

## BEAUTY ON A BUDGET EXAMINER

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### Budget Girl

Read on makeup, hair and health tips for Champagne girls on a Budweiser budget. I'll let you know which beauty buys are worth it and which ones you can skip! Got beauty tips you would like to share? Contact me at [BudgetGirlTalk@gmail.com](mailto:BudgetGirlTalk@gmail.com)

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## Author of "The Passionate Olive" Shares the Secret to Beautiful Hair

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I have noted before how I use **olive oil** in the kitchen, but according to Carol Firenze, the author of **The Passionate Olive** – 101 things to do with Olive Oil, she explains that the first uses of olive oil were not of cooking but "for centuries, people of the Mediterranean have recognized the beautifying benefits of olive oil for the body, skin and hair."



Organic "Beauties on a Budget" can multi-task this "liquid gold" for household, health, beauty and sensuality purposes to stretch their dollar. It's a great resource listing several natural recipes for beauty mixtures as well as a "Love Infusion Formula."

Below is one of her recipes for a conditioner that will help moisturize and strengthen your hair:

### Olive Oil Hair Conditioner

- > Mix ½ cup virgin olive oil with an egg yolk
- > Add a few drops of lemon juice and mix
- > Shampoo your hair with your favorite gentle shampoo and rinse
- > Apply the mixture of olive oil, egg, and lemon all over your hair
- > Leave on for five minutes
- > Shampoo your hair again and rinse.

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Her organic olive oil **soaps** \$5 (which is made simply from Olive oil, coconut & palm oil, distilled water, emollient and glycerin) feels luxurious and never dries out your skin. She also offers a listing of specialty stores where you can find olive oil products in her book.

So here's to Love, Health, Beauty....and olive oil of course!

For more information visit:  
[www.thepassionateolive.com](http://www.thepassionateolive.com)  
Or contact [olives@thepassionateolive.com](mailto:olives@thepassionateolive.com)

For more budget tips visit: [www.budgetgirltalk.com](http://www.budgetgirltalk.com)

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