

GINGER GARRETT



Beauty Secrets of the Bible



The Ancient Arts of Beauty & Fragrance



A PDF COMPANION TO THE AUDIOBOOK

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Beauty Secrets: Weight

BSB CHOCOLATE CHIP FLAXSEED COOKIES

- $\frac{1}{2}$ cup heart-healthy butter substitute
- $\frac{1}{2}$ cup ground flaxseeds
- $\frac{3}{4}$ cup natural brown sugar
- $\frac{1}{2}$ cup unbleached granulated sugar
- 1 egg
- 1 tablespoon vanilla extract
- 1 cup whole wheat flour
- $1\frac{1}{4}$ cups unbleached all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon baking soda
- 1 12-ounce package dark chocolate chips

First, cream butter, flaxseeds, and sugars until well mixed. Add egg and vanilla. In a separate bowl, combine flours, salt, and soda. Mix thoroughly and stir into wet ingredients. Add chocolate chips.

Drop onto cookie sheet using a medium-sized melon baller or large spoon. Bake at 375 degrees for 10 minutes. Makes 22 large cookies.

Beauty Secrets: Skin

BEAUTY SECRETS OF THE BIBLE (BSB) RICH MILK WASH

- I cup powdered goat's milk (try Meyenberg milk, listed in the Resource Guide)
- I cup quick-cooking oats

Process the powdered milk and oats in a blender or food processor until the mixture is very fine. Store in an airtight container, in a cool place, for up to four weeks.

To cleanse face, sprinkle a small amount of powder into the palm of your hand and mix into a paste with warm water. Massage onto face and rinse.

In the winter, when your skin is dry from indoor heating and the outside elements, try grinding fresh flaxseed into the oats as well. The essential fatty acids, called omega-3s, add extra emollients and are a rich addition to this wash.

BSB TRAIL MIX

Mix equal parts of the following:

Raisins

Dried figs

Raw, whole almonds

Raw walnuts

Darkest chocolate chips

Set out in an attractive bowl and watch it disappear. This snack has synergy! It fights premature aging, excess weight, heart disease, and hunger pangs. (If you are a chronic breakfast-skipper, package this mix, minus the chocolate chips, into individual baggies and keep in the pantry or car. A healthy breakfast—instead of starving—helps return you to your natural weight.)

FRANKINCENSE AND MYRRH BATH SALTS: THE WISE (WO)MAN'S GIFTS

Make a batch of these and nestle the package in a gold basket for a beautiful presentation that mimics the Wise Men's gifts of frankincense, gold, and myrrh. These make great bath-time luxuries for yourself and wonderful holiday gifts. What a sweet way to share the message of Christmas. The recipe below makes enough for ten baths.

- 6 cups sea salt (Dead Sea salt is preferable;
or use coarse sea salt)
- 3 cups Epsom salt
- 1 cup baking soda

Combine the sea salt, Epsom salt, and baking soda. Add 5 drops each of frankincense and myrrh essential oil, or until the mixture is richly scented. (You can also add in a sweet scent like lavender or orange to soften the smoky, spicy tones.)

Combine well and scoop one cup each into ten containers. (You can use cellophane baggies, colored plastic wrap tied with ribbon, ceramic jars—use your imagination!) Nestle the salts inside a gold basket with a Christmas card from you.

Beauty Secrets: Hair

BSB DEEP SHINE AND REPAIR HAIR MASQUE

$\frac{1}{4}$ cup coconut oil

2 drops rosemary essential oil or 2 drops lavender essential oil

Combine and store in refrigerator. Use 2–4 tablespoons per treatment. Work into damp hair and cover with a warm towel, fresh from the dryer. Let set for ten minutes before shampooing.

This masque is especially wonderful after a day at the beach or pool, when your hair feels coarse and dry from the surf and chlorine.

