

**Face Fitness**

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On week 326 we are sharing a fun post on facial exercises and we wish you enjoy them, please share and like if you do.

We know that exercising we can firm up the body and revitalize the skin by bringing more blood and moving the lymphatic fluids. Naturally, the same is true about the muscles in the face and neck, right? it makes sense muscles don't stop at the neck. As your muscles and connective tissue tones up by exercising, your skin will tighten by the simple fact that the muscles are attached to the skin by fascia and the skin will become more resilient and elastic as well!

With facial exercises, you not only regain that look you thought it can be completely lost for whatever reason, but you'll also grow mature, looking radiant and glowing with a well-toned complexion, more relaxed in your jaw muscles neck and scalp and by the way a scalp that has relaxed muscles and a proper blood flow will sustain great hair!!!! So as you can see is many benefits to these exercises, for me, they also made me aware of the gestures I was doing with my face that were not so flattering is kind like what observing a good body posture does and also how we breathe, is becoming more aware anyway that is an entirely another post and I will write it, posture is important to the whole wellbeing.

Thank you for your consistent support and all your shares we deeply appreciate it, from all of us.

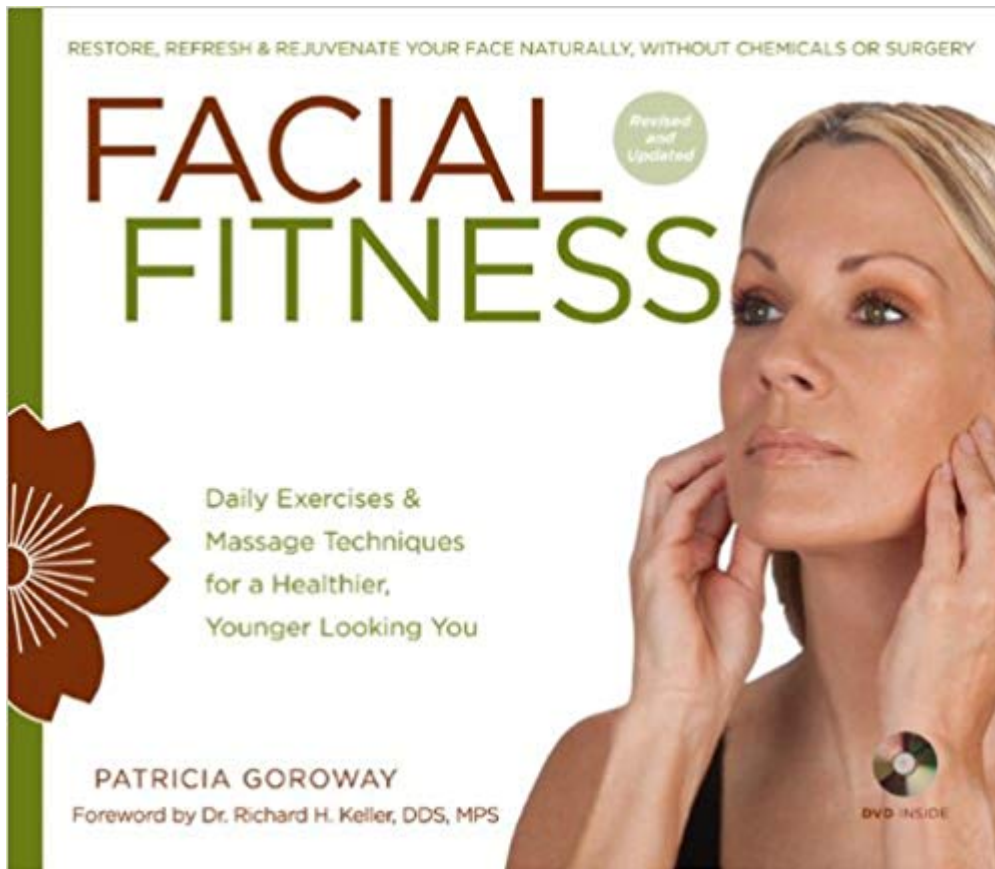
## **Facial Fitness by Patricia Goroway**

**Patricia Goroway** has taught facial exercise and facial massage for more than 10 years with extreme success to clients and health care professionals around the world. Patricia Goroway techniques have been teaching facial exercise and facial massage for more than 10 years to clients and health care professionals around the world. Her techniques have proven to be one of the top leading facial exercises featured in fitness magazines and web sites such as Woman's Health and Livestrong.com. She has a best-selling book, Facial Fitness is one of Barnes & Noble Publishing's leading health and beauty book and also there is a full-length DVD included where she demonstrates the facial exercises and massage techniques in a fun and energetic format. Patricia Goroway is now offering a Certified Instructors Course to those wishing to add specialized exercise and massage techniques to their clients. This certification is the first and the only course of it's kind and available exclusively through Facial Fitness Systems, Inc.

I recommend her products we are not in any way selling them do we wish we did the system is fantastic and she is a wonderful teacher. enjoy and here is the link to find it.

**[Facial Fitness: Daily Exercises & Massage Techniques for a Healthier, Younger Looking You](#)**





As we get more mature, the muscle fiber in our bodies tends to atrophy and become less with time especially when we don't use it.

As muscle shrinkage (atrophy) is concerned, it's debatable whether the loss of fibers from individual muscle cells or loss of cells themselves this is an important issue involves

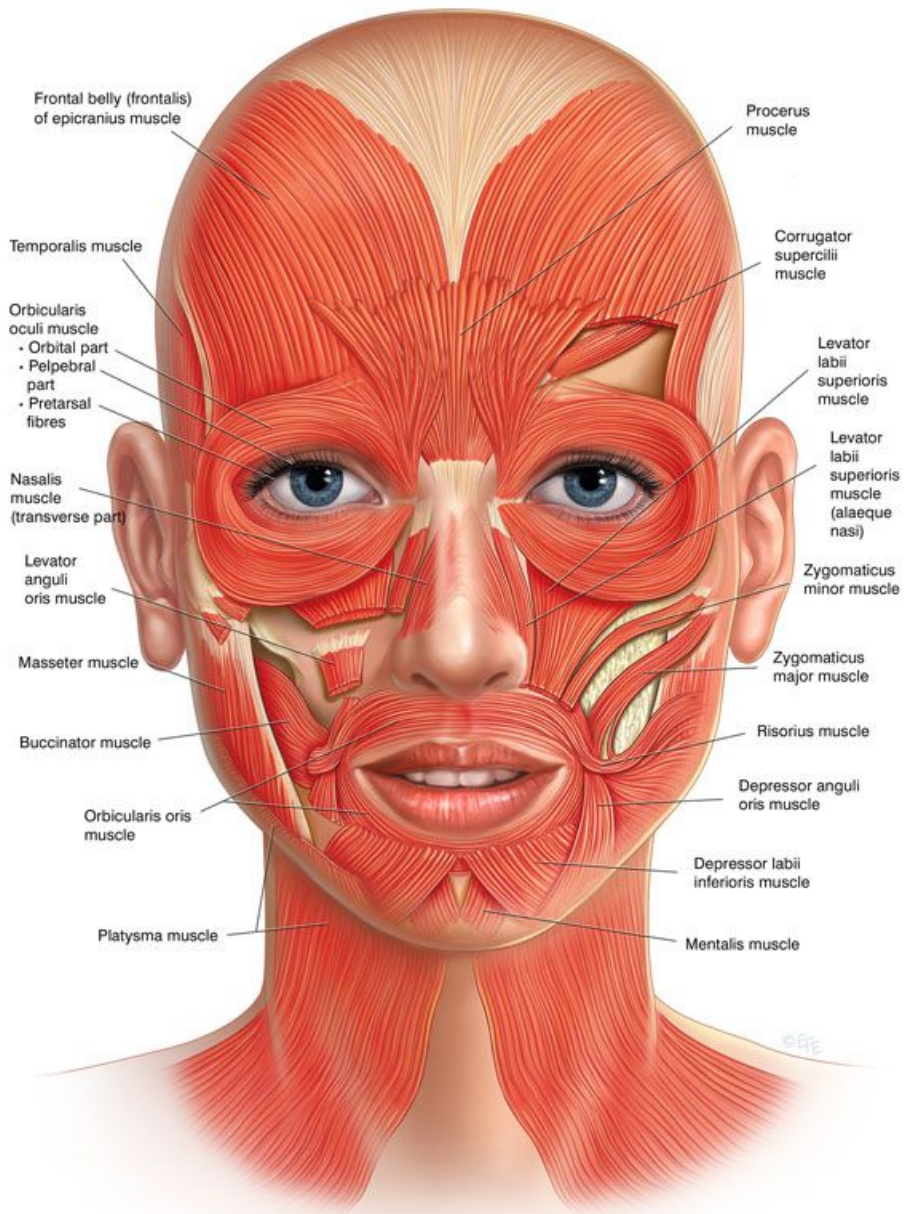
many factors so each case is different. Let's see what atrophy of muscles is. Atrophy referring to muscle really means that the bulk of the muscle is lost or largely diminished. In other words, the term is really a "universal" one. Bottom line it does not, however, address what is happening on a "cellular" level. And, it is what happens on a cellular level that helps us to understand how and why exercising the face can bring not only a more lively look but a healthier one, also.

A facial workout regimen is an excellent way to tone your muscles, and prevent muscles from sagging, moving lymphatic fluid to reduce puffiness, increase circulation and actually revitalize the whole system is very soothing and calming, we hold a lot of tension in our jaws, neck, and shoulders.

Doing facial exercises, facial yoga, and acupressure points for that matter is a great way to keep your face looking healthy, radiant, well-toned and alive and at the same time firming muscles and reducing puffiness and increasing elasticity, those are some of the many benefits including reducing tension, stress, etc.

These are also good exercises to do if you have muscle challenges like droopiness on your face, and neck, creating stronger muscles for a toned and more healthy skin.

# The Muscles of The Face



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There are 43 muscles in your face, most of which are controlled by the seventh cranial nerve (the facial nerve) This nerve comes from the cerebral cortex and emerges from the skull just in front of our ears. And it rules your whole system.

It is not yet fully agreed by science how many muscles really exist due to the fact that some muscle tissue can't be separated into countable muscle, also some peoples muscles are more divided than others, with that been said we continue with what we are addressing here and that is exercising our faces and neck.

The muscles divide into 5 primary branches and they are: temporal, zygomatic, buccal, mandibular and cervical. As we exercise them we also have the added benefit of adding relieve to eye strain, scalp tightness, releasing neck stress, shoulders pain, jaw tightness TMJ, tension headaches, facial tension and with facial exercise we can create a sense of total relaxation, in an average we don't realize that focusing on our phones computers and in general being stress contracts and put a lot of strain on our muscles in general and in the face we start to create grooves and lines of expressions that not always suit us. Creams and potions can aid in some matters to soften the top layer but definitely does not tone muscles or weight lifters and Gyms will be only using creams that to do the work out for them, makes sense right?

The body makes skin, muscles, etc from the inside out not the other way around,

Investing in some work for your facial muscles can help give in a major way to accomplish a radiant toned face. We need to make it clear that it will take consistency and maintenance it doesn't happen in a week of exercising also everyone is different.

Is a normal process for our body and that includes the face to go through stages, our face changes as we go through life, so

many factors contribute to this diet, sleep, stress levels, the amount of water we consume, overeating sugar, oxidation due to smoking or excess alcohol, etc? It may begin to lose elasticity and tone, accumulating fluid, droopiness, lines from expressions, that indicate either lengthening years or deepening character, depending on your viewpoint, and it can create just flat out frustration, almost invariably, to sag and look tired.

Let's address sagging this is a process in large part because the fat pads that underlie the skin on our faces became thinner with age, and other facts of life the muscles lose their tone. When we are in our early years, these pads snuggle together like puzzle pieces, providing much of the structure and the contours of our faces. When the pads change as we go through life, their connections start to loosen and gravity begins to draw them downward also the lost fat that keeps the moisture diminishes and we lose that glow, elastin and collagen also diminish with stress, lack of sleeping diet to mention a few factors leaving cheeks hollowed and visages generally droopier and with a lack of life and radiance, circulation plays a great role on this so when we decrease it with exercise, gentle massage, acupuncture, radiofrequency and other new modalities we can have great results, still keeping in mind diet, sleep hydration and such.

Nowadays there are many different kinds of treatments like injecting fat and fillers as an option in many cases the underlying loss of luster and tone is still there, and it is at the expense of thousands of dollars.

Plastic surgery is an attempt also but soon enough people are right back where they started after paying thousands of dollars, going through full anesthesia and many risks the tone in the face has not been restored in most cases and in some as you may have observed due to not so good of work from some surgeons the face looks unnatural and no longer is the same looking person.

When we see surgeries that obviously are pulling and cutting the skin but not addressing the muscles underneath it shows unnatural, more and more surgeons are getting that working with the muscles in a SUBTLE way gets better results.

I have a dear friend that has done 4 plastic surgeries and she is basically back where she started !!!!! no tone on her muscles and the elasticity from no circulation or proper diet not to mention stress, yes stress big one for skin, it works against her all day and night what we don't use we lose that unfortunately is a fact.

People are starting to realize what an important role the muscles play in creating the contours of the face, doesn't it make sense? they hold the skinned oh yes the bone structure. These facial muscles need to be exercised specifically and correctly to have an optimal result. When the facial muscles sag, the skin attached to the muscles also sags because they are attached to each other. the process of facial toning exercises brings and maintain healthy radiant maintenance.

Face exercises help restore the muscle tissue, elasticity and tone for a wonderful, glowing, look.

The exercises are based on the principle of gentle, easy facial muscle resistance, effective relaxation techniques, visualization, and breathing exercises yes breathing big part of skin and muscle toning and with that, you will achieve amazing results.

Breathing is a very big part of good and supple skin, yes that is correct our skin is the largest organ in our body and it breaths also somewhat absorbs nutrients, many companies claim huge amounts of absorption through the skin when they recommend products if this was the truth when we take a bath we would drown, the skin has a regulation mechanism to protect us from harm. So we that been said to correct conscious breathing is a very large part of keeping the skin and overall health in top condition. In Chinese Medicine, the lungs are the ruler of the

skin.

The exercises will increase the blood circulation, which increases the natural collagen and elastin in the skin by adding blood and oxygen and creating a more vibrant complexion. The skin will become more elastic and softer to the touch and it will look at life.

Facial exercises strengthen and tone all muscles in the face, neck, and scalp. It's best to start and create a routine like a spa time for your self, it will relax your entire nervous system.

You will educate your facial, neck and scalp muscles to work and remember how they need to work as they should, you probably know the saying what you don't use you lose.

Your mind-muscle connection combined with the exercises will increase blood circulation to the face, neck, scalp, and hair, enriching every cell with more oxygen and nutrients, restoring facial and neck muscles that have been overstretched by time, gravity and stress to a healthy, energized, well-toned condition at your own convenience at the pace of your dedication.

Now let's move to the actual exercises.

Let's start with the first step clean your skin if you have time apply a mask and after you remove it, make sure to use a rich moisturizer if it is your preference I love to use oils as a moisturizer and I will introduce you to them here is the link

this is a must so you don't hurt the skin, you can always remove the excess at the end if it didn't absorb.





**I will introduce you to a couple of sets of exercises, here we go.**

1 Gently pull-on your forehead with your index finger. Using just your fingers, you can apply pressure to your forehead so that shifting your eyebrows can strengthen that part of your face. This can help smooth lines on your forehead. Put your index fingers just above each of your eyes. Pull down on your eyes while trying to raise your eyebrows. Repeat 10 times to help firm your forehead.

2 Push your forehead with your hands. This simple exercise uses your palms to create resistance while flexing your eyebrows. Doing this workout will help create smooth lines on your forehead.

