

**Think Green  
and Clean to....  
Radiant Glowing**

**Flawless  
Skin**



**Kristy Jenkins**

# Age Defying **SKINCARE**

Reclaim Your Radiant Skin ..



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# Think Green And Clean to Radiant Glowing Flawless Skin

## SkinCare Special Report

### Topics Covered:

#### Think Clean and Green to Flawless Skin

The Importance of Caring For Your Skin

'Personal Skin Care' Is a Routine

What is Natural Skin Care?

Organic Skin Care

Herbal Skin Care

Sensitive Skin Care

Serious Skin Care

Skin Care Treatment for The Most Common Skin Conditions

Facial Skin Care

Choosing a Facial Skin Care Product

Which is the Best Skin Care Product?

The Facts about Oily Skin Care

The Recipe for Dry Skin Care

I Didn't Order that Combo! Combating Combination Skin

Are Natural Skin Care Products the Answer to All Problems?

Lotions, Ointments and Masks - Oh My! The Basics of Skin Care

Lotions vs. Skin Care Creams

Acne Skin Care

Top 10 Skin Care Tips

Top Ten Tips for a Healthy, Glowing Skin

Habits to Break and Habits to Maintain for Dazzling Skin

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## **Introduction**

Let's accept the fact: many of us are skin conscious. As much as possible, we wanted to have a fresh, good looking skin. However, many of us failed to recognize that simple steps are the best ways to attain it. We just tend to ignore what is actually right or wrong for our skin. We tend to buy some beauty products that just worsen whatever skin imperfections we have as it turns out in the end. So, now is the time for change. We must do something to beat up all those bothering skin conditions we have.



## **Think and Act CLEAN**

One thing that is true in our society since the early days is, some companies, if not all, that produce skin care products would like you to believe that a perfect, beautiful complexion can be purchased in a jar. But the truth is, a truly radiant, blemish free and moist skin is a result of being clean. If I say "clean", it means clean from deep within and not just skin deep.

Most of the medical professionals commonly suggest that people with skin problems must practice certain skin care methods that will help improve the condition of the skin. One of the most recommended ways is to clean the skin gently by washing it with a mild cleanser, at least once in the morning and once in the evening, as well as after a heavy work out. But behind that way, there is one thing that's very crucial for maintaining a beautiful skin, and that is: to create clean blood that continuously supplies wonderful nutrients right to the doorway of each and every cell in your body. If you will start practicing this, there's no doubt that you're well on your way to having beautiful skin.

But, how can you make it possible?

Well, these days keeping toxins out of your blood and organs in the body seems difficult. The primary reason is that, most of us dwell in a "sea" of chemicals and

drugs. We even eat mostly refined foods. Now, if your main "goal" is a healthy and beautiful skin, then it's now time for you to have a somewhat conscious effort to cleanse these dangerous substances out of your system while placing in the finest nutrients. There is a particular good news that you must know about your own system, that is, your body is constantly in a cleansing mode. It was created with the ability to drive out toxins as long as the energy necessary for it to function is supplied.

The bottom line is: cleansing energy is more abundant when you supply your body with the nutritious foods. Note the word "nutritious".

### **Main Organs That Keep Your Skin Beautiful**

Our body is made up of different organs that are responsible for providing us with beautiful and healthy skin. These specifically include:

- Liver
- Kidneys
- Adrenals
- Thyroid
- Large Intestines
- Small Intestines

Note that with these organs mentioned, you are accountable to them as well. It is now your role to keep them clean at all times. You will just find out in the end that beautiful skin will result from your daily efforts.

#### *Liver and Kidneys*

It is interesting to know that our liver and kidneys are the two filtering organs that provide ongoing "housecleaning services", as I prefer to call it, constantly. You must be aware that these days, these organs are seriously well-worn and even underpaid. So, why overload them with outside challenges? Is it hard for you to just protect them from outside harm? It's not that hard though. Simply feed them well and they will keep you, including your skin healthy in the end.

