

## **“To Health, Long Life & Pleasures! “ Show**

*Hosted by Lillian Zeltser*

A few years ago, I was fortunate enough to be in Ireland during the spring, where I encountered some Irish Beauty Tricks - straightforward yet highly effective natural skin & hair remedies.

### **\*\*Irish Magic for Beautifying and Strengthening Hair\*\***

In the spirit of St. Patrick’s Day, wash your hair before sunrise. After washing, rinse it thoroughly with a mixture of 500ml of Guinness or any other Irish beer diluted in 500ml of warm water. Allow your hair to dry naturally so that the active ingredients—such as malt, hops, and vitamins—can work their magic. Once your hair is dry, style it as usual and enjoy the amazing transformation: increased strength, enhanced beauty, and a golden shine, all complemented by the subtle scent of Irish beer!

### **\*\*Irish Tea for Radiant and Youthful Skin\*\***

This remedy is especially effective in spring! To rejuvenate your skin, prepare some barley tea, sweeten it with raw honey, and sip it slowly just before bedtime. To make the tea, roast 30 barley seeds, then pour boiling water over them and brew for 15 minutes.

When you’re in bed, lie down on your back and focus on thoughts that bring you joy. In the morning, you’ll be thrilled with your skin’s transformation—it will look rejuvenated, plumper, and more radiant! The science behind this remarkable effect lies in barley, which is rich in antioxidants and nutrients like selenium, known for its ability to clear the skin and enhance its youthful appearance.



For more authentic functional recipes: <https://www.amazon.com/Aphrodisiac-AdventuresLillianZeltser/dp/0648804631>