$10. Plus these generic heavy creams usually do not have extraneous ingredients like added fragrances or cosmeceuticals that could irritate a freshly peeled face.

Let the cream absorb into your skin.

Step 3: Keep your skin moist

A deep chemical peel creates continual shedding of your skin cells throughout the day. So moment by moment your skin gets dryer. To contain this dryness, reapply the mist and moisturizer.

The benefits of keeping the moisture level of your skin high after a deep facial peel include:

1. You will have a more even facial peel
2. You will see results of your peel faster
3. Your face will feel less painful

Happy peeling.

How to Give Your Skin a Dewy Glow in 5 Easy Steps

Soft, dewy skin is sexy. A dewy face says, "I'm youthful, I'm healthy, and Yes- I look good." Any self-respecting fashionista has her secret tactics for getting that just kissed by a beauty-mist look. But if somehow, your recipe for getting your skin to glow without looking greasy has failed you, read on, because in a matter of minutes your skin, and your inner Vanity Queen (or King) will thank you.

Step 1: Make your skin smooth

Your skin is a canvas. You can paint pretty on bare walls but you cannot "paint pretty" on skin ravaged by a rough texture. Thus, the first step to getting the fun, dewy look is to remove the dead, dry and all around ugly layers of your skin.

A cheap and painless way to do this is with a two-dollar bottle of cuticle remove. Yes, that's right. You don't always need a \$90 facial to peel away the ragged layers of your skin when a makeshift "skin softener" will do.

Cuticle removers dissolve skin proteins while its detergents like sulfates lift and remove dirt. Additionally, some cuticle removers contain agents like sodium chloride to leave the skin moist. To soften your skin with a cuticle remover do the following:

- ❖ Cleanse your face your favorite face soap, I'll just suggest your basic glycerin soap
- ❖ Pat your skin dry
- ❖ Smooth on a layer of the cuticle remover to your face while avoiding your eye area

- ❖ Allow the cuticle remover to act on your skin for one to two minutes.
- ❖ Rinse off the cuticle remover

Step 2: Build layers of moisture

The true key to getting that moist, dewy look is actually having skin that is moisture rich. Dry, sickly skin will never have a vibrant dewy look. With that, our next steps on the road to "Operation Dewy Face" is to infuse the skin with serious moisture.

Step 3: Design and use a facial mist

My favorite thing to do in the morning is to spray my face with my own, customized facial mist. I created this mist for less than three dollars while I would have to shell out over \$20 to buy a similar facial mist at stores. Here's how to make your own facial mist:

Get a 4 to 8-ounce bottle with a spray nozzle or go environmental and recycle one that you have lying around your home.

Go to the drugstore and go to the skin care aisle. Grab a 4-ounce bottle of "Rose Water" with glycerin. This is a generic, and thus cheap natural skin care product. Do not let the price deceive you though. This steal has most of the items you need to make a high-class facial mist- a rose hydrosol and a moisture locking ingredient glycerin.

While you are shopping, get a bottle of witch hazel. It' will run you between two to four dollars.

Now, mix two ounces of the "Rose Water" mix with two ounces of the witch hazel in your bottle with a spray nozzle. Now you have a wonderful facial mist.

You can customize this facial mist by adding a few drops of essential oils like ravenara, rose, lavender, geranium or ylang-ylang. Moreover, you can add a spring of rosemary, peppermint or citrus to your mist for added botanical benefits.

Step 4: Add on the layers of moisture to your skin

Now that you have smooth, clean skin, and a facial mist, you are ready to build the moisture layers that will create that darling dewy look.

Here's how you create those moisture layers once you have smoothed your skin with the cuticle remover:

Spray your skin with your facial mist. A light layer of visible moisture should remain on your skin. The proceeding layers of moisturizers will lock in the moisture this facial spray offers.

Now, this step may seem silly, but it makes a noticeable difference in the final look of your skin. Cleanse your hands. Then rub on a deep moisturizing hand cream to your hands.

This step matters because you are using your hands to apply a moisturizer to your face. If your hands are dry and cracked, your fingers will absorb much of the moisturizer intended for your face.

Next, if it's daytime, smooth on your sunscreen (even if your makeup foundation has a sunscreen). If it is nighttime, smooth on a light facial cream instead.

Spray your face once more with the facial mist, but use a lighter layer than you did earlier. This spray does not need to be visible.

Next, mix a pea-sized amount of your liquid foundation with a pea-sized amount of your facial moisturizer.

Smooth on the foundation and moisturizer combination onto your face. Dewy is done.

Step 5: Repeat

Now, daily, repeat step four, while making certain to soften your skin with a cuticle remover or compatible skin care product. This repetition is critical because each day that you infuse moisture into your skin, you prepare your skin for a fresh, healthy, dewy look. Enjoy the dew.

How to Get Rid of a Deep, Inflamed Pimple Overnight

Have you ever touched your skin and felt a zit forming beneath the surface? Or, have you ever felt a huge pimple growing on your skin getting full of pus, but you “knew” that you could not squeeze it?

Well there is an overnight remedy that will help you draw out that pus-filled pimple. Here goes:

Ingredients:

- ❖ Essential tea tree oil (Essential eucalyptus oil will work as well)
- ❖ Active yeast
- ❖ Surgical tape and a cotton square or a large bandage

Note: Perform this treatment at night time or just before you go to sleep.

Step 1:

Cleanse your skin with a mild soap.

Step 2:

Saturate the cotton square or the cotton part of the bandage with the essential oil.

Step 3:

Pour a one-half a teaspoon of active yeast over the center of the cotton square. Tap down the yeast pellets to help them cling to the essential oil but do not mix the oil and yeast together.

That's because you want the oil and yeast to mix overnight to create a reaction that makes the pus “rise” out of your skin.

Step 4:

Now place the oil and yeast bandage or cotton square directly over your pimple. Use the tape to secure the oil and yeast to your skin.

Step 5:

Leave the bandage on over night. In the morning your pimple should be completely free of pus and gone.

Tips:

Obviously, this method is not ideal for getting a case of acne under control. This method is best for one or two isolated but HUGE ZITS. Though the technique is cumbersome, it does work. Just make sure that your bandage completely closes the oil and yeast over your pimple.

*The larger or more pus-filled your pimple is, the larger your bandage should be. Overnight, pus will seep out of your skin and into the cotton square. Make sure you have enough cotton to absorb the evacuating pus.

About the author

Naweko San-Joyz is a professional health writer and researcher. Her published works include:

- ❖ *Acne Messages: Crack the code of your zits and say goodbye to acne*
- ❖ *Skinny Fat Chicks: Why we're still not getting this dieting thing*
- ❖ *Better Looking Skin Awaits You: How to create professional grade skin care products at home customized to your specific skin care needs*

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Naweko San-Joyz is a graduate of Stanford University. She has received grants from several non-profit foundations and has conducted research for the National Academy of Sciences. She published three do-it-yourself makeover books and recently sold international publishing rights for *Acne Messages* to a well-respected publishing house in Europe. Ms. San-Joyz is a member of the American Academy of Anti-Aging Medicine, the American Chemical Society and the Natural Resources Defense Council. She has appeared on radio stations, in newspapers and on TV shows across the United States promoting beauty through health consciousness.