

Facts, tips and authority information on Hair Health

Facts of Hair



Hello everyone here we are on week 207 Wow!!!! a long journey and a really fun one, we love what we do and strive for the best authority information we can find. We are very selective for one and like to stay with subjects that empower wellness all the way around. Our name is of beauty and yes that starts from the inside out for us so consequently we provide wellness tips, history and videos that follow that thought. We are deeply grateful for all the likes and the thousands of visits and incredible support once again thank you, thank you from

all of us at isabel's beauty blog.

Okay lets go into the subject of this week, here we are sharing research on HAIR, the do's and don'ts. Many facts and products to enjoy, we are going to have a whole channel dedicated to hair. Many people ask us for hair posts and here we go. We will have contributors that are experts on the subject, we are very excited and we are sure you are also, enjoy and don't forget to Like and share, it is important in the world of social media, it makes a huge difference for our ratings, thank you.

This Post is inspired by sweet Natalia Kosser she asked me a few questions about hair, and got the itch to do a post about it in her honor.

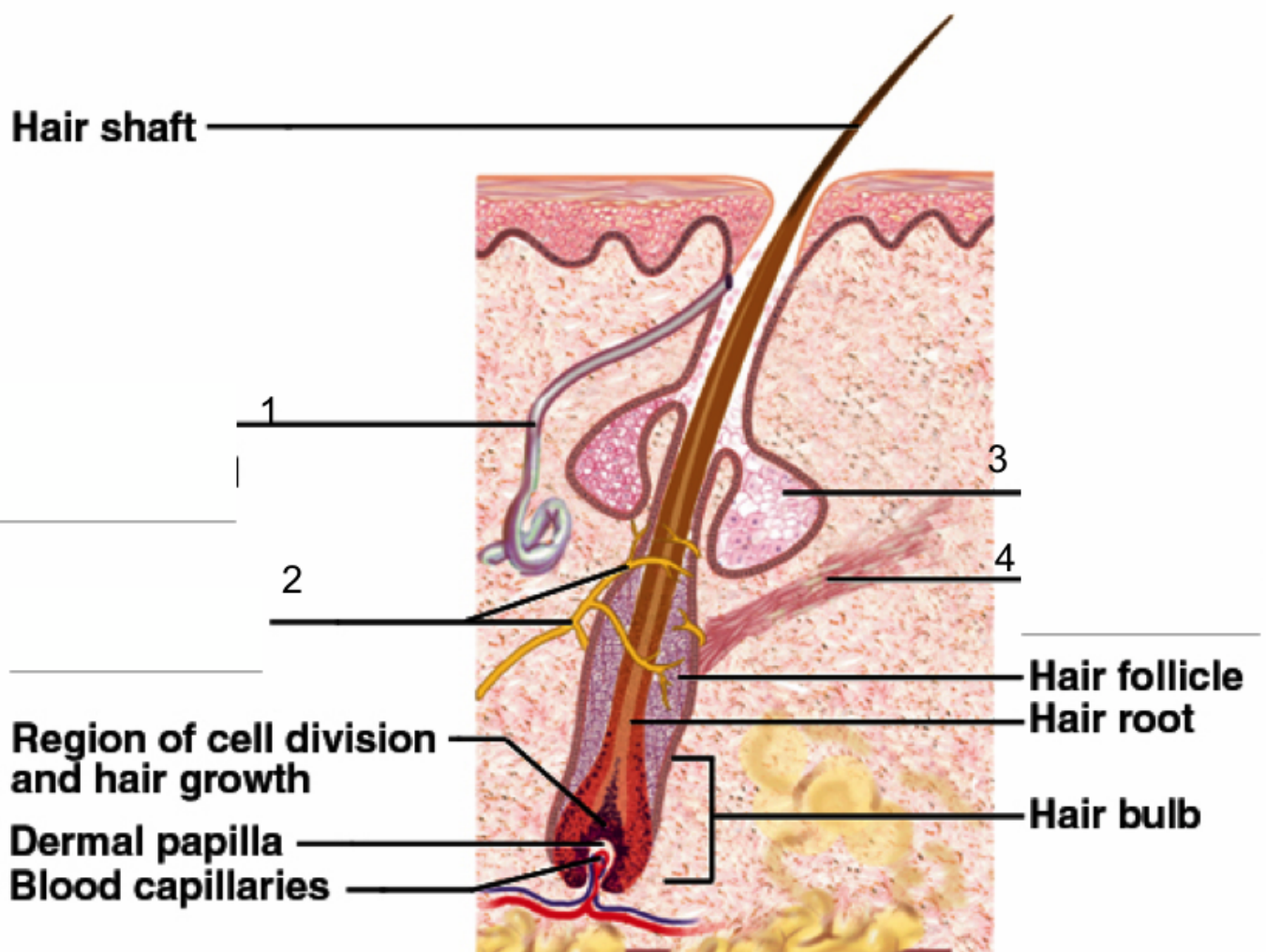
According

to:

<http://www.hairscientists.org/human-hair/nutrition-and-hair-health>

When we talk about healthy looking hair, it is a general sign of good health, a good nervous system, a balanced life style and good hair-care practices. For most healthy individuals that have adequate nutrients in their diet, enough exercise and take very good care of themselves; however some people do not have access to good nutrition for whatever reasons, others have medical illnesses that predispose them to nutritional deficiency which influence scalp and body hair.

The living part of hair is under the scalp skin where its root is housed within its follicle. It derives its nutrients from blood. Health concerns like stress, trauma, medications, medical conditions, heavy metals, smoking etc. can deeply affect the hair.



Hair is the fastest growing natural tissue in the human body: the average rate of growth is 1 cm per month. It is different from person to person as we are all different. For most part optimal growth occurs from age 15 – 30 and reduces from age 40

– 50. Hair products (shampoos or vitamin supplements) have not been shown to have a noticeably change this rate. The cycles of growth of each follicle consist of creation followed by self destruction, by that we mean that we shed the eye lashes as we do with our hair. During each new cycle the follicle is built a new from raw materials.

The speed of hair growth varies based upon genetics, gender, age, hormones and many other factors that we will share in this post. It may be reduced by nutrient deficiency, anorexia, anemia, zinc deficiency, hormonal fluctuations, menopause, polycystic ovaries, thyroid disease, trauma, shock, stress and more.

It is of most importance to mention that many of the metabolic requirements of follicle cells (minerals and vitamins) must be satisfied for optimal hair growth and not always derived from fast foods and punishing work schedules, and the selective Go Go Go!.

Nutritionists have confirmed that people with certain nutritional deficiencies tend to have dry, stringy and dull hair, and sometimes experience hair loss. Fortunately the latter can be restored once the deficiency is addressed.

Crash diets are proven to cause temporary hair loss due to incumbent nutritional factors, anorexia, bulimia and other stressful dietary medical conditions.

Diets should contain a balance of protein, fruits, vegetables, grains, and an appropriate balanced amount of fat. Deficiency of these nutrients will typically show in the hair. A mild case of anemia can cause shedding of hair. B group vitamins are incredible important for healthy hair, especially Biotin.

When the body is under threat it reprioritizes its processes – the vital organs will be attended first – hair follicles may not be considered a priority. While not all hair growth issues originate from malnutrition, it is a very valuable symptom in

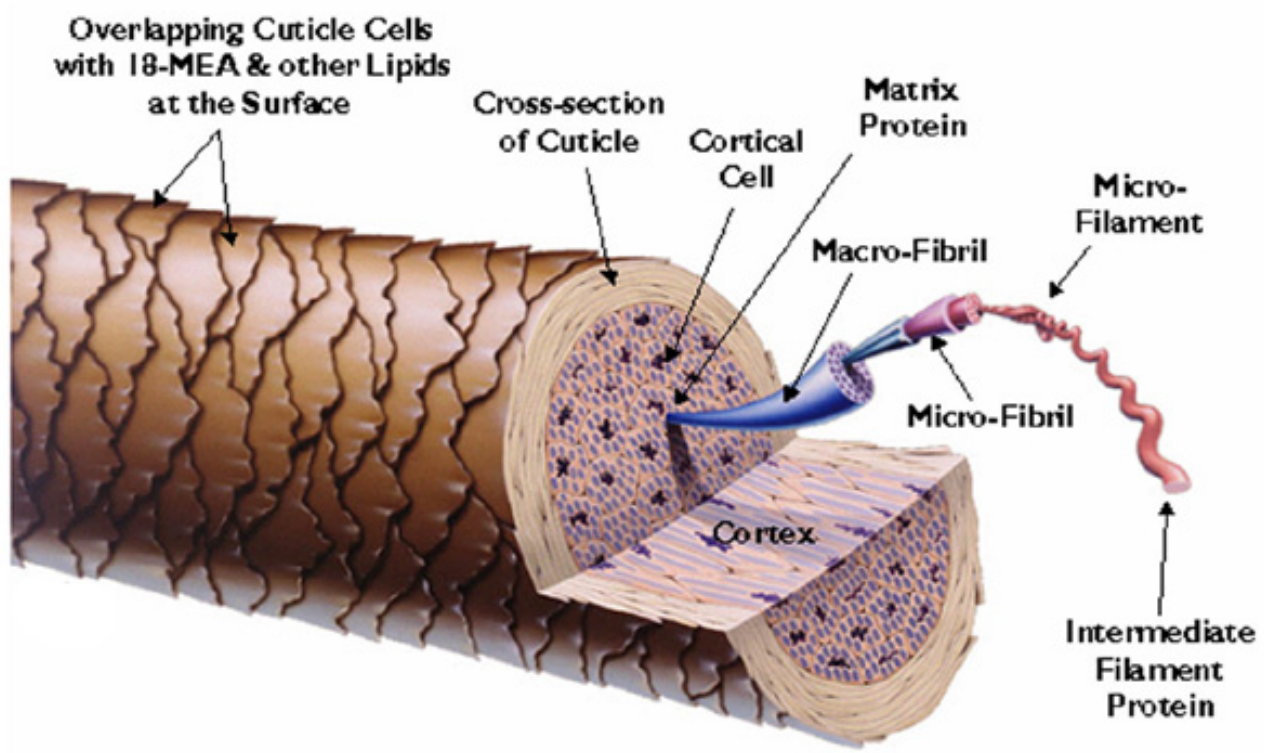
diagnosis.

The essential omega-3 fatty acids, protein, vitamin B12, and iron, found in fish sources, prevent a dry scalp and dull hair color for one. Dark green vegetables contain high amounts of vitamins A and C, which help with production of sebum and provide a natural hair conditioner. Legumes provide protein to promote hair growth and also contain iron, zinc, and biotin. Biotin functions to activate certain enzymes that aids in metabolism of carbon dioxide as well as protein, fats, and carbohydrates. A deficiency in biotin intake can cause brittle hair and can lead to hair loss. In order to avoid a deficiency, individuals can find sources of biotin in cereal-grain products, liver, egg yolk, soy flour, and yeast. Nuts contain high sources of selenium and therefore are important for a healthy scalp. Alpha-linoleic acid and zinc are also found in some nuts and help condition the hair and prevent hair shedding that can be caused by a lack of zinc.

For most part protein deficiencies or low-quality protein can produce weak and brittle hair, and can eventually result in loss of hair color. Good quality dairy products a great source of calcium, a key component for hair growth.

Healthy hair growth requires a complexity of nutrients and a ready supply of oxygen but comparatively few authoritative studies have trialled ingredients to maintain or promote hair growth. However a balanced, bioavailable formula to protect and maintain hair growth is vital. Dietary supplements marketed to thicken hair or make it grow faster may prove of a small value.

Inverto-Structure of hair



Hair structure Diagram



What is Hair?

According to Wikipedia:<https://en.wikipedia.org/wiki/Hair>

Hair is a [protein filament](#), that is an accurate description, that grows from [follicles](#) found in the [dermis](#), or skin. When you consider that hair is one of the defining characteristics of [mammals](#). The human body, apart from areas of glabrous skin (In varying degrees most mammals have some skin areas without natural hair. On the human body, glabrous skin is external skin that is naturally hairless. It is found on the ventral portion of the fingers, palms, soles of feet, lips, labia minora, and glans penis. Glabrousness is one trait that is associated with neon, it is covered in follicles which produce thick terminal and fine vellus hair. Most common interest in hair is focused on hair growth, hair types and hair care, but hair is also an important biomaterial primarily composed of protein,

notably keratin. Attitudes towards hair, such as hairstyles and hair removal, vary widely across different cultures and historical periods, but it is often used to indicate a person's personal beliefs or social position, such as their age, gender, or religion, to mention a few.

The Origins of Hair

By week 22, a developing fetus has all of its hair follicles formed. At this stage of life there are about 5 million hair follicles on the body. There are a total of one million on the head, with one hundred thousand of those follicles residing on the scalp. This is the largest number of hair follicles a human will ever have, since we do not generate new hair follicles anytime during the course of our lives.

Hair Follicles

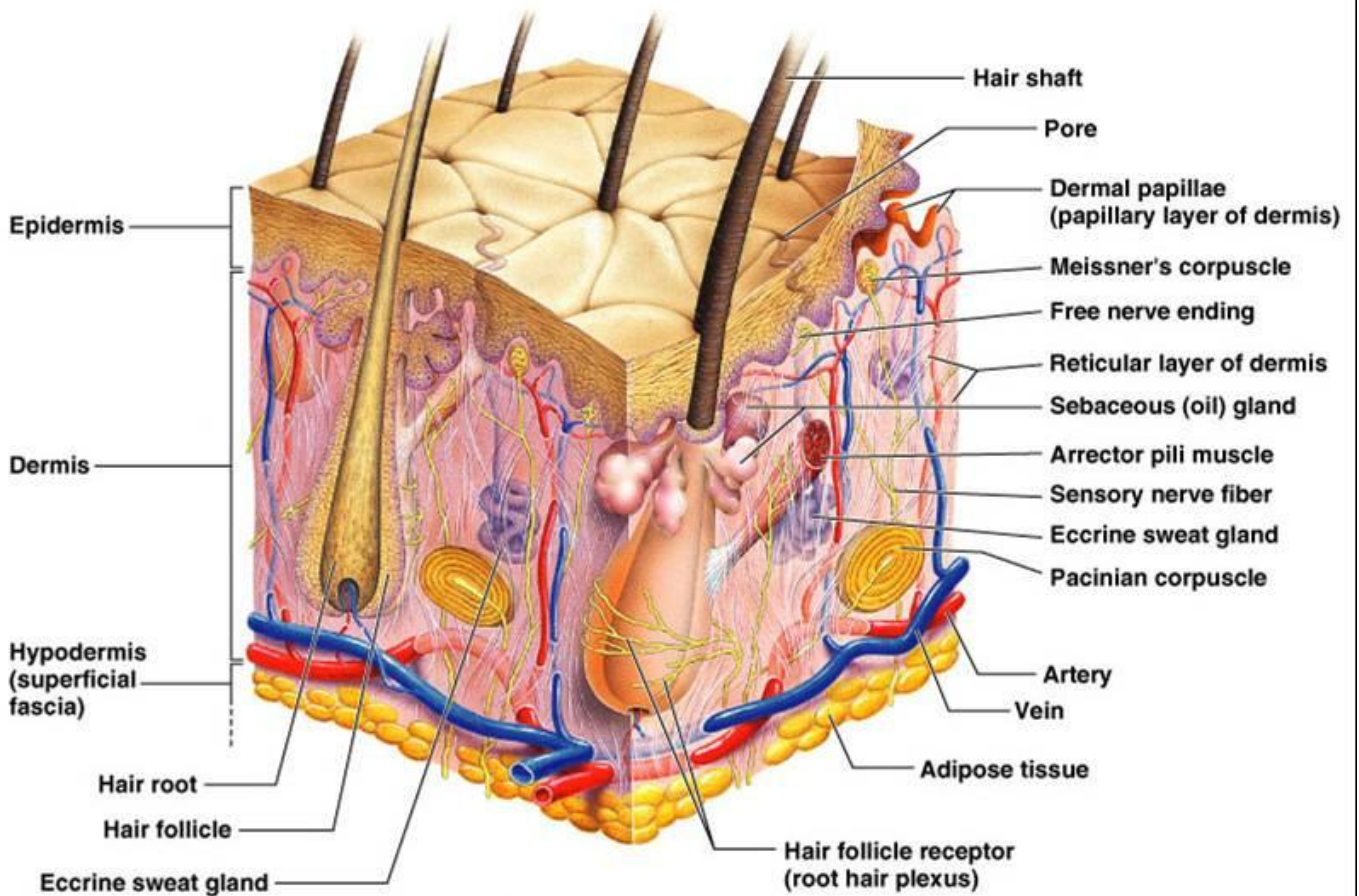
Hair has two distinct structures – first, the follicle itself, which resides in the [skin](#), and second, the shaft, which is what is visible above the scalp.

The hair follicle is a tunnel-like segment of the epidermis that extends down into the dermis. The structure contains several layers that all have separate functions. At the base of the follicle is the papilla, which contains capillaries, or tiny blood vessels that nourish the cells. The living part of the hair is the very bottom part surrounding the papilla, called the bulb. The cells of the bulb divide every 23 to 72 hours, remarkably faster than any other cell in the body.

Two sheaths, an inner and outer sheath, surround the follicle. These structures protect and form the growing hair shaft. The inner sheath follows the hair shaft and ends below the opening of a sebaceous (oil) gland, and sometimes an apocrine (scent) gland. The outer sheath continues all the way up to the gland. A muscle called an erector pili muscle attaches below the gland to a fibrous layer around the outer sheath. When this

muscle contracts, it causes the hair to stand up which also causes the sebaceous gland to secrete oil.

The sebaceous gland is vital because it produces sebum, which conditions the hair and skin. After puberty our body produces more sebum but as we age we begin to make less sebum. Women have far less sebum production than men do as they age.

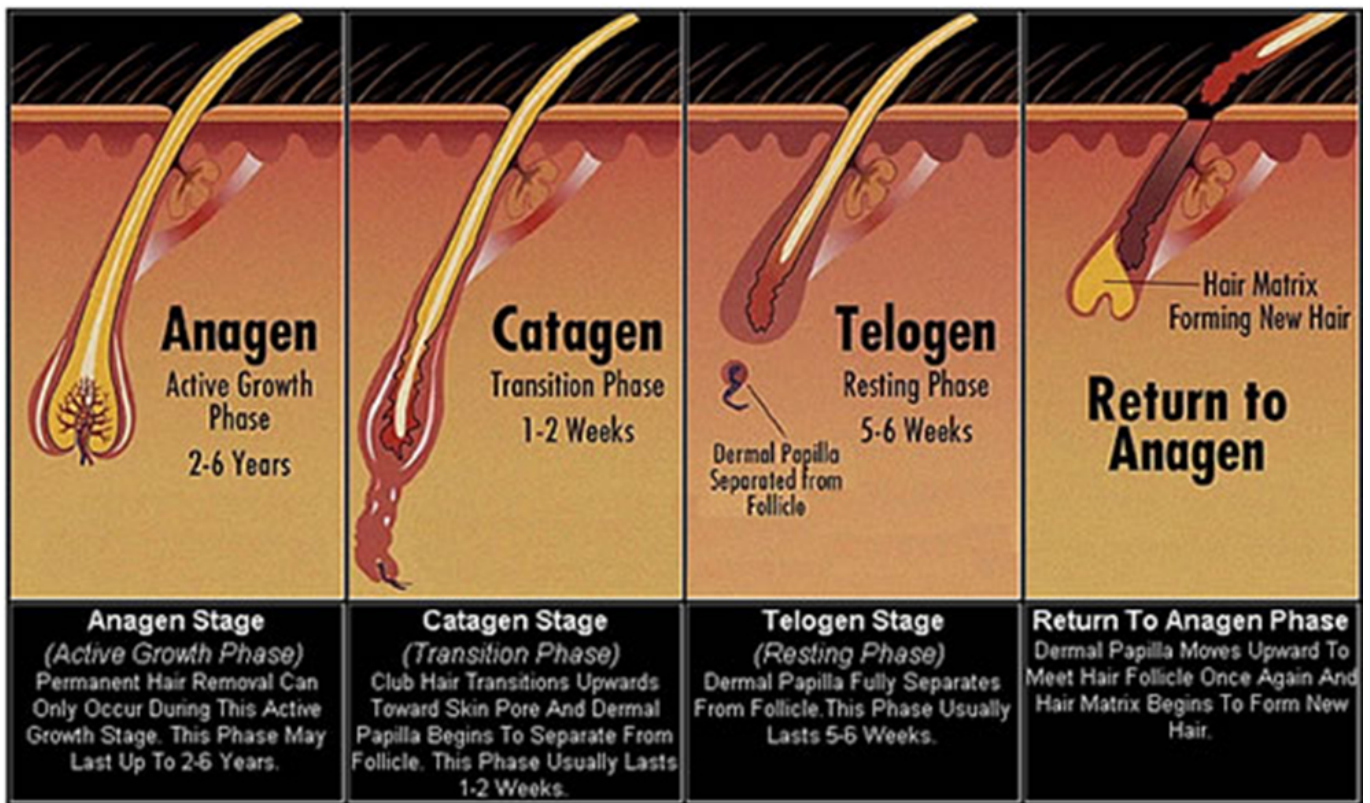


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According to: <http://www.webmd.com/skin-problems-and-treatments/hair-loss/science-hair?page=2>

Hair Shaft

The hair shaft is made of a hard protein called keratin and is made in three layers. Actually this protein is dead, so the hair that you see is actually not a living structure. The inner layer is the medulla. The second layer is the cortex and the outer layer is the cuticle. The cortex makes up the majority of the hair shaft. The cuticle is a tightly formed structure made of shingle-like overlapping scales. It is both the cortex and the medulla that holds the hair's pigment, giving it its color.



Hair Growth Cycle

Hair on the scalp grows about .3 to .4 mm/day or about 6

inches per year. Unlike other mammals, human hair growth and shedding is random and not seasonal or cyclical. At any given time, a random number of hairs will be in one of three stages of growth and shedding: anagen, catagen, and telogen.

