

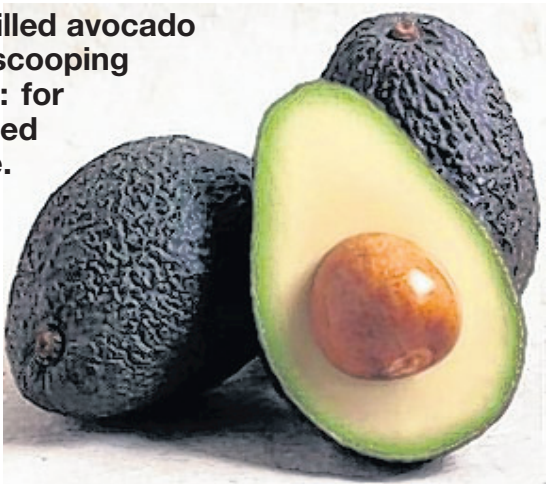
# Avocados are nature's super skin conditioner

AVOCADOS are not the prettiest fruit in the bowl to look at. But underneath that greeny-brown, wrinkled exterior lies rich, creamy, green flesh abundant with beauty-enhancing properties.

Simply grab Mother Nature's very own little miracle – a chilled avocado – and it's cheap and easy. Cut in half and remove the pith, scooping out the green flesh into a bowl. Now here's the messy bit: for softer, smoother skin and a simple solution to suit-case sized bags under the eyes, spread the avocado over your face. Leave it on for about 20 minutes giving your skin time to absorb the natural oils in the fruit and then rinse off to reveal a new yummiier you!



One more cool tip . . . . for even cooler eyes, add two cucumber slices over the lids and relax! Go on . . . Give It a Go!



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