#### *Adrenals*

Also, lying on top of your kidneys are your walnut-sized adrenals. These organs are often called the "workhorses" of the human body perhaps for the reason that they are responsible for making a number of essential hormones like the DHEA, estrogen, progesterone, testosterone, and pregnenolone. Speaking of hormones, it is necessary to note that healthy hormones are the essential ingredient when seeking energy, as well as healthy skin.

## *Thyroid*

It is often said that if your thyroid is well nourished and energetic, it is capable of providing hormones and works closely with your adrenals to form essential energy. Note that a dry, sluggish and flaky skin is actually the evidence of a weak thyroid. So, strengthen it.

## *Large and Small Intestines*

Studies have revealed that the general well being of one's liver, kidneys, adrenals and thyroid is dependent on the general condition of the small and large intestines. Aside from providing nutrients to these organs, the small and large intestines hold the responsibility of removing whatever waste product is accumulated in the body. If the small and large intestines failed to perform this role, the waste that was meant for elimination will remain in your intestines and this will result to thickening of the skin, which will eventually produce oils and blemishes. Clean intestines actually mirror a pure and flawless skin.

Several reports have noted that drugs, alcohol, chemicals and heavy metals like mercury and lead do daily damage to millions of people in the world. The liver is primarily damaged by the refined oils containing trans-fatty acids, while the kidneys are damaged by the common table salt that is devoid of natural minerals. Perhaps the main reason for this is the fact that thousands of processed foods that people usually consume everyday have trans-fats and refined salt. In addition, it was found out that those pasteurized as well as homogenized dairy products tend to clog the kidneys, thus they must be avoided. But, to attain a healthy and beautiful skin, you definitely need to add foods into your diet that nourish those mentioned six organs of the beauty.

## **Think GREEN**

Today, there is what many dermatologists call as "Spring". In Chinese medicine, spring is the season when the liver cleanses and heals naturally by way of driving out the dangerous toxins that were accumulated in the body through the refined foods that we eat. Many experts suggest green foods, including chlorella, as they are said to be excellent for the liver. Note that green foods refer to those green leafy veggies such as spinach, kale, dandelion greens and broccoli. These foods are what many people consider as the "especially wonderful foods". Now, for a healthy and beautiful skin, have them cooked, raw, juiced and even cultured.

## **More Foods Necessary for Nourishing Your Body and Skin**

Generally, super food formulas provide a mix of nutrients necessary for the body and skin. These include the cereal grasses, algae and green veggies. So, it is best for you to look for one that contains organic ingredients, but also note that the food was designed to heal and nourish the small and large intestines. It is often said that such foods are ideal in the morning for the reason that they assist your blood to alkalize. Also, they are pleasant to take than a handful of supplements. They even provide minerals, fatty acids and protein to the body.

Other foods known to contribute to healthy skin include the raw and virgin fats and oils. One particular perfect source is the coconut oil, which is especially good for the thyroid. Also, mineral-rich food such as dark green leafy vegetables, ocean vegetables and seafood are important. And, the antioxidant-rich foods like black currant and blueberry juice and green tea are a daily must as well.

Furthermore, there is one more group foods that is worth mentioning – the fermented or cultured foods. These foods are actually found in every traditional culture around the world and many have considered these as the news stars of a wholesome diet. Just like some of the above mentioned foods, they are necessary for maintaining a healthy and wonderful skin.



## **The Importance of Caring For Your Skin**

“The packaging is as important as the gift itself.” This premise is something that most of the gift manufacturing companies follow very closely. The same holds good for you too. Your outer-self i.e. your skin is as important as your inner-self.

A lot of people do realize the importance of skin care. This is undoubtedly one reason why there are so many skin care products in the market and most of the skin care products seem to do pretty well. We generally tend to associate skin care to just good looks. However, there is more to it than just that. There are multiple benefits associated with a healthy and glowing skin.

