Fashion at the races in New Zealand

Epoch Times Staff

Hasn't horse racing been a scene for people to put on their most fashionable clothes and stroll among the beautiful horses and lovely grounds for ages? As December ends and the weather warms at the Ellerslie Racecourse the Zabeel Classic presents a fashion competition, VIVA Fashion in the Field.

MEN'S FASHIONS, TOO: Also competing in the VIVA contest were entries for men's fashion. HANNAH JOHNSTON/GETTY IMAGES

WELL-DRESSED! An entry in the VIVA contest shows that men can use layers to add interest to their look. HANNAH JOHNSTON/GETTY IMAGES

FLORAL FASHION: With hat and dress springing forth in a floral pink theme Olivia Moor won the VIVA Fashion in the Field Supreme Prize on Dec. 26, 2009. HANNAH JOHNSTON/GETTY IMAGES

A good time for hats

WHIMSICAL: Hats with a bit of fun at the Igedo Fashion Fair. HENNING KAISER/AFP/GETTY IMAGES

BRIGHTEN A DREARY DAY: Colorful hats from the Igedo Fashion Fair, Feb. 2, 2009 in Duesseldorf, Germany. HENNING KAISER/AFP/GETTY IMAGES

Grandmother's advice: maintaining a healthy complexion

By ANCA HUBERT
Epoch Times Staff

Women have always known how to maintain their health with the help of natural treatments. At the same time, they have known how to maintain a healthy life style combining healthy nourishment with rest and physical exercise. As the mother of two daughters I have watched and helped as they learned to use beauty products. When one of them had a bad reaction to a commercial product I began to think of the recipes my mother and grandmother used when I was growing up in Romania. I mixed up one for my daughter and it worked much better for her. After this experience I did some research to look up more of those time-proven remedies and I'd like to share them. Here are a few traditional recipes that will make you look and feel good.

SWEET INSIDE & OUT: Honey is a great ingredient in many home beauty recipes. THE EPOCH TIMES

HOW TO MAINTAIN YOUR COMPLEXION:

SKIN CLEANSING

During the day, but even during the night while you are sleeping, the complexion is affected by external factors. Cleansing helps remove the dust, daily make-up, and dead cells from the complexion, allowing it to breathe, to regenerate and to be healthy.

For that reason, cleansing should be a daily habit. Don't forget to cleanse the face in the evening before you go to sleep, as well as in the morning. In this way, your complexion will remain young and healthy for a longer period of time.

NATURAL CLEANSER FOR ALL SKIN TYPES:

Milk cleanser with honey (for all types of skin): Mix one spoon of honey with 8 oz mineral water (fizzy) and 8 oz partly skimed milk. Use this cleanser for your face in the evening, before you go to sleep.

NATURAL SCRUB FOR AN OILY COMPLEXION BASED ON WHEAT BRAN

Our grandmothers knew very well the soothing and healing properties of wheat bran, which are very important for oil complexions. Use two spoons of warm water, add one spoon of wheat bran, and one teaspoon of honey then mix them. Rub the mixture immediately on the face, and then rinse with lukewarm water. Preferably don't use more than once or twice a week to avoid irritating the face.

A FEW FACIAL MASKS

Once a week, use a facial mask for fast and healthy results: a bright complexion and toned down wrinkles.

EGG MASK

Combine a teaspoon of olive oil with an egg yolk. Mix the composition well - then use it right away. Keep it on for 15 minutes, and then wash your face with warm water. Optional: add one teaspoon of honey to further nourish the skin.

HYDRATING MASK

Mix 2 spoons of honey and 2 spoons of milk then spread the mixture on your face and neck. Leave it on for 10 minutes, and then wash your face with warm water.

ANTI-WRINKLE AND ANTI-COLD MASKS

Wash and dry some salad leaves with a cloth. Keep them for 5 minutes in hot olive oil, and then apply them to the face. Leave them on for 15 minutes. Wash the skin with warm water and dry it with a dry towel.

MASK FOR OILY SKIN

Mix one spoon of clay with an egg yolk and a spoon of avocado pulp. Apply on your neck and face, avoiding the eyes. Wash with lukewarm water after approximately 10 minutes. The clay absorbs and removes the seborrhea excess, while the avocado and the egg yolk hydrate and nourish the complexion.