Place each of your palms on the sides of your forehead, the bottom of each palm resting on your eyebrows. Your palms should be holding the skin firmly in place.

Raise your eyebrow muscles, like you are surprised, then lower them, like you are angry.

Raise and lower 10 times, then raise and hold for 30 seconds. Lower and hold for 30 seconds, then repeat the up and down against 10 more times.

3 Do brow lifts. Using your fingers and your eyebrows, you can exercise the muscles in your forehead. Just a little bit of pressure can create enough resistance for good exercise.

Using two fingers in a peace sign, and place your fingernails over each eyebrow.

Gently push that skin down with your fingers, then push your brows up and down.

Repeat the up and down motion with your brows 10 times.

Do 3 sets of 10, take a short rest, then do another 3 sets of 10.

4 Stretch your eyelids. Your eyelids are easy muscles to work and don't need much resistance. Using your fingers can help you stretch them out, removing wrinkles and giving you stronger eyelids.

Sit down and close your eyes.

With your lids relaxed, use your index fingers to lift up your eyebrows. While lifting, keep your eyes closed to stretch your eyelids as far as possible.

Hold this position for 10 seconds, then relax and repeat 10 times.

5 Do an eye squeeze. Work your eyelids further by squeezing your eyes shut with a little stretching resistance from your mouth. Because it uses so many different muscles, this

exercise can help to stretch out your entire face, not just your eyes.

Pull your lips downward so that your facial muscles tighten, then pull your lips to one side.

Squeeze one eye shut for one second, then repeat 10 times, holding your lips to the side. Then do the other eye.

Do 3 sets of 10 for each eye, take a short rest, then do another 3 sets of 10.

6 Stretch your face while holding your eyes. This will help to build the muscles around your eyelids to give you more awake-looking eyes. Use your fingers to provide some resistance to the basic action of opening and closing your eyes.

Make a C around your eyes using your thumbs and index finger. Make sure your index finger is over your eyebrow and thumb against your cheek.

Shut your eyes, and slowly squeeze your eyelids close together. Relax the tension without opening your eyes. Repeat squeezing and relaxing your eyelids 25 times.



## Exercising Your Mouth

1 Exercise by smiling. One of the simplest ways to firm up your smile is to practice doing it. In this exercise, you'll

slowly move your mouth into the position of a full smile, holding different positions. This will give you better control of your face and smiling capabilities.

Slowly begin to smile by stretching the corner of your mouth laterally, lips still together.

After that, turn your mouth upward to expose your upper teeth. Smile as widely as you can, displaying your teeth.

Once you have reached that point, slowly relax your mouth, bringing the smile back to the starting point.

Stop at several stages on this expansion of your smile, and hold that position for 10 seconds.

2 Apply pressure to your smile. Similar to the last exercise, this one using different stages of your smile to work the muscles in your face. Here, your fingers will provide extra resistance to further work the muscles around your mouth.

Make a full smile, and use your fingers to hold it in place by putting pressure on each corner.

Close your lips halfway, then fully, using your fingers to resist the movement.

Hold each position for 10 seconds.

3 Do facelift exercise. This exercise works the muscles around your upper lip to help prevent sagging and keep a strong lip contour. Doing it properly will help you have a stronger smile that shows more of your upper teeth.

Open your mouth slightly and flare your nostrils. Wrinkle up your nose as far as possible, then slowly draw your upper lip as high as you can, and hold for 10 seconds.

Leave your mouth slightly open, and place one finger under the eye on the cheekbone. Curl your upper lip slowly upward, keeping finger pressure on your face. Hold for 10 seconds, then slowly return to the original position.

4 Do a lip exercise. This is a simple exercise that will help increase the blood flow to your lips. This will give the fleshier parts a healthier, livelier, and more natural color. Open your mouth slightly, making sure your upper and lower lips are relaxed.

Bring your lower lip forward until it makes contact with your upper lip.

Bring your upper and lower lips inward to your mouth. Exert pressure, then relax.

5 Do a mandibular strengthening exercise. This exercise works your mandible, the lower jaw, and important part of smiling, talking, and chewing, as well as anything else your mouth does. An exercise like this will help to prevent a double chin and prevent aging grooves on the lower part of your face.

Keep your mouth, especially your teeth and lips, slightly closed.

Separate your teeth as much as you can without opening your lips.

Bring your mandible forward slowly. Go as far as you can, stretching your lower lip upward, and hold for 5 seconds.

Slowly return your jaw, lips, then teeth back to their original position.

6 Do the OO-EE mouth. Moving your mouth to some basic sounds can help you target the lips, as well as the muscles between your upper lip and nose. This is a simple exercise that only requires some exaggerated facial movement while making sounds. Open your mouth, then purse your lips together so that your teeth are separated and not showing.

Say "OO," using an exaggerated movement to purse your lips together.

Change sounds to "EE," again using an exaggerated motion to stretch your lips into the proper shape. You can also replace "EE" with "AH" for a slightly different workout.

Do 10 reps between "OO" and "EE," then repeat for 3 sets.

7 Suck on your finger. Use the natural pressure from a sucking motion to firm up your lips. By removing it at the same time, you'll be able to provide additional resistance to work against.

Put your finger in your mouth, and suck on it as hard as possible.

While doing that, slowly removing it from your mouth.

Repeat 10 times.

Press on your cheeks while smiling. This will help strengthen your cheek muscles. Make sure to keep your head back when you do this exercise.

Press down on your cheeks with your three middle fingers.

While pushing, smile as hard as you can to push your fingers back.

9 Very Gently pull your cheeks up making sure you don't overstretch the skin. Doing this exercise can help to smooth laugh lines and the fine lines around your under eyes skin make sure that you don't pull that delicate skin and that you have enough moisturizer or oil when you do this. Your hands will be doing the work here, gently stretching the muscles on your face.

Place your palms firmly against your cheeks make sure not to press to the hard just firm.

Pull the corners of your lips up toward the upper part of your cheekbones until you can see your upper teeth and gums.

Hold the position for 30 seconds, release, then repeat 3 times, personally like to gently massage the area in between.

10 Squeeze your lips tight. Doing this will help to condition your lip muscles. Your hands will help do the work by squeezing your face around your mouth and nose. Make sure not to pucker this when done repeatedly causes deep creases so just squeeze like you are setting a lipstick.

Put the palms of your hands on your face, the outer edge of hands-on your laugh lines and the bottom edges where your index fingers are on the jawline. Use your whole palm to put gentle pressure on your face press and let go and repeat for 10 times.

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Use your lip muscles (not your hands) to push your lips onto your index and middle finger together like you were kissing them and hold for 20 seconds.

## **Five best face yoga exercises**









## 1 Warm-Up

How to do the exercise: Start your facial workout by blowing exaggerated raspberries with the lips, and with the cheeks as

well as blowing. The bigger the vibration the better for relaxing facial muscles. Lip muscles are very important muscles of the face. By relaxing these muscles, other muscles are relaxed too and you will have a very relaxed and pleasant look.

Do it: At least once and up to three times per day this exercise can be done when you have a moment alone and is always one of those the day.

## 2 Slim Your “Tech Neck” Double Chin

How to do the exercise: Keeping your shoulders down and relaxed, tip your chin up to the ceiling until you feel a good stretch in the upper neck and chin area. Then, alternate making duck lips and sticking out your tongue, holding each “pose” for 5 seconds each. Repeat three times.

Make sure to keep your chin extended and keep your neck taut the whole while. This should feel a bit strenuous: If you don't get tired, it's not effective.

How often to do it: 1-2 times per day

## 3 Smooth Smile Lines

How to do the exercise: First off, don't stop smiling and laughing! If you don't smile, you're not going to develop cheek muscle. Instead, tackle smile lines by breaking down the tension in the muscle from the inside out by using the tongue.

Starting up by the nose, where Hayashi says the lines tend to

be deepest, “stick your tongue inside your mouth and make a tiny circle on the labial line.” Do five circles clockwise and counterclockwise on each side to smooth smile lines.

How often to do it: once per day

## 4 Firm Up Saggy Cheeks and Jowls

The droopy face look is no so cute it looks tired and sad. To help improve and perhaps remove the look of saggy cheeks,

( keep in mind to be realistic)pull your lips the right side of your face like you are kissing the right ear in what should look kind of like a sideways kissy-face. Hold for 10 seconds this is an effective exercise that “trains and stretches at the same time. It is a great way to improve skin elasticity.

How often to do it: 3-5 times per day, for best results

## 5 Help Eye creases and Crow's Feet

Start by keeping both shoulders back and relaxed, bring your chin down to your chest and make an oval shape with your lips like going over your teeth and into your mouth. At the same time, look upward with just the eyes: try not to move your head or shoulders, you should feel stretching underneath the eye.

Stay here for three seconds, and then tuck the upper lip inside the mouth to make an “ahh” face. This round should give you a good stretch in the face it will relax the muscles and at the same time will tone them.

Once a day, no need for more. Is best not to overstretch the skin and the muscles in the face.

Enjoy and definitely pay attention to your diet, intake of water, stress and sleep all the exercises in the world won't be able to counteract the oxidation and deterioration that these facts cause to your general wellbeing.

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## **DIY Skincare Recipes**

**DIY Skincare Recipes**



On week 319 we are sharing recipes that are fun and you can enjoy making with friend and family. At our home, my husband and I love making potions, creams and folk remedies and we share with friends and family also we keep stock for presents. I grew up with a mother that show me many ways to create these products and I made a living for a while selling them, I showed my daughter and she grew up making them, selling them also, so much came from it, enjoy and share, thank you for your time and interest we truly appreciate it.

It is vital to be informed and careful about possible compound interactions before using any DIY recipes. 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 and like I said before please share.

## **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 a 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](http://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 from 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.

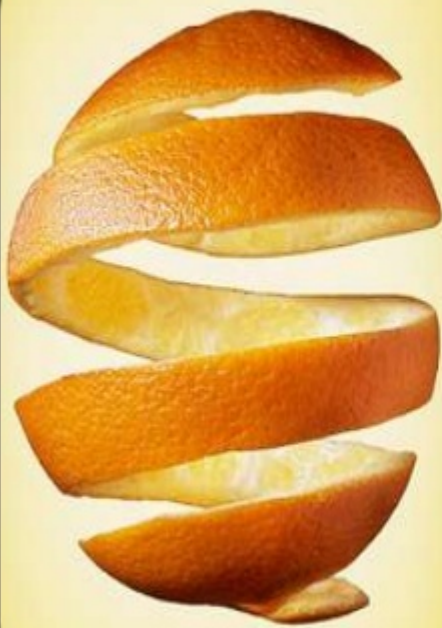
Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also

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

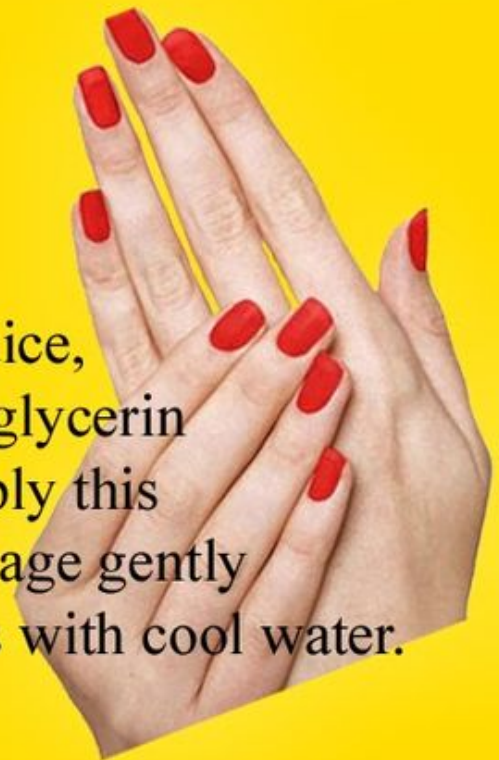
### Ingredients :

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



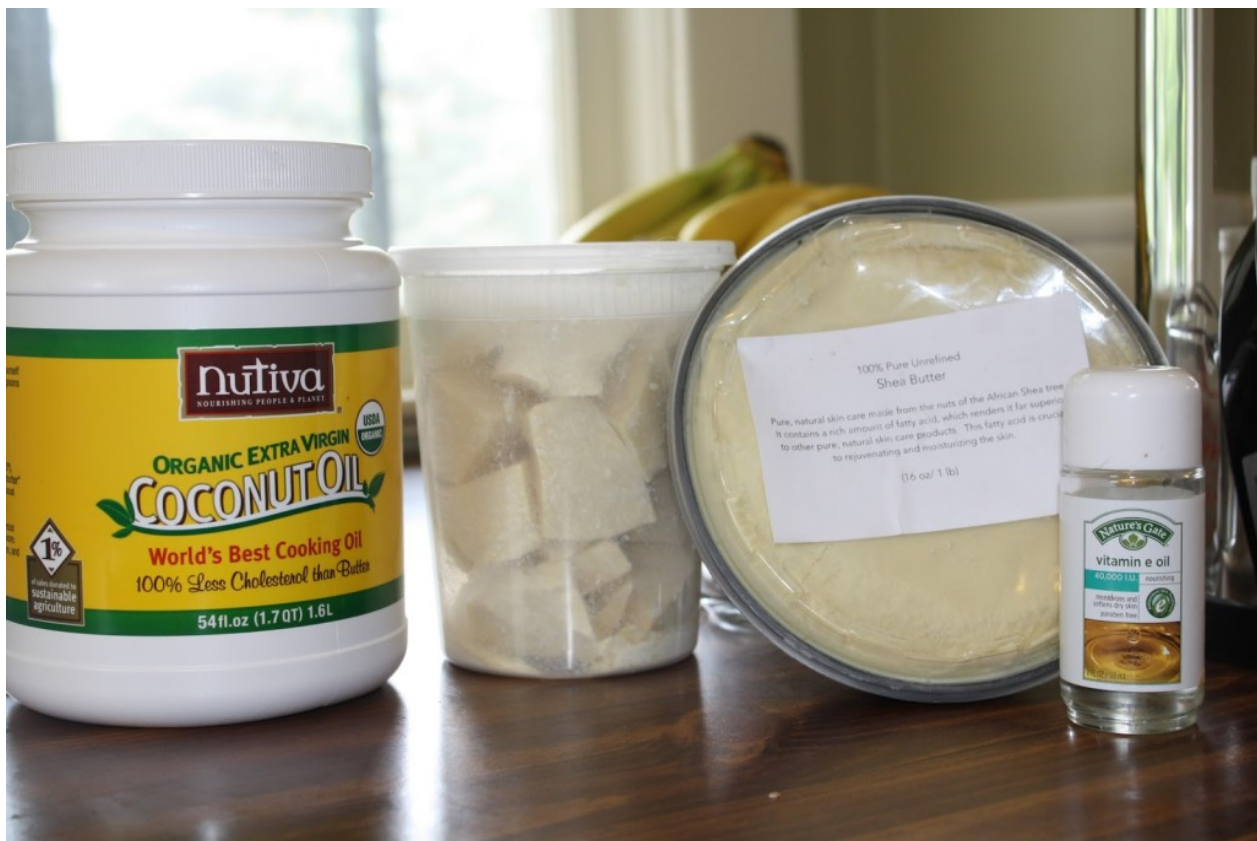
Puffy, tired-looking eyes?

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.







## Glass and Bamboo Tea Infuser Pot

Our chic, modern teapot features a removable glass infuser for brewing loose-leaf tea directly inside the pot without over-steeping. Place a tealight in the included bamboo stand to keep fresh tea warm for serving while protecting your tabletop. Perfect for tea lovers, it's a great gift for any tea lover.