Cost per year:

Commercial repair masque: \$140 per year (\$35 per 4-ounce treatment, 4 jars per year)

BSB Deep Shine and Repair Hair Masque: \$20 per year (\$10 for one 14-ounce jar coconut oil, \$10 for one bottle essential oil)

TOTAL SAVINGS: \$120 per year

Beauty Secrets: Perfumes and Scent

SCENTED BODY SCRUB

- ¼ cup granulated sugar or salt (the coarse grains exfoliate your skin)
- ¼ cup coconut or almond oil
- 2–4 drops of your favorite essential oil

ROMANTIC ANISE LINEN SPRAY

- 1 cup spring water
- 1 teaspoon anise extract (baking extract)

Pour into a small spritzer and shake. Keep in the refrigerator in between uses.

Appendix A:

Host a Beauty Secrets of the Bible Party

Want a fun night of ministering to your friends, with no unpleasant pressure to buy or sell products? You can share the message and ministry of *Beauty Secrets of the Bible* with a *Beauty Secrets of the Bible* Party!

There's nothing to sell and no pressure to buy—not even my books. I am going to help you *give* everything away. You are going to give away samples of the products we talk about in *Beauty Secrets of the Bible* and share what you've learned about toxic commercial products. Together, we can educate women and transform an industry that has made billions of dollars off of deception and oppressive marketing tactics.

Beauty belongs first, and forever, to God. Here's your chance to share this message with your friends and truly minister to them. Let's tell them the truth about what's out there, because no one else may. Let's give them incredible alternatives that they can use for the rest of their lives. You won't sell anything—not even this book. I'll give you all the information you need, for free.

Go online to my website at www.gingergarrett.com, and you

can download a free party kit. It contains invitations and information cards for many of the items and recipes listed in the book. You simply print your kit and purchase the products at your local grocery store that you'd like to sample that night. Olive oil as a moisturizer? I've got an information card packed with interesting highlights and health information. Want a snack to set out? Try the BSB Trail Mix, and pass out the recipe to your friends—I've included it in the party kit. Create a batch of the Rich Milk Cleanser and let women try it on their hands. Pass out the Ingredients to Watch For Checklist, and let women have a resource to help them read labels on their own products from home.

I promise it will be a fun night of trying products, laughing, and loving your friends. Best of all, you won't be selling anything. Just go have fun, and enjoy being one of the first women to start a revolution in the beauty care industry.

Appendix B:

Resource Guide

RETAILERS

WAL-MART

Wal-Mart carries a huge variety of products that support the Beauty Secrets lifestyle at very reasonable prices.

Wal-Mart Shopping List

- ❖ Cosmetic bottles (located near the travel and trial sizes of grooming products)
- ❖ Ultrasonic humidifier (check near the pharmacy)
- ❖ Whole almonds (almonds out of the shell but with the brown skin on)
- ❖ Dried dates, figs, and raisins
- ❖ Olive oil
- ❖ Grapeseed oil
- ❖ Vinegar (pick up several varieties to experiment with for taste)
- ❖ Organic green tea
- ❖ Supplements: cinnamon and enteric-coated fish oil
- ❖ Makeup brushes for natural mineral makeup

- ❖ Aloe vera plant (buy two—one for kitchen and one for bath)
- ❖ Coffee grinder to use with fresh flaxseeds

WHOLE FOODS MARKET®

If you're planning a trip to your local market, stock up on these items:

- ❖ Essential oils
- ❖ Naturally scented candles
- ❖ Meyenberg powdered goat's milk
- ❖ Coconut, almond, and olive oil
- ❖ Pure fruit juices for extra antioxidants
- ❖ Vinegars
- ❖ In-season produce (pomegranates in fall and winter; figs in summer)
- ❖ Mineral makeups and other natural beauty products

PACKAGING

These sites offer a wonderful selection and great discounts for beautifully packaging your homemade products:

Specialty Bottle

www.specialtybottle.com

Spoil yourself with gorgeous containers for all your cosmetics, at incredible prices. Buy extras to give to friends.