Anagen

Anagen is the active phase of the hair. The cells in the root of the hair are dividing rapidly. A new hair is formed and pushes the club hair (a hair that has stopped growing or is no longer in the anagen phase) up the follicle and eventually out.

During this phase the hair grows about 1 cm every 28 days. Scalp hair stays in this active phase of growth for two to six years.

Some people have difficulty growing their hair beyond a certain length because they have a short active phase of growth. On the other hand, people with very long hair have a long active phase of growth. The hair on the arms, legs, eyelashes, and eyebrows have a very short active growth phase of about 30 to 45 days, explaining why they are so much shorter than scalp hair.

Catagen

The catagen phase is a transitional stage and about 3% of all hairs are in this phase at any time. This phase lasts for about two to three weeks. Growth stops and the outer root sheath shrinks and attaches to the root of the hair. This is

the formation of what is known as a club hair.

Telogen

Telogen is the resting phase and usually accounts for 6% to 8% of all hairs. This phase lasts for about 100 days for hairs on the scalp and longer for hairs on the eyebrow, eyelash, arm, and leg. During this phase, the hair follicle is completely at rest and the club hair is completely formed. Pulling out a hair in this phase will reveal a solid, hard, dry, white material at the root. About 25 to 100 telogen hairs are shed normally each day.

Best Foods for Healthy Hair

from:

<https://www.organicfacts.net/home-remedies/10-best-foods-for-healthy-hair.html>

Some of the best foods you can add to your diet to keep your hair healthy and beautiful include citrus fruits, brown rice, oysters, green leafy vegetables, certain kinds of nuts, salmon, lentils, yogurt, eggs, and many more.

Along with our skin, hair is the most exposed and visible parts of our body, which also means that it is almost constantly susceptible to damage and external forces. People pride themselves on their hair, going to salons for special styles and spending hours making sure each piece is set just right. However, the health of your hair is just as important to its appearance. It is essential to protect your hair from both the outside and the inside to make sure it stays looking full, silky, and beautiful. Some of the most common problems

when it comes to our hair are hair loss, drying out, split ends, slow growth, and changing colors. While some of these issues are inevitable with age, the majority of them are preventable if you structure your diet to specifically include what your hair needs.

To counter the effects of those hair conditions, and protect your follicles and hair from weather conditions, stress, low circulation, free radicals, nutrient deficiency, dehydration, and other underlying causes, you need to be proactive! Some of the most effective nutrients and minerals that can positively affect the health of your hair include zinc, selenium, iron, biotin, vitamin C, vitamin D, vitamin E, and omega-3 fatty acids. While there are hundreds of foods that contain some combination or percentage of these nutritional elements, if you want the most effective and efficient improvement in the health of your hair, the following 10 foods will deliver the best results!



Eggs: Although many people might not associate a few eggs over easy with improving the health of their hair, eggs contain an impressive amount of protein, which is a major component of human hair. Beyond that, eggs are also serious sources of sulfur, iron, selenium, and zinc. Iron increases circulation to the scalp and zinc strengthens the hair you already have. Chicken is another protein-rich option that gives much the

same results, in addition to a solid base of B-vitamins.

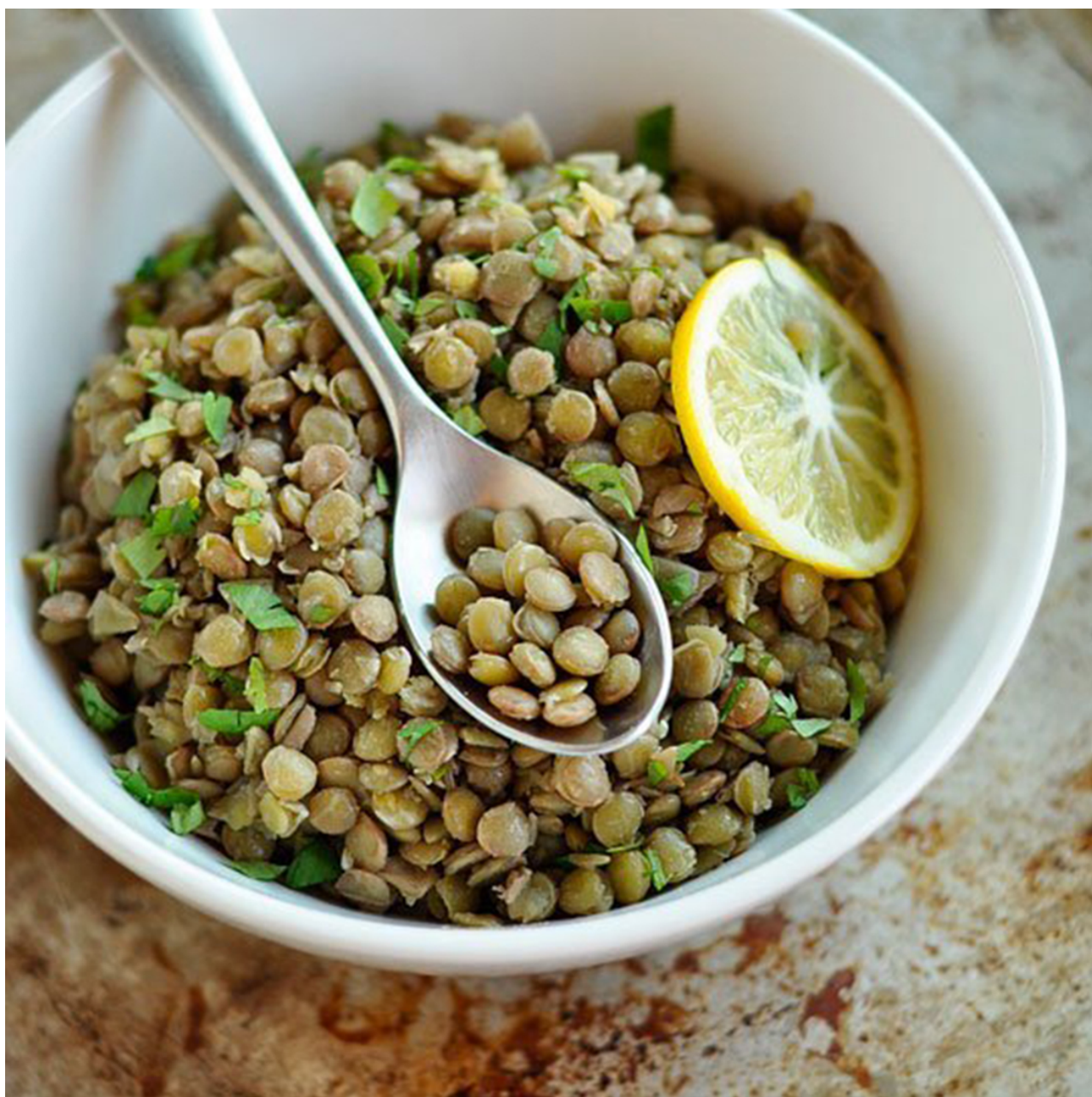


Oysters: When you are looking for a big boost of zinc in your diet, oysters are about as good as it gets. They deliver nearly 500% of your daily requirement, which will ensure that you don't start losing your hair anytime soon. Zinc is vital for avoiding hair loss and strengthening the hair you have so it continues receiving nutrients from the scalp and staying smooth.



Blueberries: A lot of people talk about superfoods and the various amazing benefits they have for the body. These pop culture trends come and go; however, blueberries are here to stay, and between their impressive level of antioxidants, which protect the scalp from free radicals, and the huge levels of vitamin C, which boost collagen production and

stimulate the circulation of the scalp, these delicious little fruits should definitely be added to your healthy hair diet.



Lentils: Much like eggs, lentils are one of the best dietary sources for protein, and hair is made up of hardened keratin, a protein, so without a significant amount of protein in the diet, your hair won't be growing quickly. Secondly, lentils are a major source of iron, which, when combined with vitamin C, can increase your metabolism, circulation, and oxygenation of cells, which are essential for the health of your hair follicles



Salmon: Omega-3 fatty acids play a big part in hair health, as your body can't create these fatty acids, but they make up between 2-3% of your hair. Also, these oils keep your skin and hair properly hydrated, and are essential parts of cell

membranes found on the scalp. Salmon and similar fish are the top sources for omega-3 fatty acids in a diet.



Walnuts: Walnuts are a surprising source of biotin, which is a water-soluble B-vitamin that is needed for scalp and hair health. Walnuts are also the only type of nut that provides omega-3 fatty acids. Various types of nuts are praised for

their impact on hair, particularly those that contain copper, as that mineral helps to maintain hair color and shine.



Green Leafy Vegetables: Adding spinach, kale, Swiss chard, and similar vegetables to your diet will give your body iron, folate, vitamin C, and beta carotene, a potent blend of hair health nutrients that will stimulate growth, promote hydration, increase circulation, and maintain color and shine. These types of vegetables also contain methylsulfonylmethane, which helps in the production of keratin, the main protein of which hair is made.



Iodine-Rich Foods: Many hair problems can be attributed to a dysfunctional thyroid gland, which controls many of our hormonal actions. Thinning hair, slow growth, discoloration, and dryness can all be signs of a hormonal issue. Iodine is the most important nutrient to regulate our thyroid gland, so

eating foods like sea vegetables (kelp, wakame) can significantly boost your iodine levels.



Yogurt: If you want to increase your vitamin B intake (particularly pantothenic acid, which is directly linked to hair health) then add some yogurt to your daily diet. Vitamin

D is also found in yogurt, which improves hair follicle health.

Benefits of Coconut Oil for Hair



from: <http://draxe.com/coconut-oil-for-hair/>

Coconut oil is rich in antioxidants, and has antiviral, antifungal, and antibacterial properties. When used on hair, it improves scalp health, fights infections and fungus,

supports hair growth, all while adding volume and shine without the common harmful chemicals.

If you look on the ingredient labels of many of your favorite cosmetics and hair products, you will find coconut oil listed. However, most cosmetics and hair products also contain other ingredients that can be harmful to your health, while actually damaging your hair and skin.

The harsh chemicals in commercial hair care products can leave your hair flat, dry, and damaged. Adding coconut oil in small amounts simply isn't enough. So avoid traditional products and add coconut oil to your regimen along with your favorite natural organic shampoos and products.

While some of these healthier hair products may cost a little more, the good news is that food-grade coconut oil is safe, affordable, and can effectively replace many hair care products in your cabinets.

5 Ways to Use Coconut Oil for Hair

1. Conditioner



Coconut oil is free of the scary chemicals that lurk in commercial hair products, and is an excellent conditioner, for all types of hair. According to a study published in the Journal of Cosmetic Science, coconut oil out performs sunflower oil and mineral oil, and is the only oil that *reduces* protein loss. Avoid all [beauty products](#) that contain mineral oil, especially for children.

It is the protein loss in hair that leads to dryness and breakage. The lauric acid has a low molecular weight, and is able to actually penetrate the hair shaft, nourishing the hair with vitamins, minerals and the medium-chain fatty acids.

Coconut oil helps to prevent damage from combing and brushing, and it is safe to use on children. It can be used as a leave-in conditioner, or used as an intensive conditioner for a couple of hours, or overnight. The key to using all natural coconut oil as a leave-in hair conditioner, is finding the right amount for your hair. A little goes a long way.

TO CONDITION:

For short hair, start with just a $\frac{1}{4}$ teaspoon, warmed in your palms. For longer, thicker hair, you may need up to a $\frac{1}{2}$ tablespoon. You want to use sparingly on thinner hair, as it can weigh hair down if too much is used. Pay particular attention to ends and the shaft of the hair. Smooth through hair, and proceed to style as normal.

As an intensive conditioner to restore hair, after washing with a gentle natural shampoo, apply 1 teaspoon (for short hair), 2 teaspoons (for shoulder length hair) and 1 tablespoon (for long hair) after warming in the palm of your hands. Apply to hair shaft and ends, and then rub into scalp. Cover with a shower cap, and leave on for 1-2 hours, or overnight. Wash with gentle shampoo, and style as normal.

For dry or damaged hair, add a couple of drops of [sandalwood essential oil](#) and/or geranium essential oil for both leave-in and intensive coconut oil for hair conditioning treatments. These essential oils support moisture retention, and work to increase the moisturizing and conditioning effects of the coconut oil for hair.

2. Hair Growth



Coconut oil is a safe, effective, and reasonably priced solution if you have thinning hair. It can actually help grow hair, longer and thicker. The essential nutrients including the lauric acid, penetrates the hair shaft improving the overall health of the hair.

The health of hair is often a result of internal issues, and incorporating natural [hair loss remedies](#) will help. Foods high in Omega-3 fats, pumpkin, chia, and flax seeds, and green tea, and all help support healthy hair growth, from the inside out. Before trying prescription hair growth preparations that only work for 50% of individuals and only works with continued use, modify your diet, and use coconut oil for hair conditioning and styling. The harsh chemicals can cause scalp irritation and even hair growth where hair is not desired.

HAIR GROWTH TREATMENT:

When massaged into the scalp, coconut oil helps to improve blood circulation, supporting hair growth. It is important to massage the coconut oil into the scalp with gentle pressure for 10 minutes, 3 or 4 times per week. If you want to just focus on scalp conditioning and hair growth, you will only need 1 teaspoon.

However, if you want the benefits of a deep conditioning, follow the steps above. Instead of using sandalwood essential oil, add 4 drops of [rosemary essential oil](#), which is known to increase new hair growth over 20%. Rosemary oil also helps to increase circulation in the scalp, and when used with coconut oil can produce fantastic results.

After massaging the oils into the scalp for 10 minutes, place a shower cap on, and allow the heat of your body to work with the oils to improve scalp health. Follow with a gentle cleanser like my [Homemade Rosemary Mint Shampoo](#). It smells great, and is gentle on all hair types.

Rich with vitamin K and [vitamin E](#), coconut oil helps to reduce

dandruff, and make hair follicles healthy. These treatments are not just for thinning hair; if you are experiencing hair fall while washing, brushing, or style, these treatments with essential oils can help.

3. Dandruff



People have used coconut oil for skin for hundreds of years to fight dandruff. This unsightly, and often itchy, condition can be caused by dry skin conditions, sensitivity to the harsh chemicals in hair care products, and commonly yeast-like fungal (*Malassezia*) infections.

Coconut oil's medium-chain fatty acids including lauric acid and capric acid, have strong antiviral, antimicrobial and antifungal properties that target the fungus and help to kill it as well as viruses and bacteria that may be lurking on your scalp.

Many prescription and over-the-counter dandruff shampoos can actually make dandruff worse, and don't fix the root cause of the flakiness. If the problem is fungal, or if the problem is dry skin, topical applications of coconut oil will make a difference.

Many commercial shampoos contain chemicals that are harmful. These include parabens, propylene glycol, polyethylene glycol, sodium lauryl sulfate, and many others. Dandruff shampoos are even worse, and contain ammonium laureth sulfate, magnesium aluminum silicate, and selenium sulfide.

And the majority of the time, these preparations simply do not work. The goal is to make the scalp healthier, free from fungus, and moisturized, to put an end to dandruff. Treating with coconut oil will not make dandruff go away overnight, but many can see results in just a week or so.

TO TREAT DANDRUFF:

Essential oils including lavender, wintergreen, thyme, and tea tree, all help to fight fungus and yeast. For an intensive dandruff treatment, after washing hair, mix 2 teaspoons of coconut oil with 5 drops of one of the oils mentioned above, or a combination, and massage into the scalp.

Be sure to really work the mixture into the scalp, from neck

to forehead, and behind the ears. Cover with a shower cap, and if possible sit in the sun for 20-30 minutes to increase the heat, or simply use a hair dryer on a low setting to heat the cap.

Remove cap, and wash with a gentle natural shampoo. Repeat this 2 to 3 times per week, or even more often, as desired. Like with the conditioning or hair growth treatment, you can leave it on overnight. Just be sure to wear the shower cap to avoid staining bed linens.

4. Styling



Yes, coconut oil is a great styling agent, and free from the dangerous chemicals in conventional hair care products! This is one of the most overlooked coconut oil for hair uses. Hair dryers, flat irons, hot rollers, and curling irons zap the

moisture out of the hair shaft causing it to be brittle and prone to tangling.

Coconut oil helps to prevent this type of thermal damage, and when used in the proper amount for your hair length and texture, tames fly aways, frizz, and more. People with thick curly hair often fight frizz in humid climates. Coconut oil helps to tame the frizz, by penetrating into the curls. It can be applied throughout the day for touch-ups, just be sure to use it sparingly.

TO TAME FRIZZ:

Start with a tiny amount (1/4 teaspoon – 1 teaspoon) depending on hair, warming in palms. Smooth from root to tips, and blow dry and style as desired. It will take just a bit longer to dry your hair, but it will be soft, shiny, and manageable.

Disguise split ends, and nourish them at the same time by using just a tiny bit of coconut oil on just the ends.

TO PROTECT FROM THE SUN:

Hair, like skin, is prone to sun damage. Coconut oil is a natural sunscreen, with an SPF of 8. If you are planning a day out in the sun, use it as a leave-in conditioner for all day protection. And, while you are at it, use it on exposed skin as well. Coconut oil is a safe and effective sunscreen for children and adults alike.

TO DETANGLE:

Detangling hair is a chore; and can often cause breakage. Coconut oil improves hair break stress by penetrating the hair shaft. It also surrounds the hair, and makes it easier to remove knots after washing, or in the evenings. Smooth a small amount through hair, paying particular attention to tangled areas and damaged ends. Use a wide toothcomb, starting from the bottom, and slowly work your way up.

Using coconut oil for hair regularly will improve the overall health of the hair, and help to prevent tangles. If tangled hair is a continuing problem, trimming the damage ends will help.

NOTE: If you have thin or fine hair, apply coconut oil sparingly to hair for styling. Also, do not apply it to the scalp as this can weigh down the hair.

5. Lice Prevention & Lice Treatment



One of the best uses of coconut oil for hair is in the treatment and prevention of lice! According to a study published in the European Journal of Pediatrics, combination of coconut oil and anise spray is more effective, than the commonly used prescription lice treatment permethrin.

In fact, in the controlled study, the coconut oil based spray was 82% successful and the permethrin was only 42% successful, and 33 of the 50 participants reported scalp irritation when

following the conventional treatment.

Another study published in the Israel Medical Association Journal found greater success, although they added ylang ylang oil to the coconut oil and anise oil combination. The treatment was successful in 92.3% of children and caused no serious side effects.

Because coconut oil penetrates the hair shaft, and the scalp, it helps to repel lice and can keep their eggs from attaching to the hair. With the addition of essential oils including ylang ylang, tea tree, and anise, lice don't have a chance.

LICE TREATMENT:

To keep lice at bay, use coconut oil as mentioned above as a leave-in hair conditioner, or to detangle and style hair. If there is an infestation of lice, mix 3 tablespoons of coconut oil with 1 teaspoon of each ylang ylang, anise, and tea tree oils. Double the recipe for longer hair; this should be enough for shoulder-length hair.

Apply the solution all over the scalp, massage in, and pulling through the ends. Comb through the hair with a fine toothcomb. Cover in a shower cap, and allow to sit for 2 hours. If possible, sit in the sun or use a hair dryer to periodically warm up the cap. Carefully remove shower cap, and seal in zip lock bag for disposal.

At the end of 2 hours, comb hair once again, prior to washing and rinsing thoroughly, twice. While hair is still wet, combine 2 cups of apple cider vinegar and 1 cup water in a small spray bottle. Saturate the hair, spraying $\frac{1}{2}$ the bottle on the scalp and hair. Lean over the sink and pour the remaining mixture over the hair, massaging lightly.

Rinse thoroughly and comb hair once again with a fine toothcomb. Follow with a light application of coconut oil, cover with a shower cap, or style as desired, and allow to

remain on the hair until next washing.

As with most lice treatments, the process needs to be repeated every 5-10 days for a couple of weeks. This helps to ensure that all lice, and their eggs are eradicated. Between treatments, comb hair morning and night with a fine toothcomb, and use coconut oil as a leave-in conditioner.

As coconut oil both repels and kills lice, at the first notification of a lice outbreak, start using coconut oil as a leave-in conditioner.

Biotin for Hair Growth



from: <http://www.med-health.net/Biotin-Hair-Loss.html>

Biotin, also referred to as vitamin H, is a type of B complex vitamin that occurs naturally in a variety of common foods.

The optimum amount of biotin aids in the metabolization of fatty acids and amino acids. Research also suggests its role in stabilization of blood sugar levels. Biotin also promotes hair health and this idea has its roots in science. Biotin deficiency is characterized by symptoms of unexplained hair breakage and hair loss along with cracked and brittle nails. Hence, there is a common belief that taking extra biotin will result in healthier hair.

How Does Biotin Work for Hair Growth?

Hair growth and biotin are related closely. Biotin not only promotes healthy hair growth but also prevents hair dryness. Moreover, biotin also increases the elasticity of cortex of a hair, thereby, preventing and minimizing hair breakage. Therefore, biotin helps induce growth of both hair and new skin cells, and making them healthy. For people who are suffering from hair loss, taking extra biotin may aid their hair grow longer, healthier and thicker.

Should You Take Biotin for Hair Growth?

Though deficiency of biotin is not commonly encountered, it can develop in individuals who intake alcohol in excessive amounts or who eat large quantities of raw egg white. Biotin needs are also increased in conditions such as infant seborrheic dermatitis and genetic disorders or in people whose stomach has been surgically removed.

You should consult your doctor in case you develop any symptoms that indicate biotin deficiency which can produce the following symptoms: hair thinning, red scaly rash specifically around nose, eyes and mouth, tiredness, tingling in arms and legs, depression and hallucinations.

Where Can You Get Biotin for Hair Growth?

Biotin is naturally present in a variety of foods such as halibut, eggs and dairy, wheat products, carrots, Swiss chard, liver and kidney, nuts, some soy, vegetables, fruits, beans and mushrooms.