## Capresso Electric Water Kettle

Our convenient and affordable Capresso Electric Water Kettle boils water extremely quickly for tea, coffee, hot chocolate or instant soup. Made of durable, heat-resistant German SCHOTT glass, this fast boiling kettle has a large capacity and an automatic shutoff feature. It's perfect for home as well as on trips to anywhere with an outlet.

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**Cupping for Beauty and Wellbeing**







# Cupping

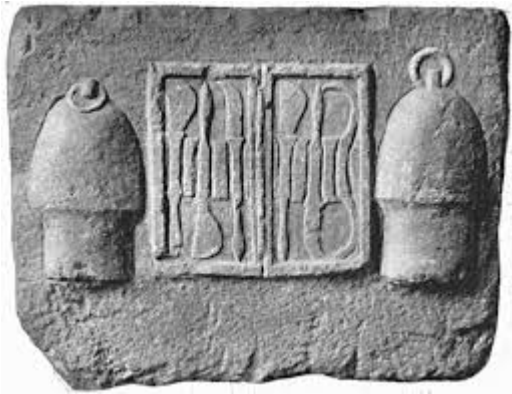
This is week 274, we are sharing an ancient procedure that has been used for thousands of years in many cultures. I grew up with it. Our NANA, She was Mapuche and Quero Indian and she used cupping to help us with ailments from pains to fevers and so much more. It is an amazing procedure and it really works for so many conditions. When I lived in China, I started back on it and learned that they use it for Cosmetic purposes also, and WOW it does create very substantial results. The procedures are used for Cellulite, wrinkles, and scars to reduce fat deposits for facelifts and many other treatments.

We recommend for you to get the work done by a professional and to consult your health practitioner before you embark in any health-related treatments. Acupuncture Doctors will be glad to tell you all the benefits and contradictions of cupping. Enjoy and share the post with others, they are life-changing in many ways, please visit our social media site and share and like if you do is so very important for Blogs, thank you for your support.

## Definition of cupping

The word cupping was derived from the Arabic verbs “Hajama” and :Haj’jama” by that they mean to minimize or to restore to basic size or to diminish in volume. In Arabic is a verb “ahjama” which means TO withdraw or retreat from an attack.

# Ancient Cupping Tools Carved on Stone



## History of Cupping Therapy

Cupping Therapy has been around for thousands of years. It developed over time from the original use of hollowed out animal horns (the Horn Method) to treat boils and suck out the toxins out of snakebites and skin lesions. Horns slowly evolved into bamboo cups, which were eventually replaced by glass. Therapeutic applications evolved with the refinement of the cup itself, and with the cultures that employed cupping as a health care technique.

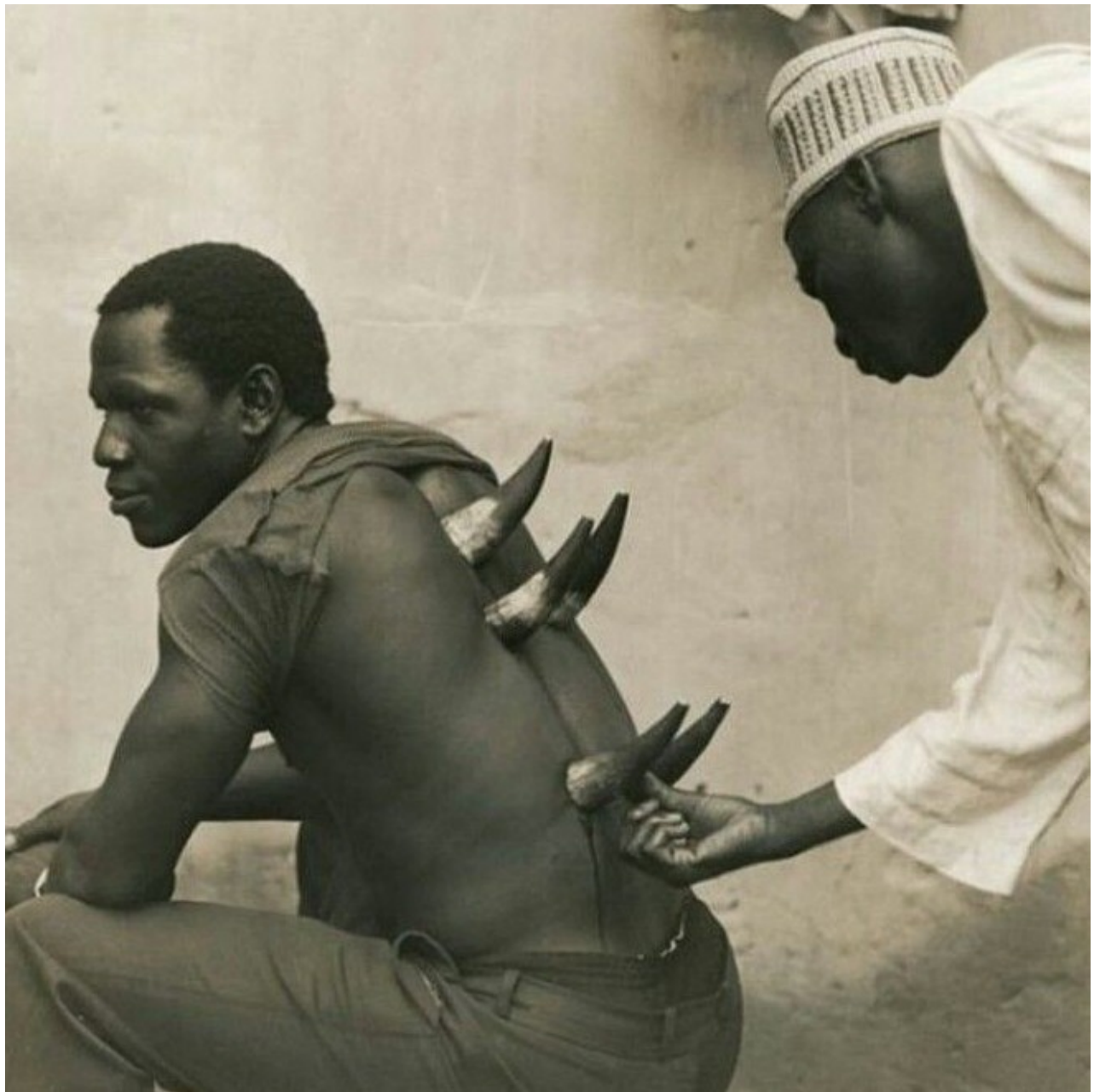


## Bamboo Cups





## Animal Horns Cupping



# Ancient Cupping Tools



For the most part common information found to consider the Chinese to be responsible for the beginning of cupping, however, the earliest records found date back to the ancient Egyptians around 1500 B.C. In translations of hieroglyphics in the Ebers Papyrus, the oldest medical textbook shows in detail the use of cupping for treating fever, pain, vertigo, menstrual imbalances, weakened appetite intestinal illness and many other conditions that helped to accelerate healing crisis.

After the Egyptians, cupping was introduced to the ancient Greeks, where Hippocrates, the Greek doctor, Father of Modern Medicine and cupping advocate, he viewed cupping as a remedy for almost every type of disease, he mentions it in the 400 BC In fact, other Greek physicians used the strong suction of cupping to restore spinal alignment by reducing dislocated vertebrae from protruding inward.

The earliest recorded evidence of the use of cupping came from the famous alchemist and herbalist, Ge Hong (281-341 A.D.), who popularized the saying "Acupuncture and cupping, more than half of the ills cured."

Though little known here in North America, this form of treatment is still popular through Asia, the Middle East, Finland South America and many other countries. Cupping in these various places, it is called by many names including Ba gwan, giac hoi, bekam, buhang, ventosa, bentusa in South west Asia. In the middle East, it is commonly referred as hijama, hejamat, and badkesh among many others.

The process involves using glass or ceramic cups, metal bells, bamboo tubes, animal horns, and nowadays silicone and a wide variety of other tools. However, recently the use of glass jars, plastic, and silicone are more popular, the common procedures from acupuncture practitioners is to use a cotton saturated in alcohol or medicated oil and ignited, this is place a side the container to heat it, lowering its internal

pressure, the cup is immediately placed on the skin, and as the air inside cools, it creates a vacuum effect which makes the cup stick in a vacuum suction to the skin. Blood immediately rushes to the area, creating a natural body response ( the cup is never heated on a person's body).



**There are two types of cupping: wet**

## and dry .

**The Dry Cupping** session Usually this dry type of cupping is offered as part of a series and is used along with another therapy, and is applied to the back neck and shoulders, rarely to the limbs. Traditional Chinese medicine believes that the blood will flow better to the areas that are starved of oxygen.

More and more practitioners are using plastic or silicone cups versus glass ones

The Chinese expanded the utilization of cupping to include its use in surgery to divert blood flow from the surgery site. In the 1950's, after much extensive research, a collaborative effort between the former Soviet Union and China confirmed the clinical efficacy of cupping therapy. Since then, cupping has become a part of government-sponsored hospitals of Traditional Chinese medicine.

In time cupping spread to ancient cultures in many countries of Europe and even the Americas. Throughout the 18th century, European and American doctors widely used cupping in their practices to treat common colds and chest infections, often in the form of Wet Cupping.

**Wet Cupping**, also known as Artificial Leeching and Hijamah in Muslim societies, is where the practitioner makes tiny incisions in the skin to dredge the blood or poisons out.

By the late 1800's, cupping became less popular and was severely criticized and discredited by the newly established scientific model of medicine. Since cupping was a surface treatment, with this new medical paradigm, which had shifted away from hands-on manipulative therapies for the most part.

Cupping therapy gradually became reduced to a mere curiosity

and history of the past, for the most part collecting dust on practitioners' shelves. In 2004 Cupping re-emerged as a hot new celebrity trend in the limelight of a New York film festival, where actress Gwyneth Paltrow's, Jennifer Aniston and other celebrities backs revealed their fresh cupping marks. Countless celebrities like Jennifer Aniston, Victoria Beckham, and Denise Richards followed suit and became fast adopters of this hot new cupping trend. Unfortunately, some of the Hollywood buzz viewed the celeb's cupping marks as simply bruises and rolled their eyes at its potential healing benefits.









Over the past three years, however, a handful of new studies have shown it helps relieve back, neck, carpal tunnel and knee pain among many other benefits. One thing is certain, and that is cupping is a powerful healing modality that can complement many healthcare modalities ranging from spa treatments to medical massage and physical therapy.

## **Vacuum massage has a beneficial effect on the body:**

- 1. it improves the blood circulation and lymphatic drainage;**
- 2. it increases the supply oxygen of tissue;**
- 3. it accelerates the metabolism;**
- 4. it facilitates the removal of toxins from the body;**
- 5. it improves the immunity.**
- 6. Increased local qi and blood circulation to the skin**
- 7. Drawing nutrients to the surface**
- 8. Enhancing absorption of lotions or serums**

Let's talk about cupping in the beauty world, for cellulite, facelifts, Wrinkles, general circulation, edema, inflammation and improving blood circulation to the skin and by gently stimulating the fibroblast cells, which produce natural collagen and elastin, your skin will reveal a healthy glow and plump those fine lines.





# MASSAGE CUPPING FOR THE FACE



## Facial cupping

Facial cupping is said to clear heat and serves as a method of detoxifying the skin: it also drains stagnant fluids and eases puffiness.

Cupping is used either as a stand-alone treatment or as an addition to acupuncture facial treatment, facial cupping has benefits far beyond reducing fine lines and sagging jowls.

While traditional cupping can leave marks on the skin, facial cupping does not is very gentle. Cosmetic facial cupping is completely painless and is not an irritant to the skin it must be done preferably with oil or a very rich emollient cream. Cupping can be a unique way to prolong the wellbeing of skin and of the deterioration of the skin.

The time of the procedure itself takes anywhere from 15 minutes to half hour to perform depending if it is combined with other methods and the therapist that performs the procedure. After applying a rich lotion, cream or oil, a small cup is either placed for a few seconds over a deep crease to increase blood flow to the area, or it is moved along the face and down the neck to drain lymphatic fluid and stimulate blood flow. Cups are placed over acupuncture points on the face for short periods of time to stimulate them as part of the overall treatment this procedure is best done by a professional due to the fact that they know the points and the amount of suction so you don't create a bruise and be unhappy with tis great treatment.

Done properly, cupping therapy will bring collagen to the surface and increase blood flow, reduce puffiness, dark circles and diminish fine lines. But the benefits go beyond just cosmetic, facial cupping can be very beneficial to drain nasal sinuses and the lymphatic system.

When increased of local blood supply it will bring nourishment to the muscles and skin and allow for toxins to be carried away via the veins and the lymphatic system and voila no more puffiness.

Is a movement in the beauty industry that is taking us back to non-surgical and more non-invasive beauty methods with

astounding results.

Cosmetic Facial Cupping is a wonderful and effective alternative to chemical, Laser or surgical facelift.

[Reference:http://www.thenaturalbeautydoctor.com/facial\\_cupping.html](http://www.thenaturalbeautydoctor.com/facial_cupping.html)

## **Contemporary Cupping Therapy for Health and Beauty**

from:

<http://nabuxmont.com/2015/02/24/contemporary-cupping-therapy-for-health-and-beauty/>

Cupping therapy is a very safe, comfortable and effective treatment for many health challenges, with roots in ancient medical practice, in cultures as diverse as Egypt, Greece, Rome, Aztec, Native American, China and much more. The current influence of Traditional Chinese Medicine and traditional Ayurvedic medicine has seen a reintegration of this healing therapy.

There are many methods of cupping, including stationary, dynamic, massage, bio-magnetic and facial rejuvenation cupping, among many others. This modality can be integrated into other bodywork or received as a stand-alone treatment for stubborn conditions and orthopedic injuries. In many applications, the results from cupping protocols are comparable to other expensive and painful treatments.



The gentle pulling action of massage cupping fully engages the parasympathetic nervous system, allowing the body to surrender into deep relaxation. A sense of lightness, warmth, and relaxation often last for hours—or even days—after treatment, I personally love it.

Using suction and negative pressure, a vacuum is created, lifting skin, muscles, and connective tissues. The slow movement of the cups is able to penetrate deep into the muscles and fascia, releasing rigid soft tissue, massaging fascia, and gently loosening adhesions to break up and drain stagnation while increasing blood and lymphatic flow. A cupping treatment offers many of the benefits of deep tissue, lymphatic drainage, sports massage, abdominal massage and myofascial release not possible using tissue compression.

## **A WORD OF WARNING**

If the Massage Cup is left in one area too long, a temporary cup mark or bruise can occur and it won't be the result you are wishing to accomplish so it is best to exercise care easy does it. If you are concerned about how your skin might react, test the product on a part of your body that is not readily exposed. use it for longer than two seconds on each area of your skin, then gradually increase the time to no longer than one minute as you gain experience and here we are speaking of a message, not continuous suction.

Do not use the face cup on pimples, blemishes, open lesions, sunburned or broken skin or on skin inflammation use your common sense.

Drink plenty of water to help your body release toxins by itself.

On a therapeutic level, cupping is beneficial for many health conditions including:

Asthma

Diabetes

High blood pressure

Sinus congestion

Frozen shoulder

Chronic colon

Congestion

Anxiety

Sports injuries

Carpal tunnel

Tendinitis

Migraines and tension headaches

Chronic fatigue and fibromyalgia.

It is also beneficial for the treatment of pain, disorders of the digestive, circulatory and respiratory systems and to support detoxification.

The increased circulation of blood and lymph, drainage of waste and the loosening of adhesions improves the appearance of varicose veins, scar tissue, and stretch marks and lessens the appearance of dimpling on the thighs, hips, and buttocks associated with cellulite.

