



‘Feed Your Face’ skin care products, were developed after a rather extensive review and trial of some of the ‘Anti-Age’ skin care products currently available. I personally tried a number of these products, even using some interesting application devices, to see if perhaps the aesthetic benefits might out-weigh some of the synthetic and often petroleum or alcohol based ingredients. Sorry, but I did not find any miracles among them!!! Some did make my skin feel tight (not sure that was a good thing) and perhaps the bags under my eyes were less, but honestly, not worth the price or the chemicals that I was absorbing through my skin. I was also confused as to why I need 4 different products for the same issue, just because it was located a few inches away.....what’s with that!!!

So, my mission began- Find all natural sources for what are considered to be the top ‘age defying’ ingredients and use these in combination with other natural skin loving ingredients to develop a more complete approach to improving the health of our skin and combating the signs of aging.

After extensive research and several undesirable results

.....the **‘Feed Your Face’** products were born.

A Complete and All Natural diet for your skin!

Not only are they good for your skin, they are easy to use!

After only a few days of use, my skin just felt better and, by 30 days, it was noticeably softer, smoother and firmer. Lines/wrinkles were diminished, minor discolourations (age spots) were lighter and the bags under my eyes lessenedand this was with my glasses on!!! No, I don’t look 25, but I do feel more confident with my appearance, and my skin feels great!

So impressed with these results, I took it one step further and created the **‘Feed Your Hide’ -Body Butter** too.

My only regret---not starting to use these 20 years ago!

**These products contain 100% Natural Skin Essentials-
Anti-oxidants; Moisturizers; Exfoliants; Vitamins;
Minerals; Proteins/Peptides; Enzymes; Brighteners;
Anti-inflammatory & More!**

Just a note about the packaging:

Most bio-active substances are substantially degraded or destroyed by exposure to light, heat and air. The laminate tube packaging helps to ensure the products integrity by protecting the contents from both air and light. There is also a barrier liner that prevents the contents from contact with the laminate.

How To Use:

These products are suitable for both **men and women.**

*It is important that you not contaminate the containers and once opened, they should be used within 60 days.

*Like all skin care products, we suggest not getting them directly in your eyes.

‘Feed Your Face’

Concentrated Serum-for Face/Neck

Gently massage a small amount into freshly cleaned skin, both morning and night. Allow serum to be absorbed before applying any other daytime products.

Day Cream –with Sunscreen

Also contains zinc oxide, a natural sun screen. Cream formulation allows for easy make-up application- if desired*.

Smooth a thin layer on face/ neck after Serum-use as your daily moisturizer. *Mix with liquid foundation for one step application.

Face Mask-once a week treatment for optimal results

Mix 2 to 3 teaspoons of blend with enough water to form a paste. Apply to face/neck, leave on 20 minutes, then rinse off.

Ingredients: Kaolin Clay, Chamomile, Kelp

‘Feed Your Hide’

Body Butter- Does not contain Sunscreen.

Great for arms; legs; butts; boobs and skin everywhere.

Apply lightly to clean skin twice a week or as needed.

Allow a few minutes for product to be absorbed before dressing.

Here are a few tips for any skin care products:

1. Be consistent.....improvements will be gradual, as with most topical applications, so give it at least 30 days.
2. Always test skin care products on a small area of skin first, due to the potential of irritation or allergic reaction.
3. Thinner is better-a thin even application is all that is needed.
4. Use as directed and apply to freshly cleaned skin.
5. Do a ‘once a week’ all natural face mask treatment for optimal results.
6. Keep in mind that no single ingredient is the ‘be all to end all’ for skin care. Just like your body needs a healthy, balanced diet to function optimally, your skin also needs a broad range of ingredients to help it look its best.
7. A healthy diet is important to healthy skin.
8. Get adequate sleep and stay hydrated.

Most importantly.....**Smile**.....it is your best feature!

For additional ‘Aging & Healthy Skin’ info visit our web site

So go on.....Feed Your Skin!!!