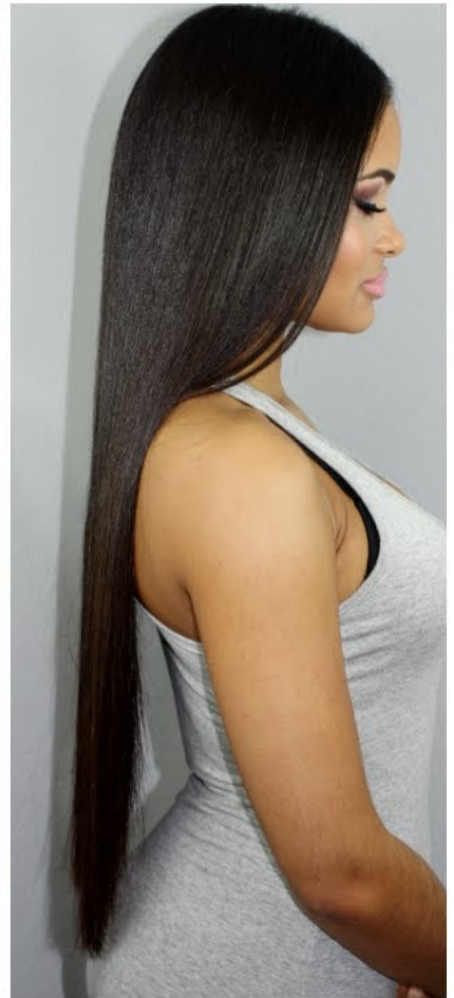
Ideally you should obtain your daily requirement of biotin from the diet. However, due to poor dietary patterns, deficiencies of various vitamins and minerals may occur these days. Hence, you can take a biotin supplement to fulfill your requirements.

Moreover, all individuals are not able to absorb the biotin found in food. These include people who have an A blood type and who suffer from symptoms of GERD or severe acid reflux. Such individuals should consider taking biotin supplements to fulfill their dietary requirements.

How Much Biotin to Take for Hair Growth?

The daily requirement of biotin for majority of the adults is 30 micrograms to maintain healthy hair, nails and skin. However, when you are taking biotin to increase the growth of hair, then the dose is much higher. It is usually recommended by physicians to take between 500-700 micrograms per day initially. The amount can increase to 1000 micrograms. Results are seen after taking biotin supplements consistently for 3-6 months.

Other Essential Vitamins for Healthy Hair Growth



from: <http://bembu.com/hair-growth-vitamins>

Getting the right vitamins for hair growth is important for the overall health of your hair. Running a deficiency in any of the following vitamins and minerals creates the potential for less than optimal hair growth. Here is our list of the top 11 vitamins you need to keep your hair looking its best and growing just as fast as it possibly can.

Vitamin C

Most of us are aware of how important Vitamin C is for the immune system, and as an antioxidant in the body. But it is also used in plenty of hair care products for a good reason. It is one of the most important vitamins you can use to get the results you seek. You can use products that are infused with it, and also make sure that you're getting enough Vitamin C of it each day so your hair looks its best. Whole foods work best but you can also take a supplement if you feel like you are not maintaining the right levels.

One of vitamin C's major functions is to help produce and maintain healthy collagen, the connective tissue type found within hair follicles. Vitamin C is also a strong antioxidant and protects both the cells found within follicles and cells in nearby blood vessels. A daily dose of 100-200 mg of vitamin C is recommended for hair and skin care. Vitamin C with bioflavonoids – one to two grams daily

Vitamin C helps reduce the damage caused by free radicals and UV exposure. Over time, free radicals can damage collagen and elastin, the fibers that support skin structure.

B Vitamins

The B Vitamins are typically grouped together because there's so many of them and you'll want to be sure to cover them all.

You can eat foods that are rich in these vitamins, take a B Vitamin complex, or buy shampoos and conditioners that contain them. Signs of not getting enough of the B Vitamins include feeling weak or tired, and easily bruising, and you'll also notice it because your hair won't grow as fast as it used to. Vitamin B12 is the most important of the B Vitamins, but for best results try to include them all in your daily plan.

B5 (pantothenic acid) gives hair flexibility, strength and shine and helps prevent hair loss and greying.

Vitamin B6 helps prevent dandruff and can be found in cereals, egg yolk and liver.

Vitamin B12 helps prevent the loss of hair and can be found in fish, eggs, chicken and milk.

It is also important to include B6, biotin, inositol and folic acid in the supplemental program. It has been found that certain minerals including magnesium, sulfur, silica and zinc are also very important toward maintaining healthy hair.

Vitamins B1, B2, Niacin & Pantothenic acid

Reduced levels of thiamin (vitamin B1), riboflavin (vitamin B2), niacin, and pantothenic acid can contribute to the undernourishment of hair-follicle cells. A dosage range of 25-50 mg daily is recommended.

Vitamin E

Vitamin E is one of the most overlooked vitamins, but is

essential in keep your hair growing healthy. You can get enough Vitamin E by eating foods that are full of it, or by taking a whole food multivitamin that contains it. If you've been running low on it, you should see an improvement in how your hair looks, feels, and grows. Vitamin E, when combined with the other vitamins on this list provides a healthy scalp that encourages rather than discourages hair growth. You can also find this in many hair care items, but if you haven't seen any results through those, trying taking the strategy of getting enough on the inside.

Vitamin A

Vitamin A is a powerful antioxidant in the body and has many health properties that make it a vitamin worth keeping a mindful eye on. You can go to the doctor and have all of your vitamin levels checked to see where you rank and see which ones you need more of. It is possible to get too much Vitamin A which is going to be counterproductive to your hair growth efforts, so it's best to eat foods containing Vitamin A rather than taking supplements with larger-than-needed amounts. Some symptoms of not getting enough Vitamin A include vision problems and skin problems.

Vitamin D

Vitamin D promotes healthy follicle growth so you don't want to run a shortage on it. In order to top up on it you'll want to schedule regular and brief outings outdoors so you can get some exposure to the sun. You don't need much in order to keep your body synthesizing its own Vitamin D, but hermitting yourself indoors during the winter months can lead to a deficiency. There are also Vitamin D supplements and hair products that contain it, but they don't compare to having

your body generate its own supply.

Iron

While not a vitamin, Iron is an important mineral that your body needs adequate supplies of in order to function at its best in several areas, including growing hair. You may realize that beef is rich in iron, but there are plenty of other foods that are high in iron that you can eat without having to rely on red meat. Once you're making sure that you're getting enough iron and the other vitamins and minerals, you can seek out hair products that contain iron in order to see greater improvement.

Magnesium

Another mineral that your body needs is Magnesium. It's best to look at your hair as a cumulative problem that involves your entire lifestyle, from the foods you eat to how much sleep you're getting. Eating a diet rich in foods with Magnesium in them is one way to make sure that you're giving your scalp what it needs to growth strong and healthy hair. It's one of those minerals that you won't really notice you're not getting enough of until it becomes a chronic condition, and then you'll benefit greatly from righting the imbalance.

Protein

Protein may not be a vitamin, but if you want stronger hair that grows thick you'll want to make sure that you're consuming enough protein, or using protein treatments to help your hair. You'll see products out there that are focused primarily on protein, but you'll also benefit by eating enough

of it in your diet. Vegans and vegetarians need not fret, there are plenty of plant based sources of protein, like quinoa, spinach, broccoli, and more. Protein helps the hair grow strong, and also helps the speed at which it grows. If you've noticed sluggish growth, first check your protein intake.

Niacin

Niacin is in the B Vitamin family but deserves its own recognition for its role in helping to nourish the scalp, promoting healthy hair growth. Without adequate amounts of niacin, your hair stands the chance of becoming brittle, lifeless, and may even fall out. Not getting enough Niacin is a real condition, and the scientific name is pellagra. Most times it doesn't become this serious, but correcting a Niacin shortage often yields several results. Be sure not to stop there, as you'll want to make sure that you're getting enough of each of the items on this page for your best hair possible.

Zinc

They say to cover your vitamins from A to Zinc and this is one instance where they're right. You might not have given much thought to your Zinc levels before, but they could be playing a part in lackluster hair growth if you don't have enough. The good news is that it's not too hard to keep up with your zinc requirements, and most standard diets keep it covered. But you may have trouble absorbing the Zinc you are getting, at which point you may need additional supplements or hair products that contain added Zinc.

Zinc is essential for DNA and RNA production, which, in turn,

leads to normal follicle-cell division. Zinc is also responsible for helping to stabilize cell-membrane structures and assists in the breakdown and removal of superoxide radicals. Zinc intake is generally low. Topical applications of zinc have been shown to reduce the hair loss activity of 5-AR type II. The recommended dosage is 15 mg of zinc (in the form of zinc amino acid chelate) per day.

Zinc deficiencies, and any associated hair health, may associate with low-calorie diets, especially young women. Zinc is found in meat, eggs and seafood.

Folic acid

A decrease in folic acid may contribute to decreased hair-follicle cell division and growth. Folic acid is also essential for the maintenance of healthy methionine levels in the body. Signs of folic-acid deficiency include anemia, apathy, fatigue, and graying hair. A therapeutic dose of 400-800 mcg daily is suggested.

Biotin

Biotin, part of the vitamin B complex, is another nutrient associated with hair loss. Biotin is required for a number of enzymatic reactions within the body, and is necessary for the proper metabolism of protein, fat, and carbohydrates. Over time, poor metabolism of nutrients can contribute to undernourished hair follicle cells. Although rare, a biotin deficiency results in skin rashes and hair loss. A study conducted at Harvard University suggests that biotin is one of the most important nutrients for preserving hair strength, texture, and function.

People who are eating adequate amount of protein should not have a problem with biotin deficiency, though vegans may be at risk. Good food sources of biotin are eggs, liver and soy.

It's not known if biotin supplements, which are marketed to help with male- and female-pattern baldness, can help with hair loss, and there are not any research indicating that the biotin in biotin hair products, such as shampoos, can be absorbed through the hair or scalp. The recommended dosage of d-biotin is 500-1000 mcg per day.

Vitamin E helps to maintain the integrity of cell membranes of hair follicles. The vitamin provides physical stability to cell membranes and acts as an antioxidant while promoting healthy skin and hair. A daily dose of vitamin E should be within the therapeutic range of 50–400 IU. Vitamin E and selenium work together to prevent attacks on cell membranes by free radicals by reducing peroxide concentration in the cell. Vitamin E – 400 to 800 IU daily

Beta-carotene

Beta-carotene is also important to hair growth. This is so because beta-carotene is converted to **vitamin A** as the body needs it, helps maintain normal growth and bone development, protective sheathing around nerve fibers, as well as promoting healthy skin, hair and nails. Dosage for Beta-carotene is 10,000 to 15,000 IU daily.

Antioxidants

Vitamins A, C and E are antioxidants that enhance skin cell turnover and collagen synthesis. When applied topically these vitamins protect against premature skin aging from the damaging effects of ultraviolet light and environmental pollutants.

Vitamin E

Vitamin E also helps reduce the skin effects of free radicals and UV exposure.

Selenium

Selenium is necessary for iodine metabolism. Case studies have indicated that selenium deficiency can lead to cancer, heart disease, and poor hair growth. Supplementation of 25-50 mcg of selenium per day is the recommended dosage.

Trace elements

Calcium

A fraction of the body's calcium stimulates cell mediators that act on cell-membrane phospholipids in hair-follicle cells. Most Americans fail to meet the recommended daily intake for calcium. Patients have to be advised to take magnesium with supplemental calcium to maintain healthy calcium levels in the body. Without extra magnesium to balance it, large doses of calcium may be harmful. The recommended dosage is 100-200 mg of calcium per day.

Iron

Deficiency causes microcytic and hypochromic anemia. Moreover, most other organs including the skin and pilo sebaceous follicles are affected.

Iodine

Suboptimal thyroid functioning can lead to abnormal hair growth. Because iodine supports proper thyroid functioning, 112-225 mcg of iodine (in the form of kelp) per day is the recommended dosage.

Amino-acids

L-Methionine, one of four sulfur-containing amino acids, supports hair strength by providing adequate amounts of sulfur to hair cells. Sulfur is required for healthy connective tissue formation. Hair requires sulfur for normal growth and appearance.

L-Cystein – supports hair strength by the provision of sulphur. Skin, nails and hair are high in L-Cysteine. There is evidence that deficiency may be a factor in hairloss. Supplementing the diet accordingly may be helpful.

L-Lysine – It is interesting to note that male pattern baldness is less common in Asians than Americans. Is this in part due to the Asian diet being rich in L-Lysine -an enzyme inhibiting amino acid in vegetables and herbs affecting 5-alpha-reductase in some way.

Polyunsaturated fatty acids (PUFAs)

Play an important role in cell structure, barrier function, lipid synthesis, inflammation and immunity. PUFAs help reduce dry, scaly skin. Most popular sources are walnuts, fish oil, flaxseed oil etc.

People on low-fat and non-fat diets are at risk for nutrition-related hair loss because hair needs essential fatty acids. Essential fatty acid deficiency causes a drying-up of the scalp and skin. These are vital nutrients that support follicular health. When the follicle is not healthy, hair loss or thinning occurs.

Aging effects

There is no solution across the board I currently found for this there are so many types of people and most of all their habits and styles of life that are nearly impossible to assert every individual. Even with outstanding nutrition, genetic blueprint is eventually going to take control and hair may change in colour, structure and densities so many variants at take on this subject.

Control of biological aging may be influenced by superfoods, supergreen mixes, chlorella, spirulina, micro-algae extracts such as astaxanthin, broccoli sprouts fresh vegetables blueberries, raspberries, strawberries, blackberries etc also garlic, ginger and other culinary and medicinal herbs and now days we can include laser treatments, photon lights, Rife machines and so much more.

Water

Is important in overall bodily health and potentially good hair health. Water quenches thirst, aids food digestion, eases stress, flushes toxins and many other functions and lets not forget the water we use to shampoo our hair is an important factor for hair health.

Bioavailability

Many common vitamins and all amino acids exist as multiple isomers; however it is rare that these are equally available to human metabolism. The chirality of amino acids is well established, as is the dramatic difference between left and right enantiomers in the human body. On the whole, humans can only metabolise left or L enantiomers, such as L-Cysteine. R-Cysteine is not taken up or commonly metabolised, therefore commonly used racemic mixtures of the two forms are only half comprised of useful amino acids.

Vitamins, such as vitamin B6 also have several forms, pyridoxine is the form of vitamin B6 most commonly used in nutritional supplements, however it is not the bio-active form. Instead it must be phosphorylated to become pyridoxal-5-phosphate, which is active as an enzyme cofactor for many reactions, and is important for uptake of other nutrients as well. The phosphorylation reaction to activate pyridoxine takes energy and a certain set of conditions, and therefore not all the pyridoxine taken in a supplement is used. A more efficient alternative is to use pyridoxal-5-phosphate in the supplement, so the bio-active form is immediately available, requiring no energy, and minimal wastage.

Bioavailability is not just controlled by isomeric forms. Nutrient uptake is complex, and there are many surprising instances where one nutrient is dramatically affected – either negatively or positively, by a completely different nutrient in the formula.


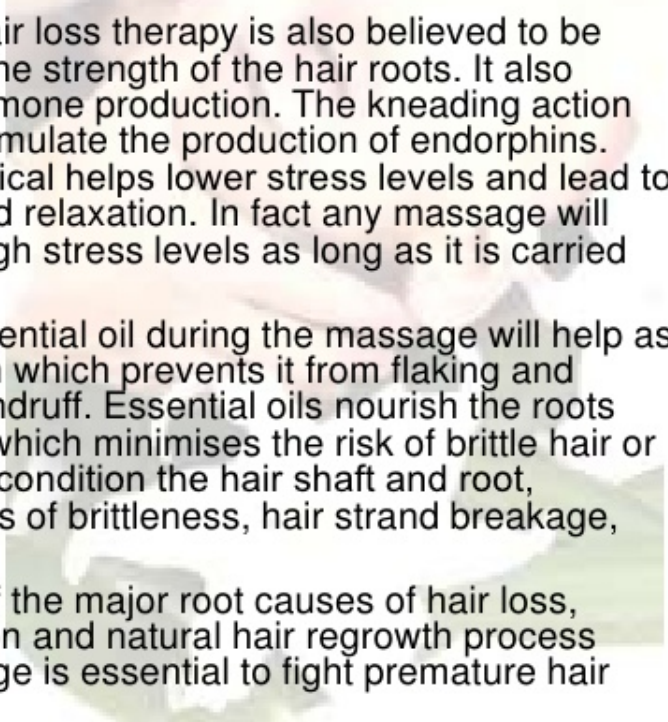
Circulation



Head Massage Prevent Hair Loss

A final and often overlooked factor is the circulation of oxygen and nutrients to the hair. Even a perfectly balanced supplement would be ineffective without adequate blood flow to the hair. Hair loss may conceivably be caused or exacerbated by a deficient blood suppl,. therefore it may be beneficial to increase the circulation. This can be achieved through topical treatments that stimulate nitric oxide production or angiogenesis.

Lets remember the fact that were is healthy blood flow that part of our body thrives with wellness that is a fact, and hair is no exception.

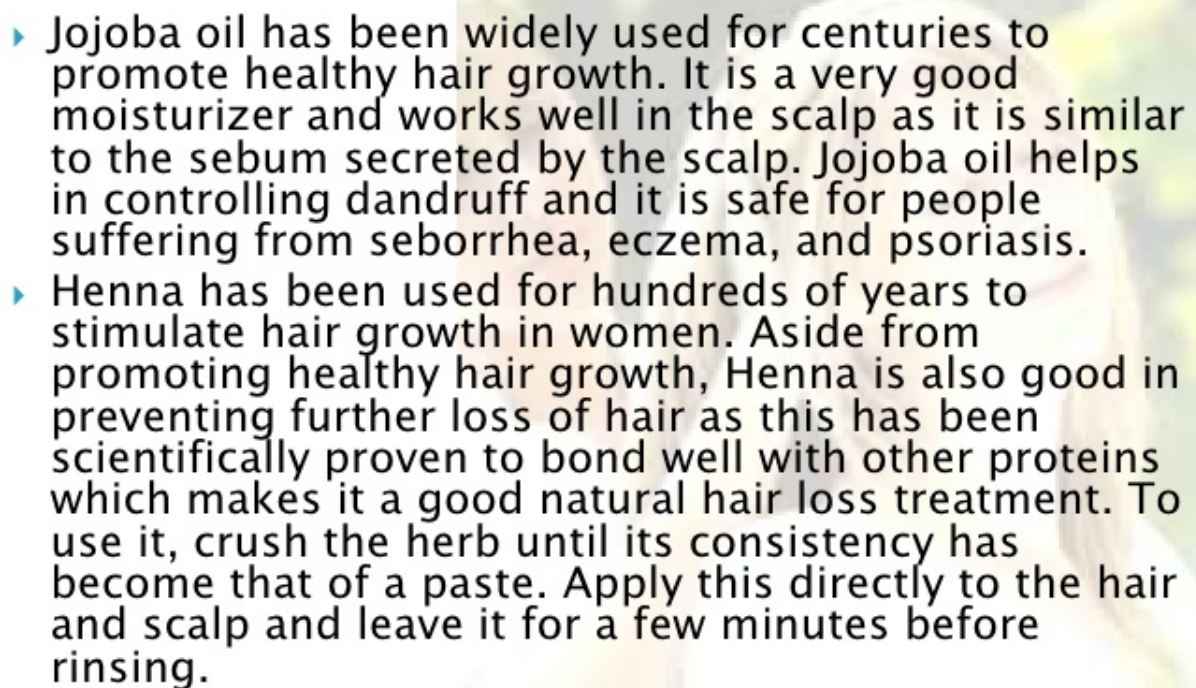
- 
- 
- Scalp massage as hair loss therapy is also believed to be capable of boosting the strength of the hair roots. It also lowers the stress hormone production. The kneading action on the scalp helps stimulate the production of endorphins. This 'feel good' chemical helps lower stress levels and lead to a feeling of peace and relaxation. In fact any massage will help to bring down high stress levels as long as it is carried out properly.
 - In addition, using essential oil during the massage will help as it moisturises dry skin which prevents it from flaking and shedding itself as dandruff. Essential oils nourish the roots and shaft of the hair which minimises the risk of brittle hair or 'split ends'. Oils also condition the hair shaft and root, lessening the chances of brittleness, hair strand breakage, and split ends.
 - Since stress is one of the major root causes of hair loss, boosting the relaxation and natural hair regrowth process through scalp massage is essential to fight premature hair loss.

<http://www.1300hairloss.com.au>

The stimulatory effects of caffeine and taurine on nutrient uptake and metabolism may also be beneficial. An added consideration is the possible effect of caffeine upon dihydrotestosterone and hair loss. Caffeine has been shown by

several studies to reduce hair loss caused by dihydrotestosterone, the *in vivo* studies were successful topically, but the effects of oral caffeine have not been tested at this time. Taurine has also been shown by *in vitro* testing to protect the hair from TGF β -1 induced apoptosis.

Hair and scalp treatments that work

- 
- ▶ Jojoba oil has been widely used for centuries to promote healthy hair growth. It is a very good moisturizer and works well in the scalp as it is similar to the sebum secreted by the scalp. Jojoba oil helps in controlling dandruff and it is safe for people suffering from seborrhea, eczema, and psoriasis.
 - ▶ Henna has been used for hundreds of years to stimulate hair growth in women. Aside from promoting healthy hair growth, Henna is also good in preventing further loss of hair as this has been scientifically proven to bond well with other proteins which makes it a good natural hair loss treatment. To use it, crush the herb until its consistency has become that of a paste. Apply this directly to the hair and scalp and leave it for a few minutes before rinsing.

In spite of the paucity of clinical data in the area, it is possible through careful formulation to develop a potent, bioavailable, and balanced formula with combinations of ingredients that are likely to have good clinical outcomes.

This is particularly true if supplements are used to support wider treatment regimes – even surgery.