Digestive function cupping therapy as a whole may be enhanced by abdominal cupping procedure. This is a very gentle treatment that stimulates the organs and the secretion of digestive fluids, and increases peristaltic movement and promotes better nutrient absorption overall.

The respiratory system responds very well to cupping therapy and breathing can improve for those with asthma. Sinus congestion, infection, and inflammation are directly relieved by the loosening and draining effects of the cups.

Stubborn and painful joint conditions may benefit by the stretching of connective tissues with cupping procedures, it creates an increased circulation and improved secretion of synovial fluid, thereby releasing congestion and stiffness and improving the range of motion in most cases.

Facial rejuvenation therapy has been practiced in Asia, Europe, and Russia for generations.

Cupping aids in detoxification. When the body is subjected to food additives, preservatives, and other external toxins that it is unable to break down and release, the toxins often become stored in the body, increasing an overall sense of malaise or muscle and joint pain.

It is recommended to drink lots of water when you are doing cupping procedures to aid moving toxins out of the body easily.

The suction process of cupping therapy pulls cellular debris and toxic waste to the surface, where it is released through the skin or picked up by the blood and lymph for elimination.

Whether looking for improved flexibility, more vitality, enhanced immune system, increased digestive function or to support detoxification, consider a contemporary cupping

treatment and experience feeling lighter and more energized.



Cupping Body Massage System includes superior medical grade silicone cups. These hand-squeezed vacuum suction cups are based on the healing success of Ancient Chinese Cupping.

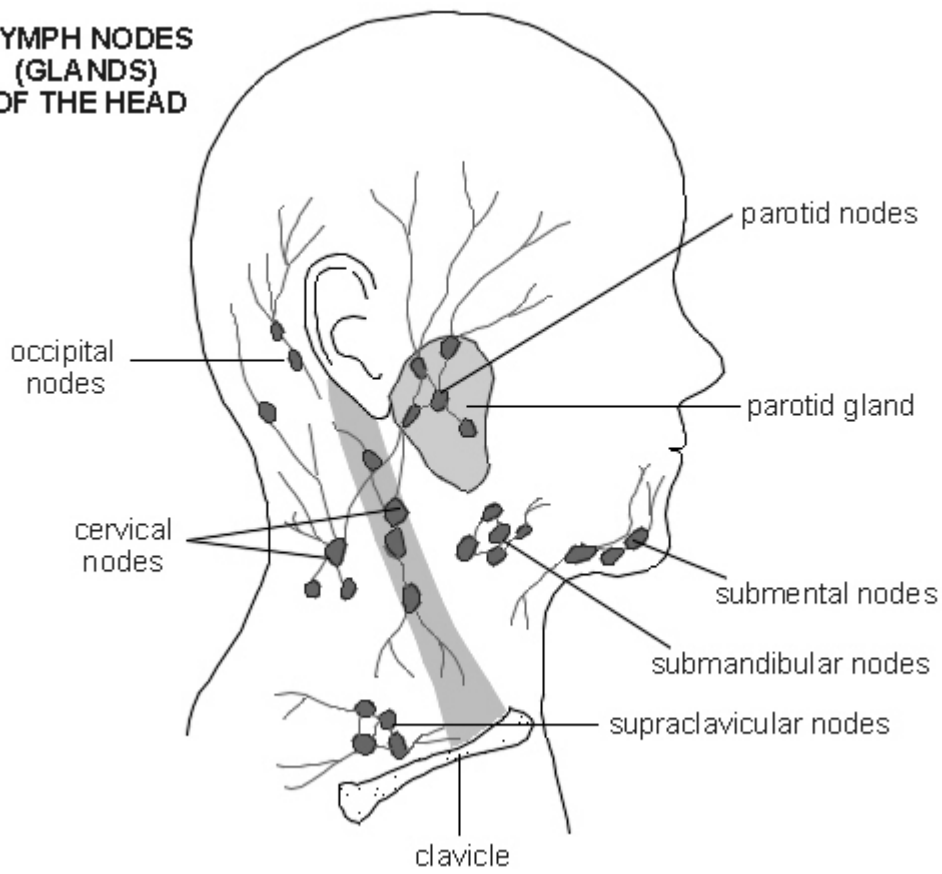
First, apply plenty of lotion or oil to the area to facilitate smooth movement and that will help avoid bruising.

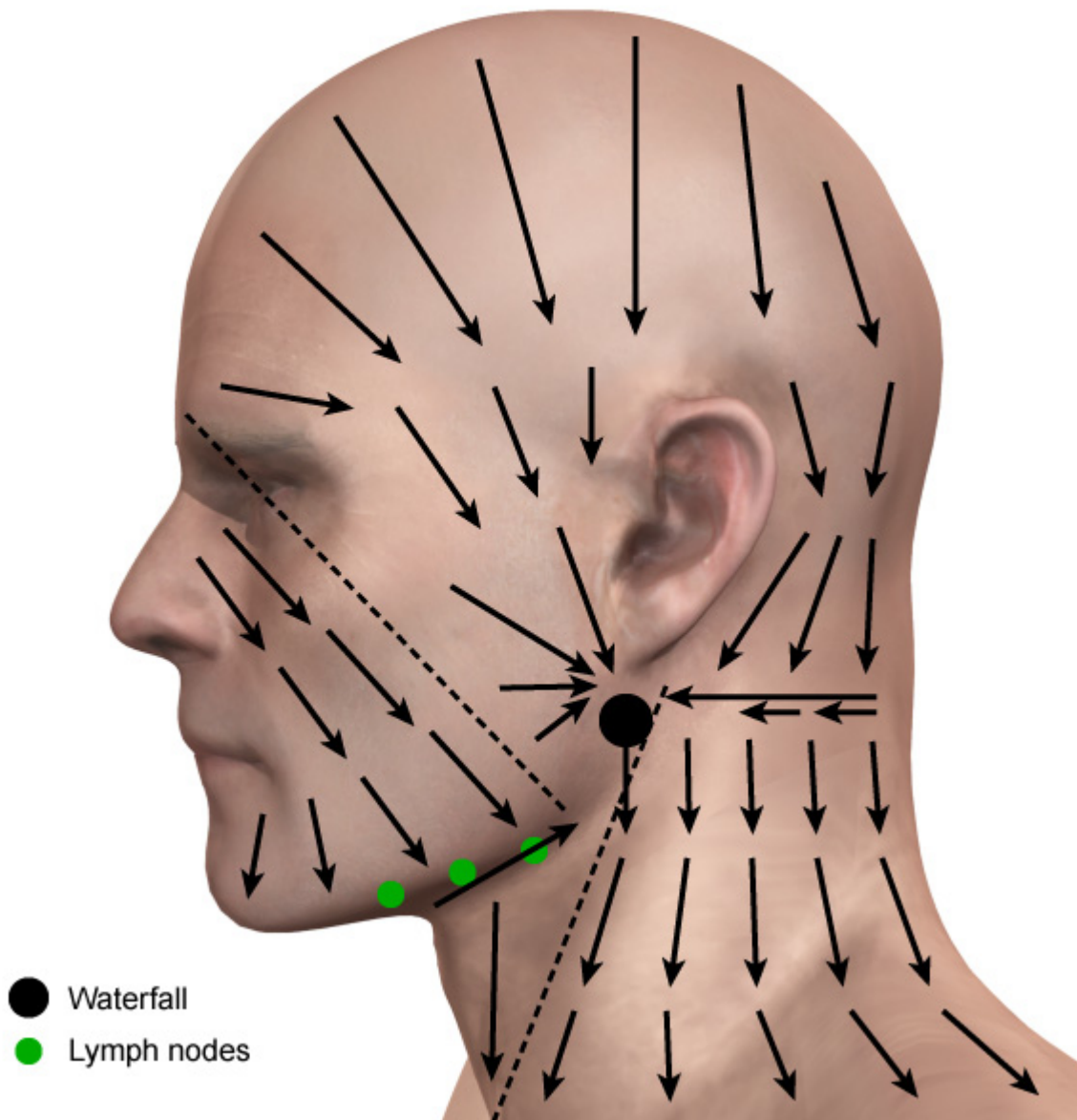
It is recommended to start with the softer cup. Begin by squeezing the cup in the middle to create a very light suction. Place the cup's lip to your skin and release make sure you do this gently and don't grab too much skin and do not keep the cup in one place with a big suction it may cause a

bruise, Move the cup over your skin using straight-line, circular and zigzag movements to massage the area for about eight minutes at a time. Drain the area by moving the cup toward the nearest lymph nodes.

## **Lymph glands draining direction of Head**

**LYMPH NODES  
(GLANDS)  
OF THE HEAD**

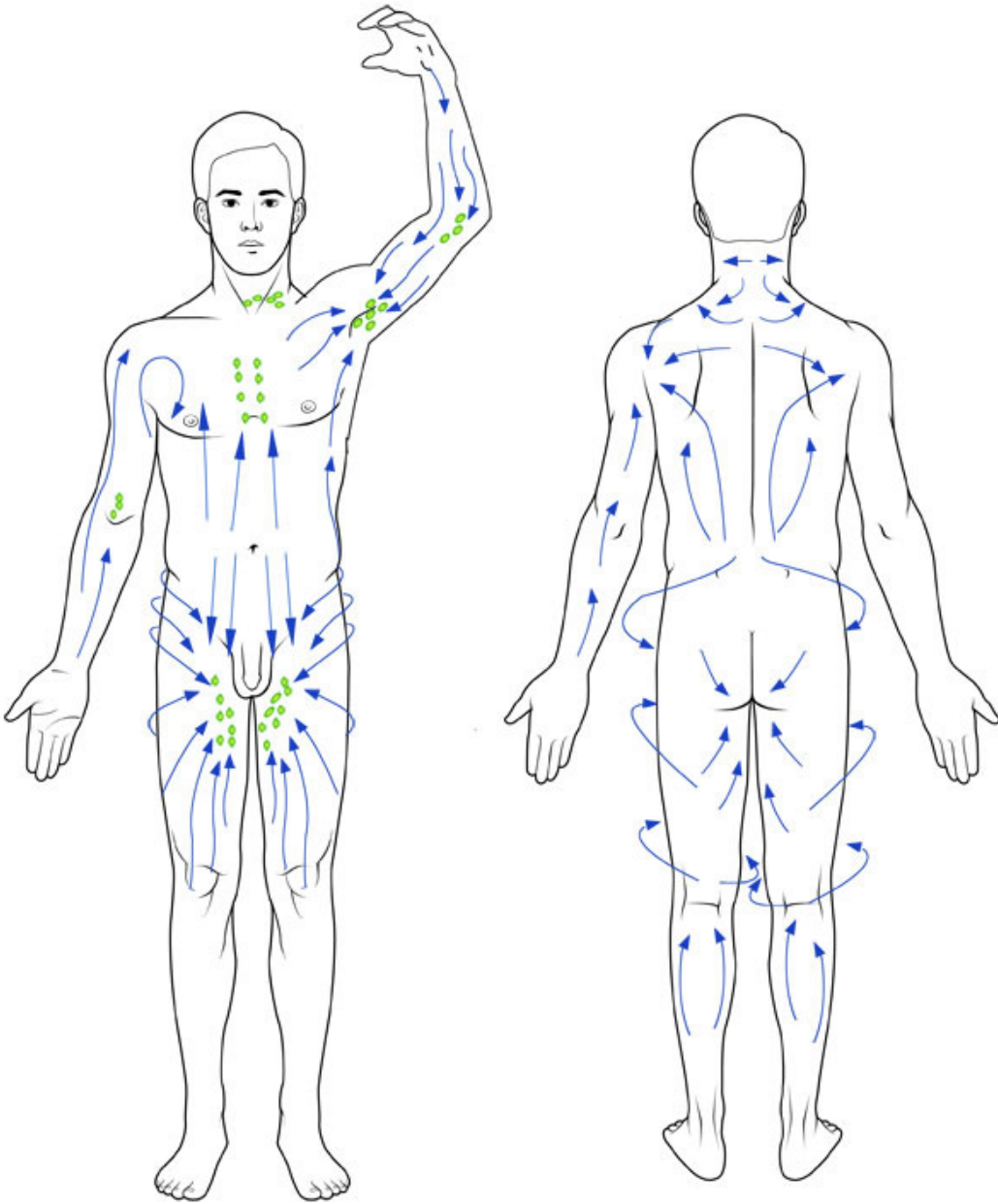






Doing this technique doesn't require any special preparation. The results are dramatic and best done on a consistent daily basis, after the third week be patient start slowly and increase to an everyday routine or at least four times a day, is recommended to start twice a week for the first week and a third day the second week is best to start slow and increase the amount of time so your body can adjust. The massage should not be painful, squeeze the cup so it is comfortable for you.

Gradually increase suction to stimulate circulation, remove stagnation, and release built up "sludge." Once your skin has become more elastic graduate into the use of a hard cup. Continue to use the softer cup for more sensitive areas such as the arms, stomach, and inner thighs. The hard cup can be used on the back or other less sensitive areas always remember to do the massage in the direction of the Lymph nodes direction for drainage.



According  
to <http://www.bellabaci.com/facial-massage/>

## SQUEEZE, IT'S EASY

There are 2 silicone cups in the Bellabaci Facial Massage System. Start with the softer cup, graduate onto the harder cup after a few weeks once your skin becomes elasticized enough.

Apply cleanser, cream or nourishing oil to your face and neck, to facilitate smooth movement.

Squeeze the cup in the middle, then place the cup's lips to your skin and release. Congratulations you've just given yourself your first Bellabaci kiss.

Massage according to the diagram provided.

Tone your skin afterward.

Use 2-3 times a week for best results.

- In Bellabaci Facial Massage System There are two superior grade medical silicone cups. It is recommended to start with the softer cup, graduate onto the harder cup after a few weeks once your skin becomes elasticized enough so you don't create unnecessary pulling of the tissue.
- To start, apply a generous amount of cleanser, cream or nourishing oil to your face and neck, to facilitate smooth movement. We recommend our [Bellabaci Skin Get A Life Genie](#), a powerful treatment lotion that turns into a luxurious oil, this treatment contains the modalities of Homeopathic and Aromatherapeutic complexes to

stimulate skin renewal and repair.

- By Squeezing the cup in the middle, and then placing the cup's lips to your skin and release you are on your way. Congratulations you've just given yourself your first Bellabaci kiss. Now, remember to keep the cup moving to avoid bruising!
- Massage according to the diagram provided on the box.
- Tone your skin afterward. Use 2 – 3 times a week for best results.

When improving blood circulation with the Facial Massage by gently stimulating the fibroblast cells, natural collagen and elastin are produced and improved you must have consistency. Your skin will show a healthy glow Massage the face and neck according to the diagram provided. Apply your favorite toner and anti-aging moisturizer after the Facial Massage completion and enjoy your well-toned glowing skin.

## **BROKEN CAPILLARIES**

How to work on Broken capillaries, also known as Telangiectasia, it can negatively have an influence on one's confidence levels. Broken Capillaries become visible between the ages of 30-50 and sometimes much earlier. The tiny vessels are you find just under the surface of the skin are delicate and can be bruised or damaged quite easily so is best to be gentle with them. Pressure or one of the mentioned factors below may cause them to dilate and break. Once broken, they veins remain that way and for the most part, cannot constrict back to their normal thickness or repair themselves for so many reasons.

