

The Miracles Of Baking Soda



On week 263 we would like to thank you all for all the support and love that we receive from all of you without it we won't be here.

This week we are sharing information on Baking soda. I personally use Baking Soda for cleaning, beauty products, for our pets and so much more and as you will see on the post you can to enjoy the benefits of this wonderful product, enjoy and please like and share that is what keeps logs a life, thank you once again for your support from all of us at Isabel's beauty Blog.

We would like to remind you to use common sense when you use making Soda always consult your health practitioner when in doubt we are only sharing information from authorities in the matter but in no way shape or form prescribing.

Baking Soda

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

In 1846 John Dwight and his brother in law DR Austin Church founded the company Church and Dwight Co., Inc, the manufacturer of ARM & Hammer trade mark, Baking Soda.

They took Trona, (Soda ash) out of the ground and they turned into Sodium Bicarbonate to be use both inside and outside the house, Baking Soda is a staple in many homes for baking and cleaning purposes. It rates right up there with hydrogen peroxide as one of the most inexpensive and safe tools around (you can buy an entire box of baking soda for about \$1), so it makes sense to learn all you can about the many, many uses of baking soda.



A Brief Baking Soda History

In its natural form, baking soda is known as nahcolite, which is part of the natural mineral natron. Natron, which contains large amounts of sodium bicarbonate, has been used since ancient times. For instance, the Egyptians used natron as a

soap for cleansing purposes. Later, anecdotal reports throughout history suggest that many civilizations used forms of baking soda when making bread and other foods that required rising.

Dr. Austin Church and John Dwight began to manufacture and sell the compound we know as baking soda today. By the 1860s, baking soda was featured in published cookbooks, and in the 1930s was widely advertised as a “proven medicinal agent.”¹ Come 1972, the idea to keep a box of baking soda in your fridge to keep food fresh was born, and it really caught on.

Baking soda was popularized by Arm & Hammer more than 150 years ago, and while many are aware of its versatile qualities for cooking and household use, few people realize that baking soda also has potent medicinal properties.

from: <http://wherethewindblowsourfamilygoes.blogspot.com>

3500 BC: Ancient Egyptians use natron (primarily comprised of sodium carbonate) as a soap-like cleaning agent. They also use it to make mummies.

1843: Alfred Bird, a British chemist, makes the first version of baking powder to help out his wife, who was allergic to yeast.

1846: The Arm & Hammer brand is created. The iconic logo that exists today – which represents Vulcan, the Roman god of fire and metalworking – isn’t introduced until 1867.

1924: Recommended to treat & prevent the cold & flu virus.

1927: National magazines like *Good Housekeeping* and *McCall’s* begin promoting the usefulness of baking soda in the home.

1970: Arm & Hammer is the sole sponsor of the very first Earth Day. Baking soda gains attention as an eco-friendly alternative to chemical cleaners.

1972: A new use for baking soda receives widespread adoption –

Americans begin storing a box of baking soda in their refrigerators to keep food fresh.

1986: To celebrate the Statue of Liberty's 100th birthday, its inner copper walls are cleaned and restored with baking soda, which removes 99 years of grime and leaves the copper undamaged and completely clean.

2000: Kids use it for school science experiments

2012: Baking soda is one the the most popular pinterest pins, for its versatility.

What Is Baking Soda?

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

Baking soda, otherwise known as sodium bicarbonate, is a natural substance that helps regulate pH. This regulation keeps a substance from becoming too acidic or too alkaline, which is important in maintaining health. As baking soda contacts another substance, it naturally neutralizes the pH of the substance and prevents further imbalance or buffers the pH. With this effect, baking soda is able to neutralize odors, remove stains, detox the body and eliminate infection.

While baking soda is a particularly effective in helping your overall wellnes, it should also be noted that the substance can deplete the body of essential vitamins and minerals, particularly B vitamins, folic acid and chromium. Baking soda is best used for short periods of time in conjunction with other nutritional supports to prevent nutritional imbalances.

The Difference Between Baking Soda and Baking Powder

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

<https://youtu.be/dusVNJ3gLvI>

This is where it can get a little confusing—since baking soda and baking powder are both white, powdery substances that we use in baking. But there IS a difference:

Baking soda is 100% sodium bicarbonate. It comes from soda ash, which can be produced synthetically or harvested from natural sources. Generally, recipes that call for baking soda also call for some sort of acid, which helps to boost the leavening process and remove the slightly bitter taste that baking soda sometimes lends to recipes.

On the other hand, Baking powder contains some sodium bicarbonate, but also has other ingredients that act as acidifying agents. This means that you don't have to add extra acid to your recipes to get the leavening action. The acidifying agents can come in the form of cream of tartar or an aluminum-based acid.

50 Uses for Baking Soda



Multipurpose deodorant	Cloth diaper cleaner	Carpet & upholstery cleaner
pH control & balance	Formica countertop cleaner	Canvas cleaner
Heartburn/GERD relief	BBQ surface cleaner	Detergent power booster
DIY Toothpaste	Drain cleaner	Comb & brush soaking solution
Tooth whitener	Retainer & denture cleaner	Trash can deodorizer
Improves kidney function	Cast iron & stainless steel cleaner	Refrigerator odor killer
May prevent kidney stones	Linen freshener	Shoe odor killer
Helps symptoms of gout	Mouth freshener	Cleans vinyl shower curtains
Helps acne	Canker sore relief	Windshield rain repellent
Facial scrub	Bee & jellyfish sting relief	Vacuum cleaner odor killer
Body exfoliator	Helps flowers last longer	Sweeten tomatoes (add to soil)
Skin softener	Polishes silver	Cat litter box cleaner/deodorizer
Shoe cleaner	Sponge freshener	Pet hair conditioner
Foot baths	Microwave cleaner	Fruit & vegetable wash
Insect bite & itch soother	Sink, toilet, tub cleaner	Fluff up omelettes
Sunburn & windburn relief	Mirror & window cleaner	Sprinkle on beans to reduce gas
Fire extinguisher	Vinyl floor cleaner	
Handwash (strong odors)	Car surface cleaner	
Diaper rash relief	Grease remover	

www.EdibleHarmony.com

www.Facebook.com/EdibleHarmony

Benefits of Sodium Bicarbonate

With its natural pH neutralizing effects, baking soda serves a variety of purposes. The compound is effective for reducing pain, eliminating infection and treating inflammation.

As such, sodium bicarbonate is used to treat a variety of challenges. Acne, allergies, canker sores and bacterial

infections can successfully be helped using a baking soda regimen. Burns, bee stings, and cysts also respond well to the application of the compound. Other conditions including fatigue, cough, congestion, flatulence, gout, gum deterioration and others can also benefit for using baking soda.

While baking soda is a readily available product in most households, few individuals are aware of how many different ways the product can be used. Baking soda is an effective aid for a variety of conditions and can be used to detox the body and eliminate toxicity safely, being the fact that all this issues are acid, and Baking Soda is Alkaline it creates a balance .



Baking soda is actually a naturally occurring, very versatile substance aside from being environment friendly safe and is inexpensive. Not only is Baking Soda non toxic it is actually a food. That separates it from the commercial household products, it is safe around children and pets and most of your house.

Here we are sharing its use in the kitchen, bathroom , laundry, garage etc....

Some of the guidelines of Baking Soda

We have three: Direct use

In a solution

In a paste

You will be amazed of what Baking soda gifts are

When used directly:

You can use Baking Soda by sprinkling it directly onto something or a sponge whatever you decide a good applicator for you. So lets be clear the in this case Baking Soda is as it comes from the box on a powder form and not diluted.

When used in a solution form:

A good ratio is 4 tablespoons of Baking Soda per each quart of warm water. this can be as diluted as you intention requires for your particular use.

When used as a paste:

To accomplish tis task you have to add water as desire to mix either a soft fluid paste or a more dry form of the same again it depends on what your need is..

Baking Soda

*Easy Recipes For Acne
Treatment*



Coconut Oil & Baking Soda Face Wash

1/2 Teaspoon of backing soda

1 Teaspoon of coconut oil

Mix together and apply to a dampened face, massage in circular motions, and remove the mixture off your face with a warm, wet washcloth.

	Home	Personal Care/ Beauty	Dietary/ Medicinal
Lemon Juice	<ul style="list-style-type: none"> • Clean glass & mirrors • Brighten your whites • Disinfect your cutting board • Brighten your toilet bowl 	<ul style="list-style-type: none"> • Remove sun spots • High-light your hair • Reduce wrinkles • Shrink your pores 	<ul style="list-style-type: none"> • Detox • Improve digestion • Sooth a sore throat • Strengthen immunity
Coconut Oil	<ul style="list-style-type: none"> • Polish wood furniture • Replace WD-40 • Remove shower scum 	<ul style="list-style-type: none"> • Hair serum • Lip gloss • Deodorant • Prevent wrinkles 	<ul style="list-style-type: none"> • Improve thyroid function • Reduce migraines
Apple Cider Vinegar	<ul style="list-style-type: none"> • Repel fleas • Clean your microwave • Deodorize laundry 	<ul style="list-style-type: none"> • Sooth Sunburns • Wash your hair • Treat acne • Aftershave 	<ul style="list-style-type: none"> • Weight-loss/Detox • Control high-blood pressure • Cure yeast infections • Prevent a cold
White Vinegar	<ul style="list-style-type: none"> • Polish Silver • Clean windows • Neutralize odors • Unclog your drain 	<ul style="list-style-type: none"> • Cure an upset stomach • Sooth a bee sting • Condition your hair 	<ul style="list-style-type: none"> • Tenderize meat • Boil better eggs • Eliminate garlic odor • Keep veggies fresh
Baking Soda	<ul style="list-style-type: none"> • Put out fires • Scrub toilets and tubs • Clean your oven or grill 	<ul style="list-style-type: none"> • Deodorant • Toothpaste • Relieve diaper rash • Treat heartburn 	<ul style="list-style-type: none"> • Leavening agent • Make fluffier omelets • Crispier chicken
Castile Soap	<ul style="list-style-type: none"> • All-purpose cleaner • Dish soap • Mop floors with it 	<ul style="list-style-type: none"> • Body wash • Pet shampoo • Toothpaste • Prevent eczema 	<ul style="list-style-type: none"> • Treat eczema and psoriasis • Cure acne
Castor Oil	<ul style="list-style-type: none"> • Discourage rodents • Lubricate kitchen scissors • Restore health of your plants 	<ul style="list-style-type: none"> • Strengthen eyelashes • Relieve cracked heels • Soften cuticles 	<ul style="list-style-type: none"> • Treat dry/itchy skin • Laxative • Induce labor • Relieve menstrual cramping

Ways to Use Baking Soda

from <http://articles.mercola.com>

Natural Deodorant

If you want to avoid the parabens and aluminum found in many deodorants and antiperspirants, try a pinch of baking soda mixed with water instead. This simple paste makes an effective and simple natural deodorant. You can also simply brush some dry baking soda under your arms.

Coconut Oil Deodorant



TheCoconutMama.com

Insect Bites and Poison Ivy

Apply a paste made of baking soda and water to insect bites to

help relieve itching. You can also try rubbing the dry powder onto your skin. This is also effective for itchy rashes and poison ivy. Baking soda helps to relieve minor skin irritation and itching by neutralizing toxins and irritants on your skin's surface.

Heartburn, Indigestion, and Ulcer Pain

Most over-the-counter antacids contain some form of bicarbonate. Baking soda works by immediately neutralizing stomach acid, helping to relieve heartburn, indigestion and even ulcer pain. I have personally recommended this to many, including family members, and have been surprised how remarkably effective it is.

Dosing is typically $\frac{1}{2}$ teaspoon fully dissolved in a half a glass of water, taken every two hours (do not take more than seven $\frac{1}{2}$ teaspoons in 24 hours, or three $\frac{1}{2}$ teaspoons if you're over 60).

This should only be used as an occasional (not chronic) treatment, however, and be careful not to consume excessive amounts, which can cause serious electrolyte and acid/base imbalances.

Foot Soak and Exfoliator

Add three tablespoons of baking soda to a tub of warm water for an invigorating foot soak. You can scrub your feet with a baking soda paste for additional exfoliation. A paste made from three parts of baking soda combined with one part water can be used as an exfoliator for your face and body, too.

Relaxing Soak

Baking soda and apple cider make a wonderful spa-like bath for soaking. It also cleans the tub and the drain, as a bonus!

Hand Cleanser

Mix three parts baking soda with one part of water to make a natural hand cleanser that will scrub away dirt and neutralize odors.

Splinter removal

Add a tablespoon of baking soda to a small glass of water, then soak the affected area twice a day. Many splinters will come out on their own after a couple of days using this treatment.

Sunburn Remedy

Add $\frac{1}{2}$ cup of baking soda to lukewarm bathwater, then soak in the tub for natural relief. When you get out, let your skin air dry, rather than toweling off the excess baking soda, for extra relief. You can also add a mixture of baking soda and water to a cool compress and apply it to the sunburn directly.

Enhanced Sports Performance

Distance runners have long engaged in a practice known as “soda doping” – or taking baking soda capsules – before races to enhance performance, a measure that’s thought to work similarly to carbohydrate loading. It’s also been shown to improve speed among swimmers. While I don’t suggest you try this at home, it’s another example of baking soda benefits. Essentially, sodium bicarbonate is an alkali substance that increases the pH of the blood. This seems to reduce and offset the acidity produced in the muscles during intense, anaerobic exercise that produces lactic acid most quickly, such as fast running or swimming.”

Help Your Hair

Start by mixing 1 part baking soda with 3 parts water. With shoulder length hair mix about 2 to 3 tablespoon of baking soda with 3 times that amount of water in a small squeeze bottle. You can adjust this depending on your hair length. Apply the baking soda and water mixture to dry or wet hair by starting at the roots and working to the ends.

Freshen Your Mouth

Put one teaspoon in half a glass of water, swish, spit and rinse. Odors are neutralized, not just covered up.

Soak Oral Appliance

Soak oral appliances, like retainers, mouthpieces and dentures, in a solution of 2 teaspoons baking soda dissolved in a glass or small bowl of warm water. The baking soda loosens food particles and neutralizes odors to keep appliances fresh. You can also brush appliances clean using baking soda.

