

# Food For Your Face

Clearing Your Skin From The Outside



**DATE** with your **iPLATE**

Have a long term relationship with healthful eating

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# Introduction

Hello Gorgeous!

Congratulations on taking this important step towards clear and beautiful skin!

If you're anything like I was when I struggled with acne, you're sick of feeling self-conscious and insecure about your spotty skin. Do you feel like you've tried everything possible to clear your skin? Are you out of ideas and aren't sure what steps to take next? I know what you're going through.

The other problem I used to struggle with was prescription medications – there were plenty of options, but either I eventually became resistant to the product or it stopped working as soon as I ceased using it. I also wasn't comfortable with the severe and dangerous side effects of harsh drugs such as Isotretinoin (previously known as Accutane). Not surprisingly, I'd rather not risk depression, persistent vomiting and thinning hair for the sake of clear skin!

Wanting clear skin isn't just a matter of vanity – acne signals an internal imbalance and toxic buildup. When these harmful molecules are pushed through the skin, it means our body is overwhelmed with this task of toxin elimination.

After years of experimenting with Clear Skin Solutions, I have finally found the holistic and natural answer to clear my skin. This was a lasting and sustainable lifestyle change, including the food I put into my body as well as what I put on my skin from the outside. Now I want to share all the knowledge I have with others who struggle with the same issue.

It's so important to care for our skin from the outside, especially when we are exposed to so many harsh toxins in our environment, foods and beauty products. This eBook will provide you with simple and effective DIY face care products, using only natural ingredients and whole foods, each of which will help to clear and heal your skin. You can make everything yourself using the recipes included!

Surface skincare is only one component of achieving clear skin. You can have a perfect skincare routine and use the best products available, but if you have poor diet and lifestyle habits, it's unlikely to make much of a difference. Compliment the information in this eBook with a visit to a holistic nutritionist to determine the best diet for your individual needs.

Enjoy *Food For Your Face* and good luck on your journey to clear beautiful skin!

Jodi, RHN  
Date With Your Plate

# Berry Face Wash

6 whole strawberries  
3 tablespoons witch hazel  
2 tablespoons almond oil

Combine all ingredients in a blender  
and store in the fridge  
for 2 – 3 weeks.

Gently rub onto face using circular  
motions.

Rinse with warm water.



Witch hazel can help reduce acne symptoms by removing excess sebum from the skin and reducing inflammation

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Almond oil helps to dissolve sebum and because it's light weight it won't clog pores

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Strawberries contain alpha hydroxyl acid & salicylic acid, both of which gently exfoliate skin and neutralize bacteria