

# You Are A Beautiful Creature Unlike Any Other



Every woman is a goddess. Woman and beauty are synonymous. Buuuut, that just sounds like a lofty platitude when we are overworked, overtired, overweight and overwhelmed! Then, we are not in touch with our sacred feminine energy. What we are in touch with then, is wanting some much needed pampering!

One thing I know is that Goddesses don't neglect themselves like that. Goddesses adorn and pamper themselves and invite in whatever makes them feel beautiful and powerful. No excuses, no apologies. Because they are WORTHY.

What would the world be like if every woman treated herself like a goddess? Imagine if we all knew ourselves to have that power and that deservingness and that value...

**How would your life be different if you had that relationship with yourself?**

There is nothing more beautiful and powerful than a woman who is connected to and embraces her own precious unique, snowflake beauty.

A woman like that can inspire a thousand women, and heal a thousand men.

And by the way, what is beauty? Is it just a superficial pursuit, a false glamour, a vanity that spiritual, savvy, purposeful women shouldn't be interested in? No. Beauty isn't vanity, it is virtue. Beauty uplifts the spirit wherever it is encountered. True, naked beauty comes from your essence and is a gift to the world. It is something none of us would wish to be without. We all thirst for beauty be it in music, art, Nature, or our nature and reflection. Beauty illuminates your face and ennobles your life. To the degree you can appreciate the beauty within and all around you is the degree that you own your sensuality as a woman. It is a spark that refreshes your spirit and melts away stress. Beauty is the illumination of your natural radiance- when you have vibrant health. Health and beauty are two sides of the same leaf. They are your Birthright, and every woman deserves both. In fact, they are your sacred nature. But when we lose connection to Nature, we lose connection to our nature...

Discover the gifts of Nature to enhance the gifts of your nature. When it comes to natural beauty, Mother Nature holds the keys to the Queendom. But, like any sovereign female she refuses to just spill her secrets. We must honor her wisdom before she will allow her veils to be lifted.

For generations grandmother, girl-friend and sister Devas have passed down Nature's beauty secrets using Aloe, fruit, herbs, spices, yogurt, special oils, honey and flowers to scent their bodies, soften their skin or color their hair. And they did so



## SUNSHINE IN A GLASS

This juice contains a bounty of Vitamin C, the sunshine vitamin. This is my favorite juice when I want to give spread some TLC because it contains nutrients that help rejuvenate the pancreas and nervous system which automatically helps de-stress the body, mind and spirit.

2 Oranges peeled, zest a small amount prior to peeling for garnish  
½ Cantaloupe  
2 large Carrots  
2 wands of Celery  
JUICE all ingredients in your juicer. Garnish with a pinch of pretty orange zest. I like drinking sunshine, don't you?

• **CITRUS** lemons, limes, grapefruit and oranges when cut in half look like the cross section of our mammary glands and assist lymph drainage there. Plus, the skin of citrus contains AHA's (alpha-hydroxy acids) which are used in skin peels to remove dead cells and reveal softer, brighter skin underneath.

*This is an excerpt from Naked Beauty: Your Guide to Getting Gorgeous, Naturally by Shakaya Leone. For more treats and tips and easy and effective Home-Spa beauty treatments, pick up your free copy of a longer 34 page excerpt of Naked Beauty available at [www.earthemp-ress.com](http://www.earthemp-ress.com)*

*Shakaya Leone inspires women to take care of their exquisite body-temples and flower-faces. 'I help women RECLAIM their Health and Beauty. Food is a sacred gateway to activate that. Tell me how you eat and I'll tell you where you are sabotaging or cultivating your power as a woman.' Learn more at [www.EarthEmpress.com](http://www.EarthEmpress.com)*

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Knowing how to take care of your flower-face and body-temple is a skill.

I want to take you on a journey of uncompromising beauty the way Nature intended. So Sweet Sister, grab a moment of quiet, clear away work and clutter and prepare to be taken away on a gliding adventure. I am going to show you how to prepare 2 special treats for yourself:

### SHAKAYA'S FOUNTAIN OF YOUTH BEAUTY ELIXIRS

#### FACE OF BEAUTY

Acne can erupt in adults as well as teens, especially if hormones aren't in balance. Figs and grapes are beauty treats rich in anti-oxidants that build beautiful tissues and keep skin clear.

7 fresh Figs or 1 lb of Grapes  
1/4 bulb Fennel  
BLEND all ingredients until smooth. Decorate with a pretty slice of lime and serve to your best friend- YOU!

• **FIGS** are treasured for their glistening, luscious flesh and delicate fruity perfume, they played an important part in the diet of ancient Mediterranean women.

# Naked Beauty

Your Guide to Getting Gorgeous, Naturally



shakaya leone

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without using artificial ingredients and toxic chemicals. And so can you.

As a former Licensed Aesthetician, Colon Hydro-Therapist and Raw Foodist I have explored beauty from inside-out for two decades. In my own questing for vibrant health and beauty I have been gifted precious pearls which I will pour onto you here like a Spring shower. What I have discovered is that what makes all the difference in how we look and feel in our 40's 50's 60's and beyond, is our food. Food is a sacred gateway to your soul.