Make a Hand Cleanser and Softener

Skip harsh soaps and gently scrub away ground-in dirt and neutralize odors on hands with a paste of 3 parts baking soda to 1 part water, or 3 parts baking soda to gentle liquid hand soap. Then rinse clean.

Clean Brushes and Combs

For lustrous hair with more shine, keep brushes and combs clean. Remove natural oil build-up and hair product residue by soaking combs and brushes in a solution of 1 teaspoon of baking soda in a small basin of warm water. Rinse and allow to dry

Make a Bath Soak

Add 1/2 cup of baking soda to your bath to neutralize acids on the skin and help wash away oil and perspiration, it also makes your skin feel very soft.

Soothe Your Feet

Dissolve 3 tablespoons of baking soda in a tub of warm water and soak feet. Gently scrub.

Make a Surface Soft Scrub

For safe, effective cleaning of bathroom tubs, tile and sinks—even fiberglass and glossy tiles—sprinkle baking soda lightly on a clean damp sponge and scrub as usual. Rinse thoroughly and wipe dry. For extra cleaning power, make a paste with baking soda, coarse salt and liquid dish soap—let it sit then scour off.

Handwash Dishes and Pots & Pans

Add 2 heaping tablespoons baking soda (along with your regular dish detergent) to the dish water to help cut grease and foods left on dishes, pots and pans. For cooked-on foods, let them soak in the baking soda and detergent with water first, then use dry baking soda on a clean damp sponge or cloth as a scratchless scouring powder.

Freshen Sponges

Soak stale-smelling sponges in a strong baking soda solution to get rid of the mess (4 tablespoons of baking soda dissolved in 1 quart of warm water).

Polish Silver Flatware

Use a baking soda paste made with 3 parts baking soda to 1 part water. Rub onto the silver with a clean cloth or sponge. Rinse thoroughly and dry for shining sterling and silver-plate serving pieces.

Clean Coffee and Tea Pots

Remove coffee and tea stains and eliminate bitter off-tastes by washing mugs and coffee makers in a solution of 1/4 cup baking soda in 1 quart of warm water. For stubborn stains, try soaking overnight in the baking soda solution and detergent or scrubbing with baking soda on a clean damp sponge.

Clean the Oven

Sprinkle baking soda onto the bottom of the oven. Spray with water to dampen the baking soda. Let sit overnight. In the morning, scrub, scoop the baking soda and grime out with a sponge, or vacuum, and rinse.

Clean Floors

Remove dirt and grime (without unwanted scratch marks) from no wax and tile floors using 1/2 cup baking soda in a bucket of warm water—mop and rinse clean for a sparkling floor. For scuff marks, use baking soda on a clean damp sponge, then rinse.

Clean Furniture

You can make a homemade lemon furniture polish, or you can clean and remove marks (even crayon) from walls and painted furniture by applying baking soda to a damp sponge and rubbing lightly. Wipe off with a clean, dry cloth.

Clean Shower Curtains

Clean and deodorize your vinyl shower curtain by sprinkling baking soda directly on a clean damp sponge or brush. Scrub the shower curtain and rinse clean. Hang it up to dry.

Boost Your Liquid Laundry Detergent

Give your laundry a boost by adding 1/2 cup of baking soda to your laundry to make liquid detergent work harder. A better balance of pH in the wash gets clothes cleaner, fresher and brighter.

Gently Clean Baby Clothes

Baby skin requires the most gentle of cleansers, which are increasingly available, but odor and stain fighters are often harsh. For tough stains add 1/2 cup of baking soda to your liquid laundry detergent, or a 1/2 cup in the rinse cycle for deodorization.

Clean Cloth Diapers

Dissolve 1/2 cup of baking soda in 2 quarts of water and soak diapers thoroughly.

Clean and Freshen Sports Gear

Use a baking soda solution (4 tablespoons baking soda in 1 quart warm water) to clean and deodorize smelly sports equipment. Sprinkle baking soda into golf bags and gym bags to deodorize, clean golf irons (without scratching them!) with a baking soda paste (3 parts baking soda to 1 part water) and a brush. Rinse thoroughly.

Remove Oil and Grease Stains

Use baking soda to clean up light-duty oil and grease spills on your garage floor or in your driveway. Sprinkle baking soda

on the spot and scrub with a wet brush.

Clean Batteries

Baking soda can be used to neutralize battery acid corrosion on cars, mowers, etc. because its a mild alkali. Be sure to disconnect the battery terminals before cleaning. Make a paste of 3 parts baking soda to 1 part water, apply with a damp cloth to scrub corrosion from the battery terminal. After cleaning and re-connecting the terminals, wipe them with petroleum jelly to prevent future corrosion. Please be careful when working around a battery—they contain a strong acid.

Clean Cars

Use baking soda to clean your car lights, chrome, windows, tires, vinyl seats and floor mats without worrying about unwanted scratch marks. Use a baking soda solution of 1/4 cup baking soda in 1 quart of warm water. Apply with a sponge or soft cloth to remove road grime, tree sap, bugs and tar. For stubborn stains, use baking soda sprinkled on a damp sponge or soft brush.

Deodorize Your Refrigerator

Place an open box in the back of the fridge to neutralize odors.

Deodorize the Cutting Board

Sprinkle the cutting board with baking soda, scrub, rinse. For how to more thoroughly clean your cutting board.

Deodorize Trashcans

Sprinkle baking soda on the bottom of your trashcan to keep stinky trash smells at bay.

Deodorize Recyclables

Sprinkle baking soda on top as you add to the container. Also, clean your recyclable container periodically by sprinkling baking soda on a damp sponge. Wipe clean and rinse.

Deodorize Drains

To deodorize your sink and tub drains, and keep lingering odors from resurfacing, pour 1/2 cup of baking soda down the drain while running warm tap water—it will neutralize both acid and basic odors for a fresh drain.

Deodorize Lunch Boxes

Between uses, place a spill-proof box of baking soda in everyone's lunch box to absorb lingering odors.

Remove Odor From Carpets

Liberaly sprinkle baking soda on the carpet. Let set overnight, or as long as possible (the longer it sets the better it works). Sweep up the larger amounts of baking soda, and vacuum up the rest.

Remove Odor From Vacuum Cleaners

By using the method above for carpets, you will also deodorize your vacuum cleaner.

Freshen Closets

Place a box on the shelf to keep the closet smelling fresh.

Deodorizing Cars

Odors settle into car upholstery and carpet, so each time you step in and sit down, they are released into the air all over again. Eliminate these odors by sprinkling baking soda directly on fabric car seats and carpets. Wait 15 minutes (or longer for strong odors) and vacuum up the baking soda.

Deodorize the Cat Box

Cover the bottom of the pan with baking soda, then fill as usual with litter. To freshen between changes, sprinkle baking soda on top of the litter after a thorough cleaning.

Deodorize Pet Bedding

Eliminate odors from your pets bedding by sprinkling liberaly with baking soda, wait 15 minutes (or longer for stronger odors), then vacuum up.

Deodorize Sneakers

Keep odors from spreading in smelly sneakers by shaking baking soda into them when not in use. Shake out before wearing. When they're no longer wearable

Freshen Linens

Add 1/2 cup of baking soda to the rinse cycle for fresher sheets and towels.

Deodorize Your Wash

Gym clothes of other odoriferous clothing can be neutralized with a 1/2 cup of baking soda in the rinse cycle.

Freshen Stuffed Animals

Keep favorite cuddly toys fresh with a dry shower of baking soda. Sprinkle baking soda on and let it sit for 15 minutes before brushing off.

Camping Help-all

Baking soda is a must-have for your next camping trip. Its a dish washer, pot scrubber, hand cleanser, deodorant, toothpaste, fire extinguisher and many other uses.

Septic Care

Regular use of baking soda in your drains can help keep your septic system flowing freely. One cup of baking soda per week will help maintain a favorable pH in your septic tank.

Fruit and Vegetable Scrub

Baking soda is the food safe way to clean dirt and residue off fresh fruit and vegetables. Just sprinkle a little on a clean damp sponge, scrub and rinse.

Extinguish Fires

Baking soda can help in the initial handling of minor grease or electrical kitchen fires, because when baking soda is heated, it gives off carbon dioxide, which helps to smother the flames. For small cooking fires (frying pans, broilers, ovens, grills), turn off the gas or electricity if you can

safely do so. Stand back and throw handfuls of baking soda at the base of the flame to help put out the fire—and call the Fire Department just to be safe.

11 Amazing Uses of Baking Soda: Miraculous Healing and Cleansing – Saturday Strategy

Baking Soda Beauty Secrets

<https://youtu.be/0Ra00ybvK90>



Makeup and Skincare Ingredients



On week 253 we would like to talk about Paula Begoun. If you are the kind of person that likes to know what is in the ingredients of what you eat, use on your skin or anywhere on you or family members body, you would love to meet Paula Begoun. She has a site where you can find out what the ingredients of most of the products on the market contain.

I personally like to know what the cosmetic industry says is

really what they say it is or if I can avoid harsh chemicals that after time and time of usage may be working against a bigger picture.

She is very accurate and has lots of integrity, let's read what she has to say, and if you need to check a product you can use the links we provided and get your own answers and enjoy the whole site.

Have fun and share , don't forget to like us in Social media. If you do it makes a huge difference in the world of Blogs and popularity to have sponsors, thank you for your help from all of us at isabelsbeautyblog.com.

According to <http://personalcaretruth.com/experts/paula-begoun/>

Great site of information, it is a must!

Who is Paula?

Paula Begoun is the creator and innovative force behind Paula's Choice skin care and cosmetics. Her informative website, that includes reports on skin care and links to video demos, is [Cosmetics Cop](#). She is the author of 18 best-selling books including *Don't Go to the Cosmetics Counter Without Me*, *Blue Eyeshadow Should Be Illegal*, *The Original Beauty Bible*, and *Don't Go Shopping for Hair-Care Products Without Me*. Paula's books have sold more than 2.5 million copies worldwide.

Her work as a nationally-recognized consumer expert for the cosmetics industry has led to repeat appearances on CNN, as well as programs such as Oprah, The Today Show, 20/20, Dateline NBC, The View, and Dr. Oz.

Paula's Story: In Her Own Words

From the very beginning, my goal has been to help women find products that will give them the skin they've always wanted—whether you use my Paula's Choice products that I developed and formulated or those from another brand. I have the unique distinction of being the only cosmetics company founder in the world who recommends products other than my own.

I created Paula's Choice as a result of my own frustrations when I was a teenager trying to find products for my problem skin and then, later in life, for wrinkles and skin discolorations. My complexion was a mess and, like many of you, the skin-care products I used either didn't help or made matters worse.

Paula's Choice is a comprehensive collection of skin-care and select makeup products that meet my strict criterion for excellence based only on what published research shows is effective. My products are guaranteed to exceed your expectations.

I provide state-of-the-art formulas that are always fragrance-free, ecologically responsible, and never tested on animals. I invite you to let my years of research and acquired knowledge benefit your skin. With Paula's Choice, healthy, youthful, radiant skin is a result you can count on!

In the early 1990s, Begoun began work with a team of cosmetic chemists to develop her own line of cosmetics and skin-care products. She claims that her products offer results based on published, peer-reviewed research and that her extensive research of the cosmetic industry provided her with the expertise necessary to develop these formulations. In 1995, Begoun began selling her products online. This has led some consumers to question the objectivity of her product reviews. As to counter to these concerns, Begoun claims that Paula's

Choice is one of the only companies that recommends products other than their own.

Begoun remains a consultant for dermatologists, plastic surgeons, major cosmetics companies, news and industry insiders. She positions herself as an internationally recognized authority and consumer advocate for the cosmetics and hair-care industries and routinely appears on news and talk shows, including *CNN*, *Oprah*, *The Dr. Oz Show*, and *The View*.

If you are looking for the latest information on product ingredients and safety these to links will take you for a journey that not only connect you to your power that is to choose what you pay for and what is in the products you consume, pretty powerful if you ask me, we wish for all of you to skim the milk sort of speak in the sense that what product companies tell you it may not be so much of the bottom line, and you the consumer have the right to know, don't you think? so here we go.



Paula Begoun
with Bryan Barron
and the Paula's Choice Research Team



Don't go to the cosmetics counter without me.

9th Edition

A unique, professionally sourced guide to thousands of skin-care and makeup products from today's hottest brands. Shop smarter, look beautiful, and discover which products really work.

Over 3 million copies sold!

[Don't Go to the Cosmetics Counter Without](#)

Me by Paula Begoun

This book helps women find products that make them look great without spending a fortune. From drugstores and home shopping to department stores and catalogs, Paula Begoun and her team review the hottest skin-care and makeup products major cosmetic and skin-care lines. Regardless of the price tags, there are good and bad products in almost every line and with the turn of a page, readers can get concise reviews and fast answers in this completely revised edition. A user-friendly rating system makes it easy to find items worth trying. Paula also includes skin care basics and tips on which ingredients to look for so you get the results you want.

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PAULA BEGOUN

The Cosmetics Cop

Best-selling Author of
*Don't Go to the
Cosmetics Counter Without Me*

The Original Beauty Bible

Unparalleled Information for
Beautiful and Younger Skin
at Any Age



3rd EDITION Completely Revised and Updated

[The Original Beauty Bible: Skin Care](#)

Facts for Ageless Beauty

The all-new third edition of *The Original Beauty Bible* is Paula Begoun's most comprehensive book yet. Exhaustively researched, this refreshingly honest guide cuts through marketing hype to educate consumers on all aspects of beauty, including how to assemble a state-of-the-art skin-care routine, choose a cosmetic surgeon, and apply makeup like a pro. It provides the latest research and information on every imaginable cosmetic innovation, with a special emphasis on skin-care ingredients, and explains the pros and cons of all types of cosmetic surgery and corrective procedures in an engaging, easy-to-understand style. Covering the most critical topics in beauty in a factual, no-holds-barred manner, and packed with money-saving tips, *The Original Beauty Bible* affirms Begoun's reputation as "The Ralph Nader of Rouge." For readers of all ages, it's the ultimate guide to smart beauty.