First of all, it has a good effect on you yourself. It makes you feel fresh and energetic. You are able to do more work and are quicker with everything you do. More importantly, the freshness adds to your enjoyment and makes your day. So a healthy skin too plays its part in building confidence. Yes, you can take most of the credit for having achieved that (however, do leave a little to the skin care products).

Moreover, this flow of positive energy is experienced by people around you and you will observe that even they are friendlier with you. You get more respect from others. They are more responsive to your queries. They themselves experience the freshness that you are exuding. They love working with you and for you. Yes, that’s how it works. Some people might even go ahead and ask you about the skin care products you use (you might or might not reveal those secret skin care products to them). Thus, a healthy skin can be instrumental in creating a pleasant and friendly environment around you.

On the other hand, carelessness or negligence on this front can make you look unattractive and dull. You will not only look dull but also feel dull. Your work efficiency is reduced. Even the people you meet might not be as friendly. In fact, it might lead to the aging process getting started much earlier.

Thus the importance of skin care cannot be ignored. However, good skin care is not that difficult at all. There are a lot of skin care products available and you can choose the ones that suit you the best. There are various ways in which skin care products are classified and having a basic knowledge of these classifications will help you understand them better and make a wiser selection.

- The first categorization is based on the **skin type** – so you have skin care products for oily skin, products for dry skin, products for sensitive skin etc.



- Another way is to categorize skin care products **based on their use** i.e. you have moisturisers, cleansers, skin care products for exfoliation, toners etc.
- Then you have skin care products for **treatment of various skin problems** i.e. skin care products for acne, skin care products for stretch marks, skin care products for anti-ageing etc.
- Another classification is **based on the ingredients** i.e. herbal skin care products, synthetic skin care products, cosmetic skin care products etc.

However, selecting the right products is not the only important component to good skin care. You also need to build a good skin care routine into your day to day life and make sure your stick to it.



### **'Personal Skin Care' Is a Routine**

We all know the importance of 'personal skin care'. The opinion on how-to (for personal skin care) differs from person to person. Some people believe that going to beauty parlours every other day is personal skin care. Others believe that personal skin care is just a matter of applying some cream or lotion on your skin, every now and then. Then there are people who think that personal skin care is an event that happens once a month or once a year. Still others busy themselves with 'personal skin care' all the time. However, personal skin care is not that complicated and neither is it that expensive (considering how beneficial

it is). Personal skin care is following a routine or a procedure for attending to the needs of your skin.

Even before you start with a routine, you need to determine your skin-type (oily, dry, sensitive, normal etc) and select the personal skin care products suitable for it (you might have to experiment with a few personal skin care products). Here is a routine that should work for most people with normal skin.

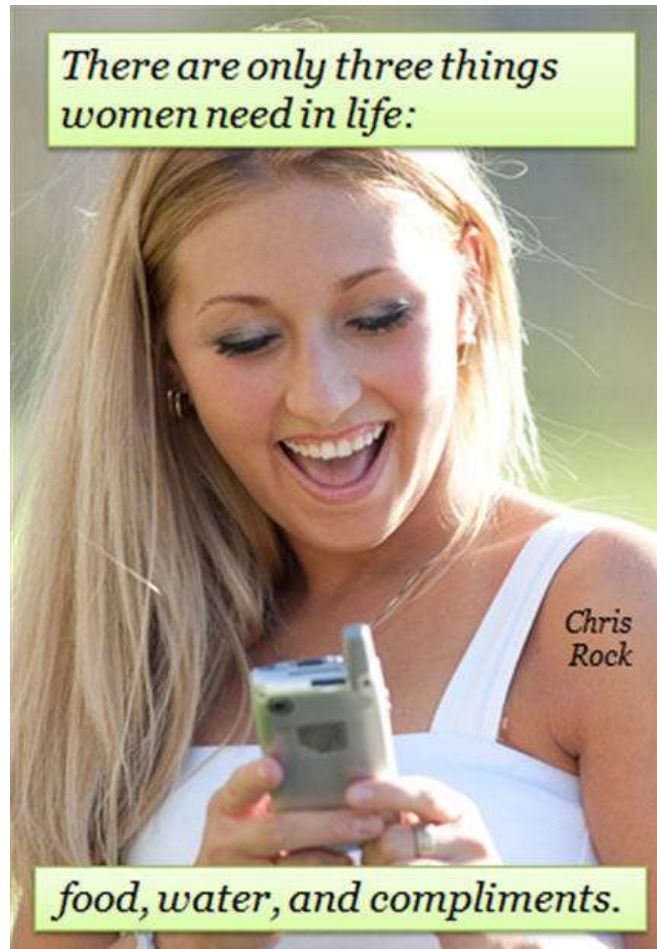
The first thing on personal skin care routine is 'Cleansing'. The three main ingredients of a cleanser are oil, water and surfactants (wetting agents). Oil and surfactants extract dirt and oil from your skin and water then flushes it out, thus making your skin clean. You might have to try a couple of cleansers before you find the one that suits you the best. However, you should always use soap-free cleansers. Also, you should use Luke warm water for cleansing (hot and cold water, both, cause damage to your skin). Take care that you don't over-cleanse your skin and end up damaging your skin in the process.

