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## Easy, DIY Anti-Aging Facial

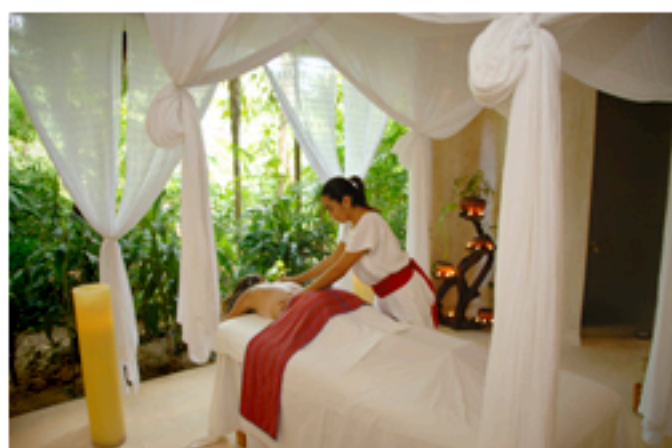
By Charlotte on August 8, 2012 8:15 AM

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I had my first facial in years when Bob and I visited the [JW Marriott San Antonio's Lantana Spa](#) last spring. Loving the lift it gave my complexion, I vowed I'd repeat the experience soon and often. Then I got busy blogging and totally forgot about making an appointment!

[Esencia Estates' Aroma Spa](#)  
Riviera Maya, Mexico

So I was delighted to stumble across this quick and easy way to pamper my skin at home. Based on ancient Mayan traditions, this simple, anti-aging recipe from the [Esencia Estate's Aroma Spa](#) uses four, natural ingredients to exfoliate, reduce fine lines and brighten your complexion.



**Yogurt** - Cleanses skin gently but deeply, balances the pH level and helps retain moisture. Lactic acid softens skin and clears it naturally.

**Oats** - Gently exfoliate, help eliminate impurities from the pores and regulate sebum production while smoothing and evening skin tone

**Honey** - Clears and nourishes the skin. This anti-aging workhorse smoothes fine lines, restores moisture levels, reduces inflammation, softens, clarifies skin tone, regenerates tissues and keeps skin toned.

**Rosewater** - Has antioxidant properties that help preserve cell youth, regenerates cells, maintains and increases skin moisture levels, brightens and firms. What's more, it helps diminish wrinkles, fine lines, broken capillaries and blemishes.

Got 10 minutes? That's all it takes to whip up this friend to Boomer-age skin, let it work and feel the benefits.

For a little spa ambiance, I mix the ingredients in a pretty bowl.



Then I put the youth-inspiring medley on my face and neck (*mustn't forget that!*) before showering. Besides attacking fine lines and wrinkles, it gives me a nice, cool feeling that helps offset those why-do-I-even-bother-to-shower moments courtesy of the *HOT* flashes that often plague my mornings.

I love that this milky mask works quickly and cleans while giving my skin a mega-moisture boost. And as a bonus, this recipe makes enough for several applications. Store it covered in the fridge and you can continue enjoying this mind and body refresher for days.

### At-Home Anti-Aging Facial

- 1 cup yogurt
- 1 tablespoon oats
- 1 tablespoon honey
- Splash of rosewater (available at health stores and pharmacies)

#### Directions:

1. In a bowl, mix the yogurt, honey and oats.
2. Massage the mixture onto your face.
3. Leave it on the skin for 5 minutes.
4. Rinse with cool water.
5. Apply rosewater with a cotton pad.
6. Apply your favorite facial cream.



*The Aroma Spa at the Esencia Estates in Riviera Maya, Mexico specializes in ancient Mayan anti-aging and skin purifying treatments.*

Want to pep up your feet while giving ugly calluses the brush off? Try this [DIY Treat](#).



### Here's the Dish: [Busy-Day Blackberry Cobbler](#)

By Charlotte on August 5, 2012 6:46 AM  
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Serve dinner without homemade dessert? Even on my busiest days, I try not to go there.....

### Out of the Closet: [7 Flattering Finds Under \\$50](#)

By Charlotte on August 9, 2012 6:29 AM  
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What's on my radar this month? Casual pieces that spell fun whether I'm blogging from my beautiful home office (Thank you Donna!) or stepping out with the girls ... lots of birthdays ahead!.....

### DVDelicious: [Young Adult](#)

By Bob on August 2, 2012 5:48 AM  
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Young Adult is a twisted tale of unrequited love. It's funny and quirky with an edge so sharp it draws blood. If you're thinking, "Yeah that sounds like something Bob would like," you can skip ahead to the trailer and.....

### In the Mirror: [Easy, DIY Anti-Aging Facial](#)

By Charlotte on August 8, 2012 8:15 AM  
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### Boomer Brief To-Go



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**You're invited to a wedding in Whiskey Creek!** Unfortunately, it's the wrong wedding... See why in New York Times bestselling author Brenda Novak's *When We Touch*, available as a **FREE** download during August at [Brendanovak.com](#). Come meet the friends who have made Whiskey Creek the "Heart of Gold Country!"

**Plant it and they will come.** Attracting butterflies to your garden just got a lot easier thanks to *Birds & Blooms Magazine*. It really can be as simple as - "plant it and they will come." If you grow milkweed, you're bound to get monarchs. If you have an out-of-the-way corner for nettles, get ready to welcome red admirals. To check out more myths and truths about butterfly gardening, pick up the August/September issue of *Birds & Blooms*.

**Know Someone Battling Cancer?** [Baylor Health Care System's Sammons Says...](#) [cancer blog](#) is a great place to go for help. Here, you'll find information, resources, physicians, support groups and just about everything you need to help you navigate your way through this illness.

[Matt Drudge](#) gets the goods and his site ain't bad either.

[The Huffington Post](#) is the gold standard of political blogs.

You don't have to live in Dallas to enjoy [D Magazine](#).

If [The Onion](#) doesn't make you laugh, you're already dead.

It's a [Daily Beast](#) and Tina Brown knows how to tame it.

If you're a Mom, or even thinking about it, check out [Heather Armstrong's blog](#).

Dog is man's best friend, but [Dr. Marty Becker](#) and Gina Spadafori are dog's best friends. Their pet blog is the best on the net.

The [Women On the Web](#) have some terrific contributors.

If you love old films, [Turner Classic Movies](#) should be your home page.

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