Top 5 Essential Oils For Healthy Hair And Scalp



from:

<http://www.hairbuddha.net/essential-oils-for-healthy-hair/>

Lavender Essential Oil



wiseGEEK

Lavender oil is very versatile and has a well-established tradition as a folk remedy. It helps balance natural scalp oils, which makes it valuable for all hair types. With its anti-inflammatory, antiseptic, and analgesic properties, lavender oil is a good treatment for dry, flaky scalp. It soothes and nourishes the scalp, providing relief from inflammatory scalp conditions. Regular massage with lavender oil is said to reduce hair loss and make the hair soft and shiny.

Lavender oil has a mild sedative and antidepressant action which makes it useful to ease down nervous tension and stress-related conditions.

Scent: It has a sweet, floral scent and herbaceous-woody undertone.

Blends well with: Most citrus and floral oils; also cedarwood, vetiver and patchouli.

Vetiver (Khus) Essential Oil



Khus oil reminds me of summer months in India – mats made by khus roots are used in evaporative air coolers; they are also hung in a doorway or on the windows to keep the house cool.

And it makes the whole house smell amazingly fresh.

Khus oil, derived from the roots of khus grass, is known as the oil of tranquility because of its ability to calm, cool, and soothe the mind and body. This cooling property makes it highly beneficial in hair loss (as in against hair loss) that occurs due to high body heat (pitta body constitution). It is also a useful remedy for acne and oily skin.

Deeply relaxing, this essential oil is an ideal addition in massage oil and bath.

Scent: It is a dark brown or amber colour oil with a earthy-woody odour and a sweet persistent undertone.

Blends well with: sandalwood, lavender, ylang ylang, jasmine and patchouli.

Rosemary Essential Oil



Rosemary oil is one of the premier hair growth enhancing essential oils. It is packed with antioxidants which help scavenge free radicals – that are responsible for greying as well as hair thinning. This wonderful oil stimulates blood flow to the scalp and promotes strong and healthy hair growth. Rosemary oil is also effective for treating dandruff,

itchiness, scalp irritation and oily skin.

Plus, this oil is said to improve memory and increase alertness (I just sniffed this oil).

Scent: It has a strong, minty-herbaceous scent and a woody undertone.

Blends well with: lavender, peppermint, basil, thyme, and cinnamon.

Chamomile (Roman/German) Essential Oil



A flower in the daisy family, chamomile is recognized as a healing skin treatment with anti-inflammatory, antiseptic, anti-itching and anti-allergenic qualities. It helps treat dry scaly scalp, dandruff, eczema, and scalp acne. This wonderful oil adds beautiful golden highlights to blonde hair and a sheen to dark hair. It also conditions the hair and greatly improves its softness and luster.

Scent: It has a sweet, fruity-herbaceous scent.

Blends well with: jasmine, rose, geranium and lavender.

Ylang Ylang Essential Oil



This fragrant oil is my personal favourite. Native to tropical Asia, it has been traditionally used to promote healthy hair growth as well as smooth skin. It balances oily scalp by helping to normalise sebum production. The natural antiseptic and tonic properties of this oil aid in healthy scalp maintenance. In addition, ylang ylang oil stimulates blood flow to the scalp which nourishes hair follicles and encourages growth.

It is said to relax facial muscles, and a massage with ylang ylang helps to ease tension headaches. It is also useful in treating anxiety, anger, and insomnia.

Scent: It has intensely sweet, soft, floral, and slightly spicy scent.

Blends well with: It's a very intriguing perfume in its own right, it also blends well with rosewood, jasmine, rose, and vetiver.

<https://youtu.be/lryLzrvXib4?list=PL4lXvdRDLPTWVj6vZZbcqnu4xsvGo449P>

<https://youtu.be/KTLAP81xx0I?list=PL4lXvdRDLPTWVj6vZZbcqnu4xsvGo449P>



NutraLuxe MD Hair Active Laser Hair Comb Set

Nutra Laser Hair Therapy is a new treatment system that has been proven in numerous Hair Restoration Clinics around the world to be effective for women and men. Thousands of users have experienced the benefits and success of this non-invasive, pain free laser treatment. Laser hair Therapy Treatment System gained increased popularity over the past 10 years through it's acceptance by hair loss professionals and clinics through positive coverage by the press about this new technology.



NutraLuxe MD Nutrastim Pro Hair Laser Comb

NutraStim Professional Hair Growth Laser Comb is a handheld, cordless and easy to use Hair Laser Comb intended to promote hair growth. It features a sleek design with rechargeable batteries to give you the freedom of movement.



Theradome Hair Growth Helmet – Premium Technology That Grows New Hair and Prevents Further Loss

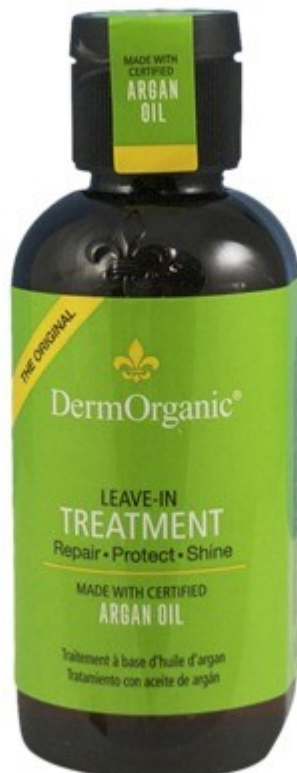
World's Most Technologically Advanced Laser Hair Therapy Device for Home Use.



Tela Beauty Organics Dream Big! Set

Amplifies each hair strand from root to end. Weightless volume, thickness, and flexible strength. Supple style control without frizz.

- Volume Shampoo (8.45oz)
- Volume Conditioner (8.45oz)
- Boost (7.5oz)
- Dream Big (5oz)



DermOrganic Argan Oil Leave-In Treatment

DermOrganic® Leave-In Treatment, based on Moroccan Argan Fruit Oil, has the unique quality of instant absorption into hair. It restores shine and softness while strengthening brittle hair. Replenishes nourishment to dry, damaged, colored hair. Protects hair from styling heat and UV damage.



ALÓN
Hair & Scalp Serum

*Relieves Itchy Scalp, Reduces Scalp
Redness, Promotes Hair Health*

Net Wt. 10g



ALÓN
Hair & Scalp Serum

Activating Liquid

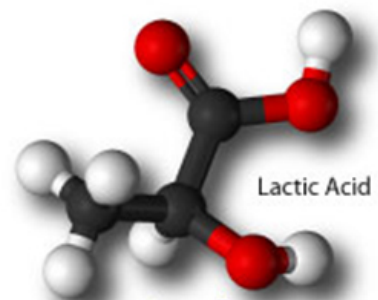
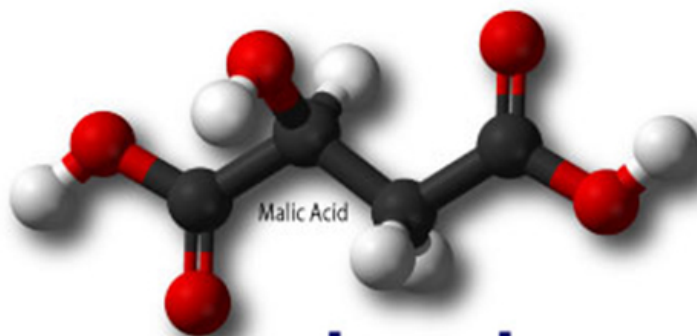
1.8 FL.Oz.

Alón Scalp Calming Formula

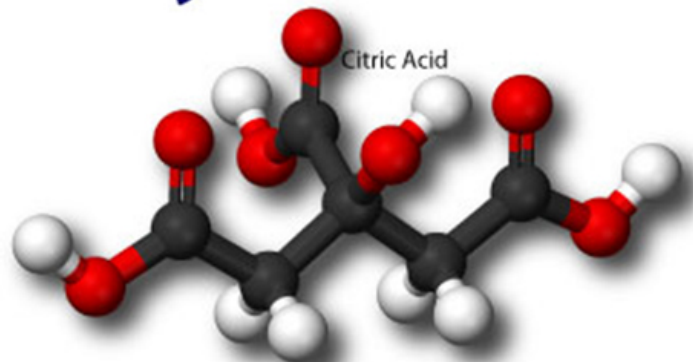
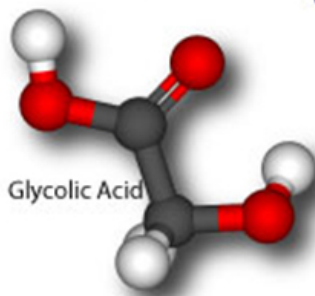
The Alón Scalp Calming Formula represents the latest science in fighting the main culprits of scalp aging – chronic inflammation and sun induced genetic damage. Our serum is the culmination of 18 months of research and testing that uses targeted ingredients in a synergistic approach to address the underlying mechanism of scalp itchiness, redness, and to promote hair health.

What are Alpha hydroxy acid (AHA's) and their use in Skin Care

Alpha hydroxy acids (AHAs)



α -hydroxy acids



Do you know what Alpha hydroxy acid (AHA) means? We are all exposed to many products in the market that have AHA in them,

but for most part most people don't know what this means. The name refers to a class of chemical compounds that consist of a carboxylic acid substituted with a hydroxyl group on the adjacent carbon WOW!! that is a lot of name isn't it ? They may be either naturally occurring or synthetic. AHAs are well known for their use in the cosmetics industry. They are often found in products implying to reduce wrinkles or the signs of aging, and improve the overall look and feel of the skin. In other words aiding the bodies natural resources to renew the skin is a lot like what dermabrasion and Skin resurfacing does. As a matter of fact it is a form of skin resurfacing. On our blog the post we researched will explain to a very large extent what these chemical compounds do and how to use them, their qualities and their drawbacks when not used properly.

Enjoy and please share and like if you do thank you again for your faithful support from all of us at isabelsbeautyblog.com.

According to: https://en.wikipedia.org/wiki/Alpha_hydroxy_acid

A-Hydroxy acids, or **alpha hydroxy acids (AHAs)**, They may be either naturally occurring or synthetic. AHAs are well known for their use in the cosmetics industry. They are also used as [chemical peels](#) available in a dermatologist's office, beauty and health spas and in home kits, which usually contain a much lower concentration of around 4%. Although there is evidence for their effectiveness, cosmetic manufacturers have made exaggerated claims of performance and oftentimes the source AHA is not of real quality or the right concentration Many well-known (AHAS) α -hydroxy acids are useful building blocks in organic synthesis: the most common and simple are [glycolic acid](#), [lactic acid](#), [citric acid](#), [mandolin acid](#). You can check the pink links for the complete definition of the different acids.

Cosmetic applications



Understanding skin structure and cutaneous aging and oxidation is helpful to the description of the topical action of **alpha hydroxy acids**(AHAs). Human skin has two principal components, the avascular epidermis and the underlying vascular dermis. Natural Cutaneous aging, while having epidermal concomitants, seems to involve primarily the dermis and is caused by intrinsic and extrinsic aging factors and that is how is determined by science at this time.



AHAs are a group of organic carboxylic compounds. AHAs most commonly used in cosmetic applications are typically derived from food products including glycolic acid (from sugar cane), lactic acid (from sour milk), malic acid (from apples), citric acid (from citrus fruits) and tartaric acid (from grape wine) so as you see these are very reliable sources. For any topical compound to be effective, including AHA, it must penetrate into the skin where it can act on living cells so with that said AHA's are great used with the Needle pen or other mechanical exfoliation procedures that penetrate the first layer of the Skin we will talk about the process further in the Post. Bioavailability (influenced primarily by small molecular size) is an important factor in a compound's ability

to penetrate the top layer of the skin. Glycolic acid, having the smallest molecular size, is the AHA with greatest bioavailability and penetrates the skin most easily; this largely accounts for the popularity of this product in cosmetic applications, is important to do research and check the percentage and what the other ingredients are that can counter act the potency and effectiveness of the AHA's work, when in doubt do a patch test.

Natural sources of AHA's



Epidermal effect

AHAs have a profound effect on keratinization; which is clinically detectable by the formation of a new stratum

corneum. It appears that AHAs modulate this formation through diminished cellular cohesion between corneocytes at the lowest levels of the stratum corneum.

Keratin

keratin is a family of fibrous structural proteins. Keratin is the protein that protects epithelial cells from damage or stress that has potential to kill the cell. It is the key structural material making up the outer layer of human skin. It is the key structural component of hair and nails, and it provides the necessary strength and toughness for masticatory organs, such as the tongue and the hard palate, is pretty strong!. Keratin monomers assemble into bundles to form intermediate filaments, which are tough and form strong unmineralized tissues found in reptiles, birds, amphibians, and mammals, Wow!. The only other biological matter known to approximate the toughness of keratinized tissue is chitin.

Chitin: A tough, semitransparent substance that is the main component of the exoskeletons of arthropods, such as the shells of crustaceans and the outer coverings of insects. Chitin is also found in the cell walls of certain fungi and algae.

Keratin filaments are abundant in keratinocytes in the cornified layer of the epidermis; these are cells which have undergone keratinization.

- Like the α -keratins in the hair (including wool), horns, nails, claws and hooves of mammals.

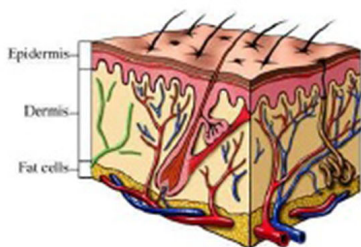
- In the harder β -keratins found in nails and in the scales and claws of reptiles, their shells (Testudines, such as tortoise, turtle, terrapin), and in the feathers, beaks, claws of birds

and quills of porcupines.

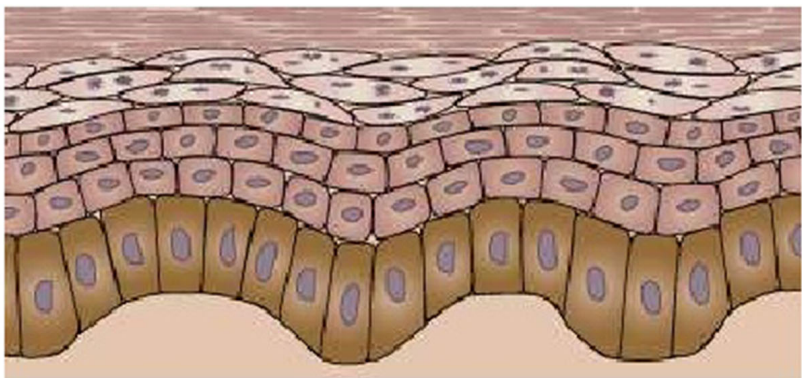
Skin Structure and function

Epidermis layers (4 main + 2)

1. **Stratum corneum:** *horny layer*; tightly packed, scale-like cells, continuously shed & replaced
2. **Stratum lucidum:** clear layer; small, transparent cells through which light can pass (only on hands and feet; not present where there are hair follicles); horny zone
3. **Stratum granulosum:** *granular layer*; cells that look like distinct granules; these cells are dying; horny zone
4. **Stratum spinosum:** **basal layer** - *prickle cell layer*; as cells undergo mitosis below, they are pushed upward into this layer; begins basal layer
5. **Stratum mucosum:** **basal layer** - also called *stratum germinativum*, but stratum germinativum refers to lowest row of cells to make up basal layer; basal zone (living stratum)
6. **Stratum Germinativum:** **basal layer** - composed of single layer of cells, lowest layer of cells to make up living stratum or basal layer; mitosis happens here and cells begin journey to surface, to replace older cells that are shed; approximately 28 days for journey; pigment granules produced here (melanocytes) to give skin color



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



Stratum corneum

The ***stratum corneum*** Latin for 'horny layer' is the outermost layer of the **epidermis**, consisting for most part of dead **cells (corneocytes)**. This layer is composed of 15-20 layers of flattened cells with no nuclei and cell organelles.,as per wikipedia. The stratum corneum is composed of three lipid components: ceramides, cholesterol, and fatty acids.

The purpose of the *stratum corneum* is to form a barrier to protect underlying tissue from infection, dehydration, chemicals and mechanical stress so consequently the layer that is most exposed to exterior damage and oxidation and other common intruders. Desquamation, the process of cell shedding from the surface of the *stratum corneum*, balances proliferating keratinocytes that form in the *stratum basale*. These cells migrate through the epidermis towards the surface in a journey that takes in general approximately fourteen days, we should keep in mind that everybody is different so this count is a general estimate.

During cornification, the process whereby living keratinocytes are transformed into non-living corneocytes, the cell membrane is replaced by a layer of ceramides which become covalently linked to an envelope of structural proteins (the cornified envelope) did you know that? I just learned it my self. This complex surrounds cells in the *stratum corneum* and contributes to the skin's barrier function.

Dermal effects

GLYCOLIC ACID

VERSUS

LACTIC ACID

Smaller molecular size, penetrates skin more easily

Larger molecular size, doesn't penetrate skin as well

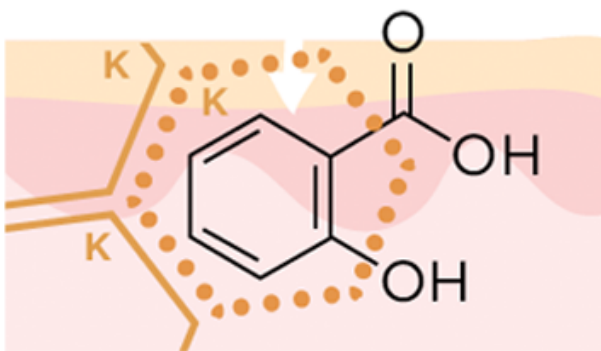
Best for sun-damaged skin: boosts collagen production and thickens skin

Best for dry and sensitive skin: more moisturizing and less irritating

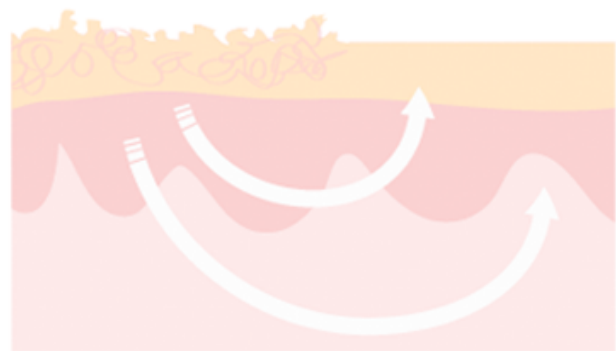
Although it can increase overall skin thickness, it also temporarily thins skin

OTC concentrations don't affect skin thickness

HOW SALICYLIC ACID WORKS

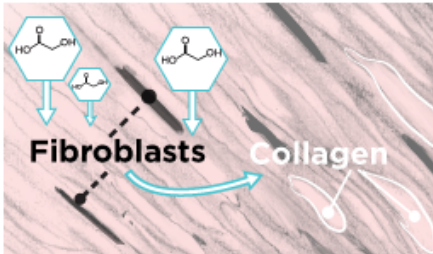


SALICYLIC ACID
penetrates and softens keratin, a protein that forms part of the skin's structure.

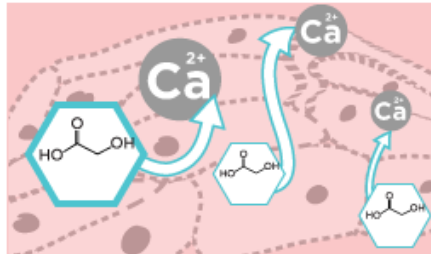


BY SOFTENING KERATIN,
the skin is more easily turned over, and new skin cells more readily come to the surface.

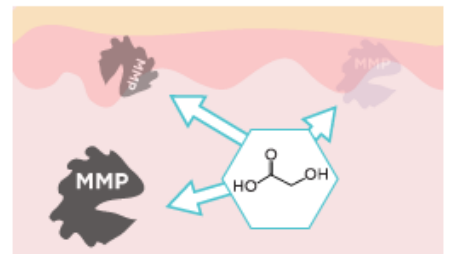
FutureDerm[®] HOW GLYCOLIC ACID WORKS



1. Glycolic acid stimulates fibroblasts to produce collagen.



2. Glycolic acid causes calcium ions to unstick from skin cells



3. Glycolic acid causes MMP's to degrade.

AHAs with greater bioavailability appear to have deeper dermal effects. Glycolic acid, lactic acid and citric acid, on topical application to photodamaged skin, have been shown to produce increased amounts of [mucopolysaccharides](#) and collagen and increased skin thickness without detectable inflammation, as monitored by skin biopsies.

AHAs are derived naturally from various plant sources and from milk, but 99% of the AHAs used in cosmetics are synthetically derived. For most part in low concentrations (less than 3%) Drs and license estheticians may use different strenghts and they are train to recognize the different applications of it, is of great importance to fallow instructions so you don't harm your self. AHAs work as water-binding agents. At concentrations greater than 4% and in a base with an acid pH of 3 to 4 (crucial to test or know the PH you can do this

action with a PH strip available in any drugstore), these ingredients can exfoliate skin cells by breaking down the substance in skin that holds skin cells together. (Please follow instructions and remember more is not necessarily better and do a patch test)

The “glue” per se, that hold together the cells of the skin and the other epithelial tissues of the body are the adherens junctions.

The most effective and well-researched AHAs are glycolic acid and lactic acid. Malic acid, citric acid, and tartaric acid may also be effective, but are considered less stable and less skin-friendly.

A word of caution: AHAs may irritate mucous membranes and cause irritation so it is important to do a patch test and consult your health provider. However, AHAs have been widely used for therapy of photodamaged skin, and also have been reported to normalize hyperkeratinization (over-thickened skin) and to increase viable epidermal thickness and dermal glycosaminoglycans content, all of which lead to radiant healthy skin.

There is a vast amount of research that substantially describes how the oxidation, stress and maturing process affects skin and demonstrates that many of the unwanted changes can be improved and many times erased by topical application of AHAs, including glycolic and lactic acids. Because AHAs exfoliate sun damaged cells from the surface of skin, and because this layer imparts some minimal sun protection for skin, there is a risk of increased sun sensitivity when using an AHA. However, wearing a sunscreen daily eliminates this risk and creates protective shield, read the ingredients on your Sun screen we prefer Organic.