The second thing on the personal skin care routine is exfoliation. Skin follows a natural maintenance process wherein it removes the dead cells and replaces them with new skin cells. Exfoliation is just a way to facilitate the skin in this process. Dead skin cells are not capable of responding to personal skin care products but still consume these products, hence preventing them from reaching the new skin cells. Thus removing dead skin cells is important in order to increase the effectiveness of all personal skin care products. Generally, exfoliation takes it place just after cleansing. As with any personal skin care procedure, it's important that you understand how much exfoliation you need. Exfoliate 4-5 times per week for oily/normal skin and 1-2 times per week for dry/sensitive skin. Exfoliate a couple of times more in hot and humid weather.

Next thing on personal skin care routine is moisturizers. This is one of the most important things in personal skin care. Even people with oily skin need moisturisers. Moisturisers not only seal the moisture in your skin cells, but also attract moisture (from air) whenever needed. Use of too much moisturiser can however clog skin pores and end up harming your skin. The amount of moisturiser needed by your skin will become apparent to you within one week of you using the moisturiser. Also, applying the moisturiser is best when your skin is still damp.

The last thing on personal skin care routine is sunscreen. A lot of moisturizers (day-time creams/moisturisers) come with UV protection – so you can get double benefits from them. Such moisturisers are recommended for all days (irrespective of whether it is sunny or cloudy).

Again, experiment with various personal skin care products and also with the amount you need to apply. What gives you best results is the best personal skin care recipe for you. However, if you have some kind of skin dilemma, it is best to consult your dermatologist before you actually start using any personal skin care products.



### **What is Natural Skin Care?**

Put simply, 'natural skin care' is caring for your skin in a natural and chemical-free way. 'Natural skin care' advocates enabling the skin to take care of itself (without any assistance from synthetic materials/ chemicals). 'Natural skin care' is about inculcation of good habits in the way you lead your day to day life. A lot of natural skin care measures are actually the same as those for body care in general.

## **SLEEP FOR GOOD SKIN**



We are all well aware of the benefits of getting a good night's sleep, but many people don't understand the importance of sleep for keeping our skin in the best condition possible.

Sleep is the time when the cells of the body are repaired and this includes skin cells.

Studies have shown that sleep deprivation reduces a person's levels of growth hormone and it is these growth hormones that are required for the repair process.

So let's see what these natural skin care measures are.

Well the first and the foremost natural skin care measure is – 'Drink a lot of water'. Around 8 glasses of water is a must everyday. Water helps in flushing out the toxins from the body, in a natural way. It helps in the overall upkeep of the body and promotes good health for all organs (not just skin).