Uline

www.uline.com

I buy plastic bags from Uline that can be used for scented bath salts or food gifts (such as the Beauty Secrets Trail Mix).

WHOLESALE MATERIALS SUPPLIERS

There is a huge market for women who want to create their own natural cosmetics for personal and commercial use. These are two companies I've dealt with that are exceptional finds:

The Chemistry Store

www.chemistrystore.com

A supplier of Dead Sea salts, containers, and fun additives such as glitters to make fabulous gift sets. The prices are truly reasonable and this would make a great project for a ministry, Christmas gifts, or a home-based business.

Somerset Cosmetics Company

www.makingcosmetics.com

This company has been in business for years and is geared toward supplying wholesale materials for those wishing to create their own line of cosmetics. If you've ever thought about starting your own line of beauty care products, this company can supply elegant, professional materials that will make your finished products stand out. You can even sign up for a free newsletter with "recipes" and tips.

COSMETICS RESOURCES

GENERAL INFORMATION AND SAFETY CONCERNS

Campaign for Safe Cosmetics

www.safecosmetics.org

The Environmental Working Group
www.ewg.org

Provides an easy-to-use database of commercial products and potential toxins. You can search by product name or category, and also sign up for a monthly newsletter.

MINERAL POWDERS AND NATURAL COSMETICS

Emani
www.Emani.com

Michelle Doan, founder and artistic director, has an intuitive eye for color and her loose minerals are wonderful—free of preservatives, artificial fragrances, and irritating, pore-blocking ingredients.

Bare Escentuals
www.bareminerals.com

You've probably seen this line advertised on television or sold in stores. You can usually find a store near you to try the products before you buy. You can shop online or get information on finding a retailer near you on the website.

Jane Iredale
www.janeiredale.com

Jane Iredale mineral cosmetics are sold through spas and medical offices. For a location near you, or for more extensive information on mineral cosmetics, visit the website. I love her pressed mineral powder—it's one of the few that does not contain talc. It's great for women who are trying minerals for the first time.

Burt's Bees

www.burtsbees.com

Burt's Bees, a pioneer in natural body care, is launching a line of natural lipsticks and glosses. They are the best I've ever tried—never drying, long lasting, and beautifully tinted. You can find Burt's Bees almost anywhere these days, from Whole Foods Market® to gift shops.

NUTRITIONAL SUPPORT

Dr. Don Colbert

www.drcolbert.com

Dr. Colbert helped pioneer the idea that the diet Jesus ate, now often referred to as a “Mediterranean” diet, is also the most effective strategy for creating good health and vitality. The author of dozens of books, including the bestseller *What Would Jesus Eat?* with an accompanying cookbook, you can find more information about his work and ministry at his website.

Dr. Carrie Carter

www.carteronhealth.com

Carrie Carter, M.D., F.A.A.P., has been a board-certified primary care physician for over sixteen years. Dr. Carter provides medically sound information about women's health issues, including disease prevention, nutrition, and menopause. Her engaging and understandable woman-to-woman style makes her a practical resource you'll turn to frequently—just as you'd turn to a trusted friend for help.

Pure Fruit Technologies
www.purefruittechnologies.com

Dr. Wayne Geilman is the technical director for this company, which specializes in exotic juices that pack a powerful punch of antioxidants. I use their Goji-Zen and Mango-Xan juices to make sure I get plenty of antioxidants each day.

Spectrum Organics
www.spectrumorganics.com

Spectrum offers a wide variety of cooking oils, salad dressings, and nutritional supplements. I use their organic coconut oil for body and hair care, and recommend their organic olive oil and apple cider vinegar as well. Spectrum is usually available in the health foods section of your local grocery store.

Dr. Andrew Weil
www.drweil.com

Dr. Weil is a respected doctor who has created a wealth of resources for those seeking more natural solutions to healthy living. You can find more information about his work, including Weil Supplements, on his website. I use his brand of supplements, which includes evening primrose and fish oils, and feel very confident that the supplements are manufactured correctly and offer a good value.