*****Go to our on-line Catalogue for Introductory Specials!*****

Brighton, ON

www.kettlebyherbfarms.coms

Toll Free: 1-877-727-8344

INGREDIENT LIST -Yes, it is very long.....this is a Complete and All Natural diet for your skin! Plus- you can pronounce all the ingredients!
* **ALCOHOL FREE - NO ARTIFICIAL OR PETROLEUM BASED INGREDIENTS** * (Additional info provided for informational purposes only.)

HERBS

ALFALFA- *Medicago sativa*-Source of protein, minerals and vitamins C, D, E & K . Conditions skin & increases skin metabolism.
CALENDULA- *Calendula officinalis*-Helps ageing skin in three main ways. First, it helps to create new blood vessels in the skin. Second, it is full of carotenoids & lutein, the antioxidant effects of which fight free-radical damage. Thirdly, it stimulates collagen synthesis & cell regeneration
CHAMOMILE-*Matricaria recutita*- Main constituent is the well known anti-inflammatory azulene
COMFREY -*Symphytum officinale*. -Contains allantoin, a skin ingredient that promotes healing, and is known for its regenerating and soothing properties. It is anti-inflammatory, astringent and emollient. Aids in the healing of open wounds, cuts, burns, & bruises.
GINGKO -*Gingko biloba* -helps to increase circulation, prevent capillary fragility and boost collagen formation
GOTU KOLA-*Gotu kola*- Has great value helping with the synthesis of collagen, thickening and improving the tensile strength of the skin, wound healing, repair of damaged tissue in wound healing. Source of Zinc.
GREEN TEA- *Camellia sinensis*-Well known for its antioxidant, anti-inflammatory, and astringent properties. Topical green tea polyphenols can help slow down the development of some signs of aging and helps repair skin damage by quenching free radicals and reducing inflammation.
HORSETAIL-*Equisteum arvense*-Rich in minerals, especially silica used to maintain healthy tissue as it facilitates the absorption of calcium. Helps eliminate excess oil, and has a firming action on the skin. It is beneficial for acne because of its high silica content. Source of B3, Selenium, Sulfur.
KELP-*Laminaria digita*- A seaweed with 23 vitamins and minerals, including chlorophyll, folic acid, vitamins A, B12, D and iodine. The vitamins and minerals in kelp help to keep the skin nourished and moisturized.
MARSHMALLOW-*Althea officinalis*- Great anti-irritant and has an inhibitory effect in hyaluronidase, an enzymatic action in which the hyaluronic acid and other muco-polysaccharides in the connective tissue are degraded. Shows promise in preventing excessive pigmentation in the skin.
OATSTRAW-*Avena sativa*- Anti-irritant and anti-inflammatory, used extensively in cosmetic preparations for many years. Main constituents of oatstraw are silica, saponins (avenacosides A and B, avenacin), polyphenols.
RED CLOVER-*Trifolium pratense*-contains many vitamins/minerals, blood purifying properties helpful for rosacea, eczema and psoriasis.
ROSE HIPS-*Ros canina*-The seed pod left after the rose petals fall off. Rich in Vitamin C.
ROSEMARY- *Rosmarinus officinalis*-Toning and binding effects on skin, promotes proper skin function. Helps to reduce puffiness/ swelling. Blood circulation is improved so nutrients are carried more effectively to the cells and waste materials from the cells are effectively removed.
SHITAKE MUSHROOMS-*Lentinus edodes*-Contain kojic acid which can prevent the formation of melanin, or pigment, in skin, resulting in a brighter, more even complexion. In addition, kojic acid has an astringent quality that temporarily tightens the skin and makes it taut.
UVA URSI (Bearberry)- *Arctostaphylos uva-ursi*-Source of arbutin, to naturally lighten the skin.
WHITE WILLOW BARK- *Salix sp.*-Contains natural beta hydroxyl acids which work as a skin exfoliant to help unplug follicles and pores.
WILD YAM-*Dioscorea villosa*-Hormone balancing herb, helps fight pre-mature aging of skin