Ingredient Dictionary from Paula's Choice

Ratings according to Paula's Choice

ACRYLATES/DIMETHICONE COPOLYMER





GOOD

Silicone-enhanced film-forming agent. Also, functions as a binding agent so products adhere better to skin. See [film-forming agent](#)

A large group of ingredients typically found in haircare products, but that also are widely used in skin care products,

particularly moisturizers. Film-forming agents include PVP, acrylates, acrylamides, and various copolymers. When applied they leave a pliable, cohesive, and continuous covering over the hair or skin. The film has water-binding properties and leaves a smooth feel on skin. Film-forming agents can be weak skin sensitizers, but this almost always depends on the amount used; lower amounts generally are not problematic.

It creates the gloss for skin care, makeup and hair products

**ACRYLATES/STEARETH-20 METHACRYLATE
COPOLYMER**



GOOD

Synthetic polymer that blends steareth-20 with one or more forms of methacrylic acid. Functions as a thickening agent. See [thickening agent](#)

Substances that can have a soft to hard wax-like texture or a creamy, emollient feel, and that can be great lubricants.

There are literally thousands of ingredients in this category that give each and every lotion, cream, lipstick, foundation, and mascara, as well as other cosmetics products, their distinctive feel and form. The various combinations of thickeners play a large role in whether or not you prefer one product over another.

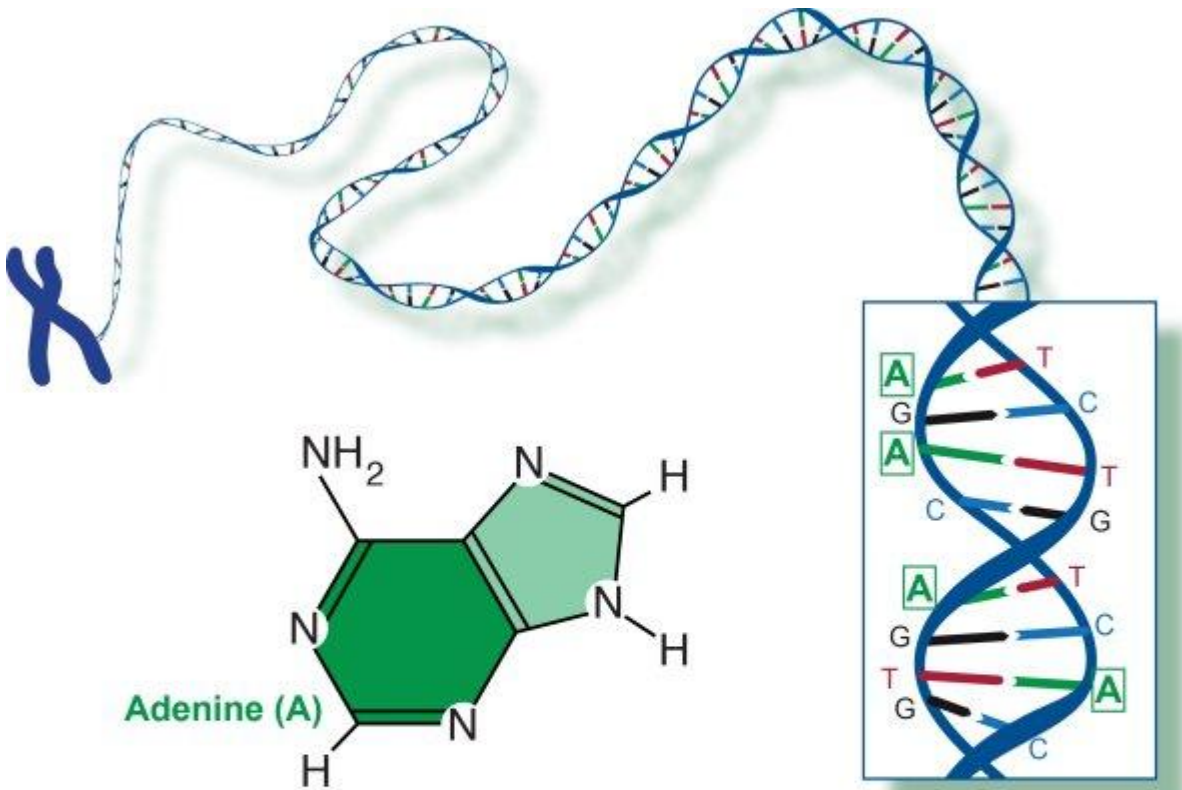
Is absorbent, adhesive, artificial nail builder, binder, emulsion stabilizer, film former, Hair fixative, suspending agent- nonsurfactant, viscosity increasing-aqueous, it gives the emollient feel.

What is the term ACTIVE INGREDIENT?

GOOD

Ingredient in a cosmetic, drug, or pharmaceutical product considered to have a pharmacological effect. In the case of cosmetics, the effect on the skin must be documented by scientific evaluation, approved by the FDA, and adhere to FDA regulations. In addition, the amount and exact function of each active ingredient must be approved by the FDA. Active ingredients include such substances as sunscreen ingredients, skin-lightening agents, and anti-acne ingredients such as sulfur and benzoyl peroxide. The FDA also specifies that the active ingredient list must be first on a product label. See [inactive ingredient](#)

ADENINE



GOOD

Component of DNA that carries genetic information to the cell.
See [DNA](#)

Abbreviation for deoxyribonucleic acid. DNA is found in all cells. It is the primary component of genes—and genes are the means by which cells transmit hereditary characteristics. DNA is the basis for all genetic structure; its components include adenine (A), guanine (G), thymine (T), and cytosine (C). It is the mapping of these substances that makes up the genetic code of all human traits and cellular functions. DNA is also the genetic material that is required for all cellular division and growth. Including DNA in a skin-care product is pointless because it cannot in and of itself affect a cell's genetic elements. The formation of DNA is a complex process within the cell that requires a multitude of proteins and enzymes for it to have an effect on the body's genetic material. It is also doubtful that you would want to ever put anything on your skin that could affect genetic material, particularly via a cosmetic for which there are no safety or efficacy regulations. Beyond that, any successful attempt to affect what DNA does would potentially create a significant risk of cancer.

According

to:<http://pubchem.ncbi.nlm.nih.gov/compound/adenine#section=Pharmacology>

Adenine (sometimes known as vitamin B4) combines with the sugar ribose to form [adenosine](#), which in turn can be bonded with from one to three [phosphoric acid](#) units, yielding AMP, [ADP](#) and [ATP](#) . These adenine derivatives perform important functions in cellular metabolism. Adenine is one of four nitrogenous bases utilized in the synthesis of nucleic acids. A modified form of [adenosine monophosphate \(cyclic AMP\)](#) is an important secondary messenger in the propagation of many hormonal stimuli. Adenine is an integral part of the structure of many coenzymes. [Adenosine](#) (adenine with a ribose group)

causes transient heart block in the AV node of the heart. In individuals suspected of suffering from a supraventricular tachycardia (SVT), [adenosine](#) is used to help identify the rhythm. Certain SVTs can be successfully terminated with [adenosine](#).

ADIPIC ACID/NEOPENTYL GLYCOL/TRIMELLITIC ANHYDRIDE COPOLYMER



GOOD

synthetic polymer. See [film-forming agent](#)

A Large group of ingredients typically found in haircare products, but that also are widely used in skin care products, particularly moisturizers. Film-forming agents include PVP, acrylates, acrylamides, and various copolymers. When applied they leave a pliable, cohesive, and continuous covering over the hair or skin. The film has water-binding properties and leaves a smooth feel on the skin. Film-forming agents can be weak skin sensitizers, but this almost always depends on the amount used; lower amounts generally are not problematic.

Like Glycerine it binds and adds moisture.

ADVANCED GLYCATION END PRODUCT



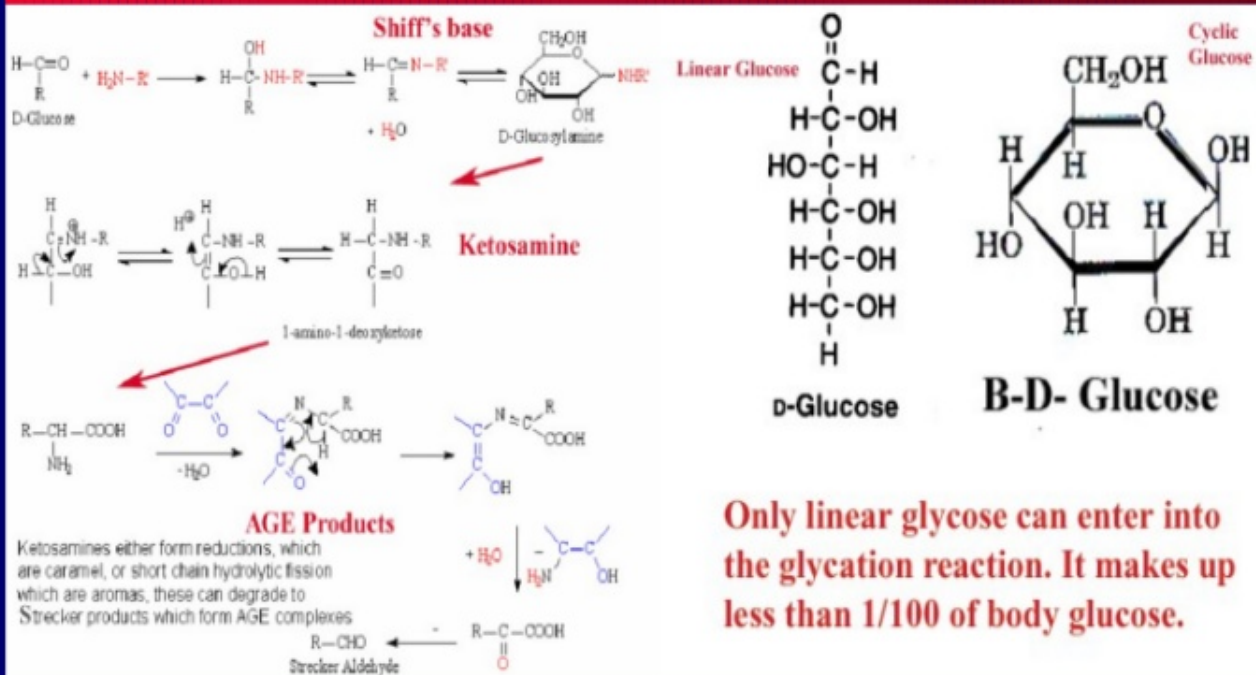
POOR

Advanced glycation end products, also known as AGEs, are caused by the body's major fuel source, namely glucose. This simple sugar is essential for energy, yet it also can bind strongly to proteins (the body's fundamental building blocks) and form abnormal structures (AGEs) that progressively damage tissue elasticity. The glucose itself isn't damaging, it's what happens when glucose transforms into AGEs that's the problem. Refined sugar from our diets is a major source of AGEs, and more research is revealing a diet high in sugar causes the body to age faster Wow! we knew that sugar was bad

for are health now we know to what extent and that includes a high glycemic index so think about fast food!!! (Source: *Cosmetics & Toiletries*, June 2011, pages 438–444).

Once AGEs are generated, they begin a process that prevents many systems from behaving normally by literally causing tissue to cross-link and become hardened (Source: *Proceedings of the National Academy of Sciences*, USA, March 14, 2000, pages 2809–2813). In skin, this damage occurs to collagen and elastin, the chief ingredients responsible for skin's firmness and ability to bounce back when stretched. AGEs also cause inflammation within the body, which is believed to play a widespread role in how we age and become more prone to disease.

Advanced Glycation End Products (AGE)



Only linear glucose can enter into the glycation reaction. It makes up less than 1/100 of body glucose.

The theory is that by breaking these AGE bonds you can undo or stop the damage they cause. There are studies showing aminoguanidine and carnosine to be AGE inhibitors that can prevent glucose cross-linking of proteins and the loss of elasticity associated with aging and diabetes, but many other

substances are potential candidates as AGE-inhibitors as well.

One study examined over 92 substances and 29 of them showed some degree of inhibitory activity, with 9 compounds proving to be 30 to 40 times stronger than aminoguanidine (Source: *Molecular Cell Biology Research Communications*, June 2000, pages 360–366). Carnosine, in particular, is considered a very good inhibitor of AGEs.

AGEs and free-radical damage may be inextricably linked (Sources: *European Journal of Neuroscience*, December 2001, page 1,961; and *Neuroscience Letters*, October 2001, pages 29–32), but none of this has been shown to have relevance when it comes to topical application of these substances when they are included in cosmetics.

It is possible in the future that skin-care products will be formulated with ingredients proven to effect the formation of AGEs when applied topically. For now, eating a low sugar diet rich in antioxidants and anti-inflammatory ingredients is the best approach.

AEROCARPUS SANTALINUS



POOR

See [red sandalwood](#)

Has a phytoestrogen component (Source: *Phytochemistry*, March 2000, pages 605–606), but can also be a skin irritant (Source: *Contact Dermatitis*, January 1996, page 69).

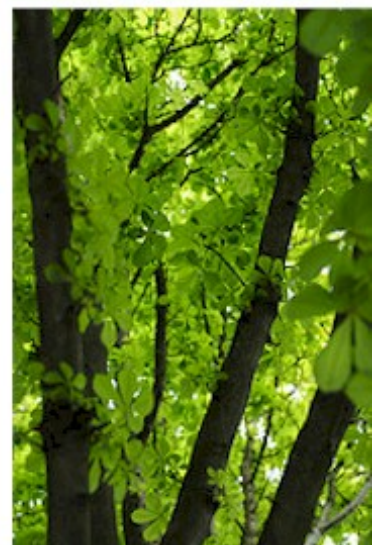
When used externally, Sandalwood oil or Sandalwood paste (made from mixing water with Sandalwood powder) has a calming, cooling effect on body and mind. It helps relieve fever and

burns and stops excessive sweating. In general, it relieves Pitta dosha and helps balance the body after overexposure to the sun. The oil or the paste can help heal skin diseases such as infectious sores, ulcers, acne, and rashes. Sandalwood powder helps smooth and cool the skin and can be made into a paste, lotion or soap for cleansing, calming and hydrating sensitive or aging skin. Sandalwood acts as a disinfectant, diuretic, expectorant and sedative. It is bitter, sweet, astringent and cooling. Sandalwood balances the circulatory, digestive, respiratory and nervous systems. –

The Sultan of Mysore declared Sandalwood to be a royal tree in 1792. Every Sandalwood tree is still under the protection and ownership of the Indian government today, even when grown on private land. The individual who owns the land receives 75% of the proceeds in return for planting and protecting the tree until it reaches maturity. Due to an increased demand in medicines, perfumes, and cosmetics that contain Sandalwood oil, and due to the decreased availability as smugglers cut down trees and export them illegally, prices have skyrocketed in recent years. At this time it is illegal to export the wood from India, although the oil can be exported.

