

Sweet Milk and Lavender Bud Facial Exfoliate



A non-chemical exfoliating treatment that is perfect for all skin types, ages and conditions. Gentle enough to use everyday. Powerful enough to treat even oily or troubled skin prone to breakout.

Milk has been used throughout the ages to enhance beauty. It is well known that even Cleopatra used sweet milk for beautifying and brightening her complexion. Traditional rural cultures have also used sweet milk in beauty treatments, making it as familiar on a dressing table as in the kitchen cupboard. When mixed with *Fine Herbal Cleanser*, our pristine herbal exfoliate makes a creamy, freshly fragrant lather that is easily applied, to remove tired skin cells. Gentle enough to use in daily cleansing, or apply

weekly as a "mask", to further the effects of the milk's natural lactic acid to soften, brighten and revive the complexion.

Sweet Milk & Lavender Bud Exfoliate: Natural lactic acid in dried sweet milk combined with fine cornmeal and crushed lavender buds, provides a gentle exfoliate for the face and décolleté. Use the *Sweet Milk & Lavender Bud Exfoliate* while relaxing in the bathtub, allowing it to rest on the face for a few minutes before rinsing. When washing the exfoliate from your skin, the milk will mix with the bath water, creating a luscious lavender milk bath. The perfect prep for a deep restful sleep as well as an excellent skin softening treatment for the whole body.

INGREDIENTS: dried powdered milk, fine yellow cornmeal & finely ground lavender buds*
(certified organic ingredients*)

Milk Powder	Sweet milk is simply fresh milk, as opposed to buttermilk. It's an old-fashioned Southern term commonly used to distinguish between the two in the days before refrigeration, when people churned their own butter and always had buttermilk on hand. The natural "alpha hydroxy" action in sweet milk's lactic acid, is known for its revitalizing effects on the complexion. It is a skin softener and is extremely soothing and calming to inflammation or irritation. It is said that many of the great beauties throughout antiquity used milk for these very purposes.
Cornmeal	Cornmeal is made from corn, and used traditionally as a gentle exfoliate. This age-old method of removing dry, flaky surface skin is highly effective. Each grain of cornmeal is a soft, round granule, unlike salt crystals with their jagged edge that can be irritating to sensitive skin. The rolling of each grain on the skin during external application not only exfoliates and stimulates circulation, it feels wonderfully invigorating to the entire system.
Lavender Flower	Lavender is the herb Farmaesthetics uses most in its skincare preparations, as it is the most versatile, with uses ranging from decongestant to sedative. This versatility is due to the complexity of the herb's chemistry and its numerous active constituents. It is best summed up, as a calming, soothing and above all balancing herb, (that smells wonderful!). It stimulates and rejuvenates the skin and restores the skin's natural balance in oil production. It also stimulates sore, exhausted muscles and soothes the nerves, while acting as an aromatic astringent.