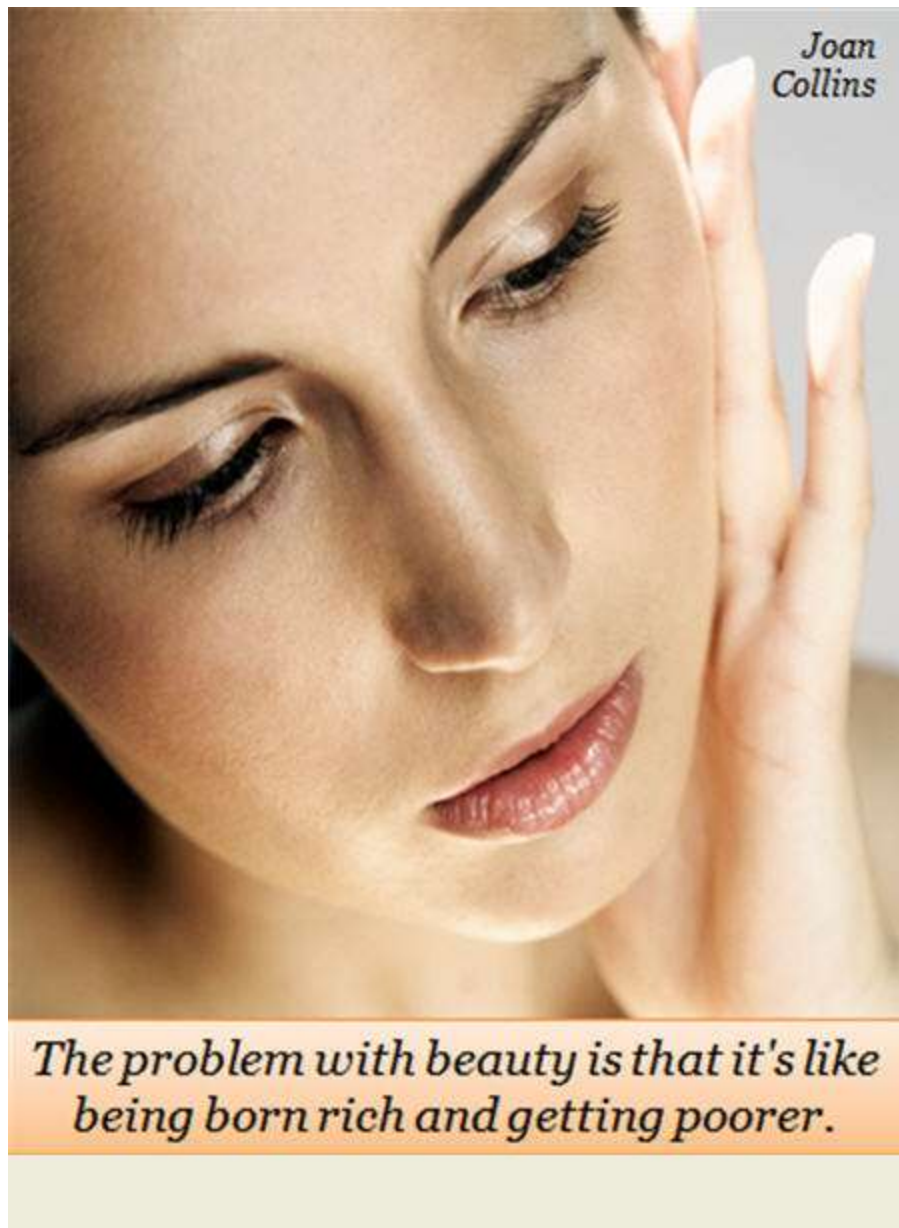
General cleanliness is another inexpensive way of natural skin care. Daily shower, wearing clean clothes and sleeping on a clean mattress/pillow are all part of general cleanliness. After all, clean skin is the key to keeping the skin disorders at bay.

Regular exercise is the next thing on the cards. Exercise increases the flow of blood that helps in getting rid of body toxins and keeping you healthy. Exercise also helps in beating stress which is the worst enemy of good health.

Healthy food and eating habits are also recommended for natural skin care. Some type of food (e.g. oily food) is known to cause acne and should be avoided as much as possible. Your diet should be a healthy mix of various nutrient

providing foods. Raw fruits and vegetables are known to provide freshness to your body and help in getting rid of body toxins.