See more
at: <http://www.mapi.com/ayurvedic-knowledge/plants-spices-and-oils/sandalwood-is-sacred.html#gsc.tab=0>

AESCULUS HIPPOCASTANUM



GOOD

See [horse chestnut extract](#)

May have anti-inflammatory properties for skin. Taken orally, it has been shown to reduce edema in the lower leg by improving the elastic tissue surrounding the veins.

From: <http://www.herbwisdom.com/herb-horse-chestnut.html>

Horse Chestnut Benefits

Horse chestnut (*Aesculus hippocastanum*) is a traditional remedy for leg vein health. The tree is also commonly known as horse chestnut or conker tree. It tones and protects blood vessels and may be helpful in ankle edema related to poor venous return. Utilized extensively throughout Europe as an anti-inflammatory agent for a variety of conditions, in addition to being used for vascular problems. The plant is taken in small doses internally for the treatment of a wide range of venous diseases, including hardening of the arteries, varicose veins, phlebitis, leg ulcers, hemorrhoids, and frostbite.

Horse chestnut is an astringent, anti-inflammatory herb that helps to tone the vein walls which, when slack or distended, may become varicose, hemorrhoidal or otherwise problematic. The plant also reduces fluid retention by increasing the permeability of the capillaries and allowing the re-absorption of excess fluid back into the circulatory system.

The seeds are decongestant, expectorant, and tonic. They have been used in the treatment of rheumatism, neuralgia, and hemorrhoids. A compound of the powdered roots is analgesic and has been used to treat chest pains. Extracts of the seeds are the source of a saponin known as aescin, which has been shown to promote normal tone in the walls of the veins, thereby improving circulation through the veins and promoting the

return of blood to the heart.

AGAR



GOOD

See [algae](#)

Algae are very simple, chlorophyll-containing organisms in a family that includes more than 20,000 different known species. In cosmetics, algae act as thickening agents, water-binding agents, and antioxidants. Some algae are also potential skin irritants.

Other forms of algae, such as Irish moss and carrageenan, contain proteins, vitamin A, sugar, starch, vitamin B1, iron, sodium, phosphorus, magnesium, copper, and calcium. Most of these are beneficial for skin, as emollients, anti-inflammatory agents, or antioxidants. However, claims that algae can stop or eliminate wrinkling, heal skin, or provide other elaborate benefits are unsubstantiated.

Algae is not a critical ingredient in skin-care products. Although it does have a positive function.

According

to:<http://www.webmd.com/vitamins-supplements/ingredientmono-80-agar.aspx?activeingredientid=80&activeingredientname=agar>

Agar is a plant and one of the uses is for making medicine.

People take agar to lose weight, especially in Japan. In Japan, agar is called "kanten," and it is the main ingredient in "the kanten plan" or "the kanten diet."

Agar is also used to treat diabetes and constipation.

In dentistry, agar is used to make dental impressions.

In manufacturing processes, agar is used as an ingredient in emulsions, suspensions, gels, and certain suppositories.

Here is how it works

Agar contains a gel-like substance that bulks up in the gut. This stimulates the intestines and creates a bowel movement. That's why agar is commonly used as a laxative.

Agar's bulking effect also explains its use for weight loss. Agar tends to make people feel full, so they might stop eating earlier than they otherwise would. Some people think this reaction will lead to weight loss. But so far, there is no reliable scientific evidence that supports this weight loss theory.

AGARICUS BISPORUS EXTRACT



GOOD

An extract of mushroom that is thought to help regulate skin cell production by inhibiting cell growth, particularly for use in psoriasis, but research in this regard is mixed (Sources: *Free Radical Research*, January 2006, pages 31-39;

and *British Journal of Dermatology*, January 1999, pages 56-60). Internally, there is research showing it can inhibit the growth of breast cancer cells and colon cancer cells (Source: *Cancer Research*, October 1993, pages 4627-4632).

According

to: <http://www.medicalmushrooms.net/agaricus-bisporus-common-mushroom/>

Agaricus Bisporus has substantial amounts of Vitamin D which is good for your health. Eating the mushroom raw is discouraged because of the presence of carcinogenic hydrazine derivatives, albeit in small quantities. These unhealthy derivatives are reduced significantly by cooking.

This mushroom contains Potassium and Sodium too. The body requires potassium in the processing of carbohydrates and proteins in different ways to build muscle. It also plays a role in how the heart works. It also regulates the acid-base and contributes to the overall health of the body. Apart from the *Agaricus Bisporus* mushroom, potassium is also present in meats, fish, soy, and vegetables. Potassium is a necessity in the body and therefore its deficiency can cause different diseases. When potassium falls short, blood pressure slightly rises, the heart beats get abnormal and the body muscles feel weak.

Agaricus bisporus, more commonly known as the white button mushroom, is one of the oldest and most popular fungi in the Western diet. It is regularly added to salads, stir-fries, pasta, sauces, soups, pies and breakfasts. It is cultivated around the world for culinary purposes. In addition to its own unique flavor, eating this mushroom may provide important health and nutrition benefits when made a regular part of the diet. History Human beings have been consuming white button mushrooms since Ancient times. According to Dr. Michael Murray and Dr. Joseph Pizzorno, authors of "The Encyclopedia of Healing Foods," ancient Egyptians believed that the *Agaricus*

bisporus species of mushrooms held the key to immortality, while Ancient Romans revered the mushroom as one of the foods of the gods. During the 1600s, the French began to cultivate *Agaricus bisporus*, using dark underground tunnels beneath Paris that are still used for mushroom growing today. Cultivation of mushrooms began in the United States during the 1800s.

In addition to the nutritional benefits of this mushroom, it may have useful medicinal properties that support health and well-being. In a study published in "BMC Complementary and Alternative Medicine" in 2011, researchers studied the effects of *Agaricus bisporus* on human immune cells in vitro. *Agaricus bisporus* significantly stimulated immune activity, specifically cytokines and enzymes that are responsible for inflammation. Researchers concluded the medicinal value of *Agaricus bisporus* was likely due to the carbohydrate-based chemicals called mannogalactans. Because this research was performed in laboratory cells, more clinical research is required to confirm the effects of these mushrooms in humans. However, eating *Agaricus bisporus* regularly may have a health effect on your immune defenses.

See more
at: <http://www.livestrong.com/article/509382-facts-about-agaricus-bisporus/>

AGE SPOTS



AVERAGE

Once referred to as liver spots, these brown skin discolorations are also not related to age, any more than they are to the liver. The skin can develop brown patches for many reasons, but the characteristic small ones on the hands, arms,

chest and face are caused by sun damage. These are possible indications of precancerous conditions and should be watched carefully for changes.

Age spots – also called liver spots and solar lentigines – are flat tan, brown or black spots. They vary in size and usually appear on the face, hands, shoulders and arms – areas most exposed to the sun.

According

to: <http://www.healthline.com/health/age-spots#Causes2>

What Causes Age Spots?

Age spots are the result of an excess production of melanin, or skin pigment. Doctors don't always know why age spots develop. Skin aging, sun exposure, or other forms of ultraviolet (UV) light exposure, such as tanning beds, are all possible causes. You're most likely to develop age spots on the areas of your skin that receive the most sun exposure, including:

- your face
- the back of your hands
- your shoulders
- your upper back
- your forearms

AGRIMONIA EUPATORIA LEAF EXTRACT



AVERAGE

Research shows this plant extract inhibits the hepatitis b virus and has antioxidant properties. Whether or not it has a benefit when applied topically is not known. There is no research showing it to be effective for cellulite. (Sources: *Phytotherapy Research*, April 2005, pages 355-358 and *Journal of Ethnopharmacology*, January 2005, pages 145-150)

According

to: <http://www.medicalhealthguide.com/herb/agrimony.htm> we highly recommend you to check the site is amazing information on studies of this plant

Scientific Name: Agrimonia Eupatoria (LINN.)

Other Names: Agrimony, Agrimone, Agrimonia, Agrimonia eupatoria, Aigremoine, Church Steeples, Cockeburr, Cocklebur, Da Hua Long Ya Cao

Agrimonia, (Agrimonia Eupatoria) commonly called as agrimony, is a flowering plant of the rose family, native to the temperate regions of Northern America, Europe, and Asia. Its name agrimony came from the Greek word Agermone meaning healing to the eyes and Eupatoria from Mithridates Eupator, a Pontus king famous for having invented a complex 'universal antidote' against poisoning. Thus agrimony from whence its name was derived, has long been valued as an important herbal medicine through the ages. Agrimony was once considered a panacea or "all-heal" for illnesses.

Early Greeks used agrimony for the treatment of eye disorders and brewed leaves and seeds are used to treat stomach disorders such as diarrhea and irritable bowel movement.

Agrimonia concoction is also used in ancient Greece for the treatment of kidney, liver and gall bladder problems.

During the middle ages, agrimony was used to treat wounds to promote healing.

In Austria, agrimony was used to treat respiratory ailments, liver, kidney and bile problems.

In ancient Northern Europe, it was used as an antidote for poison and snake bites.

In Northern America, Indians used agrimony for fever, ague, and gastrointestinal problems.

Agrimony was used as an astringent to treat skin eruptions, sores, pimples, and wounds. A decoction is mixed to the bath to wash the skin.

Extract from agrimony mixed with oil was used to treat gout and arthritis. A decoction is likewise drunk with wine is said to relieve the symptoms.

Culpeper, a noted English herbalist in mid- 17th century wrote about agrimony being used as a healing herb both for external and inward wounds. Agrimony mixed in baths was used to heal skin wounds and sores while a decoction of agrimony taken internally, sometimes with wine may heal bruises, hurts, and discomfort.

Agrimony is also used as a gargle to improve bad breath, cure sore throat and drunk to relieve a cough.

Herbalists from the 17th century including John Gerard recommended the use of agrimony for the treatment of jaundice or diseases of the liver.

Antibacterial And Free Radical Scavenging Activity Of The Seeds Of Agrimonia Eupatoria.

In a study done in Phytopharmaceutical Research Laboratory, School of Pharmacy, The Robert Gordon University, Schoolhill, Aberdeen, Scotland, UK, the n-Hexane, dichloromethane and methanol extracts of the seeds of Agrimonia eupatoria have been assessed for antibacterial and free radical scavenging activity.

AHA



BEST

Acronym for **alpha hydroxy acid**. AHAs are derived naturally from various plant sources and from milk, but 99% of the AHAs used in cosmetics are synthetically derived. In low concentrations (less than 3%), AHAs work as water-binding

agents. At concentrations greater than 4% and in a base with an acid pH of 3 to 4, these ingredients can exfoliate skin cells by breaking down the substance in skin that holds skin cells together.

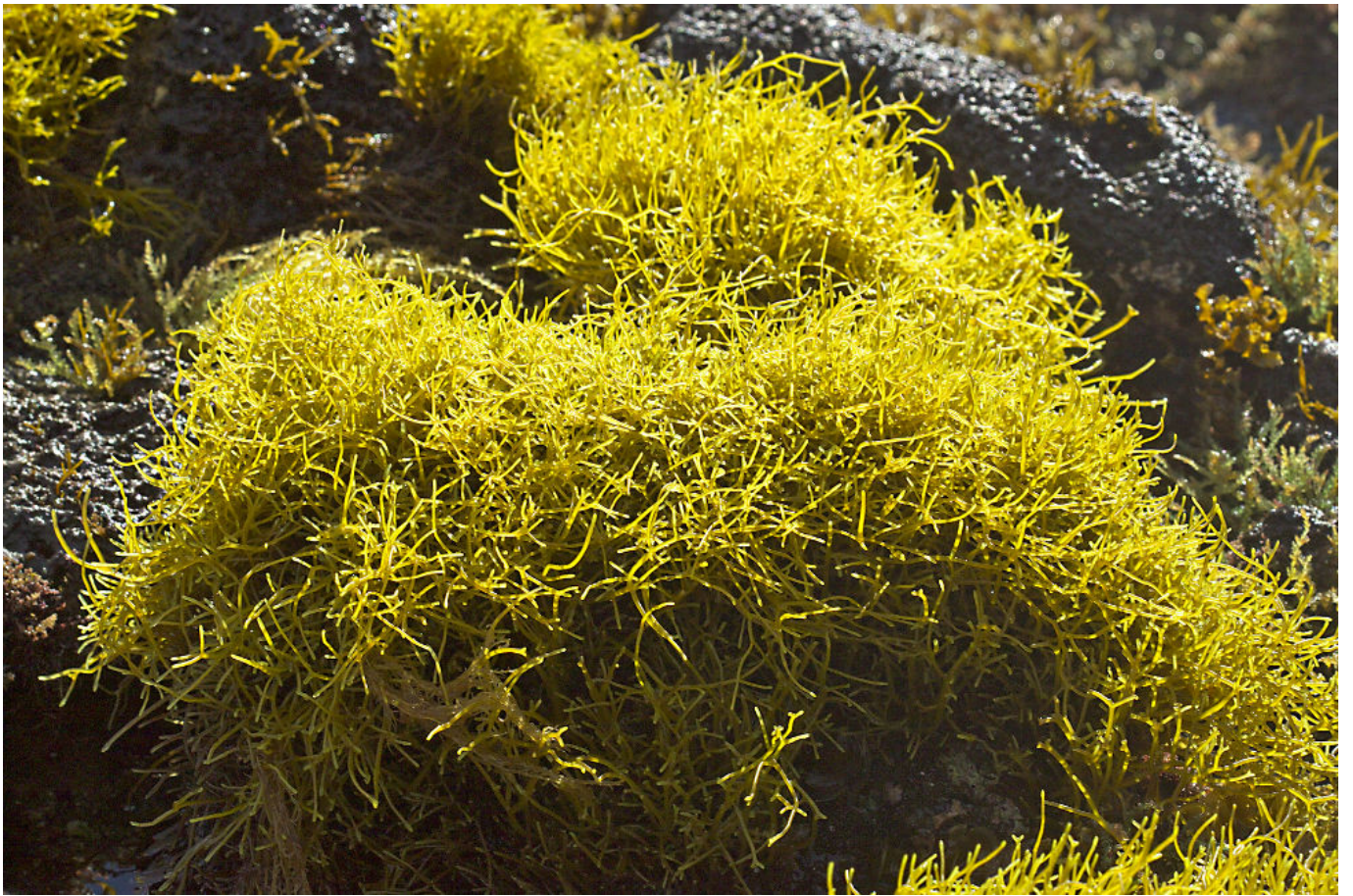
The most effective and well-researched AHAs are glycolic acid and lactic acid. Malic acid, citric acid, and tartaric acid may also be effective, but are considered less stable and less skin-friendly; there is little research showing them to have benefit for skin.

