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**FOR IMMEDIATE RELEASE**

**NEWS FILLER:**

*It's National Honey Month!*

**Beauty Benefits of Honey Match its Natural Goodness**

We all know what honey does for our taste buds, but is it also good for your skin? You can bee-lieve it! Honey acts as a natural topical humectant. It seals and retains moisture, and it's also an anti-irritant, so it's a suitable treatment, even for tender skin.

A blend of honey and oil gives sheen and luster to hair, and it has been a favorite with women since the reign of Queen Anne, when women discovered that she used it regularly. Chinese women traditionally have mixed a blemish treatment from honey and ground orange seeds. And Cleopatra was known to enhance her bath with honey and milk. Natural cosmetics shops now feature honey as a main ingredient in their toning lotions and scrub masks.

You can make your own beauty product with this thrifty tip from Dutch Gold Honey in Lancaster, Pa. Mix two tablespoons of honey with two tablespoons of milk. Spread on your face and throat. Rinse with warm water after 10 minutes, and see your skin glow.

***Source: Dutch Gold Honey, Inc., Lancaster, Pa.***