## Main Causes of Broken Capillaries:

- Excessive Alcohol Consumption
- Extreme temperature
- Using too hot of water in the shower or when washing the skin
- Excessive harsh rubbing of the skin
- Certain medications such as sinus medications, cortisone
- Related skin disorders or complications such as Rosacea or Acne
- High Blood Pressure
- Allergies (causing excessive sneezing, thus putting pressure on capillaries) and many other reasons

## What else contributes to broken capillaries?

Broken capillaries become more prominent as you get more mature because your skin gets thinner due to some collagen loss and there forth with it becomes easier to see the veins. Some conditions can also be hereditary if your parents had problems with telangiectasia rosacea; chances are you may have the experience yourself.

When you have excessive consumption of alcohol over a long time you can increase the blood pressure, causing the veins into dilating. The repeated dilation may lock the veins in that position. Broken capillaries may also indicate liver issues.

What you can do apart from using sunscreen, lowering alcohol use, adding gentler facial products and in general being more conscious about is overall behavior. The many options of treatments offered to rid of broken capillaries are

sometimes painful and expensive. Some of the testaments offered include Sclerotherapy and laser/IPL treatments and more. Results are not truly guaranteed and for the most part repeated sessions may be required if the results are not accomplished.

## **How you can treat your broken capillaries more easily and naturally.**

One easy way out is to use your Facial Bellabaci Cup set combined with our innovative formula of products designed for this purpose, The Skin Get a Life Genie. The negative pressure from the cup allows new fresh blood and oxygen to help the damaged capillaries, immediately improving the redness, you will notice that as you use your cup, you will observe the vein that looks blue will become red, and then lighter until everything disappears. It almost feels like an illusion as it disappears before your eyes. The Homeopathic Synergies and Aromatic oils in the Genie will also assist to strengthen your skin and reduce visibility and occurrence. Make this a part of your daily routine, just a few minutes per day and your skin will continuously repair itself, also addressing the thickness of your skin by regenerating collagen.

## **Warnings**

**IMPORTANT!!!! DO NOT CUP ON OR OVER ARTERIES**

Arteries carry oxygenated blood throughout your body and cannot be impeded or occluded. Very Important that you take note of the area you are wanting to cup and ensure that you avoid the arteries.

In some areas, the arteries are deeper and are not as worrisome, but in the following areas, the arteries are superficial or closer to the skin and must be avoided as you would occlude the artery if cupped.

Common Carotid (Front/Side of Neck)

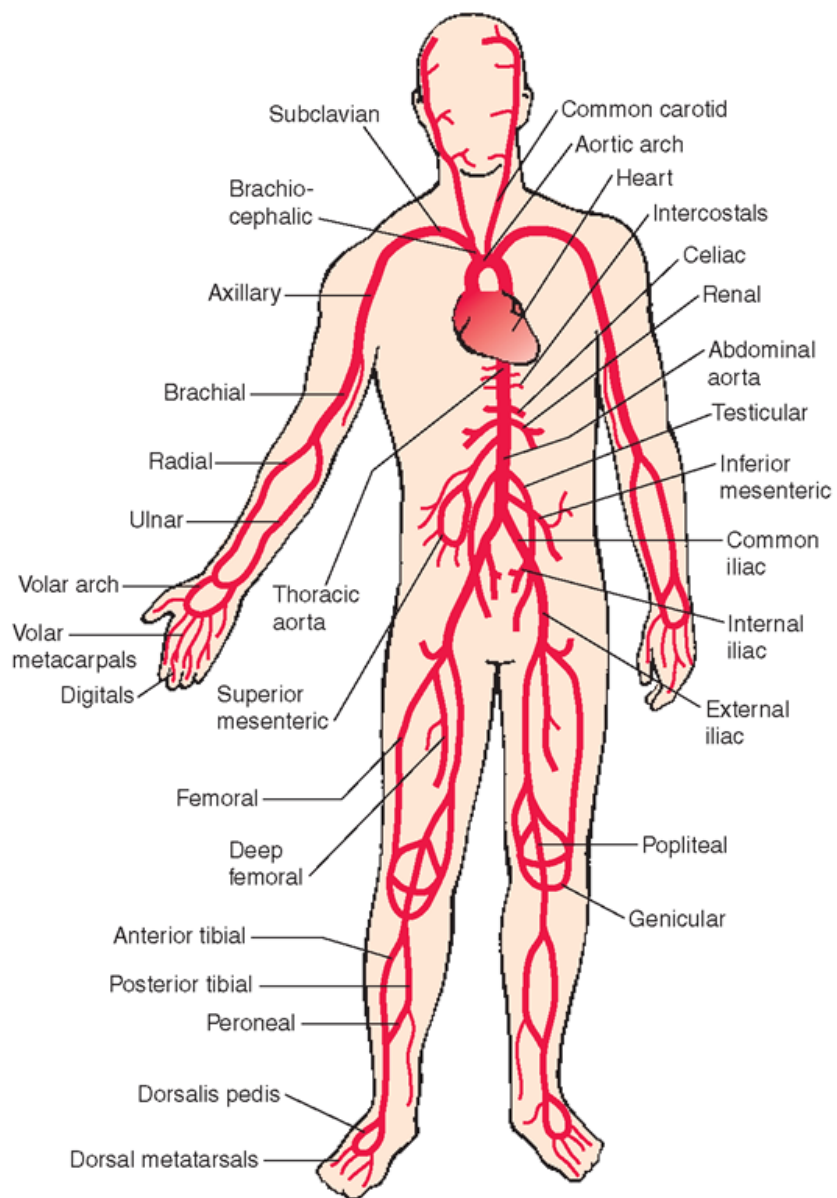
Brachial Plexus (Bend of the Elbow)

Femoral Artery ( In the Groin Area or the inside fold of each leg at the pelvis)

The back side of the knee at the bend

Abdominal Aortic Artery





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This is a fantastic site to visit and learn very safe Cupping procedures and purchase cups also for a great price

<http://www.cuppingwarehouse.com>



## [Skin Get a Life Facial Kit from Bellabaci](#)

The perfect trio to give you that glowing skin you have been dreaming about. The Skin Get a Life Facial Kit includes: 1 x Deep Cleanse-Pro Mitt 1 x 4oz Skin Get a Life Genie in a Bottle 1 x Face Cup Set (1x soft and 1 hard cup in a set) Start your skin care regime by achieving the perfect cleans. All you need to do so is the Deep Cleanse-Pro Mitt. Just wet it with warm (not too hot) water, and wipe away your makeup and the day's stresses. To cleanse, just rinse and hang to dry. Follow by applying your Skin Get a Life Genie in a bottle. This Genie is a gel that turns into a luxurious oil

and treats all your skin concerns, which includes: Dry and Dehydrated skin Itchy skin, Psoriasis and Eczema Broken Capillaries Ageing skin Wrinkles and lines Crow's feet Fluid retention in areas such as under eye bags Poor circulation Use your Bellabaci Facial Cups over your Skin Get a Life Genie to increase product penetration, and to deeply stimulate the skin for repair and renewal. Regular facial massage helps to stimulate collagen and elastin production, which delays the aging process and gives you that instant glow healthy skin has.



## Premium Quality Cupping Set w/ 19 Cups, 10 Acu-pressure pointers are INCLUDED

19 x Plastic Cupping Cups (Premium Quality, 13 of the 2" dia cups, 1 of the 1.8", 2 of the 1.6", 2 of the 1.3", and 1 of the 1.1" dia cups), 1 x Pistol Grip Hand Pump, 1 x extension tube (optional), 1 x Carrying Case (Professional Look).

Magnificent quality plastic cups with shockproof & heatproof that can be sterilized with boiling water. 10 custom Acu-pressure pointers included. It is finest baby bottle plastic material used for strong, clean, and leaves no marks and scratches easy.



## Cupping Therapy Set – Best Quality in Class Massage Cups for Face, Body, Back and Legs for Trigger Point, Myofascial Release, Cellulite & Wrinkles

- One of the BEST GIFTS You Can GIVE Yourself and Your Loved Ones – Cupping Massage is known to help: improve circulation, reduce inflammation, release toxins (lymphatic drainage and detox), lower blood pressure, relax muscles, relieve joint pain, fibromyalgia, regulate hormones, release endorphins, promote healing, improve sleep.
- MASSAGE Can help you feel human again! Stretch weak, tight or atrophied muscles, reduce post-surgery adhesions, ease medication dependence, reduce spasms and cramping, lessen depression and anxiety. If you suffer from headaches, migraines, neck, shoulder or lower back problems, muscle stiffness, tension, sports injury, Carpal Tunnel – Cupping can help!
- Body Cups: traditionally used for thousands of years to relieve muscle & joint pain & inflammation, neck and shoulder tension, stress, increase circulation, metabolism, visibly improve cellulite, stretch marks, scars, spider veins, digestive function, fibromyalgia, firm & tone skin and much more!
- What You Get: 5 Massage Cups – Body Cups: 1 Large (2"), 2 Small (1.5") + 1 Facial Cup (.75"), 1 Eye Cup (.25") diameter + FREE Exfoliating silicone face brush, satin bag, tutorial, professional cupping videos and unconditional guarantee and replacement warranty.
- You Will LOVE How Cupping Makes You Feel and THE DRAMATIC RESULTS. LURE created a unique a GIFT SET to help you achieve desired results with Cupping Therapy: strengthen the immune system by stimulating lymph flow –

the body's natural defense system; improve the condition of your skin (collagen and elastin), wrinkles, stretch marks, cellulite, scars and more!



## Bellabaci Super Training Set from Bellabaci

- A highly innovative yet insanelly practical massage therapy cup that not only takes the strain out of the massage, it allows you to offer your clients long-term solutions to persistent problems.
- Once trained it is easily performed by qualified massage therapists and physicians. a wonderful ancient technique has found its place in the modern world of healing.
- Bellabaci massage is a modified and simplified version of the ancient cupping therapy



- Less stress and strain on your own body during the massage. faster better results and solutions to old ailments and treatments can be tailored to suit any massage routine.
- This massage utilizes the Bellabaci silicone, hand squeezed cups, which create suction on the body surface and moving them in a specified sequence we have created an exciting new treatment, which apart from being different and new it also provides the patient with excellent healing results.





# Bellabaci – Video Training & Digital Manual



## Bellabaci Professional Therapist Massage System from Bellabac

Cellulite Treatment, Lymphatic Drainage, Deep Tissue Massage, 4 body cups, 2 face cups, case, and instructional DVD, A daily ten-minute massage can bring you incredible results!



## California Signature Wine Basket

A trio of famous California wines, luxury chocolates, and delicious gourmet fare in our signature hammered copper wine chiller.



## Sweet Celebration Fruit Basket

Ready for a country drive or a perfect picnic, this charming basket is overflowing with succulent fruits, sweet candies, and gourmet cookies.

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**Is Rosacea affecting your  
beauty?**

**About Rosacea**







Hello and welcome to our Blog, we are very grateful for your visit, with great gratitude we thank you for all the appreciation and great compliments we learn a lot from your likes and shares and with the feedback and interaction with our content, without your following and sharing there would be no site. Please continue to share and like is the way to make

blogs work, with that said let's move to the post, and again thank you from all of us at [Isabel's Beauty Blog](#).

On week 271 we are sharing authority information on Rosacea, this condition affects millions of people throughout the world. In some places, they never heard of it or at least don't know that a condition that is affecting them is qualified as Rosacea and we learned after much research that it has to do with diet and stress management. My experience as a makeup artist for over four decades is that stressed out actors and people in general in stress mode eventually they are presented with different kinds of skin challenges mainly related to inflammation, inflamed nervous system and inflamed digestive system will create heat and acidity and it will exit the body in majority through the skin, yes that is correct our skin is a major outlet for toxins, that is the great function of the skin other than protecting us from the elements aside from looks and etc. otherwise we probably get really toxic, so these facts lead us to share with you what we have experienced to work for managing Rosacea. I personally don't believe in incurables since I am a Cancer survivor and dedicated over 50 years to research and learning about the connection between body mind and spirit, in any case, everyone is different and always when in doubt consult with your health practitioner.

A long time ago I decided to make a difference and access information that can help others. We are not saying here that if you have a crisis not to consult your health provider ( that is a funny title since the only one that can provide health to you is yourself ) in any case we are not claiming to cure. We are sharing the well-founded information that these authorities that are plenty qualified to give are sharing with all of us, we are coming from a different perspective and different content but they all lead to the same destination.

Thank you for your time from all of us at Isabel's Beauty Blog



# Bellow, we are introducing a great contributor



Here she is sharing tips and like we said before diet is ultra important for any kind of wellness challenges enjoy it.

<https://www.odylque.com/blog/rosacea-diet/>

**According to Andrew Weil MD**



from: <http://www.drweil.com/drw/u/ART03163/Rosacea.html>

## What is rosacea?

Rosacea is a chronic and persistent condition in which the

skin on a person's cheeks, nose, chin, eyelids, or forehead becomes inflamed and red, often producing small pimples and noticeable blood vessels. While there is no cure for rosacea, it can be controlled with lifestyle approaches and, occasionally, medication.

## What are the symptoms?

The main symptom of rosacea is red skin on the face. Specifically, rosacea can cause:

- Small red bumps or pustules (but not acne) on the cheeks, nose, forehead, and chin
- Small, spider-like blood vessels on the face
- A red, bulbous nose
- A tendency to blush or flush easily
- A burning or stinging feeling in the face

About half of people with rosacea develop ocular rosacea – burning, irritated, or bloodshot eyes – which can lead to conjunctivitis, an inflammation of the inner eyelids.

## What are the causes?

The exact cause of rosacea is still unknown, but it appears to run in families. The disorder is more commonly seen in descendants of Celtic cultures or Northern Europe, especially in those with fair complexions. A number of factors appear to contribute to blood vessels in the skin dilating, and worsen the symptoms of rosacea, including:

- Alcohol
- Spicy foods

- Coffee and caffeinated beverages
- Hot foods and beverages
- Strenuous exercise
- Extreme temperatures
- Chronic stress
- Sunlight or a history of sunburns
- Certain drugs, such as corticosteroids and some blood pressure medications

## Who is likely to develop rosacea?

Rosacea is more common in women, people with fair skin, people between the ages of 30 and 50, and people who tend to blush easily.

## How is rosacea diagnosed?

There is no one test for rosacea. Physicians usually diagnose it with a physical examination and by asking the patient about his or her symptoms and medical history.

## What is the conventional treatment?

Conventional physicians typically recommend lifestyle approaches to minimize flares of rosacea. These include:

- Avoiding triggers that worsen rosacea
- Using sunscreen
- Protecting the face from winter weather with a scarf or ski mask
- Using only cleansers, moisturizers, cosmetics, and other

products that are hypoallergenic and won't clog pores or otherwise irritate skin

- Managing stress

In addition, physicians may prescribe certain medications to control rosacea. These include topical creams and gels that contain antibiotics (such as metronidazole); oral antibiotics (such as tetracycline, minocycline, and doxycycline), and the acne drug Accutane (Isotretinoin). Laser surgery may also help reduce redness in severe cases.

## What therapies does Dr. Weil recommend for rosacea?

In addition to the lifestyle measures mentioned above, Dr. Weil recommends the following therapies.

- Diet: Follow the [anti-inflammatory diet](#).
- Stress reduction: Chronic stress often first manifests in the form of various skin conditions. Stress relief techniques such as the [Relaxing Breath](#) can be helpful.
- Supplements: Supplement with gamma-linolenic acid, which improves the health of the skin. Good sources include evening primrose oil and black currant oil. Take 500 mg twice a day of either, and expect to wait at least six to eight weeks to notice results. Anti-inflammatory herbs such as ginger and [turmeric](#) may also be effective; these can be added to foods and/or taken as supplements.
- Consider topical preparations that utilize natural anti-inflammatory constituents, such as medicinal mushrooms.