AHAs may irritate mucous membranes and cause irritation. 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 younger-looking skin.

There is a vast amount of research that substantially describes how the aging process affects the skin and that demonstrates that many of the unwanted changes can be improved by topical application of AHAs, including glycolic and lactic acids. Because AHAs exfoliate sun damaged cells from the surface of the 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.

Note: 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 the skin.

AHNFELTIA CONCINNA EXTRACT



GOOD

Algae are very simple, chlorophyll-containing organisms in a family that includes more than 20,000 different known species. In cosmetics, algae act as thickening agents, water-binding agents, and antioxidants. Some algae are also potential skin irritants. For example, the phycocyanin present in blue-green algae has been suspected of allergenicity and of causing dermatitis on the basis of patch tests.

Other forms of algae, such as Irish moss and carrageenan, contain proteins, vitamin A, sugar, starch, vitamin B1, iron, sodium, phosphorus, magnesium, copper, and calcium. Most of these are beneficial for skin, as emollients, anti-inflammatory agents, or antioxidants. However, claims that algae can stop or eliminate wrinkling, heal skin, or provide other elaborate benefits are unsubstantiated.

Algae is not a critical ingredient in skin-care products. Although it does have a positive function, it isn't the miracle ingredient it's often made out to be.

AJUGA TURKESTANICA EXTRACT



AVERAGE

The only research about this plant indicates that it may have anabolic steroid properties (Source: *Eksperimental'naya i Klinicheskaya Farmakologiya* [from a Russian scientific journal], May 1997, pages 41–44). There is no other research showing this to be of benefit for skin.

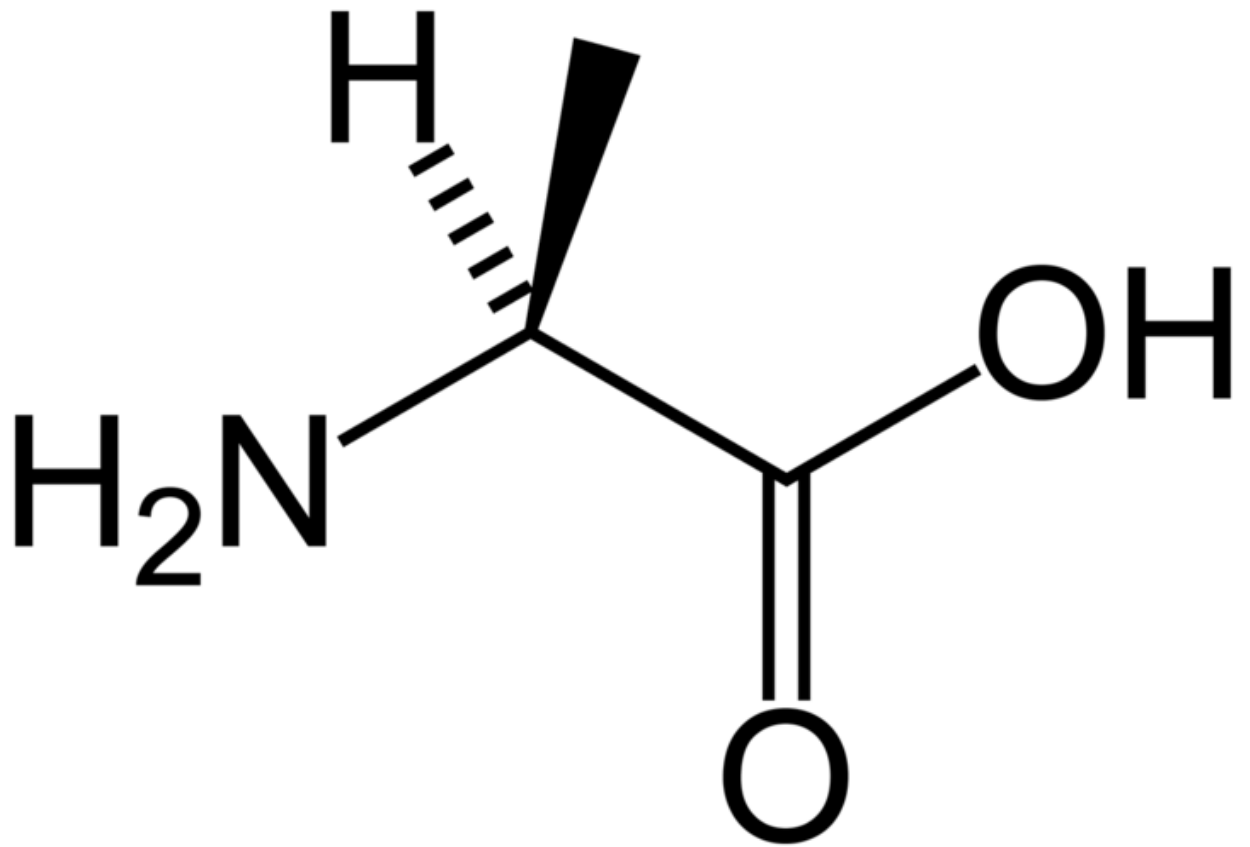
According

to:<http://www.naturalcompounds.org/Featured-Extracts/Ajuga-turkestanica.html>

Traditional Use and Activity

A plant is used in the treatment of heart disease, muscle aches, and stomach problems. Plant extracts and isolated compounds possess a broad spectrum of biological, pharmacological and medicinal properties, such as anabolic, analgesic, antibacterial, antiestrogenic, antifungal, anti-inflammatory, antihypertensive, antileukemic, antimalarial, antimycobacterial, antioxidant, antipyretic, cardiogenic, cytotoxic, hypoglycemic, and vasorelaxing activity. The extract is offered for stimulation of aquaporins – for human skin hydration in cosmetology. The plant has hepatoprotective properties.

ALANINE



GOOD

See [amino acid](#)

Fundamental constituents of all proteins found in the body, such as alanine, arginine, asparagine, aspartic acid, cysteine, cystine, glutamic acid, glutamine, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, proline, serine, threonine, tryptophan, tyrosine, and valine. Some of these amino acids can be synthesized by the body; others (known as essential amino acids) must be obtained from protein in the diet.

In skincare products, amino acids act as water-binding agents, and some have antioxidant properties and wound-healing abilities as well. Amino acids can be combined with other ingredients that have cell-communicating ability to work in unison to fight wrinkles and other signs of aging.

ALARIA ESCULENTA



GOOD

Alaria esculenta is an edible seaweed, also known as **dabberlocks** or **badderlocks**, or **winged kelp**. It is a

traditional food along the coasts of the far north Atlantic Ocean. It may be eaten fresh or cooked in Greenland, Iceland, Scotland, and Ireland. It is the only one of twelve species of *Alaria* to occur in both Ireland and in the Great Britain.

According to: <http://www.aubrey-organics.com/custom.aspx?id=91>

Aubrey® has always been the leading manufacturer of natural skin care products. Although there are many petrochemical-laden anti-aging products on the market today, Aubrey® is committed to educating the public on healthy, natural alternatives. *Alaria Esculenta*, a type of nutrient-rich kelp, has many anti-aging and firming properties. *Alaria Esculenta* grows mainly in the Northern Atlantic. It is known for its long, golden-brown fronds, and its unique ability to withstand harsh waves. It is found just beneath the surface of the water and is known around the North Atlantic region for its nutritional value.

Alaria Esculenta extract is a clinically proven, effective ingredient for use in natural anti-aging products, and can be found in Aubrey®'s Revitalizing Night Crème and Revitalizing Moisturizer.

ALBUMIN



POOR

Found in egg white, and can leave a film over the skin. It can constrict skin temporarily, which can make it look smoother temporarily, but it can also cause irritation and is not helpful for skin.

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

The **albumins** (formed from Latin: *albumen* "(egg) white; dried egg white") are a family of globular proteins, the most common of which are the serum albumins. All the proteins of the albumin family are water-soluble, moderately soluble in concentrated salt solutions, and experience heat denaturation. Albumins are commonly found in blood plasma and differ from other blood proteins in that they are not glycosylated. Substances containing albumins, such as egg white, are called *albuminoids*.

A number of blood transport proteins are evolutionarily related, including serum albumin, alpha-fetoprotein, vitamin D-binding protein and afamin

By Donna Swartzendruber, MSN, RN, CNN

Albumin is the most common protein found in the blood. It provides the body with the protein needed to both maintain growth and repair tissues.

ALCHEMILLA VULGARIS

POOR

Plant with antimicrobial properties. Its high tannin content can cause skin irritation (Source: *Journal of Ethnopharmacology*, July 2000, pages 307–313).

According

to:<http://www.webmd.com/vitamins-supplements/ingredientmono-654-alchemilla.aspx?activeingredientid=654&activeingredientname=alchemilla>

Alchemilla is a herb. The parts that grow above the ground are used to make medicine.

Alchemilla is used for stomach problems, mild diarrhea, diabetes, water retention, swelling (inflammation), and muscle spasms. Some people use it as a gargle for sore mouth and throat.

Women use alchemilla for heavy or painful menstrual periods or for symptoms of menopause.

Some people apply alchemilla directly to the skin to stop bleeding; improve wound healing; or treat ulcers, eczema, or skin rashes.

ALCLOXA

POOR

More technically known as aluminum chlorhydroxy allantoinate, alcloxa has constricting properties that can be irritating for skin.

ALCOHOL



VERAGE

“Alcohol,” the term, refers to a group of organic compounds with a vast range of forms and uses, in cosmetics and in other areas. For skin, there are good alcohols and bad alcohols, corresponding roughly to high-molecular-weight alcohols and low-molecular-weight alcohols, respectively, as we explain below. When fats and oils are chemically reduced, they become less dense fatty alcohols (like cetyl alcohol), which can have emollient properties or act as detergent cleansing agents. There also are benign forms, including glycols, which are used as humectants to help deliver ingredients into the skin.

Alcohols with low molecular weights—the bad-for-skin alcohols—can be drying and irritating. The alcohols to be concerned about in skincare products are **ethanol or ethyl alcohol, denatured alcohol, methanol, isopropyl alcohol, SD alcohol, and benzyl alcohol** (when one or more of these are listed among the main ingredients; tiny amounts aren't a problem).

In addition to being drying and irritating, these alcohols can generate free-radical damage and disrupt skin's protective barrier. Alcohol helps ingredients like retinol and vitamin C penetrate into the skin more effectively, but it does that by breaking down the skin's barrier—destroying the very substances that keep your skin healthy over the long term.

Alcohol immediately harms the skin and starts a chain reaction of damage that continues long after it has evaporated. A 2003 study published in the Journal of Hospital Infection found that with regular exposure to alcohol-based products, cleansing becomes a damaging ordeal—skin is no longer able to keep water and cleansing agents from penetrating into it, thus further eroding the skin's barrier.

There is actually a significant amount of research showing denatured alcohol (ethanol) causes free-radical damage in skin

even at low levels. Small amounts of alcohol on skin cells in lab settings (about 3%, but keep in mind skincare products use amounts ranging from 5% to 60% or greater) over the course of two days increased cell death by 26%. It also destroyed the substances in cells that reduce inflammation and defend against free radicals, and actually caused more free-radical damage.

If that weren't bad enough, exposure to alcohol causes skin cells to self-destruct. The research also showed that these destructive, aging effects on skin cells increased the longer the exposure to alcohol; that is, two days of exposure was dramatically more harmful than one day, and that is only a 3% concentration.

When alcohol ingredients are at the top of an ingredient list, they are problematic for all skin types; when they are near the bottom of an ingredient list, they aren't present in a high enough concentration to be considered a problem for skin.



ÉMINENCE
ORGANIC SKIN CARE
SINCE 1938



Clear Skin
Probiotic
Cleanser

Nettoyant probiotique
Peau claire

For Acne Prone
Skins

8.4 oz / 250 ml



CLEAR SKIN

FOR ACNE PRONE SKIN

Multi-phase Release System

30 Vegan Friendly Capsules

Enhanced
Formula!

ÉMINENCE
ORGANIC SKIN CARE

Clear Skin Probiotic Masque

60 ml / 2 fl oz

Enhanced
Formula!

ÉMINENCE
ORGANIC SKIN CARE

Clear Skin Probiotic Moisturizer

60 ml / 2 fl oz

Eminence Organics Clear Skin Probiotic Moisturizer

Eminence Organics Clear Skin Probiotic Moisturizer (2oz) brings clarity to oily, acne-prone skin with powerful probiotics that remove acne-causing dirt, debris, oil, and bacteria while restoring balance to the skin for a long-lasting clear complexion.



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.



ReFa 0 STYLE

Using drainage pro movement, ReFa 0 Style increases the vitality and energy of the skin for improved vibrancy and a more radiant complexion.



[YoungBlood Mineral Primer](#)

Lightweight, quickly absorbing, and translucent, Youngblood Mineral Primer primes and treats your skin for beautiful

makeup application and enhanced dermatologic health.



Copper Bodum Chambord Milk Frother

Designed by Bodum, this electricity-free frother creates café-style foam to top your favorite coffee drinks and hot cocoas. Fill the glass with cold milk and use the plunger to double the volume of milk froth in just seconds, or heat the carafe in the microwave to create hot foam.