A good sleep is also instrumental in maintaining good health and in beating stress. As a natural skin care measure, a good sleep delays slacking of skin.



*Joan  
Collins*

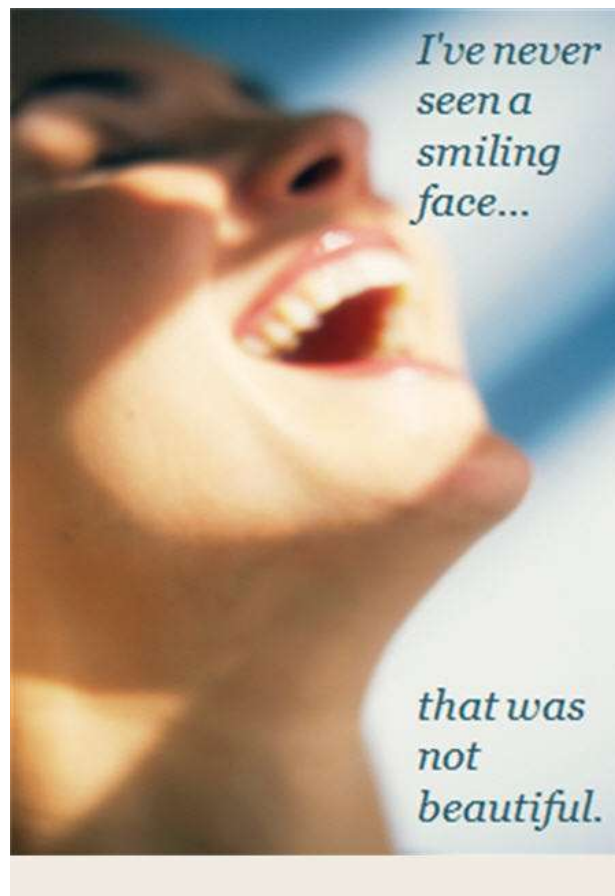
*The problem with beauty is that it's like  
being born rich and getting poorer.*

Beating stress is another natural skin care therapy. Stress causes overall damage to body and health. Drinking a lot of water, getting a sound sleep and exercise has already been mentioned as stress busters. Indulging in a warm bubble bath, listening to music and playing your favourite sport are also good ways of beating stress. Yoga is yet another way of beating stress; it is fast gaining popularity amongst the masses.

Avoiding excessive exposure to sun (by wearing long sleeved clothes, hat and umbrella etc), is another natural skin care strategy. Sunscreen lotions are also recommended as necessary.

A lot of traditional and home made natural skin care products/ measures are also known to be very effective. Such measures are not only natural and easy-to-follow, but also relatively inexpensive.

Besides that, a lot of natural skin care products are available in the commercial market. These include things like lavender oil, aloe vera etc., which don't have any side effects.



## **Organic Skin Care**

“If it can be done naturally, why go for artificial means” - this is the basic premise on which ‘organic skin care’ works. Organic skin care is the most natural way of ‘skin care’. In fact, ‘organic skin care’ was probably the first one to be used by man when it first woke-up to the needs of his skin. ‘Organic skin care’ is not only friendlier to skin, but also inexpensive. If exercised in the right way, organic skin care can prevent the occurrence of a lot of skin disorders and can help keep your skin healthy and young-looking for a much longer time.

Organic fruits and vegetables are the most popular things on organic skin care routines e.g. cucumber is very common in organic skin care routines. Turmeric, apple, papaya, ginger are others that find a wide use in organic skin care routines. These organic materials have a very refreshing and vitalizing effect on your skin. Almost every skin care book/guide has section on organic skin care (including the actions of various fruits and vegetables on skin). So choose the ones that are more suitable for your skin type and start experimenting with them until you finally select the ones that are most suitable for inclusion in your organic skin care routine. It’s important that you use fresh organic fruits/vegetables. Don’t try to utilise the rotten ones for your skin, their only place is the garbage bin.