## Dr. Mercola contribution to Rosacea



Rosacea is a chronic, progressive disorder which is often

distinguished by flare-ups followed by remissions. The condition isn't life-threatening, but it can certainly be life altering due to its effect on your personal appearance. According to the National Rosacea Society, over 75 percent of people with rosacea feel the condition has affected their self-esteem. Many rosacea sufferers are uncomfortable in public settings and avoid social activities.

Among those with the most severe symptoms, a majority feel rosacea has adversely impacted their professional careers, and almost half of that group has missed work due to their condition is a huge contributor to a lack of self-esteem.

### **Who Has it and Who is Most Likely to Get it?**

The disorder is more common among women, but more severe cases are seen in men. That could be because men don't seek help for the condition as readily as women do.

Over 14 million Americans have rosacea, and as Baby Boomers enter the target age to develop the condition (ages 30 to 60), the number of sufferers will continue to grow. You know it's a widespread condition when major cosmetic companies are marketing products specifically designed to conceal redness.

Even though the number of rosacea sufferers is on the rise, less than a quarter of Americans— including many with the disorder – have any knowledge of the condition.

### **How to Recognize Rosacea**

Frequently, rosacea begins as redness on your cheeks, nose, chin or forehead. Occasionally, you might see it on your neck, ears, scalp or even your chest. This early stage redness often comes and goes, and can be confused with simple flushing.

If the condition progresses unchecked, the redness will become

deeper in color and more constant. Blood vessels may appear on your face. You might notice pimples or other bumps on your facial skin. If your condition is severe, your nose may appear swollen and bumpy with excess tissue, a condition called rhinophyma.

Your eyes may also feel irritated, water frequently, and appear bloodshot.

Other warning signs to look for include:

- Burning, stinging, itching or a feeling of tightness in your face
- Rough, dry appearance
- Raised red patches
- Facial edema (swelling)

### **Possible Causes of the Disorder**

The underlying cause of rosacea has remained a mystery within the mainstream medical community, however, theories abound.

- One theory suggests the condition may be the result of oversensitive blood vessels in your face.
- Another theory attributes the disorder to mites (*Demodex folliculorum*) which naturally live on your skin. Rosacea sufferers have more of these mites than people without the condition.
- Genetics (family history) may play a role.
- There may even be a connection between rosacea and a stomach infection caused by the *H. pylori* bacteria.

### **Is Rosacea the Result of a Malfunction of Your Immune System?**



Recent studies conducted by Dr. Richard Gallo of the University of California, San Diego, and an international team of researchers show promise in uncovering, in my judgment, the most likely source for developing rosacea – a dysfunction of your immune system.

Dr. Gallo's research has found that specific immune system proteins might bring on the condition of rosacea. These proteins may trigger rosacea symptoms while they are in the process of protecting your body.

Your immune system generates natural antibiotic proteins to fight disease and help you stay healthy. These proteins go after harmful bacteria and set in motion other protective immune system responses within your body. These defending agents can be stimulated into action by either irritation or infection.

Researchers are looking into whether the action of a specific immune system protein called a cathelicidin, which has both antimicrobial and proinflammatory properties, might cause the development of rosacea in certain individuals. Some of the symptoms of rosacea, like skin inflammation and enlarged blood vessels, are associated with cathelicidins. Cathelicidins are made active by a specific enzyme, SCTE (stratum corneum tryptic enzyme).

Studies have revealed rosacea sufferers have an unusually high amount of cathelicidins in their skin, as well as elevated SCTE. For these patients, it appears the chronic production and activation of cathelicidins does not inhibit bacterial growth but instead may trigger the symptoms of rosacea.

## Treatment for Rosacea

While traditional medicine has been writing prescriptions for antibiotic pills, topical ointments and worse to help alleviate the *symptoms* of rosacea, I've been successfully treating the *underlying cause* of the condition for years.

In addition to the doling out of potentially dangerous medications, an entirely too much mainstream emphasis has been placed on eliminating the triggers for rosacea symptoms, rather than investigating the fundamental cause of the disease.

Some of these "triggers" include healthy pursuits like exercise and exposure to sunshine. Others are often unavoidable, like hot weather and shifts in temperature from hot to cold.

I would never recommend a rosacea patient forego all exercise and sunshine in the hopes of not triggering a flare up. The "cure" in this case is ultimately much worse than the disease.

## An Effective, Natural Approach

Rosacea can be an easy problem to manage with dietary changes, specifically the elimination of grains and sugars, coupled with emotional stress management. It is rare when the rosacea of patients that visit my clinic doesn't rapidly resolve when they follow my dietary and other all natural recommendations.

## Limit Sugar and Grains.

You will want to normalize your insulin levels and one of the best ways to do this is to make certain your intake of foods that will raise them like, sugar, bread, pasta, rice, corn, and potatoes are kept low. Ideally, it would be best to

measure your fasting insulin level to determine if you are eating inappropriate amounts of these foods. Ideally, your fasting insulin level should be 3 or lower.

### **Exercise Regularly**

This will also help to normalize your insulin level and overall improve the performance of your immune system.

### **Eliminate Trans Fat and Processed Foods**

Most people don't realize that most of the fats in your skin cell membranes are exclusively omega-6 fats. If you consume processed foods that are loaded with damaged omega-6 fats, they will be incorporated into your cell membrane and predispose that skin cell to an increased risk of diseases like rosacea and skin cancers. You should make certain that you have a good source of omega-6 fat from organic pumpkin, sesame, or sunflower seeds, or their cold pressed oils, fermented cod liver oil.

### **Optimize Your Sun Exposure and Vitamin D Levels**

When you have appropriate levels of vitamin D, your body will produce over 200 antimicrobial peptides to fight any infection in your body. If for whatever, reason you are unable to receive regular sun exposure, then you will want to take a high-quality vitamin D supplement and measure your vitamin D level so it is around 50-70 ng/ml.

### **Eat for Your Nutritional Type**

Eating the right foods for your individual needs is your best

defense against disease. When you fortify your body with the nutrients it requires, you strengthen your immune system and prepare it to do its job.

Your body was designed to protect and heal itself. Give it the help it needs in the form of the proper fuel for your [nutritional type](#).

## Control Emotional Stress

Uncontrolled emotional stress can seriously compromise your immune system. Stress is also a trigger for rosacea flare-ups if you already suffer from the disorder.

I have found that energy tapping techniques work remarkably well in resolving emotional challenges.

If you suffer from rosacea, or if you're a Baby Boomer not interested in becoming a statistic of this chronic and incurable condition, I strongly encourage you to consider prevention as well as alternatives to costly medications that carry the risk of overuse and dangerous side effects.

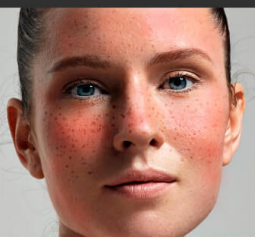
Think of it this way:

Science is proving rosacea is caused by a malfunction of your immune system.

Your immune system is your key to freedom from disorders and disease.

A strong, well-functioning immune system starts with the nourishment you put into your body and your ability to manage emotional and psychological stress.

# What You Need to Know About **ROSACEA**



Rosacea is a common skin condition that affects 0.5%–10% of the population. It commonly develops during teenage years or someone's 20s and then can **become worse into the 30s or 40s.**

It's a type of inflammation that shows up as a rash, similar to other rashes/breakouts that cause an area of red, sensitive and inflamed skin.

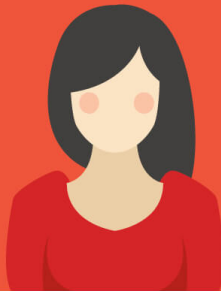
## The 4 Types of Rosacea

**Subtype 1:** characterized by facial redness, flushing, visible blood vessels (the most common subtype)

**Subtype 2:** characterized by acne-like breakouts and sensitivity (most common among middle-aged women)

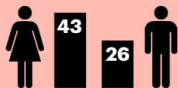
**Subtype 3:** characterized by swelling, fluid retention (edema), thickening skin (especially around the nose), redness and various symptoms from other subtypes

**Subtype 4:** characterized by rosacea around the eyes (called ocular rosacea)



## Causes of Rosacea

One 2009 analysis found that among 43 women and 26 men with rosacea, factors that most triggered rosacea skin changes were:



**stress (58%)**

**sun exposure (56.5%)**

**alcohol (33.3%)**

**exercise (29%)**

**drinking coffee (21.7%)**

**hot meals (20.3%)**

**Dr. Axe**  
FOOD IS MEDICINE

# What Causes Rosacea?

From: <http://draxe.com/rosacea-treatment>

Rosacea is a type of facial skin inflammation. Medical experts still don't know exactly the series of reactions that cause rosacea to develop, but since it seems to be triggered by heightened inflammation levels and an overactive immune system to some extent, following an anti-inflammatory diet (possibly including an autoimmune-type protocol) helps many people control the severity of their symptoms.

What causes inflammation, the underlying cause of rosacea, in the first place? A number of factors likely contribute to the development of rosacea, including:

- problems with blood vessels in the skin
- sun damage
- inflammation/abnormal inflammatory reactions within the skin's connective tissue
- reactions and side effects to certain medications
- subtypes of rosacea seem to have a genetic factor and might run in families
- people who have light, sensitive skin and light eyes are more likely to have rosacea (including those of northern or western European descent). In fact, some reports show that only around 4 percent of rosacea patients are of African, Latino or Asian descent, yet in European countries like Sweden around 10 percent of all adults have rosacea
- it's also seen more commonly in women than in men (with some reports showing that three times as many women suffer from rosacea than men)

One 2009 analysis done by The Dermatology Outpatient's Clinic of Jagiellonian University School of Medicine in Cracow found that among 43 women and 26 men with rosacea, factors that most triggered rosacea skin changes were: stress (58 percent), sun exposure (56.5 percent), alcohol (33.3 percent), exercise (29 percent), drinking coffee (21.7 percent) and hot meals (20.3 percent).

## **6 Natural Rosacea Treatments**



*How To Get Rid of Rosacea Naturally*



## Identify Any Triggers in Your Diet

Since rosacea already makes skin sensitive, many people find that simply addressing the noticeable symptoms – for example, by using harsh chemical creams, prescriptions, light therapy and various lotions – actually, winds up making skin symptoms even worse. For some people, these rosacea treatments can lower signs and symptoms, at least temporarily, but they don't address the root cause of the problem.

Many experts recommend thinking of rosacea as a “whole-body problem” as opposed to just one of the skin. Inflammation stemming from gut-related problems seems to be an especially important issue and a root cause of skin disorders. Your skin is ultimately a reflection of your overall health, after all: how well you digest nutrients if you have any sensitivities or allergies, how well-balanced your hormone levels are, if you're getting enough sleep, etc.

Many studies have found an association between skin disorders – including rosacea, acne, dermatitis and psoriasis – and inflammatory gastrointestinal tract disorders. An overactive immune system that causes autoimmune reactions is likely a major contributor to both skin and digestive disorders, including leaky gut syndrome, ulcerative colitis, SIBO symptoms, Crohn's disease and celiac disease. People who suffer from these disorders show heightened levels of immunoreactive neurons within their tissues and blood vessels that cause inflammation to progress. This inflammation has the power to change the structure of microbial (bacteria) populations that normally colonize the skin and protect it from damage, redness, and rashes.

Since inflammation that shows up on your skin can be a clue that you're experiencing inflammation within your gut, identifying food triggers is an important first step. The best

way to tackle rosacea at its root is likely to approach your diet differently; focusing on anti-inflammatory foods and removing common allergens (at least temporarily to track reactions) can make a huge impact on skin disorders by positively affecting gut health and getting rid of yeast and bad bacteria.

## **Foods for addressing rosacea include:**

- **Organic vegetables and fruit** – These contain anti-inflammatory compounds, antioxidants to lower oxidative stress and sun damage, and vitamins and minerals that help rebuild healthy skin cells. Leafy greens and orange/yellow fruits and vegetables are especially beneficial since they provide carotenoids that fight damage from sun exposure. Why is choosing organic important? Whenever you can, reduce your exposure to toxins and chemicals that can trigger skin reactions by buying organic.
- **Healthy fats** – Coconut oil, olive oil, avocado, nuts, and seeds (like flax seeds and chia seeds) can all help reduce systemic inflammation within the gut. These are also important for helping with stress management and proper hormone production (plus they help keep you full for longer, so you're less likely to crave processed foods that can trigger symptoms).
- **High-quality "clean proteins"** – The immune system needs enough quality protein to work properly, but some types are most likely to trigger reactions than others. Wild-caught fish like benefit-packed salmon (which provides anti-inflammatory omega-3 fatty acids), cage-free eggs (assuming you don't have an allergy), grass-fed animal

products and legumes are all smart choices.

- **Anti-inflammatory foods and herbs** – Turmeric, ginger, garlic, onions, cruciferous vegetables (like broccoli, cabbage, collard greens, etc.), carrots, tomatoes and green tea can all help specifically combat skin inflammation, according to studies.

## The foods you want to avoid if you have rosacea include:

- **Anything that causes allergies** – If you have any food allergies or sensitivities that are going unnoticed, this can contribute to leaky gut syndrome, which kicks off autoimmune reactions. Allergens can be different from person to person, so doing an elimination diet can help you narrow down what might be causing symptoms for you personally. Some common allergens include gluten, nuts, shellfish/seafood, dairy or eggs (but allergies can really be caused by any food such as nightshade vegetables, a type of stone fruit, citrus, FODMAPs, etc.).
- **Alcohol and caffeine** – Coffee, other caffeinated drinks, and alcohol seem to worsen some people's rosacea symptoms, especially redness and flushing. This differs from person to person, but it's worth seeing if your symptoms improve when you cut back on both.
- **Sugar and processed foods** – Sugar is known to worsen inflammation, increase oxidative stress, irritate the gut lining and aggravate skin disorders. Added sugar is found in a high percentage of processed, packaged foods, along with artificial sweeteners/ingredients, preservatives and texture stabilizers that can kick off

allergic reactions.

- **Conventional dairy products** – Many people find that eliminating conventional cow's dairy (including yogurt, cheese, milk, ice cream, etc.) helps decrease skin-related symptoms.
- **Fried foods, trans fats, and hydrogenated oils** – Refined vegetable oils that are high in omega-6s are pro-inflammatory. These include corn, soybean, safflower, sunflower and canola oils. Fried foods are also hard on the digestive system and can aggravate gut damage.

# THE ROSACEA HEALING DIET

## Foods for Healing Rosacea

### Healthy fats

coconut oil, olive oil, avocado, nuts and seeds can all help reduce systemic inflammation within the gut



### High-quality "clean proteins"

wild-caught fish like salmon, cage-free eggs, grass-fed animal products and legumes are all smart choices



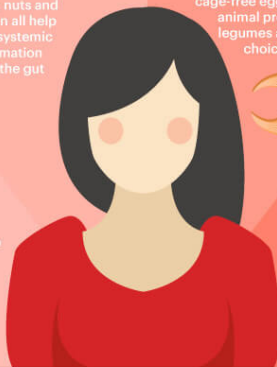
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### Anti-inflammatory foods and herbs

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## Foods to Avoid

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**Dr. Axe**  
FOOD IS MEDICINE

## Wear Sunscreen Every Day

Anyone with rosacea-type symptoms, or any form of regular redness on the skin, should be careful about regularly using sunscreen on sensitive areas of the skin (especially the face). UV light seems to aggravate rosacea symptoms and can cause inflammation that is linked to its onset.

Studies show that daily skin-care regimens, including the use of a sunscreen, offers significant benefits against flare-ups. While getting exposure to the sun is important for vitamin D production within your skin, it's best to keep your face well-protected. The sun is considered one of the most strongly aggravating factors of rosacea, according to some studies. Just be careful about the sunscreen you choose, since studies show many sunscreens are toxic and therefore can make symptoms even worse.