Bodum Chambord Copper 8-Cup French Press Coffee Maker

An elegant new version of the original French press designed

by Bodum in the 1950's, our Chambord coffee maker is still the simplest and best way to brew the perfect cup of coffee. Its sophisticated design features a shiny copper-plated steel frame and lid.

Would you like to know what a skin micro needling pen does?

INNOPen



Hello, again we wish to thank you for your support, on week 251 we are sharing information about resurfacing with Derma pen procedures, a way of resurfacing our skin with a small amount of invasion and remarkable results. I have seen the results on myself and many other clients and all are just amazing. There are a few companies that sell and provide procedures with the derma pens, not all good, it is very important to have the procedures done by a Dr. There are many side effects that can happen when done by a nonqualified

professional and with a certified Derma pen. On the internet there are many derma pens on the market, I personally wouldn't touch them due to wrong metals, needle alignment etc so here we go, lets take a look at our research and why you the reader must check the pros and cons before there is a serious consequence that can be avoided, here we will take you to the research we did on one Derma pen that we like. The reason being is a good design, safe and backed up by a lot of scientific proof, enjoy, share and please don't forget to like and share. This is what helps us stay in the upper ranks, aside for the amazingly well-researched information we share, we feel pretty confident of this statement.

BACKGROUND OF PERCUTANEOUS COLLAGEN INDUCTION THERAPY

Facial skin resurfacing can be traced to ancient Egyptian times and the application of abrasive masks of alabaster particles. For millennia, various substances have been used to peel, exfoliate, and rejuvenate the skin. These substances include acids, poultices of minerals and plants, and direct irritants such as fire and sandpaper like materials.

The Early Stage

The evolution of chemical peeling and skin abrasion into the procedures in common use today began in the early 20th century. In 1905, a German dermatologist Kromayer first reported controlled resurfacing abrasion of the skin. His technique involved the use of rotating wheels and rasps and, except for technical improvements of the equipment, differed very little from present-day skin abrasion. He treated acne scars, keratoses, and areas of hyperpigmentation.

Despite this early report of the use of surgical planning, skin abrasion did not gain widespread popularity until the early 1950s, when Kurtin, McEvitt, and others published numerous articles on skin abrasion, leading to a rediscovery of the technique. Kurtin presented the first series of patients who underwent skin abrasion to Mount Sinai Hospital in 1953. Kurtin described the use of high-speed rotary abraders, intraoperative freezing, and a variety of abrasive end pieces. Moderate skin abrasion technique was developed in Italy in early 1980's by Swiss french dermatologist, Dr. Philippe Simonin utilizing electroneurostimulation technique with microcurrent and acupuncture needling; its use was widespread in European countries prior to its introduction and popularity in the United States.

Subcision

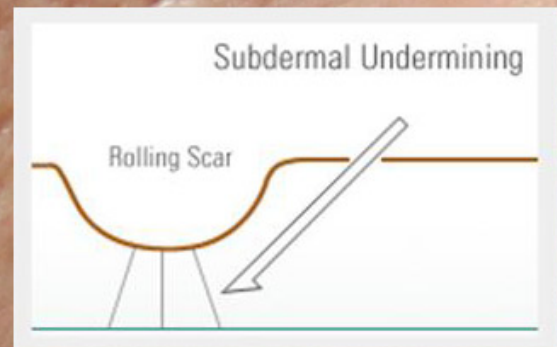
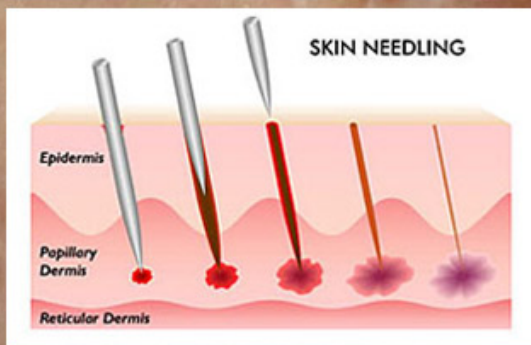
The first to notice the major advantages of skin needling were Orentreich et al in 1995. They were the first to introduce the term Subcision® from the contraction of the term "Subcutaneous Inversionless" surgery. It is a method of cutting under a depressed scar, wrinkle or contour using a tri-beveled hypodermic needle inserted under the skin through a needle puncture, adjacent to the scar. The procedure attempts to raise the base of the defect to the level of the surrounding skin surface by 2 distinct mechanisms:

The act of surgically releasing the skin from its attachment to deeper tissues results in skin elevation.

The introduction of a controlled trauma initiates wound healing with consequent formation of connective tissue that augments the depressed scar.

Mini subcision

Subcision



The technique involves 3 different approaches:

simple linear inserting-withdrawing movement of the needle under the scar.

fanning horizontal movement of the needle under the scar.

vertical movement of the needle under the scar.

Advanced Needle Abrasion

The next important publication concerning skin needling was reported by Dr. Andre Camirand et al. who in his article in 1997 described his experience with this method. On a number of his patients with facial hypochromic scars, he tattooed the scars with a skin color pigment. After 1-2 years, they noticed that even though the pigment was long gone, it was replaced by actual melanin, while the scars were immensely improved in texture, appearance, and color. This gave the idea that trepanation (coming from the Greek word –Trepanon: to bore) of scars with the tattoo gun was responsible for the improvement and the repigmentation of the scar. They came up with the idea that puncturing of the scar with a tattoo gun alone, without pigment, would in a way break down the scar collagen, cause realignment and stimulate melanogenesis. The results of repetitive sessions on scars were reported by Camirand et al. to be more than good and typically consistent, since all of his patients profited aesthetically from this type of treatment.

Following to Dr Camirand's development, Dr. Des Fernandes introduced needling device, a small needle stamp, to induce collagen and used as a regular treatment in his surgical practice. He delivered his first paper on skin needling of the upper lips to the ISAPS congress in Taipei 1996.

Development of Advanced Needle Device

After extensive research and further development of the skin needle abrasion technology, Clinical Resolution Laboratory, a California Company in U.S.A., re-invented new pattern of the device, called Derma Needling, and released the instrument to the outside US.

Why INNOPen?

INNO Pen™



Why INNOPen?

To purchase or for more information
contact **Clinical Resolution**
Lab call 213-384-0500

The **INNOPen** microneedling pen is the world's most revolutionary micro-needling device perfected by the distinguished leader and pioneer of dermal needling technology, [Clinical Resolution Lab, Inc.](#)

Choose INNOPen and INNOTip because quality & safety matters!

Made in the USA

Doesn't overheat

Fully adjustable needle depth (1 mm) and speed

Patented high-speed motor design with accurate power control

Ergonomic design for effortless handling

Yields consistent results

INNOPen is Safety:

Patented disposable needle cartridge, INNOTip

Double protective tip system

On/Off needle motion control at the tip

No tearing, no scratching of skin

No cross contamination

100% contaminant free, all medical components

Surgical stainless needles, GE Lexan Polycarbonate Resin
Plastic

INNOPEN™

NEW WAVE OF AESTHETIC INNOVATION

Features

INNOTip™
Disposable Needle Cartridge

Needle Length/Depth Scale

Needle Length/Depth Indicator

Adjustable Depth Ring

Benefits

Trans-Dermal Delivery •
(of Therapeutic Solutions)

Scar Revision •

Dermatoheliosis / Photo-Aging •

Anti-Aging •

Acne Scars •

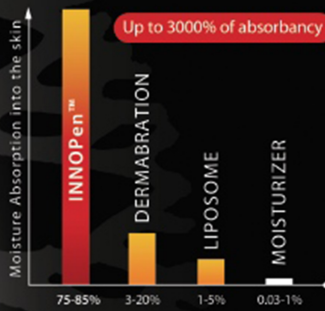
• Platelet-Rich Plasma (PRP) •

Hair Loss •

Power Button

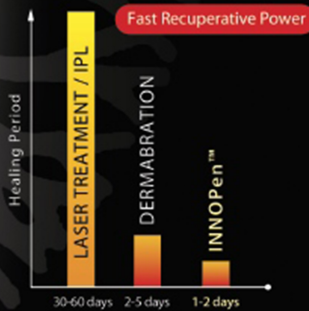
Adjustable Speed Dial

A/C Power Connector



ABSOLUTE ABSORBENCY

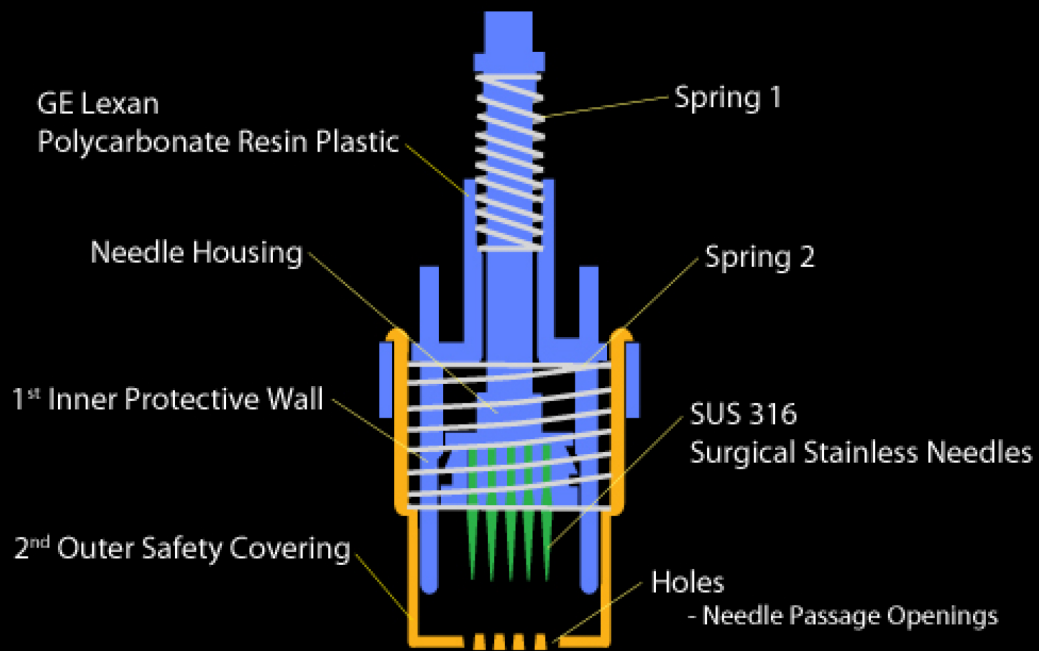
Patented High Speed Quiet Motor with Speed Reducer Technology for Accurate Power Control and Precision Depth Penetration



FAST RECUPERATIVE POWER

INNOPen is an aesthetic precision tool with a unique, dual spring-loaded disposable needle cartridge (INNOTip) that uses an automated, vibrating stamp-like motion to cause micro-injury to the skin. The gentle stimulation of fibroblast promotes natural induction of collagen and elastin without the stress of pain and lengthy downtime associated with ablative treatments. Micro channels resulting from the needles piercing through the skin layers aid in infusing therapeutic serums for greater penetration and enhancement of overall efficacy. INNOPen is an ideal choice for non-surgical and non-ablative treatment of various skin conditions.

INTRODUCING
INNOTip™
Double Protective Tip System



INNOTip

At the heart of INNOPen is its revolutionary, patented disposable needle cartridge called INNOTip. Distinctively engineered by Clinical Resolutions Lab, Inc., INNOTip delivers the safest method of treatment with innovative technology that eliminates the negative risks inherent in all automated micro-needling pens or devices with open tip needle cartridges. INNOTip is a precision apparatus designed with Double Protective Tip System that consists of an inner protective wall and the outer safety covering made of sterile, medical grade GE Lexan polycarbonate resin. These protective layers allow 0% tolerance for error; requiring perfect centering, precise spacing and meticulous uniformity in the vertical lining of the needles.

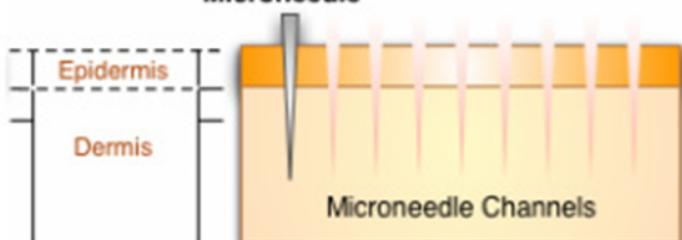
The first 'inner' protective wall is built-in tightly around the needle housing that holds thirteen SUS 316 surgical stainless needles. It serves to prevent the needle housing from shaking and becoming off-centered due to flux of vibration caused by the device's motor exerting power during the stamping motion. A common attribute of the needling housing found in all single-walled needle cartridges is that it is loosely suspended in between the wall. Hence lacking the support to hold it firmly to prevent from shaking or vibrating as the needles pierce through the skin layers in fast stamping motion. Consequently, it leads to slanted needle insertion which induces micro-tearing of skin's inner layers and epidermal scratching.

The second 'outer' safety covering is unlike any of the open tip needle cartridges available in the market today. It is completely enclosed with only the thirteen passage-openings. All needles must pass through these tiny holes before they perforate the skin. The outer tip is designed to detect any deformity and/or misalignment of the needles. If the needle is bent or out of position, it will lock up and the INNOTip stops operating. This ensures accurate 90-degree vertical needle penetration with every stamping motion, but more importantly,

ensures client safety.

MICRONEEDLE THERAPY

Microneedle



The penetration channels are closed within minutes and hours.

Preserved and intact epidermis.



The induced collagen forms a new confluent layer.

Fast healing and minimal risks.

Epidermis level is thickened.



Duration for healing and formation of a new collagen layer:

Maximum 2 months

In addition, the outer safety tip also enables even distribution of pressure applied to the needling area. The enclosed cover keeps the skin taut and even-leveled during the treatment to allow consistent accuracy in needle penetration depth. In comparison, the open needed tip causes the skin to 'bulge up' as it presses downward onto the skin. As a result, the needles are inserted at an uneven height. Open needle tip forces the user to manually manipulate the hand pressure applied to the device during the procedure, which can lead to considerable variance between the desired depth versus the actual depth of penetration.