Milk is known to possess good cleansing properties; in fact, the name of some skin care products contains the word ‘milk’ in them. A combination of milk with ground oatmeal acts as wonderful cleanser.

Ground oatmeal is especially good for oily skins and is a popular ingredient in organic skin care regimen. It is used in various combinations e.g. with egg, honey, milk and fruits, for preparation of organic facial packs.

Wheat germ is another ingredient in organic skin care procedures. It is rich in vitamin E and is known for its exfoliation as well as moisturising properties. Wheat germ, in various combinations with other organic materials, is used to prepare facial masks for normal and dry skin types. Wheat germ oil is another way in which wheat germ is used for organic skin care.

Yogurt and sour cream are other organic materials that are popular for their exfoliation and moisturising properties.

Use of organic honey is also popular in organic skin care procedures. It helps in retention of moisture and helps impart a glowing look to skin.

Rose water takes its place as a toner in organic skin care routines. Lavender water is popular too.

'Organic skin care' uses combinations of various organic materials that complement each other and enhance each other's effectiveness. Moreover, these combinations are also helpful in over-riding the harmful effects (if any) of various organic materials that form them.

Organic skin care is really an art that, once perfected, can give wonderful results in a very cost effective manner.

## **HERBAL SKIN CARE**



With people becoming more interested in natural products, herbal skincare has seen a boom in recent years. This has happened to some extent due to the manufacturers of skincare products realizing that people are interested in natural solutions and that, by supplying it on a large scale, more people can take advantage of herbal skincare.

Prior to the manufacturers getting involved, the only way you could get hold of herbal skincare would be by creating the products yourself or relying on small manufacturers who had to charge a premium to cover their costs.

### **Herbal Skin Care**

Skin care is not a topic of recent times; it has been in practice since ancient times, when herbal skin care was probably the only way to take care of skin. However, skin care has transformed in a big way. Herbal skin care routines have been replaced by synthetic/chemical-based skin care routines. The herbal skin



care recipes that once used to be common place are not so popular today (and even unknown to a large population).

This transformation from herbal skin care to synthetic, can probably be attributed to two things – our laziness (or just the fast pace of lives) and the commercialisation of skin care. Even herbal skin care products have been commercialised. These commercial herbal skin care products have to be mixed with preservatives in order to increase their shelf-life, hence making them less effective than the fresh ones made at home. However, it seems that things are changing fast and more people are now opting for natural and herbal skin care routines. But still, none want to make them at home and hence the commercial market of herbal skin care products is on the rise.

So what are these herbs or herbal skin care products?

Aloe vera, which is an extract from Aloe plant, is one of the best examples of herbal skin care product. Freshly extracted aloe vera is a natural hydrant that helps in soothing skin. It also helps in healing cuts and treating sun burns.

A number of herbs are known to possess cleansing properties. Dandelion, chamomile, lime flowers and rosemary herbs, are a few examples of such cleansers. Their herbal skin care properties get invoked when they are combined with other herbs like tea.

Antiseptics are another important part of Herbal skin care. Lavender, marigold, thyme and fennel are good examples of herbs that are known to possess antiseptic properties. Lavender water and rose water also form good toners.

Tea plays an important part in herbal skin care. Tea extracts are used for treatment of skin that has been damaged by UV radiation.

Oils prepared from herbal extracts present another means of herbal skin care. Tea tree oil, Lavender oil, borage oil and primrose oil are some popular oils used in herbal skin care. Some fruit oils (e.g. extracts from fruits like banana, apple and melon) find use in shower gels (as a hydrating mix)

Homeopathic treatments and aromatherapies also come under the umbrella of herbal skin care remedies.

Herbal skin care is good not only for the routine nourishing of skin but also for treatment of skin disorders like eczema and psoriasis. Most herbal skin care products don't have any side effects (the most important reason for preferring them over synthetic products) Moreover, herbal skin care products can be easily made at home, making them even more attractive. So, herbal skin care is the way to go.

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