MASK FOR DRY SKIN

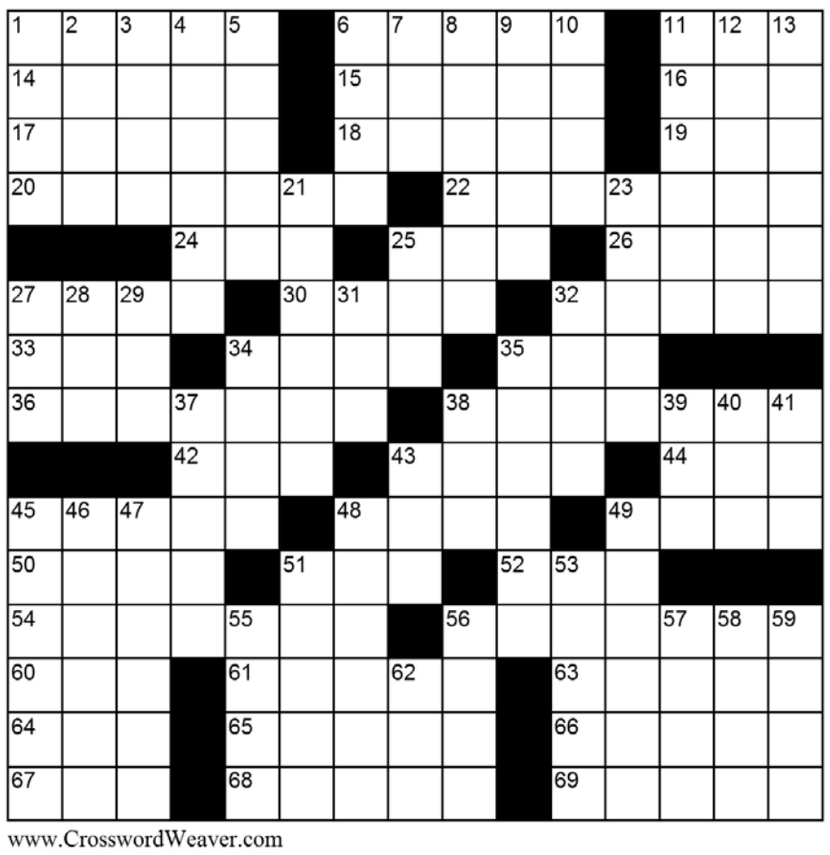
Mix one spoon of honey, one egg yolk, one teaspoon almond oil and one spoon yogurt. Apply the mixture to the face, avoiding the eyes. Wash your face after 10 minutes. Honey stimulates the skin, the egg and the almond oil penetrate and hydrate while the yogurt smooths the complexion and closes the pores.

MASK FOR SENSITIVE SKIN

Mix one banana (the flesh), one cup of oat cereals boiled in milk, one egg, one spoon of honey. Apply to face, massage clockwise and leave it on for 15 minutes. Wash with warm water. Oat cereals are rich in vitamins and minerals clean and soothe the complexion. Banana contains vitamin A, egg contains lecithin, and honey helps the maintenance of natural skin pH.

BEAUTY FOOD: Feed your skin nourishing ingredients you can also eat. THE EPOCH TIMES

CROSSWORD



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Across

1 Pointed at
6 Flower stalk leaf
11 Tooth
14 Buddy
15 Relating to the moon
16 Be
17 Sanskrit
18 Unjust
19 Container
20 Marrow
22 ___ Roosevelt
24 Past
25 Tree
26 Welt
27 Like a wing
30 Sell for money
32 Cloaks
33 Sun's name
34 Sit in a car
35 Heptad
36 Attempted to persuade
38 Chains
42 Hallucinogen
43 Little boy's name
44 Cut of beef
45 Prize
48 "Mister" (German)
49 Exhort
50 Jewish calendar month
51 Animal foot
52 Hearing part
54 Cattle house (2 wds.)
56 Nut
60 Fortify
61 Kidder
63 Intangible
64 Ball holder
65 Senile
66 Harden
67 Gray sea eagle
68 Stinks
69 Seeps

Down

1 Suffer
2 Part of the eye
3 Days of the wk.
4 Make dear
5 Wilting
6 Color
7 Jog
8 Of the Andes
9 Make tight
10 Ash
11 Snooze
12 American songbird
13 Literature
21 Made a duplicate
23 Wait for
25 To be in debt
27 American sign language
28 W.C.
29 Loose gown worn at mass
31 Count
32 Munich
34 Ascent
35 Skewed
37 Endorsement
38 Pro
39 Goof
40 Big truck
41 Compass point
43 Semite
45 Quit
46 Worshiper
47 Law officers
48 Cloth Kleenex
49 Cultured
51 Liable
53 Brand of pain reliever
55 Open
56 Mined metals
57 Water (Sp.)
58 Conceal
59 Dregs
62 Deer relative

Today's Solution