The dual-spring system is another unique feature of INNOTip that allows the user to have full control over the needle motion. In contrast to competitor's devices where the only way to stop the needle insertion is by completely shutting off the device, INNOTip offers On/Off control right at the tip. No need to push any buttons or twist anything; simply release the hand pressure applied to INNOTip and the skin needling stops immediately. To turn on, gently press down and the needle will resume it's stamping action. The ability to control needle movement throughout the course of treatment eradicates potential risks associated with common disposable tips. On the contrary, the erroneous practice of dragging the open tip while the needles are still in motion results in epidermal scratching. Micro-tearing of the skin's inner layers is a direct consequence of jerking when the device is pulled whilst the needles are still inserted in the skin.

Epidermal scratching and micro-tearing of skin contribute to many post-treatment complications and/or side effects such as hyperpigmentation, excessive inflammatory response, skin irritation, and discomfort. Such conditions downgrade the overall enjoyment and depreciate the integrity of the micro-needling treatment.

In essence, INNOTip offers effortless perfection that truly surpasses all limits by taking micro-needling technology to

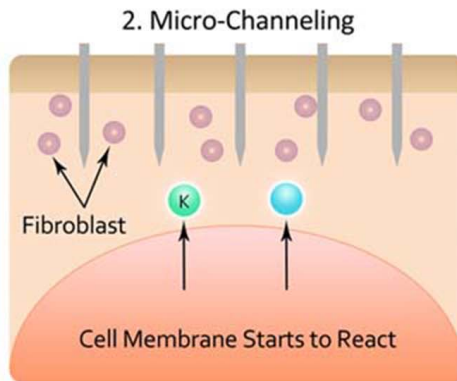
another dimension.

Micro needling

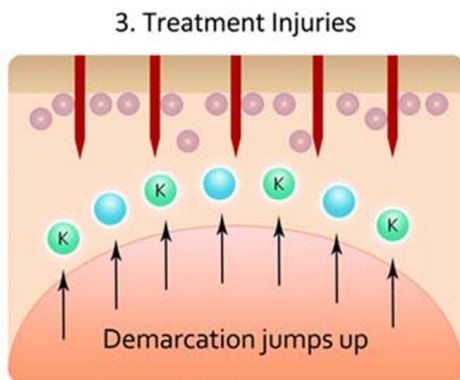


Micro needling is a non-surgical skin care treatment that causes microinjections/micro-injuries in your skin so that growth factors are released to elicit collagen and elastin growth. This is a natural form of skin rejuvenation that can be more cost effective than plastic surgery and can get much better results than other ablative procedures such as laser treatments. The results with micro needling are AMAZING and it gives you YOUTHFUL looking skin at a fraction of the cost.

Principle of micro needling

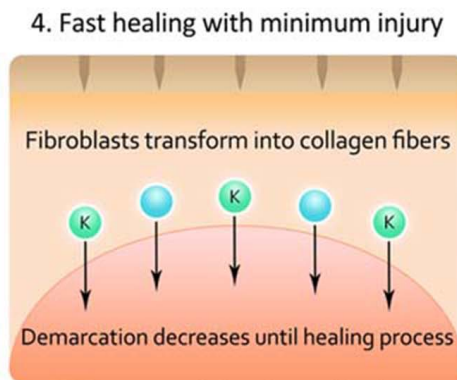


Micro-Channel penetration activates regeneration of fibroblasts and causes membrane potential to release Potassium and Protein.



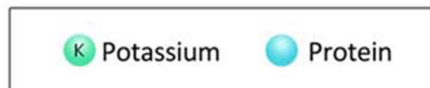
Conductivity increases and skin resistance decreases.

Fibroblast growth factor
Transforming growth factor
Platelet derived growth factor



Collagen and elastin production.

Collagen III (acute phase)
Collagen I (several years)



Micro needling relies on the principle of neocollagenesis and neovascularization that occurs as a result of the release of growth factors following needle piercing of the stratum corneum. These growth factors are believed to be responsible for the beneficial effects of the procedure in the treatment of scars and photo aging. Two hypotheses have been proposed to explain the mechanism of action of micro needling:

Formation of microchannels with resultant healing response: previously, it was proposed that following micro needling, thousands of microchannels or tiny wounds are produced through the epidermis into the papillary dermis of treated skin. These microchannels create a confluent zone of superficial bleeding that acts as a powerful stimulus for the release of various growth factors such as platelet-derived growth factor (PGF), transforming growth factor alpha and beta (TGF- α and TGF- β), and fibroblast growth factor (FGF), which initiate the normal process of wound healing by stimulating the migration and proliferation of fibroblasts that promote collagen deposition

Production of a demarcation current: it has been hypothesized by Liebl that when the microneedles penetrate the skin, a demarcation current is produced among cells rather than wounds. It is the demarcation current that triggers a cascade of growth factors that stimulate the healing phase. This hypothesis, based on the generation of bioelectricity, was proven by Jaffe. In resting state, the interior of epidermal cells has a negative electric potential of -70 mV whereas interstitium and epidermal surfaces have a positive potential. An epidermal injury causes the release of potassium and proteins into the interior of epidermal cells, further decreasing the electric potential to -120 mV or less. This

leads to an increase in the potential difference between the interior of the cell and the exterior environment. It is claimed that this potential difference triggers the migration of fibroblasts to the site of injury where they proliferate and lay down collagen.

INNOPen™
DELIVERS RESULTS!



• BURN SCAR •



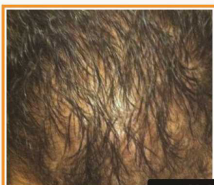
• ACNE SCAR •



• WRINKLE •



• STRECH MARK •



• ALOPECIA •

Frequently Asked Questions

What are the Benefits of Innopen Collagen Induction Therapy?

The benefits of micro-needling are a reduction in the appearance of fine lines and wrinkles, younger-looking skin with fewer signs of aging. Innopen also has a positive effect on hyperpigmentation as well as on hypo-pigmentation, acne scars, traumatic scars and stretch marks and generally creates a fresher appearance or glow to the skin.

What areas of the body can I treat with Innopen?

Innopen can be used on all parts of the body; Face, neck, décolleté, arms, hands, legs, abdomen and back.

What does it Feel Like?

The feeling associated with the Innopen is similar to light sandpaper being moved across the skin. While some areas are more sensitive than others, the speed of the reciprocating needle tip reduces discomfort while the applied hydrating gel also makes the treatment more tolerable.

How long does the Innopen procedure take?

The procedure takes 15-30 minutes depending on the size of the area treated.

What is the downtime?

Immediately after the treatment, you will notice a bright redness to the skin.

The total healing time depends on the depth of needles used and the number of overlapping passes your skincare

professional performs. On average, patients are red up to 2 to 4 days. Some patients heal completely in as little as 24 hours.

When will I see the results?

Patients notice an immediate “glow” to their skin. Visible changes to the skin develop over the course of several days and weeks. Results continue to improve up to 6 months after the treatment as collagen production continues.

How many treatments will I need?

Some patients only require a single treatment, once per year to achieve optimal results. However, it is recommended for most patients to receive a series of 2-3 treatments spaced about 6-8 weeks apart. For patients with deep wrinkles, advanced photo-aging, stretch marks or acne scars it is recommended to receive 6-8 sessions at 6-week intervals.



100% Pure Red Wine Resveratrol Antioxidant Serum

Quench your skin's thirst with this deeply hydrating, antioxidant-packed serum to rehydrate and nourish your skin



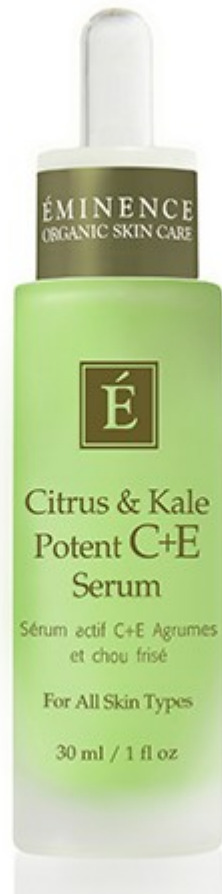
100% Pure Acai Berry Antioxidant Face Cream

This nourishing all natural facial cream immediately moisturizes and feeds your skin with vitamins and antioxidants.



Cosmedica Hyaluronic Acid Promotion BUY ONE 8oz /GET ONE FREE 1oz

Pure Hyaluronic Acid Serum Offers Effective Hydration and Anti-Aging Benefits For a Youthful Appearance to Skin.



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 Strawberry Rhubarb Hyaluronic Serum

Reawaken your skin with the hydrating power of Strawberry Rhubarb Hyaluronic Serum from Eminence Organics. This replenishing and rehydrating serum includes potent moisturizers, soothing factors, and gentle exfoliants that work together to give your skin the royal treatment.



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 Rosehip Tonique

Eminence Organics Rosehip Tonique balances oily, problematic skin with an infusion of nourishing nutrients. Revive your skin with this rejuvenating spritz. Deliciously aromatic and immediately soothing, Rosehip Tonique will add a radiance to your skin while removing and regulating oil production.



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.

Skincare Folk Recipes

Skincare Folk Recipes



On week 250 we are sharing:

Folk medicine occasionally referred to as alternative or traditional medicine, is a part of healing that has an extensively long history. Folk medicine originates back 5,000 years. The dispensation of history is divided into three eras, the classic historical era, the medieval era, and modern eras. I was raised with herbs and home remedies since a baby and in Chile, Doctors practiced in a very different manner for the most part and by that I mean western medicine combined with Homeopathy and herbology so for me, I always use what I felt at that moment had its place for whatever need. Two-thirds of the world's population live in countries that have inadequate resources to access of modern medicine so I found for that reason folk medicine is formally acknowledged in many countries. Today it is still extensively used due to their perceived effectiveness.

It is vital to be informed and careful about possible compound interactions before using any Folk formula. Like anything, nature has its own contradictions as well. Please use your discretion and do a small test when in doubt, always remember to consult with your health practitioner, have fun and enjoy.

Use of Turmeric to correct hyper-pigmentation



Mix a little amount of turmeric with cucumber juice or lemon. Apply this to the pigmented area of your skin. Leave it for ten to fifteen minutes and wash off. Do this for few days and gradually normal color of your skin will return. Lemon is a great astringent. Turmeric is an antiseptic and antioxidant that helps skin challenges such as this.



4 Amazing Conditioners You Can Make At Home

www.naturalhairkids.com



Honey Conditioner

Ingredients:

1/2 cup honey
2 tablespoon olive oil

**Directions**

Make sure your child's hair has been thoroughly shampooed. In a bowl, mix honey with olive oil. Heat mixture in microwave for 30 seconds. Apply to hair, then cover head with shower cap for 15-30 minutes. Rinse out with conditioner and style as usual.

Avocado Conditioner

Ingredients:

1 avocado (peeled)
1 egg yolk
1 tablespoon jojoba oil

**Directions**

Make sure your child's hair has been thoroughly shampooed. Combine all ingredients together in a bowl until smooth. Massage mixture into scalp and hair. Leave in for 20 minutes. Rinse out with conditioner and style as usual.

Banana Conditioner

Ingredients:

1 banana (peeled)
1 egg
4 tablespoons milk
5 tablespoons olive oil

**Directions:**

Make sure your child's hair has been thoroughly shampooed. Mix all the ingredients in a blender or food processor. Apply the mixture to your hair- from root to end. Let soak into your hair for about 15- 30 minutes. Rinse out with conditioner and style as usual.

Coconut Milk Conditioner

Ingredients:

1 cup coconut milk
1 peeled and mashed avocado
1 tbsp of honey

**Directions**

Make sure your child's hair has been thoroughly shampooed. Combine all ingredients in a small bowl. Either apply mixture directly to hair, or preheat mixture in microwave for 30-45 seconds. Massage mixture into hair and scalp. Cover hair with a shower cap for 15 min-60 min. Rinse out with shampoo/conditioner and style as usual.

Anti-Wrinkle treatment for ideal skin



Whisk the tomato juice with an equal amount of milk. Store this mixture in the refrigerator. Apply this pack routinely twice a day. Leave this on your face for 10 minutes. This works as one of the best natural home aid for Skin Care.

Honey and milk



For dull and dry skin: Honey and milk are soothing and nourishing for skin care. These are the things which come

straight from the breakfast table. One can apply our traditional moisturizer to the skin. It not only lightens complexion but also helps keep skin healthy and moist, aside the Lactic acid in the milk helps the skin with a light resurfacing. It is very effective for dull and dry skin. Ghee can also be used as a moisturizer. Both ghee and malai can be used as a night cream.

Malai



Malai is an Indian cooking ingredient. It is made by heating

non-homogenized whole milk to about 80°C (180°F) for about one hour and then allowing it to cool down. A thick yellowish layer of fat and coagulated proteins forms on the surface, which is skimmed off. The process is usually repeated to remove most of the fat. Malai has about 55% butterfat. Buffalo milk is thought to produce better malai because of its high fat content. Buffalo milk with fat contents varying from 5 to 12% is heated and boiled and then allowed to cool up to 4 degrees celsius for best results. Similarly, cow's milk with milk fat from 3 to 5% is boiled and cooled to make malai.

The banana-honey face pack



Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face.

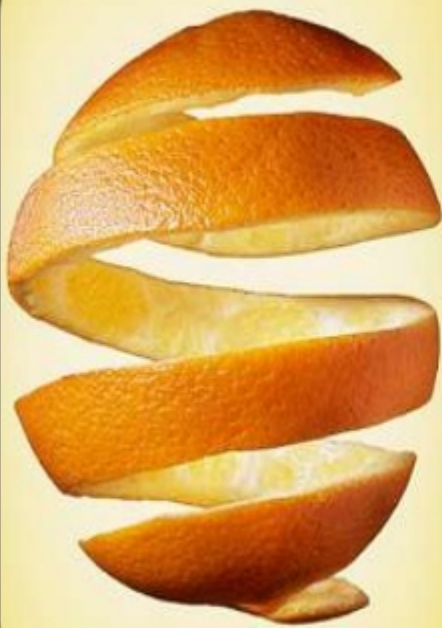
Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also

give it a supple feel.

The banana-honey face pack: Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white (use pasteurized egg) and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face. Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also give it a supple feel.

Soften cuticles with honey: Whisk together three tablespoons of almond oil, 3 tablespoons of raw linseed oil and 3 tablespoons of honey. Use this mixture to massage your nails and fingers.