Tip: AHAs are of little benefit when added to rinse-off products, as their contact with skin is too brief for them to

function as exfoliants or absorb into skin in such a small amount of time.

from: http://dermatology.about.com/cs/skincareproducts/a/aha_2.htm

Some guidelines to consider when trying to decide which alpha hydroxy acid formulation to use:

It is best to pick one product that contains the proper formulation of alpha hydroxy acid to use as your exfoliant, and then choose other skin care products or cosmetics that don't contain alpha hydroxy acids to reduce the risk of skin irritation.

Using an alpha hydroxy acid in a moisturizer base may be the best combination of products T the same time a serum before the moisturizer is another great source.

Cleansers that containing alpha hydroxy acids are not very effective because the alpha hydroxy acid must be absorbed in the skin to work. Cleansers are washed off before this absorption occurs doing so it defeats the purpose.

At this time there are no effective products that combine alpha hydroxy acid and sunscreen, because sunscreen is not stable at the pH required to make the alpha hydroxy acid effective, like we say before PH is very important in this.

Sunscreen MUST be applied liberally when using an alpha hydroxy acid product. The sunscreen should have an SPF of at least 15 for UVB protection and contain avobenzene, titanium dioxide, or zinc oxide for UVA protection.

Alpha hydroxy acids work best in a concentration of 5% to 8% and at a pH of 3 to 4.

Unfortunately, cosmetic manufacturers are not required to provide concentration information on the label so this is a crucial information that you can research. As a general rule of thumb, having the alpha hydroxy acid listed as the second or third ingredient on the list makes it more likely it contains the proper concentration.

The only way to know for sure the pH of a product is to test with a pH strip. Paula Begoun has done this in her skin care product reviews found in her book "Don't go to the Cosmetics Counter Without Me." and her review site her you will find one of the most comprehensive reviews available

http://www.paulaschoice.com/beautypedia-skin-care-reviews?N=4294966879+4294966153&Nr=AND%28Site%3Abeautypedia%2CLocale%3Aen_US%29

We recommend her AHA's she truly does her homework with a very fine tooth comb.

Alpha hydroxy acid refers to a group of natural acids added to skin care products and recommended by dermatologists as a treatment for various skin problems including sun damaged and aging skin. There are several kinds of alpha hydroxy acids. They include glycolic acid, citric acid, lactic acid, tartaric acid, malic acid and mandelic acid, which are derived from natural sources such as sugar cane, milk, grapes and citrus fruits. Glycolic acid, from sugar cane, and lactic acid, from sour milk, are the most common alpha hydroxy acids used in skin products because they penetrate skin the best.

In skin care products research shows that alpha hydroxy acids are effective for treating signs of skin aging. The outermost layer of the epidermis called the stratum corneum is made up of skin cells called keratinocytes that are sloughed off meaning we shed it regularly to reveal new cells underneath and that looks and feels and looks like new skin. With maturing, this process slows down on people some more than

others, causing skin to look dull, dry and lifeless . Alpha hydroxy acids help to speed up this process by dissolving the glue-like substance between the cells so that they're shed more easily, pretty amazing if you ask me. This increased rate of sloughing, called desquamation, thins out the outer layer of the skin so that it reflects light better and looks more radiant and healthy.

Research shows that alpha hydroxy acids help even out skin pigmentation and improve skin texture. With regular use of these AHAs, skin feels smoother and looks more healthy and new baby skin like. There's also evidence that alpha hydroxy acids boost production of collagen, a protein in the dermis that gives skin support and its ability to resist wrinkling and sagging aside from the evidence of oxidation. Alpha hydroxy acids are available in anti-aging skin care products at concentrations of 5% of 10% for home use.

Dermatologists and health care professionals use alpha hydroxy concentrations of 50% to 70% to do superficial chemical peels or "lunchtime peels." These peels provide faster improvements in skin appearance and texture, but they have the greatest benefits when they're done as a series a few weeks apart. These peels cause moderate amounts of skin redness, irritation and burning and give the face a flushed appearance that may last for several days.

So as you can see it is not always necessary to get a chemical peel to get results from alpha hydroxy acids. Lower concentrations of these acids available in skin care products for home use have skin revitalizing benefits when they're used regularly over several months the minimum being two months at least. Alpha hydroxy acids also function as humectants, drawing water from the environment to keep skin moist so there we can use nature to help the results. Lactic acid is a particularly effective humectant and moisturizer.

Alpha hydroxy acids are also effective for treating acne,

although another type of weak acid called beta hydroxy acids are a better choice for treating acne-prone skin more on that coming up in the Post for Acne. The reason for this is because beta hydroxy acids are lipid soluble. This means they're better able to penetrate clogged sebaceous glands and exfoliate the dead skin cells inside that cause clogged pores and acne bumps better than other acids. Beta hydroxy acids are best for acne-prone skin, while alpha hydroxy acids are a better choice for rough, sun-damaged skin and that is the difference .

Keep in mind once again we want to reiterate who uses alpha hydroxy acids for facial rejuvenation and restoring radiance should always wear a sunblock for sun protection. Since alpha hydroxy acids thin the stratum corneum, they make skin more susceptible to sun damage so defeating the purpose in the first place in using AHAs, so we recommend starting at Fall and Winter when we don't expose are selves to so much outdoor activities. Fortunately, a sunscreen with a high SPF (30 or greater) that blocks UVA and UVB rays, a hat and sunglasses provides some degree of protection against ultraviolet light.

Alpha hydroxy acids appear to be safe, but they can cause skin irritation, especially during the first few weeks, so remember more is not better let your Skin climate to it slowly and always do a patch test. The degree of irritation varies with the concentration of the acid and the vehicle it's suspended in. People with sensitive skin may have more pronounced skin irritation sometimes when using alpha hydroxyl acids and will benefit by using a lower concentration or apply the product every other day to reduce irritation bellow we are sharing products that can be use after the application of the AHAs to calm the skin down. and be patient. It takes time to see results in certain skins again everyone is different, that is way the term individual .

Tamarind



This tangy tropical fruit is a stockpile of essential antioxidants, AHAs, flavanoids and not to mention vitamin C and A. Because of its rich composition, this fruit is capable of fighting fight against the formation of free radicals.

Apart from taking it as dietary supplement, when tamarind is applied on skin, it helps in reducing irritation and inflammation. Besides, it also lightens the skin, by reducing dark spots and pigmentation.

Most of you know that **tamarind** is used for most part in culinary purposes, but it may be new for you to hear that it can do wonders for your skin on topical skin application. Yes and indeed its an amazing home remedy for making the skin glow. On regular basis use, it can lighten the skin and remove dark spots, blemishes and nourish the skin in many ways. This is probably because of the high **tartaric, citric , malic acid** levels present in it. It is probably a fruit with highest content of tartaric acid on earth!!!! how about that great peace of knowledge .

Tartaric acid is well known to the beauty and cosmetic and skin care industry. It is a most effective skin care ingredient used in many moisturizers, skin toners, shampoos, hair conditioners, sun protection products and anti-aging treatments. This alphahydroxy acid is a weak kind of acids just like the glycolic acid, with great exfoliating properties. Tartaric acid stimulates the collagen production in the dermal layer of the skin.

Tartaric Acid

Tartaric acid is a naturally occurring organic acid which appears as a white crystalline solid at room temperature. Foods such as grapes, apricots, avocados, apples and sunflower seeds have all known to have high concentrations of the acid. It has also been found in tamarinds which are a type of tree indigenous to tropical Africa and other warm places of the world.

History

While tartaric acid is commonly found in foods such as grapes and apricots, it wasn't until later that this was discovered. Originally, it was commonly extracted from tamarinds in areas including Nigeria and Sudan to be used for its health benefits and as a food ingredient and the highest content of Tartaric Acid. However, around the 16th century this acid made its way to Mexico by way of foreign colonists from areas like Spain and Portugal. Since then, the acid has heavily embedded itself into Mexican cuisine appearing in a vast array of dishes. Today, the Mexican culture has become so fond of the acid that it has become one of the world's premiere producers and consumers of tartaric acid and the tamarinds from which is it extracted.

Mexican cuisine believe heavily on the use of tartaric acid which, when combined with baking soda, acts as a leavening agent for baking goods. This acid also plays a major role in wine-making where it is used during the fermentation process for acidity adjustments to make for a more palate pleasing taste. The acid can also be used as a natural preservative for things like soft drinks, fruit juices, candies and a few types of jams.

Outside of the human body and the culinary use, it has its uses as well. The acid is used in the preparation of cement where it is believed to slow the cement from setting and allow for a larger window in which to work did you know that?. Much like the construction industry, the cosmetic industry makes use of the acid as well where it is used as the base for many different types of topical products including body creams and other lotions.

Malic Acid

Malic acid comes from apples – both the whole fruit and cider. Use the acid as an astringent to help stimulate cell renewal.

Applied to the face, it will make your skin feel smooth and tight.

Bitter Almonds

Mandelic acid is used in skin peels that help even out skin tone and repair sun damage. People who have acne scarring may also benefit from use of mandelic acid. Derived from bitter almonds, it undergoes a chemical process before being used as an ingredient in skin care products.

Immediate lightening pack

Take this as a thumb rule. Never use raw tamarind as it may irritate your skin. Have a look at the procedure –

- First bring the mixture to a boil – For face pack, you can take around 30 grams of tamarind, which is sufficient and bring it to a boil and turn it down in 100 ml of water simmer for about 5 to 7 minutes
- After a few minutes, remove it from the flame, cool it and extract the pulp from it
- Collect it in a bowl – Now take a teaspoon of the prepared pulpy collected in the bowl
- Add $\frac{1}{2}$ a teaspoon of turmeric powder in it and mix well
- Form a smooth paste and apply on the face
- Leave it for 20 minutes and rinse off with warm water do not rub the AHA's are enough to exfoliate the skin.

Fast results for bleaching

Did you know tamarind is an amazing natural bleach agent to

use on skin? and you can prepare this homemade tamarind bleaching agent, which contains all the natural lightening agents you need to ease spots. This face pack will help in removing, dark patches and pigmentation. Tamarind also helps to lighten skin tone, which is one of the major roles. Here's tis how to prepare

- Follow the above 2 steps –Bring the Tamarind to a boil turn it down and simmer, extract the pulp with a sanitized spoon
- Take a teaspoon of the prepared pulp in a bowl
- Add lemon – Into it add a teaspoon of lemon juice
- Then add a teaspoon of honey and mix well to form a smooth paste
- Apply all over the face and keep for 15 minutes
- Rinse off with warm water.

Face scrub

Since this tropical fruit contains high natural fruit acids, which help in removing impurities and dead cells, tamarind face pack can also be used as scrub. This prepared face scrub will give you a polished skin, as it contains AHA (alpha-hydroxy acids) which acts as an exfoliator.

- Prepare pulp – Follow the above mentioned procedure to extract pulp
- Add salt – In the pulp, a teaspoon of sugar. This acts as an exfoliator, as it will smoothly remove oil and debris from the skin great for oily skin.
- Add curd/cream or sour cream this adds up more AHA's to the mix
- Now add a teaspoon of curd/cream. If your skin is oily then add curd. And if you have normal to dry skin use cream
- Gently scrub – Mix well to form a smooth paste and gently scrub in circular motion and leave on for 10

minutes and proceed to rinse off with warm water, be gentle is a lot of exfoliation going on with just the mask, you want to avoid irritating your skin.

6 natural sources of alpha hydroxy acids



from:

<http://www.vintageamanda.com/2014/07/6-natural-ahas-smoother-skin/>

Lemons + Grapefruit – Lemons and grapefruit have some of the strongest source of natural AHA's in this list. In fact, in several of my old recipe books, it suggests applying lemon juice to the skin to lighten discolorations (for example, as a natural melasma treatment) and uneven skin tone. Be careful when applying lemon or grapefruit juice to your skin – and listen to what your body is telling you! I've experimented with these myself, and definitely felt the tingle! when in doubt do a patch test. You can apply the juice directly, or after juicing a lemon or grapefruit to use in cooking, simply rub the pulpy peel on your face (avoiding the eye area!) Citrus fruits in particular make the skin more sensitive to the sun, so please wear a sunscreen after using this treatment!

Papaya – Papaya is a delicious and effective exfoliating treat for the face. Of course you can crush papaya and apply to your face like a mask, but again I like to eat the papaya, and then rub the inner peel (with a little of the flesh attached) on my face.

Pineapple – Pineapple is another great tropical exfoliating treat. I find the peel a bit scratchy to apply directly, so I like to crush or blend fresh pineapple and apply the juice as a mask.

Tomato – It's not just tropical fruits that contain AHA's, you can use the inside of tomatoes as a natural anti-aging mask. I like to use the seed pulp in the center (so you can eat the rest of the tomato in your salad!)

Plain Yogurt – Yogurt contains lactic acid which is a natural AHA. I like to use organic, full-fat, plain yogurt for facial treatments. Simply apply to your skin, or mix with one of the fruits above and then apply to make a fruit smoothie anti-aging mask (and throw some in a blender to drink while you're at it!)

Malic Acid

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Bitter Almonds

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– See more at:
<http://www.livestrong.com/article/90116-foods-containing-alpha-hydroxy-acid/#sthash.EjLYyFH1.dpuf>



Fruit-based Homemade Glycolic Acid Peel Recipe

from:

<http://perfectpeels.com/so-you-want-to-do-your-own-glycolic-acid-chemical-peels/>

Ingredients:

- Pineapple
- Papaya
- Plain, unflavored gelatin
- Honey (optional)

Step 1: This type of glycolic acid peel is like making a smoothie. Use the sharp knife to peel the pineapple and the papaya and cut out chunks of both fruits to fill 1 cup. Put these into a blender and pulse or puree until smooth or until the mixture achieves a creamy consistency.

Step 2: Put the blended fruit puree into a small bowl then stir in 2 tbsp. of unflavored gelatin to the mixture. The gelatin serves two purposes. One, it will hold the mixture together to form a mask-like mixture, as opposed to having the puree slip and slide all over, thus making a mess; and two, it will provide collagen to the skin, which improves elasticity, helping wrinkles and large pores disappear.

Step 3: You can also opt to add 1 tsp. of honey to the mixture. The honey will soothe the skin and will replenish the moisture lost during the peeling process.

Step 4: Heat the mixture on low for a minute or less, or until the gelatin dissolves. Afterwards you will have to refrigerate the mixture until the gelatin becomes slightly firm.

Step 5: When the mixture has set, you can take it out of the refrigerator and apply it onto your face. Use your fingers, but make sure they're clean! Remember to avoid the eye and mouth areas.

Step 6: Let it settle on your skin for 10-15 minutes, as you can feel the tightening and rejuvenating effect.

Step 7: After 15 minutes, you can gently peel off the mask from your face. Check your face in the mirror—you can already see the results!

Step 8: You could top it all off with some moisturizer to keep the skin hydrated, but remember to put only a thin layer, because you wouldn't want your pores clogged.



Yogurt & Oatmeal mask

Ingredients: 2 tbsp. plain yogurt; 1 tbsp. oatmeal; 1 tbsp honey

Yogurt contains lactic acid (an alpha-hydroxy acid) and a

number of nutrients that may mildly stimulate collagen production in the skin. Oatmeal and honey act as moisturizers.

Preparation: Simply mix ingredients together to form a paste. To avoid clumps, you may grind oatmeal into a powder (using a coffee grinder, for instance) before mixing it with other ingredients.

Usage: Wash your face. Massage face with the paste in a circular motion. Keep on for a minute or two then rinse off



Yogurt and aloe healing mask

Ingredients: 1/2 cup plain yogurt; 2 tbsp aloe gel (or a fresh aloe leaf)

Yogurt contains lactic acid (an alpha-hydroxy acid) and a number of nutrients that may mildly stimulate collagen production in the skin. Aloe is a good moisturizer, and contains anti-inflammatory substances. This masque is good for

irritated, sensitive skin.

Preparation: Simply mix ingredients together to form a paste. (Aloe gel can be purchased in a health food store. Alternatively, you can take a fresh aloe leaf, remove the skin and mash the pulp.

Usage: Wash your face. Massage face with the paste in a circular motion. Keep on for a minute or two then rinse off.

from:

<http://www.healthboards.com/boards/acne/308494-diy-serious-skin-care-peel-chemical-acid-aha-peeling.html>



Ilike Organic Skin Care AHA Fruit Peel

Ilike Organic Skin Care Botanical AHA Fruit Peel is a skin regenerating, botanical peel that removes dead skin cells and impurities from the skin while nourishing the skin with vitamins and moisture.



Ilike Organic Skin Care Yogurt Power Peel

Ilike Organic Skin Care Yogurt Power Peel is a powerful exfoliating treatment that refines the skin's surface and gives the skin a radiant glow.



Eminence Organics Soothing Chamomile Tonique

You'll love the way Eminence Organics Soothing Chamomile Tonique (4.2oz) feels when the refreshing mist hits your face! Perfect as a daily soothing toner or pairs with more invasive dermatologic procedures, this facial treatment calms irritated skin and promotes the healing process.



Eminence Organics Firm Skin Acai Exfoliating Peel

Deeply hydrate and reduce the appearance of fine lines and wrinkles with this active, exfoliating peel solution.

The inside to Dermal fillers and what they do

Dermal fillers



What are dermal fillers?

from:

<http://www.plasticsurgery.org/cosmetic-procedures/dermal-fillers.html>

Dermal fillers help to diminish facial lines and restore volume and fullness in the face.

Through the years of working with skin and many clients, the question about fillers often arises so here on week 205 we did extensive research on the new procedures and updated Derma Fillers, and by the time our post comes out there will probably be new ones coming out on the market as we speak, so taking that into consideration, we are going forward with our research. Thank you for your understanding, Esthetic procedures are like software they are consistently updated, we strive to get the latest information from well known authorities, and they usually have the latest upgrades, so with that said here we go.

I personally prefer a non surgical approach to refreshing my looks without major consequences like long term anesthesia, nonreversible results not to mention not ever looking like my self again, that is my preference. I don't condemn what other peoples choices are, to each their own, so for the people that wish to take a different approach we are sharing very valuable information, enjoy the journey.

It seems to me that by the time I would finish doing surgery at the bottom of my body I will have to start on my face all over so I just feel good with what is simply minimal that makes a difference and I still look very much like my self just rested.

In Chinese medicine I learned that our emotions and diet has a lot to do with our looks, one little example is the Spleen,

this organ rules many crucial functions in our bodies like weight loss, droopiness, cellulite and much more so we can do as many procedures as we want, but if we don't support the health of our bodies and minds we are back to the drawing board sort of speak, and by the way Spleen doesn't like cold drinks, cold foods or WORRY!! it will make Skin sag if we are not considered of it.

As we get mature, our faces and skin in general naturally lose subcutaneous fat. The facial muscles are then working closer to the skin surface, so smile lines and crow's feet and other signs become more apparent.

The facial skin also stretches a bit, adding to this loss of facial volume and sagging. Other factors that affect our skin in general includes sun exposure, heredity, and lifestyle, to mention a few.

Dermal fillers can be used to:

- Plump thin lips
- Enhance shallow contours
- Soften facial creases and wrinkles
- Improve the appearance of recessed scars
- Add volume where is need it just to mention a few qualities

So lets take a look at some alternatives that can make a huge difference when well done, it is important to do the research on the Drs. that apply the fillers or the results may not be so great.

Some of the areas of placement

UPPER FACE AREA

Eye Area
To open the eyes and soften fine lines under the eye

Crow's Feet
Smoothed skin around the eye area

LOWER FACE AREA

Above the Lips
Smooth a "Gummy Smile"

Nasolabial Folds
Add volume to folds around the mouth

Lip Enhancement
Restore youthful volume

Jowl Area
Stop sagging jawline

MID FACE AREA

Accordion Line
Smooth lines and folds

Cheek Area
Add volume to areas affected by age and gravity

Vertical Lip Lines
Reduce the appearance of vertical lines above the lip or "Smoker's Lines"

Corners of the Mouth
Correct the downturned corners of the mouth

Chin Crease
Plump the chin crease



What are hyaluronic acid injections?



from:

<http://www.plasticsurgery.org/cosmetic-procedures/dermal-fillers-hyaluronic-acid.html>

If you want to reduce facial wrinkles and lines and lost of volume, **hyaluronic acid** may be a very good choice as a dermal filler because of its great compatibility with the human body. In fact, this substance is found in almost every single living thing. In humans, it acts as a network that transfers essential nutrients from the bloodstream to skin cells, amazing right?.

Hyaluronic Acid is capable of holding 1,000 times its weight in water, naturally occurring hyaluronic acid is responsible for binding moisture in the skin. It does this by filling in the space between collagen and elastin fibers in the skin – which hence will hold in moisture and maintain skin's volume for long periods of time.

Naturally occurring hyaluronic acid in the skin starts to decrease over time due to natural aging, sun exposure, life style and many other environmental factors. When hyaluronic acid is injected under the epidermis, it temporarily replenishes the skin's volume by replacing deteriorated support layers of the skin. The longevity of a hyaluronic acid filler is determined by the amount of cross-linking of the gel molecules. The more solidly (or cross-linked) a hyaluronic acid product is the longer it will last. The absolute amount of hyaluronic acid in a syringe does not translate into more of the product remaining in an injected area. Only the actual cross-linked amount of hyaluronic acid in the syringe will actually remain in the body is important to understand this factors. The non-cross-linked product will be dissolved in a few days and that is an important .

Hyaluronic Acid Concentration: The higher the hyaluronic acid concentration, the larger the needle and greater the force

required to inject and more likely a chance for bruising.

Particle size: Larger particles can last longer. Larger particles can create a firmer result so are usually reserved for deeper dermal use. Smaller particles are reserved for more superficial indications, and may dissipate earlier.

