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## Jen's Skin Care Blog

By [Jen Adkins](#), About.com Guide to Skin Care

### Free Skin Care Newsletter!


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## New Homemade Skin Care Recipes

Thursday May 28, 2009

If you get my [weekly newsletter](#), you'll know that this week was all about DIY Beauty. As stated in the newsletter, I read some stats that said a lot of you are giving it your best shot at making your own homemade skin care recipes.

Yesterday, I received three new fantastic skin care recipes by Mindy Terry, the President and Founder of [Creative Spa Concepts](#) that I can't wait for you to try.

- [Sweet Summer Skin Smoother](#)
- [Papaya Pineapple Exfoliating Mask](#)
- [Lime Exfoliation](#)

And just this morning I got an email from Tina in Germany who shares how her and her friends get their skin ready for bodybuilding contests. After cleansing with shower gel, they give their body a thorough exfoliation by mixing sugar with baby oil. They mix it together and put it in a cup so it's easily available in the shower. She said their skin was extremely smooth and soft. (Thanks, Tina!)

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If you try any of our [homemade skin care recipes](#), let us know! If you have your own, share it here and I'll add it to our list.

## Comments

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