FRUITS/ VEGETABLES/ FOODS

APPLE-Source of Phloretin- reduces discolourations and serves as a penetration enhancer.
APPLE CIDER VINEGAR - restores the skin's natural acidity (pH balance). Vinegar keeps both oily and dry complexions soft and fresh.
AVOCADO- excellent source of Idebenone/Q10, Vit B3,B5,E,D, Beta Carotene, Copper, Magnesium, Potassium, Zinc
CANTALOUPE-Excellent source of Vitamin A; Vitamin C and powerful anti-oxidants (SOD). Cantaloupe is loaded with sun-protecting betacarotene
COCONUT MILK-Has natural anti fungal, antibacterial, and antiviral properties. Contains vitamins A and C, Calcium, cytokinins (kinetin), proteins and more . Coconuts milk is particularly sturdy and rich, and is used to hydrate, moisturize, repair and heal the skin and the hair.
CUCUMBER- A natural anti-inflammatory, with skin soothing and moisture binding properties. Cell renewal properties and helps tighten the skin
EGG- The perfect mix of fat, protein, vitamins and minerals. Vitamins A, B12, B6, D, and E, , zinc, choline, lutein, phosphorus and more.
HONEY - Anti-oxidant, anti-microbial, supports the skin's ability to rejuvenate and refresh depleted skin, absorbs impurities from the pores, etc, etc. Contains amino acids, enzymes, glucose, fructose, minerals – magnesium, potassium, calcium, copper, zinc, vitamins B1, B2, B5, B3 and more!
LEMON : Source of calcium, ascorbic acid, vitamin E. Skin renewal and skin brightening. Anti- bacterial, anti-septic and anti-inflammatory.
ORANGE: Helps reduce puffiness, discourages dry wrinkled skin, stimulates circulation, clears blemishes, increase perspiration (releases toxins).
RED GRAPES-source of Sirutins
SUGAR CANE- Contains Glycolic Acid to help exfoliate and renew the skin. Promotes penetration of the skin lightening actives.
STRAWBERRIES-Anti-oxidants, vitamin C, salicylic acids, Biotin (Vit. H), Omega 3 and they lighten skin (dark circles).
TOMATO- Alpha Lipoic Acid, Purifying to the skin, naturally acidic tomato also helps balance the PH of the skin.
YOGURT-Source Lactic Acid, an alpha hydroxyl acid

OILS

COCONUT OIL- softens and moisturizes the skin. Promotes healing and repair while protecting against free radical damage.
EVENING PRIMROSE OIL-(*Oenothera biennis*)Contains gamma-linoleic acid, linoleic acid and other nutrients essential for cell structure and to improve the elasticity of the skin. These essential fatty acids also help treat rosacea .
GRAPE SEED OIL-Many benefits, helps control moisturization of skin
GERANIUM ESSENTIAL OIL- (*Pelargonium graveolens*)used to balance the skin which helps to boost and improve the elasticity of the skin.
ROSE HIP OIL- Very nutritious, consists of 80 percent essential fatty acids. It has multiple benefits particularly for any scars, including acne scars.
SEA BUCKTHORN OIL-(*Hippophoe rhamnoides L.*) Excellent source of Omega 7, helpful for treatment of Rosacea, acne and other skin issues.
SWEET ALMOND OIL- An excellent emollient, high in vitamins A, B1, B2, B6, E, as well as potassium, magnesium, calcium, iron zinc, and phytonutrients. High in oleic acid and other fatty acids, penetrates easily unto the skin to nourish, moisturize, soften and soothe the skin.
VITAMIN E OIL- d-alpha-tocopherol-Considered the 'king' of anti-oxidants. Also lots of other skin benefits.
WHEAT GERM OIL- Wheat Germ has a high content of linoleic acid and oleic acid, Vitamins E, A, D, proteins, Lecithin, Phospholipids, B vitamins & folic acid. Repairs damaged skin and helps reverse wrinkles by promoting tissues regeneration. Helps control skin inflammations.
WILD SALMON OIL- Source of DMAE, Omega 3 & 7. Taking omega rich wild fish oil supplements internally is very good, but if you're interested in the best skin care use topical skin care products that contain Omega 3 and 7 as well.

MISCELLANEOUS

DISTILLED WATER-pure and simple!
BEESWAX-Pure, unbleached.
ZINC OXIDE-**(Day Cream Only)**-Natural Sunscreen and source of zinc.
GLYCERIN-100% Vegetable source
LANETTE WAX- From 100% natural coconut and palm oils.
KAOLIN CLAY- **(Face Mask Only)** Natural earth mineral clay.