## Use Natural Moisturizers and Cosmetic Products

Clinical assessments observing the skin's barrier and hydration levels indicate that moisturizing rosacea-prone skin can help restore the skin's barrier. When patients regularly cleaned and moisturized dry, rough, patchy skin, they found that noticeable symptoms, discomfort and overall sensitivity of skin improved.

It might be tempting to avoid using moisturizer on your skin if you have oily, red or sensitive patches and are also prone to acne breakouts, but a non-chemical and naturally antibacterial skin moisturizer like coconut oil can provide essential acids to the skin without causing breakouts or further irritations. Wild plants rich in natural oils (including coconuts, aloe and many that are used to make essential oils) are commonly used to treat skin diseases

around the world and have been the go-to methods for treating skin problems for centuries. Natural rosacea treatment products tend to be less irritating and are also cheap, safe and easy to obtain compared to prescriptions.

If you do want to try to cover up your rosacea with cosmetics because you feel self-conscious, just be careful since many commercial makeup products can further aggravate rosacea symptoms. Buying gentle and organic cosmetics limits a number of harsh chemicals you put on your sensitive skin. You can always ask your dermatologist for help choosing gentle cosmetics too.

## Manage Stress Levels

Aside from all of the physical symptoms that rosacea can cause, many people also feel mentally and emotionally challenged by this skin condition. A high percentage of rosacea sufferers report feeling less confident due to their appearance. Ongoing facial blotchiness, bumps, and redness can be really hard to handle emotionally (similarly to suffering from acne), but unfortunately stressing over the condition is only likely to make it worse.

Similarly to acne breakouts, stress is known to be a common trigger of rosacea that can bring on flare-ups. Try your best to control stress in your life for two reasons: first, because stress makes autoimmune reactions and inflammation even worse, and secondly because you're likely already under enough added stress when dealing with a rosacea flare-up. Remember that you can't always completely avoid symptoms appearing and shouldn't feel guilty if flare-ups still occur. At the same time, you're also not totally helpless and likely have a lot of control over how severe your symptoms get, so try to focus on feeling empowered instead of embarrassed and find ways to bust stress

in your life.

Educate yourself about the disorder, learn more about rosacea treatments and be open-minded to trying new approaches in order to help you feel more in control. Use stress-reducing techniques like exercise, meditation, healing prayer and journaling to try to soothe yourself as much as possible. Keep in mind that despite what some people might assume, rosacea has nothing to do with poor hygiene and is caused by internal factors, so being open and honest about your condition can help you feel better and gain support.

### **Side Effects of Rosacea Medications:**

If you do decide to use prescription rosacea treatments or antibiotics, it's usually best to try a topical one used on the skin, as opposed to antibiotics capsules taken internally that can affect gut health in negative ways. Antibiotics work by reducing bacteria that contribute to the problem, but they not only kill "bad bacteria" in your body, they also kill "good bacteria" living in the digestive tract that is needed for proper digestion, nutrient absorption, immune defenses and more.

Because skin damage from rosacea can be progressive, some dermatologists prefer that medications be continued with an antibiotic for more than a year. However, this poses risks considering antibiotics have dangers when used often and long term. Ongoing use increases the likelihood of antibiotic resistance forming, which means the medications can stop working. Pigmentary deposition is another problem, which results when the skin turns abnormal pigments (usually very light) permanently.



## Try Supplements and Essential Oils that Can Help Rosacea

Many supplements and essential oils can help fight inflammation that is the root cause of rosacea. Herbal remedies offer a safe and effective way to cure different kinds of skin diseases, even for sensitive skin, which is why they've been used in places like India, Asia, and Australia for thousands of years. Even today, more than 80 percent of people in India depend on traditional health care treatments and use various plant-based products for curing skin-related problems!

Many natural plant extracts, spices, and herbs do more than just lower red, inflamed breakouts; they can also be effective for fighting bacterial growth, yeast, fungus, signs of aging, wrinkles, stretch marks, and hyperpigmentation. They seem to help speed up circulation and therefore wound healing by improving blood flow to the affected area, reducing the presence of bacteria that can aggravate the skin thus preventing cell death of healthy cells.

**Some of the best essential oils and supplement rosacea treatments for reducing skin inflammation include:**

- Turmeric
- Ginger
- Aloe vera gel (used topically on the skin)
- Raw honey (used topically on the skin)
- Essential oils: Tea tree, lavender, eucalyptus, geranium, chamomile, rose, rosemary, and thyme essential oils have all been found to fight skin inflammation and help treat sensitive skin. To treat the area, simply rub three drops of oil on three times daily mixed with 1/2

teaspoon of coconut oil. Always combine these with a carrier oil (including coconut or jojoba oil) and apply to the affected area no more than twice daily. Perform a skin patch test first and then start gradually to test results, making sure you don't experience an allergic reaction.

## What Should I Look For?

### According to Western Medical System

### According to Robynne Chutkan, MD, a gastroenterologist

A number of lifestyle and environmental factors can trigger a rosacea flare-up, including your diet. Although rosacea affects your skin, what you eat can play a big role in managing your symptoms, according to Robynne Chutkan, MD, a gastroenterologist and assistant professor in the division of gastroenterology at Georgetown University Hospital in Washington, D.C., and author of the book Gutbliss.

"The relationship between the gut and the skin is fascinating, and rosacea is a prime example of how they interact," explained Dr. Chutkan. "As a rosacea sufferer myself, I'm particularly interested in this."

Although factors that cause rosacea to flare up vary from

person to person, in the following question-and-answer session, Chutkan shed some light on the link between diet and rosacea. She also provided rosacea diet tips that may help keep your symptoms in check.

The gut is a hollow tube that runs the length of the body, from the mouth to the anus, so think of the digestive tract as the inside of the skin,” Chutkan said. “It’s helpful to think that way. Really, the two are very connected. I’m not the first, and I’m sure I won’t be the last, to comment on that observation.”

A bacterial imbalance in the gut can show up on the skin and worsen conditions like rosacea, she added. “For those with bloating and GI upset who also have rosacea, there is a clear correlation between bacterial overgrowth and this skin condition,” she explained. Certain foods, frequent antibiotics, steroids, and antacids are among the factors that can upset the delicate balance of bacteria in the gut and lead to an overgrowth of bad bacteria and a shortage of the good bacteria. Chutkan explained that identifying the cause of a bacterial imbalance is key to improving rosacea symptoms.

A 2008 controlled study conducted by researchers in Genoa, Italy, looked at 120 patients from a dermatology clinic with rosacea and 60 people that didn’t have it,” Chutkan said. “They found that a significant percentage of the rosacea patients had small intestinal bacterial overgrowth or SIBO. There was a higher prevalence of this bacterial overgrowth among the rosacea patients than in the control group as well as the general population.”

### **Q: What are some common food triggers that can cause rosacea to flare-up?**

“Alcohol seems to be a universal trigger for people with rosacea,” Chutkan said. “Some people find dairy worsens their

symptoms. Others say soy or artificial sweeteners trigger a flare-up. Caffeine also affects some people.” think of it this way foods that have the acidity to their nature are probably a NO.

Chutkan’s advice is two-fold. “It’s a good idea to avoid things that kill off good bacteria like antacids [because], if you block stomach acids, you get the overgrowth of bacteria in the digestive tract. You should also avoid the starchy and sugary foods that encourage the overgrowth of bad bacteria species.”

### **Q: What foods should I eat to help control my rosacea?**

Leafy greens and other high-fiber foods, such as legume, asparagus, and kale, in general green organic vegetables can help create an environment in the gut that allows good bacteria to grow, Chutkan pointed out. “We are talking about cutting out process foods like cake, ice cream, and sugar making changes that will have other health benefits,” she said. “There are also probiotics that are very useful, but it’s more about diet and eating the kind of food that will encourage the growth of good bacteria and discourage the growth of bad bacteria.”

### **Q: Is there a specific rosacea diet?**

Although there’s no specific rosacea diet due to the fact that every individual is different, Chutkan noted that two diets limit starches, sugar and other foods that may lead to the overgrowth of harmful bacteria in the gut. “I looked at what was written in the medical literature about the anti-inflammatory diet for skin,” she said. “This diet excludes refined sugar, complex carbohydrates, and high levels of

saturated fat. It encourages nutrient-dense foods, such as deeply pigmented fruits. It also encourages eating good sources of omega-3 fatty acids, such as wild salmon and chia flax seeds.” that is a contradiction.

Another diet that may promote a healthy balance of bacteria in the gut is the Paleolithic or Paleo diet, added Chutkan. “It’s an early low-carb diet, in which people eat as cavemen or women did before the advent of fire,” she said. We consider this diet extreme and is a great amount of vegetarian and vegan so what are they support to do? “You cut out sugar and processed grain ( that means no bread) and eat unlimited amounts of animal protein, fruits and vegetables, nuts, and seeds. You avoid peanuts and as well as Milk products of any kind.. yogurt from coconut milk is excellent, goat yogurt also a good choice ” Chutkan noted the Paleo diet is popular among endurance athletes.

### **Q: Why do hot liquids seem to make symptoms worse?**

The facial blood vessels of people with rosacea may dilate too easily. This increased blood flow near the skin surface can make the skin look red and flushed. “Extreme temperatures do not cause rosacea, but this can make the condition worse by dilating the blood vessels and increasing blood flow even more, so the skin appears even redder,” Chutkan explained. Alcohol increases blood flow also and the heat rises up so the head will hold more flushing, have you notice that a hangover gives you a headache? and at the same time nausea? Well, there is inflammation and acidity.

### **Q: Why do citrus fruits and spicy foods seem to**

## make rosacea symptoms worse?

“Citrus fruits release histamine, which can aggravate rosacea; spicy foods aggravate rosacea by causing dilation of the tiny blood vessels under the skin,” Chutkan said. “It’s important to remember, however, that rosacea triggers are different for everyone,

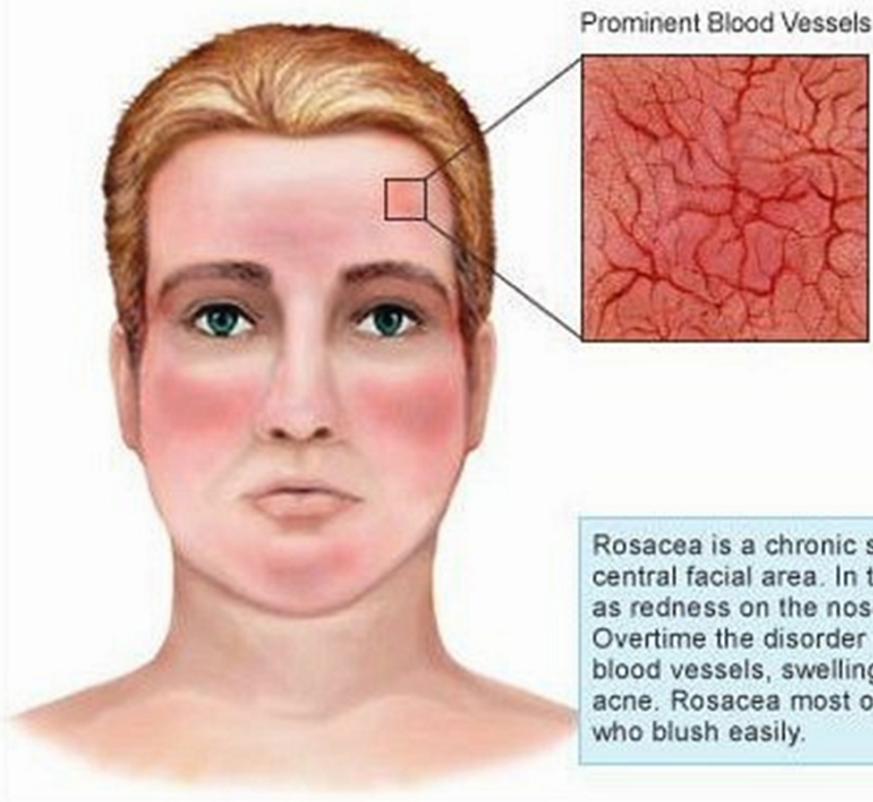
## Q: After making dietary changes, how soon can I expect to see an improvement in my rosacea symptoms?

“What I tell my patients is that they didn’t develop this condition overnight – they developed it over their lifetime,” Chutkan said. “There must be a shift in the bacteria in the gut towards more beneficial species and less of the not-so-good species. You can’t cure rosacea overnight, but over a period of time, you can really see improvements again everyone is different.”

## Q: What about craving foods that have been eliminated from the diet?

“If things do clear up after making healthy dietary changes, and you find that you are really missing something, you can reintroduce it and see how you react,” Chutkan said. “It’s important to do this with one food at a time in order to evaluate your body’s response.”

## What Is Rosacea



Prominent Blood Vessels



Rhinophyma

In the most advanced stage of rosacea, the nose may become red, enlarged and bulbous, a condition known as rhinophyma.

Rosacea is a chronic skin disorder which affects the central facial area. In the early stages, rosacea begins as redness on the nose, cheeks, chin or forehead. Overtime the disorder may also display prominent blood vessels, swelling or skin eruptions similar to acne. Rosacea most often affects fair skinned people who blush easily.

Rosacea can vary substantially from one individual to another since are individuals. According to a consensus committee and review panel of 17 medical experts worldwide, rosacea always includes at least one of the following primary signs, and various secondary signs and symptoms may also develop.

## Primary Signs of Rosacea

- **Flushing**

Many people with rosacea have a history of frequent blushing or flushing. This facial redness may come and go and is often the earliest sign of the disorder.

- **Persistent Redness**

Persistent facial redness is the most common individual sign of rosacea and may resemble a blush or sunburn that does not go away.

- **Bumps and Pimples**

Small red solid bumps or pus-filled pimples often develop. While these may resemble acne, blackheads are absent and burning or stinging may occur.

- **Visible Blood Vessels**

In many people with rosacea, small blood vessels become visible on the skin.

## Other Potential Signs and Symptoms

- **Eye Irritation**

In many people with rosacea, the eyes may be irritated and appear watery or bloodshot, a condition known as ocular rosacea. The eyelids also may become red and swollen, and styes are common. Severe cases can result in corneal damage and vision loss without medical help.

- **Burning or Stinging**

Burning or stinging sensations may often occur on the face. Itching or a feeling of tightness may also develop.

- **Dry Appearance**

The central facial skin may be rough, and thus appear to



be very dry.

- **Plaques**

Raised red patches, known as plaques, may develop without changes in the surrounding skin.

- **Skin Thickening**

The skin may thicken and enlarge from excess tissue, most commonly on the nose. This condition, known as rhinophyma, affects more men than women.

- **Swelling**

Facial swelling, known as edema, may accompany other signs of rosacea or occur independently.

- **Signs Beyond the Face**

Rosacea signs and symptoms may also develop beyond the face, most commonly on the neck, chest, scalp or ears.

## Subtypes of Rosacea

# Subtypes of Rosacea

and their symptoms



The consensus committee and review panel of 17 medical experts worldwide identified four subtypes of rosacea, defined as common patterns or groupings of signs and symptoms. This includes:

- **Subtype 1** (erythematotelangiectatic rosacea), characterized by flushing and persistent redness, and may also include visible blood vessels.
- **Subtype 2** (papulopustular rosacea), characterized by persistent redness with transient bumps and pimples.
- **Subtype 3** (phymatous rosacea), characterized by skin thickening, often resulting in an enlargement of the nose from excess tissue.
- **Subtype 4** (ocular rosacea), characterized by ocular manifestations such as dry eye, tearing and burning, swollen eyelids, recurrent styes and potential vision loss from corneal damage.