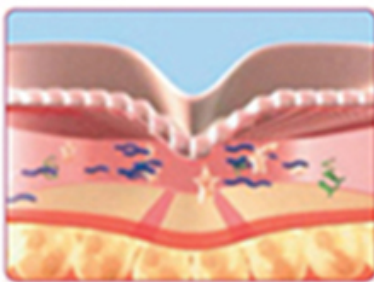
Hyaluronic acid is a natural substance found in your body. High concentrations are found in soft connective tissues and in the fluid surrounding your eyes is what makes the skin look radiant and fresh. It's also in some cartilage and joint fluids, as well as skin tissue. It is extracted and reformulated and now has become one of the most popular kinds of injectable fillers.

If the term sounds familiar, it's because the same substance is often injected into the aching joints of people with arthritis to ease pain and provide extra cushioning. here we are mentioning a few brand names include (like I said before it may be more by the time the post is out):

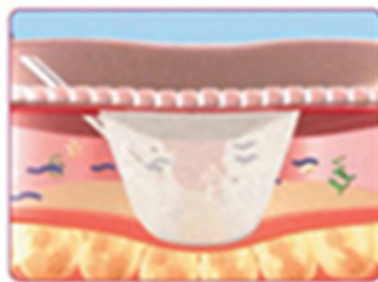
- Captique
- Esthélis
- Elevess
- Hylaform
- Juvéderm
- Perlane
- Prevelle
- Puragen
- Restylane

When this gel is injected, it acts like an inflated soft cushion to support facial structures and tissues that may have lost volume or elasticity due to normal aging. It also brings water to the surface of skin to keep it looking fresh and supple.

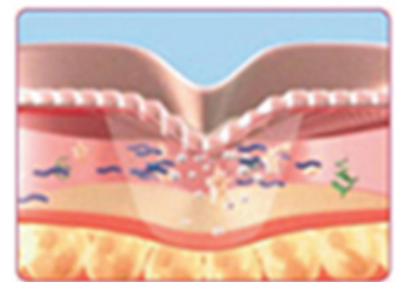
Here we show the action on skin so you can get a visual idea how it works



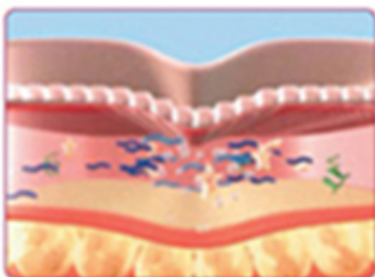
Wrinkle before treatment



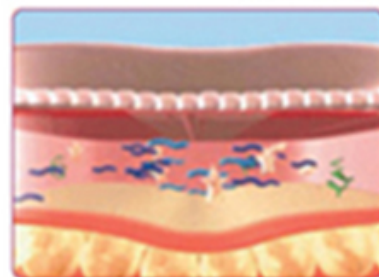
The injected volume immediately fills out the wrinkles and volume defects



Within a few days, the water in Sculptra is absorbed by the body with a slight increase in wrinkle depth.



The 2nd phase consists of a natural, soft build-up of the connective tissue, smoothing out wrinkles and contour defects.



After approximately 6 weeks clear improvement can be seen. Larger volume defects may involve further Treatment.

Stimulates the Body to Produce New Collagen

RADIESSE® dermal filler contains tiny Calcium Hydroxylapatite (CaHA) microspheres suspended in an aqueous gel carrier (Figure 1).



(Figure 1)
Calcium in gel

Once injected, it provides instant volume to smooth out the signs of aging. AND, it continues to work by stimulating the body to produce its own natural collagen (Figure 2).



(Figure 2)
Collagen stimulation

Over time, the gel is absorbed and the body metabolizes these tiny calcium based microspheres (Figure 3), leaving behind only your patient's own natural collagen.



(Figure 3)
Breakdown of microspheres

In the past last few decades, various synthetic forms of hyaluronic acid have been developed and used to correct disorders in the fields of rheumatology, ophthalmology, and

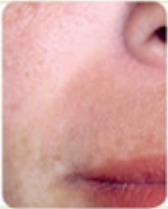
wound repair. More recently, synthetic forms of hyaluronic acid are being manufactured for use in face and some areas in the body for augmentation.

Different types of Dermal Fillers

- Natural hyaluronic acid based dermal fillers (most popular category of fillers)
- Hyaluronic based fillers include;
- *Belotero Balance*
- *Captique*
- *Eleveess*
- *HylaForm*
- *Juvederm 24HV*
- *Juvederm 30*
- *Juvederm Ultra*
- *Juvederm Ultra Plus*
- *Juvederm Voluma XC*
- *Perlane*
- *Perlane-L*
- *Prevelle Silk*
- *Restylane*
- *Restylane-L*
- *Restylane Silk*
- *Juvederm 30HV*

Some fillers and amounts you should know, so when you go and get charged, you know your facts

Facial Fold Assessment Scale

	BEFORE	AFTER	AMOUNT OF ARTEFILL
Grade 1			1/2 syringe per side
Grade 2			1/2 - 1 syringe per side
Grade 3			1 - 1 1/2 syringes per side
Grade 4			1 1/2 - 2 syringes per side
Grade 5			2 syringes per side

*Actual Artefill patients

INDIVIDUAL RESULTS MAY VARY



According

to: <http://www.plasticsurgeryguide.com/facial-filler-comparison-chart.html>, this is great site to visit for information

ArteFill

Polymethylmethacrylate microspheres embedded in purified bovine collagen. Lidocaine is also added.

Nasolabial folds, smile lines, wrinkles, lip augmentation.

5-10 years

Lower eyelid, brow area

Artefill's PMMA particles never break down, making it a "permanent" filler. The collagen around the particles will break down, but the patient's own collagen will regenerate around the particles.

\$1,000 per syringe; roughly 2-3 syringes required per

treatment.

Belotero

Monophasic double cross-linked hyaluronic acid

Deep furrows, lip augmentation, facial outlines, naso-labial furrows, glabellar lines, facial depressions

6-9 months

Manufacturersays no risk of 'lump effects' so recommended for most areas

Also comes in Soft (used for perioral wrinkles, lip commissures, crow's feet, and forehead wrinkles) and Intense forms (deeper lines and wrinkles). Still pending approval by FDA.

\$500 per syringe; number of syringes depends on treatment area.

Botox

Botulinum Toxin Type A

Forehead wrinkles, brow lines, crow's feet, underarm

3-4 months

Deep lines and wrinkles

Botox is only effective for dynamic wrinkles. If you have fine wrinkles, it's better to try a micro

-peel.

\$9-13/unit.

Cost per treatment in the U.S. averages between \$300 and \$500.

Cosmoderm/Cosmoplast

Purified human collagen

Fine or deep wrinkles, frown lines, crow's feet, acne scars, lip lines

2-3 months

Cosmoderm is best used for fine lines; Cosmoplast is best for deeper lines and furrows

Use collagen and hyaluronic acid-based fillers (in combination to replace lost structure and volume.

\$300 to \$600 per cc.

Dysport

Botulinum Toxin Type A

Forehead wrinkles, brow lines, crow's feet

3-4 months

Deep wrinkles and folds

Referred to as Botox's twin, Dysport may actually act faster than Botox, showing results in as soon as 24 hours.

\$4 per unit, but 2.5 times as much is needed compare to Botox, making the price about the same.

Evulence

Cross-linked Porcine collagen

Deep facial wrinkles, nasolabial folds, scars, atrophy from disease or trauma

12 months

Around the eyes, breasts, lips

Evulence has a thicker consistency and may cause less bruising in nasolabial fold injections.

\$500 or more per syringe; 1-3 syringes used per treatment.

Fat Fillers

Fat cells removed from other parts of the body

Sunken cheeks, thin lips, facial lines, below the eyes, buttocks, (breasts in some cases).

Permanent for fat cells that survive (50% of transplanted fat survives 5 years according to studies)

Fat transfer to breasts is controversial. It requires a lot of fat, is quite expensive and results can't be guaranteed.

Fat transfer is unpredictable. A natural amount is absorbed back into the body after a few months so results can be inconsistent.

\$500 to \$10,000+ depending on the area and volume injected. Rough estimates are 5 ml – \$150, 10 ml – \$2000, 20 ml – \$3000.

Hylaform

Animal hyaluronic acid gel

Moderate wrinkles, lip enhancement

6-12 months

People with allergies to chickens

Actually derived from rooster combs. Hylaform Plus has a larger gel particle size (similar to Restylane Perlane) and is used for deep lines, facial contouring, and lip enhancement.

\$400 per syringe, typically 1-2 syringes per treatment.

Juvederm

3D Hyaluronic acid matrix filler

Nasolabial folds, lip augmentation

Up to one year

Deep wrinkles

Great natural look and great for plumping lips.

\$400-\$800 per syringe.

Perlane

Hyaluronic acid with bigger molecules

Cheeks, chin, eyebrows, mouth

9-12 months

Thickness makes it less effective for superficial use and could create bumps.

Long lasting and very moldable will hold its shape extremely well in areas that don't move too much.

\$500 – \$900 per syringe.

Prevelle Silk

Hyaluronic acid w/lidocaine

Wrinkle reduction, lips.

2-3 months

Deeper folds and those looking for permanent or long-term results.

A bit thinner and softer than other hyaluronic acids so doesn't last as long. Results are also more immediate. Lidocaine also helps with pain.

\$250 per syringe, but roughly twice as much needed as Restylane or Juvederm making the cost about the same.

Restylane

Hyaluronic acid

Nasolabial folds, smile lines, brow lines, lips, beneath the eyes.

6-8 months

Deeper folds – smaller molecule make it less effective.

Great “starter” filler –not long-lasting so good to try out a look.

\$500-\$700 per syringe.

Radiesse

Calcium hydroxyapatite particles suspended in hyaluronic gel.

Smile and marionette lines, cheeks, broader, deeper folds.

12-18 months

Lip augmentation. Radiesse is a thicker filler and will likely cause lumpiness in the lips.

Radiesse is a filler made up of the same composition as bone and can't be reversed.

Depending on the size of the syringe, between \$400-\$800.

Sculptra

Poly-L-lactic acid

Deep folds between nose and mouth, folds around corners of mouth, sunken cheeks/chin, wrinkling on cheeks/chin, deep scars

Up to 2 years

Injections close to the surface of the skin – can leave small bumps.

Stimulates production of your own collagen.

\$800-\$1,000 per vial. Average is two to three treatments needed.

Zyderm/Zyplast

Purified bovine collagen w/ lidocaine

Crow's feet, scars, lip lines

3-4 months

People allergic to cow products or lidocaine.

Zyderm and Zyplast are the oldest fillers, having been introduced in the early 80s, and are rarely used anymore.

\$300-\$400 per cc.

Juvederm



from: <https://en.wikipedia.org/wiki/Juvederm>

Juvederm (/ˈdʒuːvɪdʒrm/), an injectable filler (injectable facial filler), is used by cosmetic, dermatological, and plastic surgeons to soften deep folds and reduce wrinkles and gesture creases in the faces, neck, hands and now days anywhere

that you wish to correct volume. The substance is largely hyaluronic acid, a substance normally found in the skin, muscles, and tendons of mammals. Approved in June 2006 by the U.S. Food and Drug Administration, Juvéderm's prime use is removing nasolabial folds, or "smile lines," creases of skin which run from the corners of the nose to the corners of the mouth. It is also used as a lip augmentation agent, and to fill in hollow places and scars on the face. However, all hyaluronic acid facial filler products are eventually absorbed by the body, usually within six to nine months, causing the patient to undergo repeat injections to maintain the younger look. Juvéderm is also used by physicians to plump lips, which also lose fat and internal shape with normal aging.

About Juvederm from Dr. Jessica Wu



from: <http://www.drjessicawu.com>

Do you have any wrinkles or folds on your face that you'd like to soften, or any areas that you wish were a little plumper or fuller—such as cheeks or lips?

Juvederm may be the answer. I've been using Juvederm since 2004. I was a Principal Investigator in the clinical research trial that led to FDA approval of Juvederm in 2006. Here are some of the most common questions that patients ask me about Juvederm:

I wish my wrinkles were softer but I'm afraid of filler. Will I look like a blowfish?

Many of my patients admit to me that they'd love to do something to soften their wrinkles or subtly plump their lips, but they're afraid of filler because they don't want to look 'done.' I explain to them that the result you get depends on who's doing the treatment and how it's done, not the product itself—just like you wouldn't blame a bad haircut on the scissors! In other words, I won't make you look like a blowfish if you don't want to!

I tend to be conservative when I'm treating patients, especially if it's the first time. My goal is to help you look like a more refreshed version of yourself, not someone else. This means planning your treatment carefully, spending time getting to know you and what your goals are, selecting the right product for you, and doing the treatment in stages so the result is subtle and beautiful, not obvious and overdone.

What is Juvederm?

Juvederm is an injectable gel that's injected into the skin to smooth out wrinkles, folds, scars, or anywhere that you'd like

to be plumped or filled. It's often called a 'filler.' It's made of an ingredient called hyaluronic acid, which is a type of sugar molecule that's naturally found in your skin and is responsible for holding moisture in your skin. Over time, your skin loses its natural hyaluronic acid, so it holds less water; as a result, it gets thinner and more easily wrinkled. Juvederm injections can help restore your skin back to its more youthful contours.

What should I know before my Juvederm treatment?

As with any injectable treatment, it may trigger the outbreak of cold sores. If you've ever had cold sores or the Herpes virus on your face, especially near the area that's being treated, I typically prescribe an antiviral medication to reduce the risk of an outbreak. If you bruise easily, you may want to avoid taking aspirin, ibuprofen, and Vitamin E before your treatment, because they can increase bleeding and bruising. Before stopping any medications, be sure to discuss with your doctor. It's also a good idea to schedule your treatment at least a week or two before an important event, especially if it's your first treatment. This allows any swelling to dissipate, and the Juvederm will have time to settle so you'll look your best for the event.

What's it like to get a Juvederm treatment?

The first thing I'll do is hand you a mirror so we can take a look at your skin together and I can show you what the results might look like. Depending on the area, I might recommend using a numbing cream and/or ice pack. Then, using a very fine needle that's specifically designed for Juvederm, I inject small amounts of gel at a time, until we see the desired results. I usually hand patients a mirror after the treatment so we can look at the results together; most people are

thrilled to see the results right away, and it often looks even better after a few more days. Immediately after the treatment, the area may be pink, swollen, and/or tender for a few days, although many of my patients go back to work or out to dinner later that day. The lips in particular can swell for a few days. Occasionally there may be a bruise, which can last several days.

Does it hurt to get Juvederm?

As with any injection, most people do feel the initial pinprick. However, I use a very fine needle, and many of my patients choose to use a version of Juvederm (called Juvederm XC) that contains lidocaine anesthetic so that the treatment numbs as it goes. Since Juvederm XC has been available, my patients have been pleasantly surprised at how much less they feel the injections. In addition, I can also apply a topical numbing cream that minimizes the initial pinprick. For some patients, I may also do a dental block anesthetic injection, which is similar to the numbing you get at the dentist (injection into your gums). This is helpful for some patients who are getting injections into or near their lips.

How long does it last?

Juvederm is slowly dissolved in your body, so the effect will gradually dissipate and require a repeat injection. It's FDA approved to last up to one year. In my patients, the initial treatment generally lasts around four to six months; after that, the Juvederm builds on itself, and the results often last longer. I have some patients that I only see once a year after their initial few treatments. The beauty of it is that your skin looks better and better (and results last longer) if you maintain your treatments and don't let it go away completely between treatments.

Restylane



Restylane

Hyaluronic acid

Nasolabial folds, smile lines, brow lines, lips, beneath the eyes.

6-8 months

Deeper folds – smaller molecule make it less effective.

Great “starter” filler –not long-lasting so good to try out a look.

\$500-\$700 per syringe.

from <https://en.wikipedia.org/wiki/Restylane>

Restylane is the trade name for a range of injectable fillers with a specific formulation of non-animal sourced hyaluronic acid (HA). Restylane was the first stabilized hyaluronic acid filler on the market and reportedly has been used in over 11 million treatments worldwide (2010).

In the United States, Restylane was the first hyaluronic acid filler to be approved by the U.S. Food and Drug Administration (FDA) for cosmetic injection into sub dermal facial tissues.

Restylane is produced by Q-Med.

Restylane is most commonly used for lip enhancement (volume and contouring). It is used to diminish wrinkles and aging lines of the face such as the nasolabial folds (nose to mouth lines), melomental folds (sad mouth corners), “crow’s feet” and forehead wrinkles (frown lines). It may also be used for filling aging-related facial hollows and “orbital troughs”

(under and around the eyes), as well as for cheek volume and contouring of the chin, forehead and nose.

Restylane can also be used to revitalize the skin by increasing skin elasticity structure, without the goal of adding volume, for example in the face, hands and décolletage.

Duration and recovery time

Duration depends on factors like the individual's skin type, lifestyle and age. After the initial treatment, follow-up sessions are normally recommended around every 6 to 12 months depending on the individual and the treatment. A treatment of the lips lasts less than 6 months.

Treatments have a recovery time of 2 to 3 days.

Side effects

A treatment with a dermal filler like Restylane can cause some temporary bruising in addition to swelling and numbness for a few days. In rare cases there has been reports of lumps or granulomas. These side effects can be easily reversed with a treatment of hyaluronidase, which is an enzyme that speeds up the natural degradation of the injected hyaluronic acid filler.

Several studies have been done to understand the Long term side effects of restylane and other hyaluronic acid fillers. In certain cases, the filler results in a granulomatous foreign body reaction.

Even though side effects are rare Restylane should not be used in or near areas where there is or has been skin disease, inflammation or related conditions. Restylane has not been tested in pregnant or breast-feeding women.

Treatment techniques

Most injectors inject the filler with a small needle under the skin. Numbing creams or injections decrease pain.

A new way to use Restylane was described in the August 2007 issue of the Journal of Drugs in Dermatology by Dutch cosmetic doctor Tom van Eijk, whose “fern pattern” injection technique aims to restore dermal elasticity rather than to fill underneath the wrinkles.

from

<http://www.aloufaesthetics.com/gs6/restylane-perlane-juvederm-radiesse.php>

What is Restylane?

Restylane is a safe and natural cosmetic dermal filler that restores volume and fullness to the skin to correct moderate to severe facial wrinkles and/or depressions. Restylane smoothes out folds and wrinkles by adding volume can make an enormous difference to your appearance. With Restylane, facial rejuvenation can be carried out without the use of foreign elements.

When treating wrinkles or folds, Restylane is injected into the skin in tiny amounts with a very fine needle. The injected gel produces natural volume under the wrinkle, which is lifted up and smoothed out. The results can be seen immediately. Selected areas commonly include lip enhancement, nasolabial fold correction or even facial scars.

What is Restylane made of?

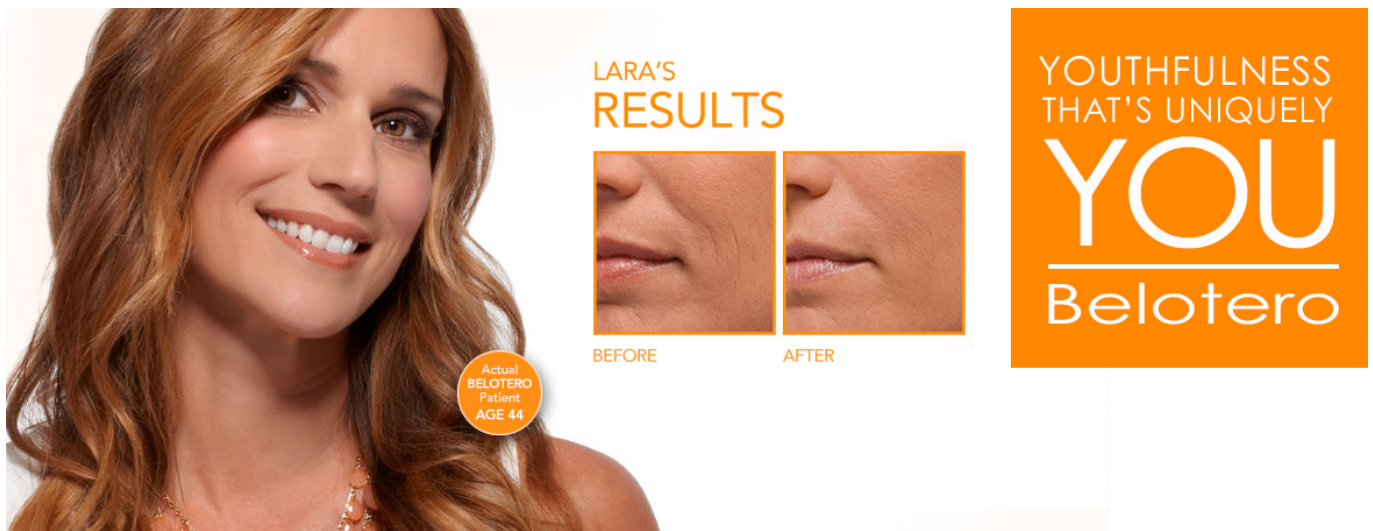
Restylane is the first cosmetic dermal filler made of non-animal-based hyaluronic acid. Hyaluronic acid is a natural substance that already exists in the human body and is used to provide volume and fullness to the skin. The hyaluronic acid in this product is a crystal-clear gel called NASHA™, or Non-Animal Stabilized Hyaluronic Acid. NASHA is biodegradable and completely biocompatible with human hyaluronic acid.

What is the difference between Perlane and Restylane?

They are actually made of the same NASHA as above. Perlane® is just a bit thicker molecule and therefore lasts longer when used as a filler. It has gained FDA approval in the USA on 11-06 whereas Restylane has been approved for several years.

