

Florida GRAPEFRUIT

Strive for Glamour Every Day

Beauty routines for a planned or impromptu glamorous moment don't have to require a major investment of time or money. Consider going back to nature to help maintain a glowing appearance throughout the year. Incorporating fresh Florida grapefruit and 100 percent Florida grapefruit juice into your lifestyle can help glam-seeking gals achieve beauty every day.

- ◉ **SHINING SMILE.** The secret to a great smile starts with healthy gums. Vitamin C, which is found in grapefruit, helps keep teeth healthy by promoting healthy gum tissue. So, go ahead, take on the paparazzi!
- ◉ **FRESH FACE.** Pamper yourself with a natural, fresh face wash using red grapefruit. Grind half of one grapefruit in the blender (peel included), with a splash of milk and some sugar. Blend until mixture is well combined. Warm the blended mixture in the microwave, using a microwavable-safe bowl until just warm. Stir until thickened. Spread the mixture over your face, lightly rubbing the sugar into your skin until it dissolves. Rinse. Your skin will be smooth, toned, and gorgeous!*
- ◉ **SILKY SKIN.** Your overall diet and health regimen may contribute to smooth, supple skin. The vitamin C found in Florida grapefruit and 100 percent grapefruit juice supports collagen production to help keep skin looking youthful, glowing and picture-perfect ready for whatever the day throws your way. Collagen breakdown in the skin may contribute to the appearance of wrinkles.
- ◉ **BEAUTIFULLY STRESS-FREE.** We all know how daily activities either at home or work can contribute to unwanted stress and problem skin. To unwind from a long day and help establish a calm mood, let grapefruit-infused essential oils help create a relaxed environment at home. Make your own grapefruit potpourri by drying the peels of grapefruit in a warm oven and drizzling drops of your favorite essential oil over the peel. The scent can help relieve stress and nervous exhaustion.*

*Tip provided by celebrity nutritionist Carrie Latt Wiatt.

For additional information on Florida grapefruit, visit www.GoFloridaGrapefruit.com