Orange Peel



- Peel the orange and let its skin dry in sunlight for some days.
- Grind it in the mixer-grinder and apply the paste on the face.
- Let it remain for 10 minutes and rinse.
- See the glow and freshness on the face!

Cucumber



Cucumber cleanses the skin and helps to soothe the skin and bring back the glow of the skin. Scrubbing the neck with cucumber removes the dead skin cells.□ Apply grated cucumber or cucumber juice on the dark neck.

Gently scrub the neck for a few minutes□ Wash it off after 15 minutes

Lemon Juice



Lemon Juice – □The citric acid present in the lemon juice is a natural bleaching agent. If you have sensitive skin, you will have to dilute lemon juice for this purpose. Apply lemon juice to the dark skin of the neck using cotton ball Leave it there for 10-20 minutes and wash it off with water.□ Do not expose the skin to sunlight after applying lemon juice.

Home made beauty tips for glowing skin

Ingredients :

A pinch of Turmeric powder
Milk cream (thick layer formed on
top of milk after cooling)

Honey

Take milk cream, a pinch of turmeric powder and add few drops of honey. mix it well till it forms a thick paste, Apply the paste as a thin layer on your face and let it dry for 20 minutes. This will result in skin glow.



Avocado-Honey Moisturizer



According to:
<http://www.rd.com/slideshows/8-natural-recipes-for-amazing-skin-from-a-plastic-surgeon/#slideshow=slide2>

Avocado-Honey Moisturizer A moisturizer is an anti-aging must. By helping your skin retain moisture and acting as a temporary filler for wrinkles, it makes your complexion look

smooth. Dr. Ordon says that his patients love this recipe because it makes their skin look and feels dewy, and youthful.

Ingredients: 3 tablespoons of fresh cream 1/4 avocado 1 tablespoon honey

Directions: Place all three ingredients in a blender and puree into a smooth cream. Apply it to your skin and leave on for at least an hour. Rinse off with warm water.

Cornstarch



You may think cornstarch can only be used to thicken your gravy, but it's also useful in easing itchy, dry skin, it works miracles for chicken pox or itchy rashes . Make a paste and apply to skin let it dry and remove with a wet warm cloth and apply Aloe Vera Gel. Sprinkle a handful in the bathtub and have a soak, if you can, do not rinse, pat dry and wait a few minutes before you apply moisturizer, I highly recommend Coconut Oil.

Oatmeal



Adding oatmeal to your bath will soothe your skin. The oats are packed with vitamin E, a nutrient vital to healthy skin. Oatmeal is also used as a folk remedy for treating dry,

chapped hands. Rub your hands with wet oatmeal instead of soap. Dry your hands with a towel, then rub them with dry oatmeal. Vinegar. Try this folk remedy for chapped hands: Wash and dry hands thoroughly, then apply vinegar. Put on a pair of soft gloves and leave them on overnight.

Home made beauty tips for soft hands

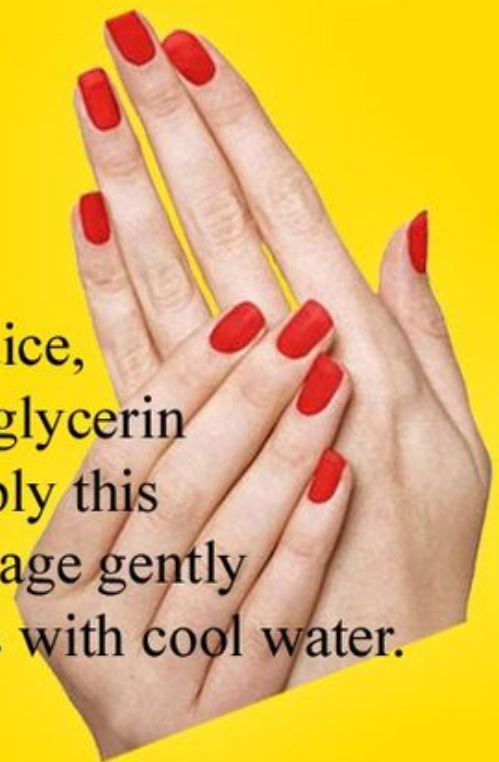
Ingredients :

Lemon juice – 1 tsp

Tomato juice - 1 tsp

Glycerin – little bit

Take equal quantity of tomato juice, lemon juice and add little bit of glycerin and then mix them together. Apply this mixture on your hands and massage gently for 10 minutes. wash your hands with cool water. Do this daily for 10 to 15 days to soften your hands.



Mayonnaise



Mayonnaise straight from the jar will make hair soft and shiny. The egg nourishes brittle hair with protein, while the vinegar gives it body and bounce.

Try this mixture to regain supple hair: Mix one teaspoon powdered brewers' yeast with four ounces of apple cider vinegar to create an after wash rinse. Pour it over wet hair and let stand at least a minute before rinsing. □Dry skin

For a homemade scrub, mix ground oats and honey. Rub all over your face—especially your nose, make sure you scrub gently. The scrub part of the mixture will remove dry, scaly skin while the honey seeps in as a moisturizer. Rinse completely off and pat dry, and your skin will be glowing and baby soft. Only use this remedy once a week.

For super dry skin, use olive oil. Rub it in prior to a bath or shower. You may substitute peanut, sesame or sunflower oil. A quart of milk in a hot bath is a luxury as well as a skin toner. It's a trick nearly as old as time.

Teabags

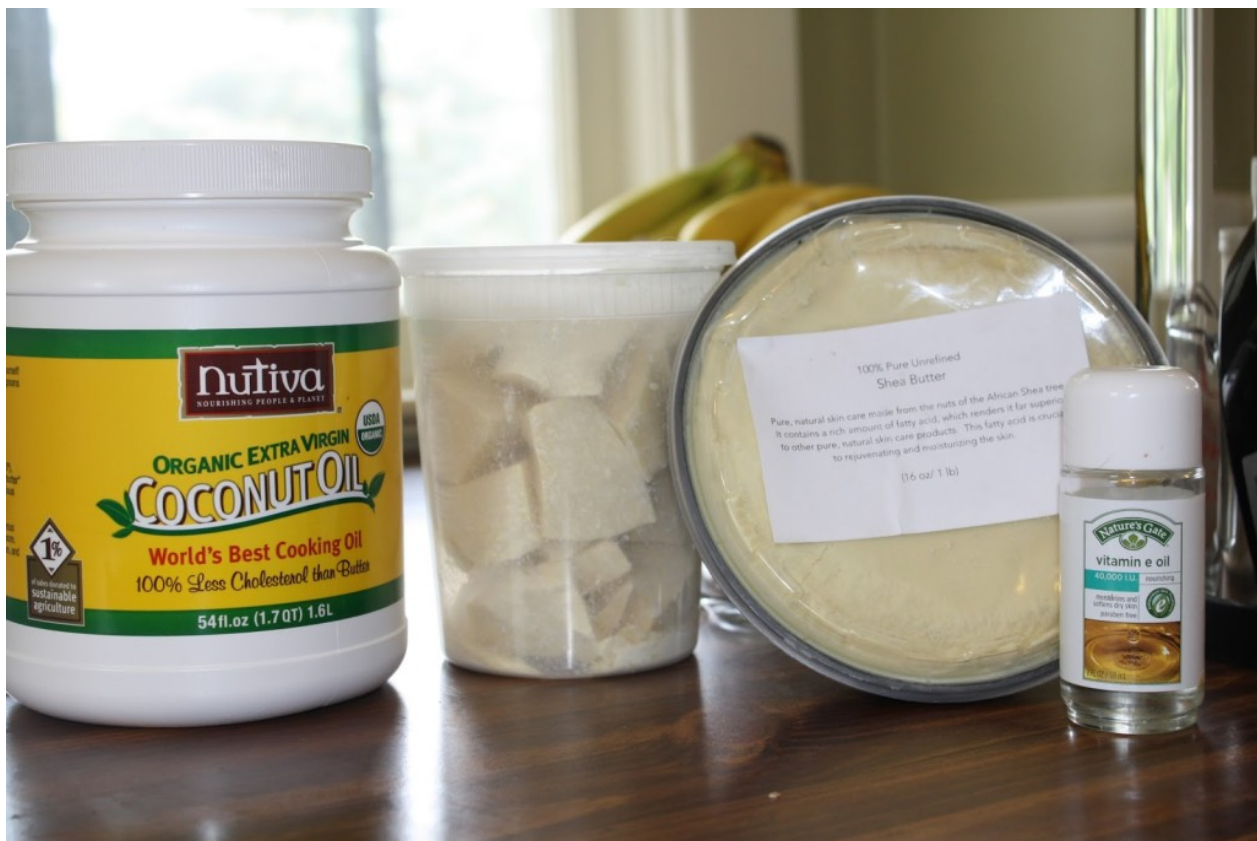


Puffy, tired-looking eyes?

Used teabags make excellent eye cosmetic After dunked, drain it and place it over your closed eye (one for each) and hold it there for a few minutes. Redness, soreness, swelling and irritation will disappear like magic.

Bug Off Citrus Butter





One

way to keep pesky little critters fully controlled

1/2 cup Cocoa butter

1/2 cup Coconut oil

1/2 cup Shea butter

1/2 cup Sweet Almond Oil 1 tsp vitamin E oil

10 drops Citronella essential oil 5 drops orange essential oil

Place the Cocoa butter, Coconut oil, and Shea butter in a large glass jar or glass measuring cup.

Place inside a pan with about 2 inches of water. Heat over medium heat until everything melts completely, stirring gently with a wooden spoon or chopstick. Remove from heat and add the sweet Almond oil, essential oils, vitamin E, and citronella oil. Mix thoroughly.

Place the mixture in a sanitized jar.

Chill in your fridge for about an hour. The mixture should be firm, but not too hard. once the mixture is chilled, use your mixer or hand mixer to whip it to a smooth consistency.

Sweet Chai Tea Bomb



At last the soothing comfort of spicy Chai Tea for you for your bath! You got to love it, don't you agree? YumYum body. You can also use Green Tea powder. Clove Oil is very strong and can be too much for sensitive people so use very small amount.

You may not need the Witch hazel if the honey does its job, I use it in batches that seem too dry. I like the round bomb mold best for this recipe.

1 cup of Citric Acid
2 cups baking soda
3 tablespoons kaolin clay
1/4 cup organic brown sugar
3 tablespoons sweet Almond Oil
2 tablespoons Organic tea powder
2 tablespoons honey
10 drops or less for sensitive skin do a patch test when the full mixture is done
5 drops vanilla essential oil
Witch Hazel to bind

Place the dry ingredients in a glass bowl and work with gloved hands until there are no lumps.

Add the sweet Almond oil, honey, and the essential oils to a mixture, and blend with a whisk. Test the consistency with your hands. The mixture should hold together when squeezed. If it feels crumbly, spritz in some witch hazel to bind. Pack the mixture firmly into the mold Set aside for ten minutes then tap lightly on the back of the mold to release it, enjoy.

Banana, Strawberry, Kiwi, and Honey Face Mask



When it comes to face masks for oily skin is this simple yet very nourishing natural solution.

Ingredients: 1 ripe banana, 3 Strawberries 1 tablespoon of honey, 10 drops of lemon juice and Kiwi slices for the eyes.

You should mix the banana and honey in a bowl. Then, add the lemon juice and combine them. Once the mixture is ready, apply it on your face and let it work its magic for about 15 minutes. In the end, rinse with lukewarm water and wipe your complexion with a washcloth.

Cucumber, Egg White, Lemon and Clay Mask



This mask is just perfect for cleansing clogged pores. As its name suggests, you'll need the following ingredients: 1 tablespoon of egg white, $\frac{1}{2}$ teaspoon of clay, a few drops of lemon juice and 1 egg white.

Add all these ingredients together and mix them until a smooth paste is formed. Then, apply the mask on your face, but make sure to avoid the eyes area and leave it for about 20 minutes. Finally, rinse with warm water.

Strawberry and Yogurt Facial



You should know that the yogurt will help exfoliate your acne prone skin.

Ingredients: 4 ripe strawberries, 1 teaspoon of plain yogurt

Firstly, wash thoroughly the strawberries, then use a fork to mash them. Add the plain yogurt and stir until it becomes smooth. Then apply this mixture on your face and let it sit for 10-15 minutes. Use warm water for rinsing.

Homemade Juice Mask



Both lemon and strawberries have natural astringents that are perfect for fighting acne.

Ingredients: 1 teaspoon of lemon juice, 1 cup of strawberries, 2 egg whites, 3 teaspoons of honey and 4 drops of essential oil.

You should mash the strawberries with a fork until they form a smooth paste. Then, add the lemon juice, honey, and egg whites and mix them together. Apply the formed mixture on your face and let it stay for about 10 minutes. Rinse with warm water and a warm cloth.

Oatmeal Face Mask



For this mask, you'll need 1 tablespoon of honey, some oatmeal, and 1 egg yolk.

You should take a small bowl and mix there the egg yolk and

honey. Then, add slowly some oatmeal so that you create a thick paste. Apply the mask on your face and neck and let it sit for about 15 minutes. In the end, rinse with warm water.

Apricot, Yogurt and Clay Mask



This is an amazing natural face mask because it nourishes your skin and regulates its oiliness. We recommend using it once or twice a week. You can easily create it with the following ingredients: $\frac{1}{2}$ teaspoon of clay, 1 apricot and 1 tablespoon of yogurt.

Firstly, you should peel the apricot. Then add it into a blender and mash it. Add the yogurt and clay and blend them together until a paste is formed. Apply it carefully on your face and leave it for 20 minutes. Then rinse with warm water.

Turmeric and Yogurt Face Mask



Ingredients: 2 tablespoons of rice flour, $\frac{1}{4}$ teaspoon of turmeric powder and $\frac{1}{2}$ cup of plain yogurt.

Mix all these ingredients until they form a smooth paste and afterward apply the mixture on your face and let it sit for about 15-20 minutes. Then use a wet cloth for rinsing.

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Extremely nourishing, highly anti-aging eye cream to firm, lessen lines and wrinkles and to boost collagen production for more youthful appearance. Concentrated with powerful anti-aging antioxidants, vitamins, herbs and peptides to regenerate younger skin.



100% Pure Rose and Calendula Water Serum

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