As Restylane is a totally non-animal product, there is minimal chance of eliciting allergic reactions if you are sensitive to common foods, such as beef, chicken and eggs. Unlike some other injectable products for wrinkle treatment and lip enhancement (for example collagen made from cow hide and hyaluronic acid made from rooster combs),

Belotero



Belotero

Monophasic double cross-linked hyaluronic acid

Deep furrows, lip augmentation, facial outlines, naso-labial furrows, glabellar lines, facial depressions

6-9 months

Manufacturersays no risk of 'lump effects' so recommended for most areas

Also comes in Soft (used for perioral wrinkles, lip commissures, crow's feet, and forehead wrinkles) and Intense

forms (deeper lines and wrinkles). Still pending approval by FDA.

\$500 per syringe; number of syringes depends on treatment area.

What is Belotero?

Belotero is an injectable gel filler that's made of hyaluronic acid, a type of sugar molecule that's naturally found in your body and binds moisture to keep your skin smooth and plump. It's the same ingredient that's found in Juvederm and Restylane but formulated in a different way.

How is Belotero different from other fillers?

It's most effective in fine lines and superficial wrinkles, especially in thin-skinned areas. Studies show that Belotero spreads between the collagen fibers of your skin more evenly than other fillers, giving a soft, smooth result. I especially like Belotero for fine wrinkles around the mouth, where other fillers may be visible through the skin. Since it's very elastic, I can fill in wrinkles without changing the size or shape of the lips.

What areas can be treated with Belotero?

The most common areas I treat with Belotero are the wrinkles above the upper lip. It's also a good choice for crows feet and fine lines on the forehead and cheeks, as well as shallow acne scars anywhere on the face. I often layer Belotero over Juvederm or Restylane.

This is the newest hyaluronic acid gel filler, and is included here because we did not discuss it last week. Belotero marketing companies claim that it is more malleable in your skin, which allows it to integrate into your skin and mold to facial contours more easily than other HA fillers in the

market. It can be injected more superficially than Restylane® or Juvéderm®, and the company that markets the product claims that the product has a reduced risk of creating the Tyndall Effect, a bluish area that occurs when a clear gel is injected too superficially and can be seen through the skin. Belotero can treat both nasolabial folds and vertical lip lines in a very effective way when properly applied, leading to instant results that should last about six months, keeping in mind that every one of us is different.

Captique



from:

<http://www.locateadoc.com/article/pros-and-cons-of-captique-de>

ermal-fillers

Captique dermal fillers are hyaluronic acid fillers made by INAMED Aesthetics. The non-animal filler is designed for the correction of moderate to severe facial wrinkles and folds in the skin, and can be injected just below the skin's surface to increase volume. It's one of the latest plant-based dermal fillers on the market, and helps to hydrate the skin, restore skin elasticity and create supple and smooth skin, and a youthful appearance.

Benefits of Captique Dermal Fillers

Hyaluronic acid is a thick gel-like substance that is naturally found in the human body. It is a common ingredient used in anti-aging products such as serums and moisturizing creams because it can be absorbed readily in the skin. When it is injected into the skin tissues, hyaluronic acid binds to the tissues and helps create a toned and sculpted appearance.

Captique is made only with hyaluronic acid, and can be used to treat wrinkles around the eyes and lips, fill out lost tissues in the cheek or jawline, or be injected directly into the lips to increase the size of the upper or lower lip.

Key benefits of Captique include:

Elimination of smile lines

Reduction of loose and sagging skin

No pre-testing required

No risk of allergic reactions because it is made with animal products

Effects can last between 4 to 6 months

No anesthesia required for wrinkle treatment

Drawbacks of Captique Dermal Fillers

While Captique offers several benefits, there are also some drawbacks associated with the injectable. When injected into the lips, Captique can be very painful so Lidocaine must be injected into the lips prior to the Captique treatment. The injections themselves only cause a slight pricking sensation, but some people may be sensitive to the needle.

Captique does offer dramatic results, but some people will need to get touch up treatments every four months because the body will absorb the hyaluronic acid from the tissues. Results vary significantly from person to person, so it may take a few treatments to see results.

Overall, Captique may be a valuable alternative to some of today's leading hyaluronic acid fillers, and can help many people say goodbye to fine lines and wrinkles.

Esthélis



from: <http://www.esthelis.com/en/pro/esthelisrange.php>

Esthélis & CPM: a new era in aesthetic medicine. With Esthélis, most advanced wrinkle fillers range, Allow yourself to join the genuine “surface” revolution, Allow yourself to inject in the most efficient way you can ever imagine!

Esthélis is the only highly cross-linked gel that can really be injected very superficially for even more natural, effective and long-lasting results, while injecting less product. This peerless capacity is the result of the cohesive

and polydensified matrix, the fruit of the unique CPM technology developed and patented by the Swiss company Anteis.

from: <http://www.dermalfillersreview.com/esthelis/>

Esthelis Soft and Esthelis Basic are two dermal fillers in the hyaluronic acid based ranges of cosmetic treatments. Esthelis was approved by the Food and Drug administration in 2011 for use in the United States, and is used to treat fine lines and wrinkles, while assisting in skin rehydration. It was approved under the name Belotero, manufactured by Anteis, and distributed under the name Esthelis by Merz Aesthetics. It is the first monophasic hyaluronic acid filler using a patented CPM technology, which sets it apart from the conventional monophasic hyaluronic acid dermal fillers.

What Makes Esthelis Filler Different

Esthelis is made from non-animal hyaluronic acid, yet the way in which it is chemically produced, differentiates it from other hyaluronic acid fillers. Cohesive Polydensified Matrix (CPM) is a patented technology used to make Esthelis. CPM double cross-links monophasic hyaluronic acid strands with Butanediol Diglycidyl Ether (BDDE) which is the stabilizer. Linking the hyaluronic acid chains, allows it to slow down degradation, making the product last longer.

Esthelis integrates into the tissue surrounding it in the dermal layer of skin, and provides a smoother transition between the treated, and non-treated areas. It can also be used in the most superficial dermal layers, by using less product. Esthelis contains glycerol to increase skin elasticity, and rehydrates the skin, improving skin tone. The glycerol in Esthelis coats and protects the hyaluronic acid from free radicals, enzymes, and thermal degradation in the body.

Features Of Esthelis Dermal Filler

There are two ranges of Esthelis: Esthelis Basic, and Esthelis Soft. There is also a package just for men. Anteis stresses that the precision of the injection, and the biointegration of the product, are the two factors of successful dermal filling to correct facial wrinkles.

Esthelis Soft is injected into the superficial to middle dermis and treats:

Fine wrinkles

Perioral wrinkles around the lips and mouth

Lip commissures

Crows feet

Forehead wrinkles

Facial depressions or scars

Esthelis Basic is injected into the middle to deep dermis and is used for:

Lip augmentation

Facial outlining/contouring

Glabellar lines

Nasolabial furrows

Facial depressions or scars

The Injection Procedure And Side Effects

Because successful dermal filler treatment relies on the

precision of injection, Anteis has developed the Anteis Injection System, which is fully automated. The fine gauge needle allows for more even product placement, varied angles and depths of placement, and better control over the speed and amount of injections. This reduces the patient's pain, and also may reduce the occurrence of side effects from the injections.

The injection procedure requires consulting with a doctor, experienced in dermal filler injections. Medical history and any medications you are taking need to be discussed, as well as your expectations. The face is cleansed, marked for injection sites, and injections are administered. This process takes usually less than an hour, and there is usually little if any down time. Because Esthelis is made of hyaluronic acid, there is no allergy pre-test required. Treatments are on average, approximately \$500.

If you have a history of severe allergic reactions, are pregnant or breastfeeding, are taking anti-coagulant drugs, or are on immunosuppressive treatments, you should discuss alternative treatments with your doctor. Common side effects may be redness, swelling, itching, discomfort, and discoloration for 24-48 hours. If you are receiving lip injections, these symptoms may last a week. Immediately following injections, it is recommended to avoid over exposure to the sun, ultraviolet rays, and massaging the injected area.

ELEVESS



Before



After

from: http://ele vess.com/benefits_of_ele vess.php

ELEVESS is an FDA-approved injectable dermal filler for the aesthetic treatment of facial wrinkles and folds.

What is ELEVESS?

It is available in the EU, Canada, Chile, and Peru although product indications for use differ for each geographic region.

Long-lasting natural effects, combined with patient comfort and ease of use are key benefits of ELEVESS. It was the first FDA-approved hyaluronic acid-based dermal filler to include an

anesthetic (lidocaine) in its formulation, greatly increasing patient comfort during, and after, the injection procedure. Additional benefits of ELEVESS include: the highest available concentration of HA and a unique patented HA cross-linker in the formulation (for greater durability), an ergonomically designed syringe (for ease of handling) and unique properties that allow easy injection through a very thin (30G) needle to minimize discomfort to patients.

ELEVESS™ is made from hyaluronic acid (HA), also called hyaluronan. HA is a naturally occurring material found throughout the body.

How Does Eleveess Work?

In skin, it plays a role in tissue repair, while in cartilage and other tissue, it functions as a lubricant. HA is present in the body as a polymer (a linked chain of many individual HA units), is continually produced and degrades naturally in the body over time. A 150-pound person has approximately 15 grams of HA throughout his or her body, nearly 5 grams of which is degraded and synthesized every day.

HA is present in the skin, where it has the ability to absorb large quantities of water—over 1,000 times its weight – and to form complexes with collagen and elastin. These complexes support the structure of the skin, contribute to the skin's elasticity, and create volume in the skin to diminish the appearance of wrinkles and fine lines. Age, as well as exposure to the sun and pollution, leads to decreased production of HA, resulting in decreased volume and the appearance of wrinkles. Cross-linked HA-based dermal fillers (such as ELEVESS) injected into the skin in the area of wrinkles help restore the skin's youthful appearance.

Cosmetic Dermatology

Because HA is naturally found in skin, it is often used in the formulation of skin care products, such as topical creams or

injectable dermal fillers. HA helps keep the skin hydrated, as well as fill out facial wrinkles and fine lines, and brings volume back to sunken or hollow areas of the face. Because cross-linked HA degrades much more slowly than free HA, cross-linked HA-based fillers can remain in the face for up to a year, providing much longer-lasting results than collagen-based fillers.

HA-based facial fillers are naturally reabsorbed by the body over a period of six months to a year, providing optimal wrinkle correction. Over time, the skin on the face goes through transitions in texture and firmness, so the ideal dermal filler will gradually diminish in volume over time, allowing the re-application of the filler, accommodating changes in the patient's skin.

Benefits of Eleveess

Natural and immediate effect

Long-lasting results

Ease of injection

Minimized injection pain

ELEVESS™, like other dermal fillers, is injected directly into patients' skin; however ELEVESS is the first FDA-approved HA-based dermal filler to include the anesthetic lidocaine, greatly reducing injection pain and increasing patient comfort.

Long-lasting*, more natural effects are the result of a unique, patented hyaluronic acid cross-linker and the highest concentration of HA of any available dermal filler.

Additional benefits of ELEVESS include an ergonomically designed syringe for ease of handling and unique properties that allow for easy injection through a very thin (30G) needle to minimize patient discomfort.



LAVIV®

LAVIV® is one of the most newer treatments available, but it has been studied extensively by the FDA for the past nine years. LAVIV® is different because it's crafted from your very

own cells; a small sample of skin is taken from behind your ear and then taken to a lab to carefully isolate your fibroblasts, the cells that create the collagen in our skin. expanding them to the tens of millions for long term supply. Call it your own personal “cell bank”.

For someone who prefers to stay as close to nature as possible, LAVIV offers a truly innovative method to reverse and ease off wrinkles – a method that does not rely on injecting artificial components into the skin. –

See more at:
<http://www.totaldermatology.com/skin-rejuvenation/laviv-personal-cell-therapy-irvine-ca/#sthash.CYMpHSij.dpuf>

The whole isolating process takes about six weeks overall. Because it’s grafted from your own cells, there’s little risk for rejection or an allergic reaction.

The resulting liquid isn’t thick enough to act as a cheek filler itself, but LAVIV® has shown results in treating marionette lines, nasolabial folds, and under eye hollows. Some doctors have reported that the treatment areas have shown improved pores, pigmentation, and skin texture over time. Typically, results last up to two years again keeping in mind that we all have different reactions and assimilation, but can cost upwards of \$3000.

Step 1

- We use YOUR skin cells to begin the process. Dr. Pilest will take small skin samples from behind your ear with the use of a local anesthetic

- These skin samples are sent to Fibrocell Science, the makers of LAVIV™
- Using a state-of-the-art process, Fibrocell Science expands your fibroblasts from your skin sample into *millions of new fibroblast cells*. These cells then undergo a comprehensive quality control process to be sure they are active and ready to go to work once injected into your skin.
- All of your cells are cryopreserved (frozen) and those that are not immediately used are stored at Fibrocell Science's FDA-inspected manufacturing facility for future use
- Following the development and quality control processes, your personalized LAVIV™ therapy will be ready in approximately 3 months

Step 2

You will receive 3 separate sessions of LAVIV™ injections from Dr. Pilest. These treatment sessions are spaced at intervals of 3 to 6 weeks.

Using a small needle, Dr. Pilest will inject LAVIV™ directly into the lines and wrinkles to be treated. You will receive 3 injections of LAVIV™, spaced at intervals of 3 to 6 weeks. (*When patients were assessed 6 months after the third and final treatment, LAVIV had effectively improved the appearance of smile line wrinkles.*)

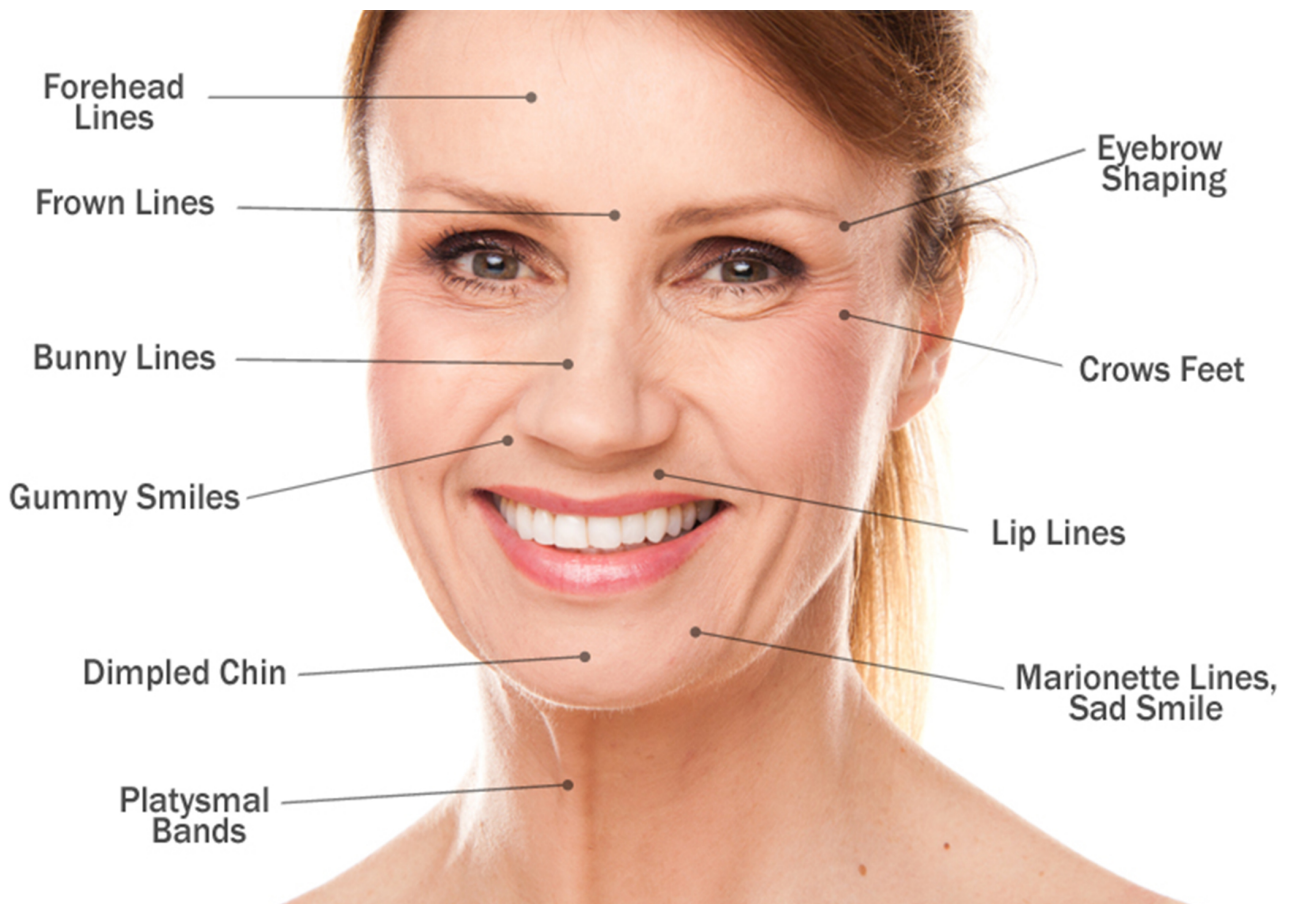
— See more at:
<http://www.totaldermatology.com/skin-rejuvenation/laviv-personal-cell-therapy->

[irvine-ca/#sthash.CYMpHSij.dpuf](#)

Zyplast®

One of the first injectables used in aesthetic procedures, Zyplast® is a purified form of bovine collagen, so, like Artefill, it requires allergy testing before injection. Because it is a form of collagen, Zyplast® works to supplement the weakening collagen structure in your skin. While this type of filler has typically gone out of style in favor of hyaluronic acid, Zyplast® is still used by some doctors for lip injections.

Hylaform/Hylaform Plus Dermal Fillers



from: <http://www.dermalfillersreview.com/hylaformhylaform-plus/>

Manufactured by Inamed Aesthetics, and approved by the Food and Drug Administration in 2004, Hylaform/Hylaform Plus is a

hyaluronic acid based dermal filler, used for moderate to severe lines and wrinkles produced by aging, and collagen degradation. It is also used in medicine, to treat, and help to manage osteoarthritis. It is a clear, injectable gel produced from specially bred rooster combs, and tends to last longer than other dermal fillers.

The Hylaform Difference

The hyaluronic acid used in Hylaform/Hylaform Plus, is harvested from the connective tissues in the fleshy portion of the top of the rooster's head, called rooster comb. The roosters are specially bred for the purpose of making Hylaform products, and the rooster tissue is then purified, sterilized, and then stabilized chemically, into a clear gel form. It is minimally modified, so no skin test is required, but you should not use Hylaform if you are allergic to eggs or feathers.

Hypersensitivity is rare, but it could occur to individuals with bird allergies, however, there is absolutely no risk of contracting bird flu from Hylaform. When Hylaform is modified with the rooster comb hyaluronic acid, it is purified, then sterilized at a temperature which is higher than necessary to kill the bird flu virus. Both Hylaform, and Hylaform Plus last longer than bovine (cow) dermal fillers, and do not require pre-testing, for skin allergies.

The Difference Between Hylaform And Hylaform Plus

Both types of Hylaform integrate into the dermis, and bind with water molecules, adding volume to and rehydrating skin. Hylaform has intermediate sized gel particles, similar to Restylane and Captique, and is suitable for moderate, facial wrinkle injections, and lip enhancement. Both are injected into the dermal layer of skin, however, Hylaform is injected nearer the beginning of the dermal layer.

Hylaform Plus consists of larger gel particles, such as Perlane, and is used for deeper lines, facial contouring, and lip enhancement. It is injected deeper into the dermal layer of skin, to add volume to, and to fill the more severe facial wrinkles. Because Hylaform Plus is injected deeper into the dermal layer, and the gel particle size is larger, it lasts longer than Hylaform.

Benefits

Immediate Treatment

There is no pre-testing on the skin for allergies required. If you are allergic to eggs or feathers however, you should not use this product.

Immediate Results

There is no waiting for weeks, to months for results. After just a few days, the results can be seen.

Approved By FDA

This product has been used internationally for almost 10 years, and was approved by the Food and Drug Administration in 2004, for use in the United States.

Mild Side Effects

There is less bruising, swelling, and redness usually experienced than with other dermal facial injections.

Longer-Lasting

Hylaform/Hylaform Plus injections, on the average, last longer than its collagen filler counterparts. Hylaform usually lasts approximately 6-12 months.

Less Risk Of Nodules Forming

Because Hylaform is a gel, there is less of a risk of nodules forming around injection area. Small bumps may however, be felt before the injections blend into the skin's dermal layer.

Here is how the skin ages

Fillers are an armamentarium in the anti-aging treatment. Though aging is a generalized phenomenon, the process of aging does not occur uniformly in all areas of the face. The subcutaneous fat of the face is not a single uniform layer but is compartmentalized. Each individual compartment ages at a different pace in the same individual. Hence correction of the aging face needs correction of these individual compartments separately.

According

[to:http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2890128/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2890128/)

Anaesthesia

Any medical intervention has to be made as painless as possible, more so when an enhancement procedure like a filler is being done. However, procedures to alleviate pain should not interfere with the treatment outcome. This is frequently encountered when an infraorbital nerve block is used for filling the Nasolabial fold. Lignocaine injected in the infraorbital region distorts the local anatomy and may result in suboptimal correction (distortion). The quantity of lignocaine required and the resultant distortion can be reduced by using 1 ml of lignocaine 2% administered using an insulin syringe. The application of topical anesthetic creams such as EMLA can improve the hydration of the skin and make

fine lines imperceptible leading to imperfect correction. In such situations, choosing a filler premixed with lidocaine or a regional nerve block would be a suitable option. Inadequate anesthesia achieved by EMLA can be compensated by the use of ice-packs. When employing linear threading or even depot technique, the number of pricks and hence the pain can be minimized by using long needles, of 1.5 inches. Always is recommended to check for lignocaine hypersensitivity for every patient.

BEFORE FILLERS TREATMENT:

- Avoid aspirin (any product containing acetylsalicylic acid), vitamin E, St. John's Wort, and other dietary supplements including: ginko, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks.
- Avoid ibuprofen (advil, motrin), Aleve (naprosyn) fish oils or any other blood thinner products, and alcohol for 2 days prior.
- If possible come to your appointment with a cleanly washed face without make-up, it will avoid irritating the skin before treatment.

