

# LIMONEIRA<sup>®</sup>

SINCE 1893

## Love, Lemons, and Looking Good with Limoneira Citrus

*DIY Skincare and Beauty Tips from Limoneira Spokesperson Megan Roosevelt and Guest Vlogger Ami Desai*

(Santa Paula, CA) – February is the month of love – and a clean, DIY beauty routine is a wonderful and easy way to extend that loving spirit into the world of self care. Lemons are an endlessly versatile fruit, and can be as helpful in a skincare routine as they can in the kitchen. At their core, lemons are a wonderful source of Vitamin C, which helps to promote collagen production and skin renewal. Additionally, alpha hydroxy acids (AHA) are a key component of exfoliation, and can help to brighten the skin and lessen acne scarring, leaving the user with healthy, glowing skin. To that end, Limoneira spokesperson Megan Roosevelt, alongside guest vlogger and #OWNshow host Ami Desai, will be bringing her favorite DIY beauty methods to the Limoneira YouTube channel all month long.

For a helpful demonstration, you can watch Megan and Ami create the recipes below [here](#) on the Limoneira YouTube channel. Don't forget to subscribe – videos with more wonderful recipes, tips and tricks not detailed in this release will be added to the channel each Friday throughout the month.

*Limoneira has also partnered with additional global chefs and mixologists, nutritionists, and beauty lifestyle and green cleaning experts to share their knowledge with the customers of our grocery and food service partners around the world. Their biographies can be found on [Limoneira's website](#).*

Take a look at some of this month's DIY beauty tips below.

**Honey Lemon Sugar Scrub** – This homemade remedy from Ami Desai is perfect for skin rejuvenation – whether it's for a date night or just a self-pampering night in.

Ingredients:

- One Limoneira lemon
- Honey
- Sugar

Directions: Cut lemon in half and sprinkle sugar on top of one half of the lemon. Add honey for moisture. Rub lemon half over face and leave for 5-10 minutes, then rinse. It's easy as that!

**Lemon Toner** – Every good skincare routine has multiple components. Megan Roosevelt



has the perfect DIY toner – without the harmful chemicals and mystery ingredients one might find in a store.

Ingredients:

- ½ cup Limoneira lemon juice (Eureka or Lisbon)
- 1 cup filtered water
- ¼ cup Witch Hazel

Directions: Simply add all ingredients to a jar or bottle with a well-fitting lid. Shake well and use.

Each month, Megan will be featuring another wonderful facet of citrus living. Subscribe to [Limoneira's Youtube channel](#) for more information on the many ways this endlessly versatile fruit can improve life inside the home and beyond.