Many people experience characteristics of more than one subtype at the same time, and those often may develop in succession. While rosacea may or may not evolve from one subtype to another, each individual sign or symptom may progress from mild to moderate to severe. Early diagnosis and treatment are therefore recommended.

## How is Rosacea Treated?



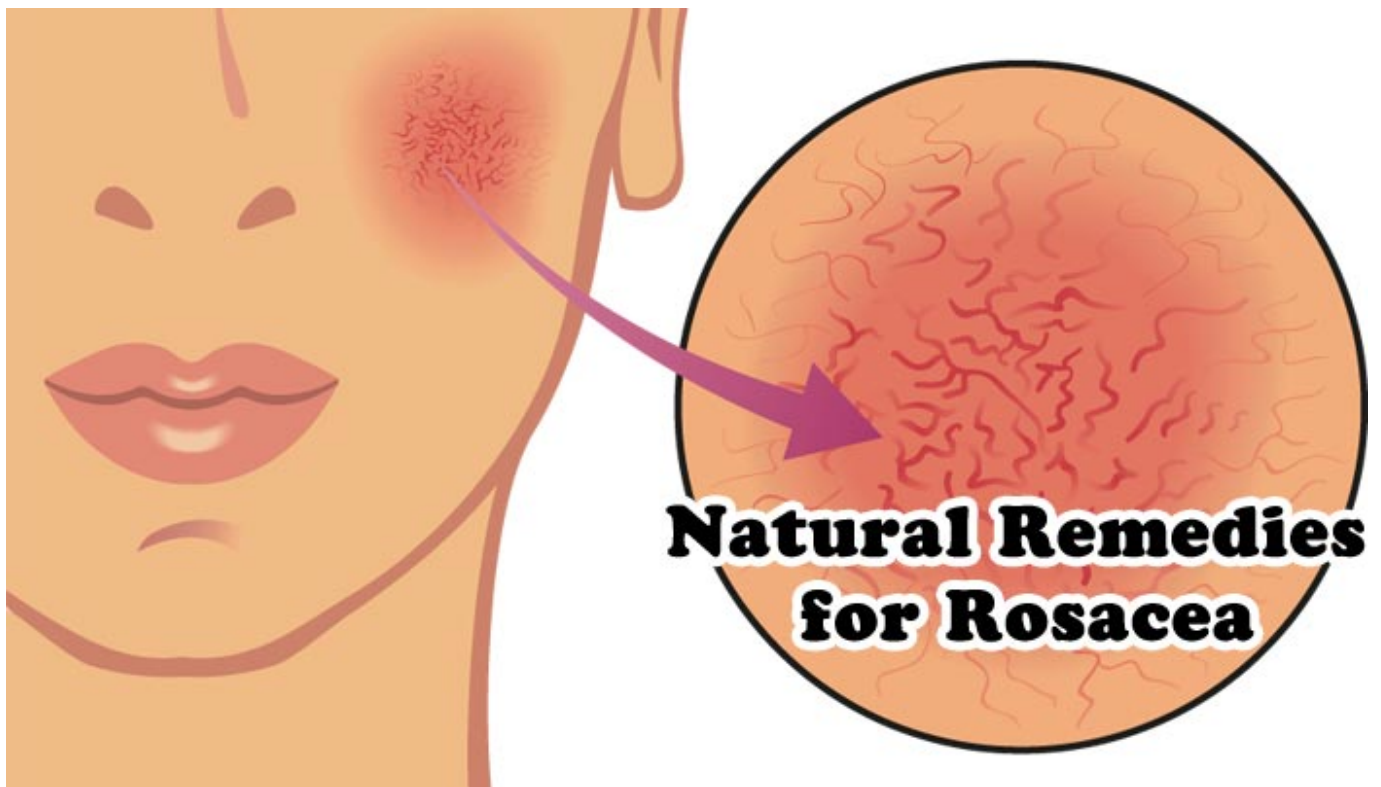
When appropriate, treatments with lasers, intense pulsed light sources or other medical and surgical devices may be used to remove visible blood vessels, reduce extensive redness or correct disfigurement of the nose. Ocular rosacea may be treated with oral antibiotics and other therapy.

# Skin Care



Cosmetics may be used to conceal the effects of rosacea. Green makeup or green-tinted foundations can be used to counter redness. This can be followed by a skin-tone foundation with natural yellow tones, avoiding those with pink or orange hues.

## **Home Remedies for Rosacea**



from: <http://www.naturalalternativeremedy.com/the-20-best-home-remedies-for-rosacea>



# Topical Choices

## Cucumber Mask



Fresh cucumber blended into a facial mask may help with rosacea. Gently smooth the mask on your face, and leave it for a half an hour or so. Rinse the face completely with cool water, once the 30 minutes are up. You typically will see progress within a month of daily use. One of our favorite cucumber masks is Beauty by Earth.

## **Chamomile Compress**



A mild compress with chamomile oil might help lessen the redness associated with rosacea. Debora Yost recommends using this to help handle rosacea-related flare-ups. Cool the resultant mixture in the fridge. Dampen a soft fabric in this mixture whenever you start to feel a flare-up and place it on your face for fifteen to twenty minutes. Some individuals are sensitive to chamomile, particularly when they have responses to daisies, marigolds, and ragweed, and should avoid using chamomile.

## Apple Mask



Lynne Paige Walker and Ellen Brown, in "A Woman's Complete

Guide to Natural Healing,” propose a fresh apple mask as a tender, natural method to look after this continual skin condition. Smooth the resultant mask on your face, and leave it in place for about 15 minutes. Once the mask has dried, rinse it away with cool water. It is suggested that one use this every single day.

## Herbal Paste





In Janice Cox's novel, she recommends this herbal remedy as an effective method in dealing with rosacea. Mix together two teaspoons of turmeric powder, four teaspoons of coriander powder, and one to two tablespoons of fresh milk until the combination turns into a smooth paste. Keep the concoction in the fridge. Once prepared, utilize the paste as a facial mask two times a day for ten minutes.

# Horse Chestnut



Some individuals who have rosacea report that horse chestnut helps with this condition when used in a cream. You can use it

on the affected area two times each day.

## Aloe Vera



In addition to the significant health advantages of aloe vera, it's also capable of helping with rosacea. While it efficiently helps to get rid of rosacea, aloe extract can heal so many skin problems. Aloe vera can be used both orally and topically to take care of rosacea. It is suggested that aloe



vera is used for this condition two times a day.

## Tea Tree Oil



Tea tree oil is a strong generator of anti-inflammatory and antiseptic properties that can help to get rid of rosacea naturally. You can directly use tea tree oil on the problem area.

# Green Tea



Rubbing green tea over the area of skin with this condition is yet another way to help. Green tea has anti-inflammatory, anticarcinogenic, and antioxidant properties that work brilliantly to take care of rosacea. Green tea can be simply

used by you just as chamomile is above.

## Oatmeal



Oatmeal is one of the lesser known, but exceptional, options for rosacea. Oatmeal soothes and reduces redness, itching, and functions as an agent to get rid of rosacea.<sup>1</sup> Take a little

water in a cup and add 2 tablespoons of oatmeal. After that, apply the oatmeal on the affected region.

## Rose Hip Oil



Rose hip oil is a well-known treatment for many skin problems,

for example, blisters, scars, sunburns, eczema, and more. It also works well to help with rosacea. You ought to use several drops of rosehip oil on the contaminated area every day.

## **Cold Compresses**



A cold compress is an extremely powerful approach which helps to reduce redness. To obtain a cold compress, you must soak three chamomile tea bags in a little bowl of boiling water for 10 minutes. After that, place the bowl in the fridge. You can use chamomile tea or one of the other options above if you need to obtain a cold compress. It works amazingly well.



# Apple Cider Vinegar



Apple cider vinegar contains anti-inflammatory properties. You can either drink two tablespoons of apple cider vinegar each day or apply it to the skin. You can always do both for extra benefits!

# Internal Treatment Options

## Flaxseed Oil



Flaxseed oil provides essential fatty acids which assist to reduce inflammation. Take 1 Tsp. 3 times a day. Alternatively, you could take flaxseed oil in soft gel form.



# Cat's Claw



Cat's Claw helps to reduce food sensitivities by re-establishing a healthy intestinal environment. Take this 3 times each day (approximately 500mg each time). Don't take this herb if you're pregnant, nursing, on blood thinners, or if you're an organ transplant recipient.

## Zinc



Zinc also helps you to fix your skin in a number of ways. Take 25 milligrams twice per day with meals.

# Gotu Kola





Gotu kola helps to promote healing of the body's skin. Take 3 times each day (approximately 100 mg).

## **Grapeseed**



Grapeseed extract assists in collagen formation, it is antioxidant, and also anti-inflammatory. Take this 3 times each day (50 mg).

# Red Clover



Red clover is considered as one of the safest natural ways of dealing with rosacea. It moderates redness and reduces irritation. Red clover tea should be taken by you twice per

day to obtain the desired effect.

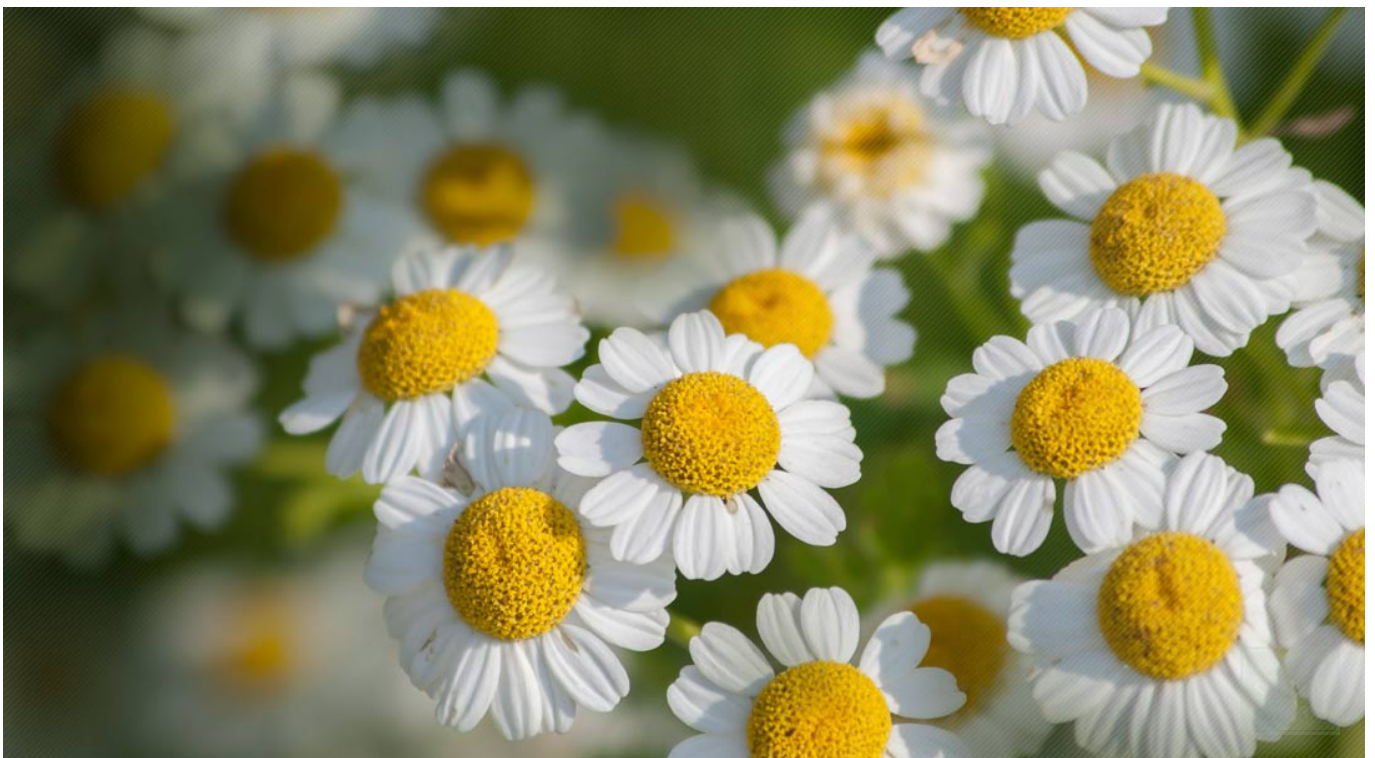
## Licorice





Licorice extract is a powerful anti-inflammatory for skin cells, according to a 2008 study at the University of Science and Technology. That's because licorice root (aka sweet root and licorice) has coumarins, flavonoids, phytosterols and glycyrrhizin, which all reduce rosacea's redness.

# Feverfew



When applied topically, feverfew prevents blood from pooling in capillaries, based on a 2010 University of Louisville study.







## [iSCLINICAL Rosacea Travel Kit](#)

This travel kit combines four extremely effective products that are designed to treat and calm rosacea symptoms.

Kit Includes:

\* Cleansing Complex, 2oz

This cleanser incorporates a balance of bio nutrients, antioxidants and mild resurfacing ingredients that thoroughly cleanse the surface and pores of the skin without stripping

essential natural oils.

\* Pro-Heal Serum Advance Plus, 0.5oz

This advanced serum combines Vitamin C, Olive Leaf Extract, Vitamin E and Vitamin A for excellent antioxidant and healing properties. This serum is excellent for treating rosacea, cystic acne, insect bites and some forms of dermatitis.

\* Hydra-Cool Serum, 0.5oz

This refreshing serum combines superior antioxidants with essential botanicals and bio nutrients. Providing lasting hydration this serum also calms, soothes and cools the irritated skin.

\* SPF 25 Treatment Sunscreen, 5 sample packets

This revolutionary lightweight cream combines powerful antioxidants and sunscreen actives which have been clinically proven to reduce UV-induced redness by more than 53 percent in 24 hours.



## Glymed Plus Rosacea Skin Essentials Kit

The GlyMed Plus Rosacea Skin Essentials Kit has everything you need to beat rosacea! With eight amazing GlyMed Products that work to soothe and balance rosacea, reducing redness and irritation, this kit is the perfect way to improve the problematic skin condition.

## Each GlyMed Plus Rosacea Skin Essentials Kit Includes

- Gentle Facial Wash – gently purifies the surface of the skin while nourishing the skin with protective antioxidants and nutrients
- Living Cell Clarifier – promotes a clear, vibrant complexion with a blend of active ingredients that neutralize bacteria and unclog pores for clear, beautiful skin; removes discoloration
- AHA Accelerator – soothes and hydrates the skin while stimulating the skin's natural repair process
- Intense Peptide Skin Recovery Complex – targets age signs and damaged skin to stimulate cell activity and quicken the healing process, reducing redness, irritation, and symptoms of rosacea
- Mega-Purifying Cleanser – powerful cleanser that removes unwanted impurities from the surface of the skin down to the pores
- Rosacea Relief – relieves irritation and inflammation associated with rosacea while neutralizing its causes for long term clarity
- Ultra-Hydrating Enzyme Masque – dual-action masque that infuses the skin with moisture while using botanical enzymes to enhance the skin's natural regeneration process
- Photo-Age Protection Cream 30+ – broad spectrum protection against the harmful rays of the sun that also hydrates and treats rosacea



[Circadia Rosacea Rx](#)

Skin Type: Sensitive, erythematous, inflammatory

Properties:

- \* A lightweight, velvety cream that contains calming and antimicrobial properties
- \* Contains anti-inflammatory, hydrating, soothing and healing agents
- \* Contains powerful botanicals to help kill the Demodex mite
- \* Contains botanicals to support skin barrier function and moisture