AFTER FILLERS TREATMENT:

- Do not massage the treated areas these products will move and it will cause an uneven feel and look, the substance is like little spheres so is like a bean bag effect, is best after you go through with an expensive

treatment+ the procedure not to mess it up wont you agree?

- Skin redness, bruising, swelling, tenderness, and/or itch are common so is of importance to use a calming product like one with chamomile here in this post we will share a few adequate products. If the symptoms persist longer than 3 days, please contact your Dr.
- Minimize movement of the treated area. However, if there is a visible bump, with medium pressure massage the area.
- Avoid applying heat to the treated area until bruising or any swelling have resolved. Avoid activities that cause facial flushing on the day of treatment including consuming alcohol, hot tub or sauna use, exercising, hot wax, or tanning. Avoid extreme cold like skiing or hiking outdoors.
- When bruising occurs it typically resolves within a few days, a great supplement is Bromelain and Turmeric together to fully reduce inflammation.
- After treatment, oral and/or topical Arnica Montana may help reduce bruising and swelling. You can find Arnica in the natural foods section of your grocery store or local pharmacy.
- You may also take acetaminophen (Tylenol) to reduce pain. Avoid consuming alcohol, taking aspirin, ibuprofen, naprosyn,.•Routine washing and showering is fine with gentle cleanser and moisturizers. Sunscreen and makeup may be applied.



Eminence Organics Calm Skin Arnica Booster-Serum

Calm Skin Arnica Booster-Serum from Eminence Organics is a super-soothing skin treatment that uses natural botanicals to

soothe inflammation, reduce redness, and eliminate irritation. This amazing treatment brings balance to the skin, restoring a youthful glow.

Here are some products that we highly recommend for before and after Derma Fillers



Eminence Organics Couperose-C Serum

Eminence Organics Couperose-C Serum (1oz) repairs and restores

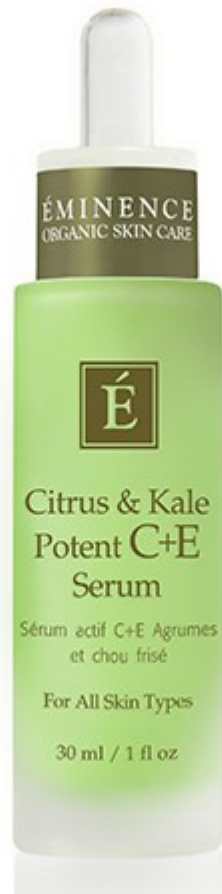
sensitive and damaged skin, increasing its long-term resilience while infusing it with moisture, nourishment, and antioxidant protection. Redness, broken capillaries, and sensitive skin issues will disappear to reveal a taut, toned, even, and bright complexion.



[Eminence Organics Cucumber Eye Gel](#)

Eminence Organics Cucumber Eye Gel (1oz) has two amazing results. In the short term, it eliminates puffiness and dark circles in the eye area and tones tired skin for a more vibrant look every day. In the long term, it eliminates fine lines and wrinkles, tightening the skin around the eyes to make them look younger. The key is in its ability to provide deep, lasting nourishment in the eye area. Go ahead – try it!

Your eyes will thank you.



Eminence Organics Citrus & Kale Potent C+E Serum

Fast-absorbing, advanced serum for all skin types. This potent dose of non-irritating Vitamin C is stabilized by botanically-derived ferulic acid to deliver optimal antioxidant benefits and improve the appearance of skin.



Eminence Organics Calm Skin Starter Set

The Eminence Organic Calm Skin Starter Set is the perfect way to try the amazing brightening products of Eminence Organics. Including a one-month supply of the brightening cleanser, moisturizer, masque, and serum, this skin care kit has everything you need to soothe irritated skin and reduce sensitivity.



Me First Living Premium Turmeric Curcumin
With Black Pepper, 95% Curcuminoid
(Extract!)

Christian Wilde's



Enhanced Turmeric+ Formula™



With
Turmeric
Boswellia
Devil's Claw
Green Tea Extract
Bromelain
Bioperine®

Dietary Supplement

180 tablets

Not intended to "Diagnose, Treat, Cure or Prevent Any Diseases."

[Christian Wilde's Enhanced Turmeric+
Formula](#)



[Source Naturals Bromelain](#)

Natural Skincare Recipes For Winter

Natural Skincare Recipes For Winter

Get Started
Making Your
Own Natural
Skincare
Products!



This week 204 we have Home made recipes for winter skin to share with you.

Growing up my mother and my nana always made skin care and skin treatments at home. It was and still is so much fun to

do, now I do it with my husband and we enjoy learning, sometimes messing up and redoing. Still it is such a great feeling to know exactly what is in the products we use and connecting with the ingredients.

Here we share a few recipes and what their qualities are. Enjoy in good health and happiness, thank you for your support and likes, we love them and are very thankful of them.

When you make these recipes, we use Organic products when possible so the final product is fully sound and you don't defeat the purpose of avoiding commercial harsh chemicals, which is the whole point really.

Here we go, Enjoy! Please share and like if you do is what the world of media looks for and it keep us going.



from:

<http://www.anmariegianni.com/8-natural-ingredients-soothe-sensitive-skin/>

In addition to taking extra care with your skin and your routines, you can add up some natural home mixed ingredients to help soothe, moisturize, and protect skin from harsh daily elements.

Aloe. I consider a great addition for all skin types. Aloe is a calming ingredient that naturally helps tame inflammation. It can keep your skin calm and encourage healing.

Feverfew. This natural herb is a potent anti-inflammatory, and is particularly effective at calming redness and settling the skin. If you have rosacea or if you regularly experience rash reactions or any other inflammation signs, this is the herb for you. Feverfew also naturally protects the skin from UV rays.

Oatmeal. This is preferred natural anti-itch remedy out there. Moms used to put oatmeal in warm baths for kids suffering from chickenpox or any other skin rashes for this very reason. You can do the same for body itching and redness, or make your own oatmeal mask for your face. Simply mix some oatmeal in with yogurt or honey and apply for 10 minutes or so before rinsing. There are many skin care recipes made with Oatmeal.

Chamomile. You may have heard of chamomile tea as the tea to drink before bedtime and for calming in general. Like it's calming effect on your body, chamomile also calms the skin, hair and anything that is used on. It's a natural anti-inflammatory, and also helps speed up wound healing. Simply make an extra cup of tea, and after it cools, apply to your skin in cool compresses for 10-15 minutes. You can also mix chamomile tea with almond oil for an ultra-gentle cleanser to mention just one use.

Cucumber. We use this ingredient in our anti-aging eye cream because of its ability to soothe and calm swelling and inflammation under the eyes and anywhere that is used.

Cucumber is great for soothing stinging and burning anywhere on the skin, so you can apply it whenever you need it. In fact, cucumber is often used to treat sunburn. You can liquefy a real cucumber, store it in the fridge, then apply it to the irritated area, make sure that you only store it for a day once it is crushed and less you freeze it I prefer to do it as I need it, and use it fresh.

White willow bark extract. This ingredient is calming to skin, and also helps to discourage the development of acne. Many topical rosacea creams contain this ingredient, and it's often referred to as a "skin tonic" because of its soothing properties. For acne, try mixing it with some aloe juice and a little witch hazel, and apply to skin a couple times a day. This treatment is also great for soothing itching and burning, is an anti-inflammatory this is where Aspirin came from.

Calendula. We use this ingredient from the marigold plant in a number of our products because of its calming and healing effects. You can use it mixed with extra virgin olive oil and a drop of lavender essential oil to make your own salve.

Honey. Honey has natural healing properties that help calm the skin and promote faster recovery. , is natural antibiotic. It's also a natural antibacterial, which means it will help deter acne and infections, and provides a soothing and hydrating benefit.



Organic Moisturizer

from:

http://healthyblenderrecipes.com/recipes/home_made_organic_moisturizer

35g cold pressed apricot kernel oil

5g cold pressed jojoba oil

15g cocoa butter

5g shea butter

15g vegetable glycerin

1 1/2 tablespoons emulsifying wax

225g filtered water

1 teaspoon vitamin E

1 teaspoon grapefruit seed extract

1/4 teaspoon rosehip oil

5 drops carrot seed oil

30-50 drops of your choice of essential oils (this is for the whole mix. If you are dividing into small jars you only need about 8 drops of oil in each jar)

Combine the apricot oil, jojoba oil, cocoa butter, shea butter, glycerin, and emulsifying wax into a small saucepan.

On low heat, gently stir the ingredients until they are just melted do not boil always simmer. Do not use high heat.

Place the filtered water in a tall plastic jug, and place your stick blender firmly on the bottom. Slowly start pulsing the water, and gradually pour in the oil mixture in one steady stream while pulsing. A lovely white cream should start to form. When the mixture has thickened and become the consistency of mayonnaise, add in the vitamin E. Grapefruit Seed Extract, Rosehip Oil, Carrot Seed Oil to the cream is always best to add these ingredients when the mixture is out of the stove and you are doing the last blending. Just give a few short pulses to gently mix it or use a hand mixer. Be careful not to over mix or your cream will return to a runny consistency.

Pour into individual jars and add in your desired essential oils. Stir each pot and allow to cool completely uncapped

before sealing.

Store in the fridge in a cool dark place to thicken and preserve.

This recipe will make 300mls – about 6 small jars.

***You can use your high-speed blender to make this recipe. But you have to be very careful and blend on the absolute lowest speed. Or the cream will get too runny.

Soothing Lavender Body Wash



from:

http://www.sparkpeople.com/resource/wellness_articles.asp?id=911

Lavender essential oil gives this body wash a soft fragrant scent, while grape seed oil helps keep skin healthy.

1/2 cup liquid, unscented castile soap

1 tsp grape seed oil

4 drops lavender essential oil

Pour ingredients into a container, swirl to mix, and store in the shower for up to one month.

Mother Nature's Moisturizer



There are lots of simple plant oils that your can use to moisturize your skin, all of which can be stored in your bathroom,make sure that you do so in a dark jar in a cool dark place preferable.

1/2 cup cocoa butter

2 Tbsp beeswax, finely chopped or grated

2 tsp filtered water

3 Tbsp grapeseed oil

2 Tbsp coconut oil

1 Tbsp wheat germ oil

Combine water and place the beeswax in a saucepan and heat until melted. Add cocoa butter and stir until smooth. Allow to cool somewhat, then add oils, whisk it with a hand whisk until smooth consistency. Pour into a sanitized glass jar, and allow to cool completely.

Grapeseed Face Wash for Dry Skin



This face wash will clean your skin without drying it out it does so at the same time its conditions it.

1 cup full-fat, plain yogurt

2 Tbsp grapeseed oil

1Tbsp freshly-squeezed lemon juice

Whip all ingredients until smooth. Pour mixture in a tightly-sealed glass jar and store in the refrigerator up to a week no longer than that try using a dark ether brown or blue container so light doesn't spoil the mixture.

Chamomille Facial Cleansing Gel
(for all skin types)



The oats in this cleansing gel help to gently exfoliate your skin.

1 chamomile herbal tea bag

1-1/2 cups of filtered water

2 tsp whole (not ground) flaxseeds

1/2 cup organic rolled oats, finely ground in a blender

Fine mesh strainer

Bring the water to a boil in a saucepan, turn off heat, and drop in the tea bag. Allow to steep for 5 minutes, then remove the bag and add the flaxseeds. Return to a boil, lower heat and simmer for 15 minutes, stirring occasionally, do not boil. Remove from heat and allow to cool. Pour cooled mixture through a fine mesh strainer, into a glass jar. To use, sprinkle a small amount of ground rolled oats in, and mix with a small amount of the flax gel. Scrub face gently, and rinse well. Store the gel and the oats separately in the refrigerator. They will both keep for a week or to.

Homemade Vitamin C Serum



from:

<http://www.primallyinspired.com/friday-favorites-homemade-vitamin-c-serum/>

Vitamin C, Ascorbic Acid is best mixed as you use. It oxidizes when exposed to air and light, so the hope about lotions and skin care products that contain Vitamin C already in it is pretty iffy to say the least. Just get your self an organic powder Vitamin C, and keep it in a cool dark place until you need it then mix and use,(do not heat it).

1 teaspoon Vitamin C Powder
1 teaspoon distilled water
1 teaspoon glycerin (optional)
 $\frac{1}{8}$ teaspoon Vitamin E (optional)
small amber or dark glass bottle

Mix ingredients in a small bowl until the granules are dissolved.

If you omit glycerin and vitamin E add an extra teaspoon of water so that your serum isn't too strong.

Transfer to a sanitized dark glass bottle.

Apply to the skin at night after cleansing and toning, great antioxidant.

Let the serum soak in and then apply your moisturizer as usual.

Notes

An easy way to make sure your Vitamin C is in the perfect form to get the most benefits you can use a pH test strip. Your serum should be right around 3.5.

Secondly, make a small batch and use it only for 3-5 days. It is some extra work, but trust me, the benefits are worth it.

Feel free to use this on the backs of your hands as well. As most of us already know, sun spots show up on the hands first. Vitamin C can cause your skin to be irritated at first. When you apply it, a small amount of tingling is normal. If it is burning, remove it immediately if you have any doubts do a

patch test. Don't worry – you can just add more water and/or glycerin to your mixture. This will dilute the Vitamin C so it is more suited for your skin.

Herbal Moisturizing Cream



from:

<http://www.motherearthliving.com/health-and-wellness/natural-beauty/beauty-recipes/aloe-and-calendula-cleansing-cream-recipe-zmez13jfzmel.aspx>

Here's a sweetly scented skin cream that even children and people with super sensitive skin will use.

1 ounce vitamin E oil

4 ounces sweet almond oil

1 ounce beeswax

1 ounce jojoba oil

1 ounce coconut oil

1 teaspoon oil of calendula

1/8 teaspoon oil of chamomile

1/8 teaspoon oil of rose geranium

Combine the vitamin E and sweet almond oils in a nonreactive saucepan. Heat over low heat (do not boil). Gradually add the beeswax, stirring constantly. Add the jojoba oil, a little at a time, and stir until well blended. Slowly stir in the coconut oil.

Remove the saucepan from the heat. Add the calendula, chamomile, and rose geranium oils, stirring the mixture until it is smooth.

When the mixture has cooled, pour it into colored sanitized glass jars and seal them tightly. Keep refrigerated.

Aloe and Calendula Cleansing Cream



1/4 cup almond, sunflower or soybean oil

2 tablespoons coconut oil (extra-virgin, unrefined)

2 tablespoons beeswax

1 teaspoon anhydrous lanolin

1/4 cup pure aloe vera juice

3 tablespoons strong calendula blossom or chamomile flower tea
(you can substitute distilled water or your favorite hydrosol)

1 tablespoon vegetable glycerin

1 large (2 small) vitamin E oil capsules

15 drops lavender essential oil

15 drops rosemary or geranium essential oil

8 drops calendula essential oil, optional

In a double boiler over low heat or in a small pan in a larger pan with shallow water, warm the base oils, beeswax and lanolin until the wax is just melted. In another pan, lightly warm the aloe vera juice, tea and vegetable glycerin.

Remove both pans from heat and pour the oils, wax and lanolin mixture into the blender, and allow it to cool until it just begins to thicken and becomes slightly opaque. It will take approximately 5 to 10 minutes depending where you live and the temperature of your kitchen, to set like a soft, loose salve. As it thickens, give the mixture a few stirs to remove any lumps and incorporate any of the mixture that sticks to the sides of the blender. Do not allow this mixture to get too thick or you may have a difficult time getting it out of your blender, I prefer a hand mixer myself.

Place the lid on the blender and remove the lid's plastic piece. Turn the blender on high and slowly drizzle the watery juice, tea and glycerin mixture through the center of the lid into the vortex of swirling fats below. Almost immediately the

cream will turn pale yellow and begin to thicken. Blend for about 10 to 15 seconds until all the watery mixture has been added, then check the consistency of the cream. It should have a smooth texture. If the water mixture is not properly combining with the oils, wax and lanolin mixture, turn off the blender and give the cream a few manual stirs with a spatula to free up the blender blades. Then, replace the lid and blend on medium for another 5 to 10 seconds. Repeat this process until cream is smooth.

Pumpkin Face Mask



from: <http://www.beautylish.com/a/vxgpg/diy-pumpkin-face-mask>

(Yields one facial mask)

2 Tbsp organic canned pumpkin puree or 1 small pumpkin

1/2 tsp organic honey

1/2 tsp milk (I used skim, but you can substitute soy or almond)

Start with clean skin. Remove all makeup and clean your face with your regular cleanser remove residues with toner.

Combine pumpkin puree, honey, and milk in a small bowl and mix well. If using a fresh pumpkin (or leftovers from a carved jack-o-lantern), scrape the insides and remove the seeds. Beat the gooey insides to a creamy pulp and mix with honey and milk.

Apply the mask using your fingers or a medium-sized makeup brush; avoid getting the mixture too close to the eyes. You can also apply to the neck and décolletage, don't forget hands, but you'll probably need to double the ingredients.

Allow the mask to set for about 20 minutes.

Gently wash off the mask with a warm, damp washcloth and follow with a moisturizer.

Quick Winter Homemade Mask Recipes



from: <http://allwomenstalk.com/5-home-made-face-masks-for-winter-skin-care>

AVOCADO MASK

An avocado mask is a great treatment for dry skin that may become very irritated in the winter. It is easy to make: mash the flesh of avocado with a fork, add a touch of extra-virgin olive oil, and apply this smooth, fragrant mixture onto your face. This nourishing mask will supply your skin with a whole range of vitamins, minerals, antioxidants, and softening agents to fight winter dryness.

CULTURED MILK MASK

A cultured milk preferably organic and if raw much better yet, this mask is a simple and effective help for tired skin it contains lots of AHA. Just apply a bit of natural yogurt, buttermilk, sour cream, or kefir on your face avoiding areas around the #eyes. Relax for 10-15 minutes and rinse your face with cool water. This mask softens, rejuvenates, and restores a natural pH balance of your skin, thus, protecting it from negative influences of winter air.

EGG WHITE MASK

An egg white mask is good for oily skin with large pores and for tightening. Smooth a beaten egg white all over your face, let rest for half-an-hour, and rinse with water. This mask will refresh and tighten your oily skin and will make it #look much healthier than before. In the winter, it will create a natural barrier to protect your skin from harsh winds and frost, it must be follow by a cream or face butter to seal it.

OATMEAL MASK

An oatmeal mask is a great remedy for skin beaten by a cold wind. To make it, mix together in equal proportions raw oatmeal flakes, egg yolk, and honey. Keep the mask on your face for about 20 minutes, remove with lukewarm water, and pat dry. After the application, your facial skin should feel very soft, refreshed, and healed.

BANANA MASK

If you have combination skin suffering from winter elements, try a softening banana mask. Mix mashed banana with fresh sweet cream and apply this wonderful mask all over your face for 30 minutes, you can add honey for an extra boost. It will smooth, soften, moisturise and nourish your skin whenever necessary and will make you forget about the cold, harsh, and nasty winter outside!

HONEY AND RAW MILK

This is probably one of the easiest face masks you can make! All you need to do is take 5-6 tbsp. of raw milk and mix it together with 2 tbsp. of honey. Apply the paste on your face (and neck) and massage for five minutes. Then, allow it to sit on your face for 20 minutes before removing it off with lukewarm water. The mask will moisturize your skin and is the easiest way to treat dry and rough skin during the winter season!

MOISTURIZING PAPAYA MASK

Another good way to moisturize your skin is with this papaya mask! It only requires two ingredients: one ripe, mashed papaya and one teaspoon of olive oil. Apply it on your face and leave it for 15 minutes before rinsing it off! Your skin will feel super smooth and silky after this mask! Follow by your favorite moisturizer.

CHOCOLATE FACIAL MASK Yum!!

I know what you're thinking: CHOCOLATE?! Yes, this is real. Dark organic chocolate preferably organic is a healthy choice, and not just to eat. When applied topically, there are compounds in the chocolate that can benefit the skin! You'll need 1/3 cup organic cocoa powder, 1/4 cup honey, 2 tbsp cream or plain yogurt, 3 tsp oats. Blend #everything in the blender or hand mixer until it's smooth and then apply it on your face for 15-20 minutes!



Eminence Organics Biodynamic Facial Recovery Oil

Eminence Organics Biodynamic Herbal Recovery Oil (0.5oz) is a healing facial treatment with anti-aging benefits. It revitalizes tired skin, removes fine lines and wrinkles, and locks moisture in for long lasting dermatological health and a gorgeous complexion.



Eminence Organics Biodynamic Radish Seed Refining Peel

Eminence Organics Biodynamic Radish Seed Refining Peel (1oz) deep cleans the skin, removing age-causing impurities and blemish causing debris to reveal a gorgeous, even, toned complexion. As it stimulates the skin's natural regeneration process, it resurfaces the skin for a silky-smooth finish.



100% Pure French Lavender Body Scrub

Fragrant French Lavender body scrub instantly makes your skin soft, smooth, healthy, glowing and vibrant.



Eminence Organics Arctic Berry Peel & Peptide Illuminating System

The Arctic Berry Peel & Peptide Illuminating System is a three step dermatologic regimen that exfoliates, peels, and nourishes the skin to keep your complexion looking bright and gorgeous between spa visits. Spa-level, natural ingredients treat and stimulate the skin so it feels healthy and looks gorgeous.



PCA Skin pHaze 15+ C-Quench Antioxidant Serum

This cosmetically elegant 15 percent L-ascorbic acid serum is suitable for all skin types. The product is especially effective for normal to dry and mature skin types, as it contains ingredients that help the skin attract and hold

moisture. It provides a supportive feel to lax skin, smoothes fine lines, minimizes pores and plumps and strengthens the skin.

Key Ingredients

Ascorbic Acid (Vitamin C)

Sodium PCA

Squalane

Hyaluronic Acid

Glutathione

esveratrol