SKIN AND BODY CARE

Kimberly Sayer
www.kimberlysayer.com

Kimberly Sayer is an organic chemist with an advanced expertise in selecting her harvest for her products. They are pre-

served with a natural preservative system, not parabens. I am in love with her cleanser and lavender toner. They smell divine.

Christopher Watt

www.christopherwatt.com

Spa expert and facialist to the stars, Christopher also offers his expertise to everyone—check out his website for great ideas and recipes. If you're ever in West Hollywood, treat yourself to a visit at his luxurious spa.

Jackson-Mitchell's Meyenberg Goat Milk Products

www.meyenberg.com

I buy my powdered goat's milk from Meyenberg Milk and love it. It's inexpensive when you consider that a can will last for about six to eight weeks when part of a beauty regimen. I find it at my local Whole Foods Market[®], but you can also ask your grocery store manager to order it, or buy it online.

Max Green Alchemy

www.maxgreenalchemy.com

Max Green offers a number of natural products for hair and body care. Their shampoo and conditioner are so refreshing; I swish my hair throughout the day just to breathe in the sweet aroma of rosemary and herbs.

Motherlove Herbal Company

www.motherlove.com

Founded by Kathryn Higgins, this company is primarily for nursing and new moms. I was shocked to discover that my baby's

diaper cream contained parabens. Motherlove produces a wonderful, paraben-free diaper cream.

Aubrey Organics
www.aubrey-organics.com

Aubrey is a market leader in organic skin and body care. Aubrey also has a line of natural perfumes.

Zia Natural Skincare
www.zianatural.com

Zia is responding proactively to the paraben issue and introducing more products that are paraben-free. I love two products in particular: The Ultimate “C” Serum and the Deep Moisture Repair Serum.

SeaOra Mineral Skin Care
www.SeaOra.com

SeaOra® offers products from the Dead Sea. It’s hard to find a company that sells 100% Dead Sea Mud, and SeaOra does. I love the fact that they list ingredients for every product, so that consumers can make an informed choice.

ESSENTIAL OILS AND CANDLES

Aroma Rx
www.Aromarx.com

Michele Williams, RPh, founder and president, offers hundreds of oils and blends. She also is the author of *Only the*

Essentials, a no-nonsense guide to understanding and employing aromatherapy in your life.

Aura Cacia

www.auracacia.com

Aura Cacia is available at most Whole Foods Markets® and provides essential oils and body oils such as almond oil, apricot kernel oil, and sesame oil.

Aroma Naturals Candles

www.aromanaturals.com

This candle company uses essential oils in their lovely candles and uses frankincense, blended with lavender or patchouli, in two popular scents. I've found these candles to be long lasting and to have wonderful, fresh fragrances.

STRENGTH TRAINING

These sites give you great information from trusted sources:

www.joycevedral.com

www.drpeeke.com

www.bodyforlife.com

CHARITABLE GIVING—HUNGER RELIEF

Check www.charitywatch.org for ratings of charities to find out how much of your money actually goes to feeding the needy. All of these charities had high ratings as of June 2006:

Bread for the World

www.bread.org

Action Against Hunger

www.actionagainsthunger.org

Food for Survival

www.foodforsurvival.org

Freedom From Hunger

www.freefromhunger.org/about

The Hunger Project

www.thp.org

CHARITABLE GIVING—HUNGER RELIEF
AND CHRISTIAN MINISTRY

Samaritan's Purse

www.samaritanspurse.org

Samaritan's Purse is a charitable organization with an emphasis on programs that provide food and emergency relief to children around the world. Request their Gifts of Hope catalog for your Christmas shopping!

Feed The Hungry

www.feedthehungry.org

Feed the Hungry distributes food all over the world, using local networks of churches and pastors so that those in need are fed physically and spiritually.