

Makeup and Skincare Ingredients



On week 253 we would like to talk about Paula Begoun. If you are the kind of person that likes to know what is in the ingredients of what you eat, use on your skin or anywhere on

you or family members body, you would love to meet Paula Begoun. She has a site where you can find out what the ingredients of most of the products on the market contain.

I personally like to know what the cosmetic industry says is really what they say it is or if I can avoid harsh chemicals that after time and time of usage may be working against a bigger picture.

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

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

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

Great site of information, it is a must!

Who is Paula?

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

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

Paula's Story: In Her Own Words

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

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

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

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

In the early 1990s, Begoun began work with a team of cosmetic chemists to develop her own line of cosmetics and skin-care products. She claims that her products offer results based on published, peer-reviewed research and that her extensive

research of the cosmetic industry provided her with the expertise necessary to develop these formulations. In 1995, Begoun began selling her products online. This has led some consumers to question the objectivity of her product reviews. As to counter to these concerns, Begoun claims that Paula's Choice is one of the only companies that recommends products other than their own.

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

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



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



Don't go to the cosmetics counter without me.

9th Edition

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

Over 3 million copies sold!

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

Me by Paula Begoun

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

Copyrighted Material



PAULA BEGOUN

The Cosmetics Cop

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

The Original Beauty Bible

Unparalleled Information for
Beautiful and Younger Skin
at Any Age



3rd EDITION Completely Revised and Updated

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

Facts for Ageless Beauty

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

Ingredient Dictionary from Paula's Choice

Ratings according to Paula's Choice

ACRYLATES/DIMETHICONE COPOLYMER





GOOD

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

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

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

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

**ACRYLATES/STEARETH-20 METHACRYLATE
COPOLYMER**



GOOD

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

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

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

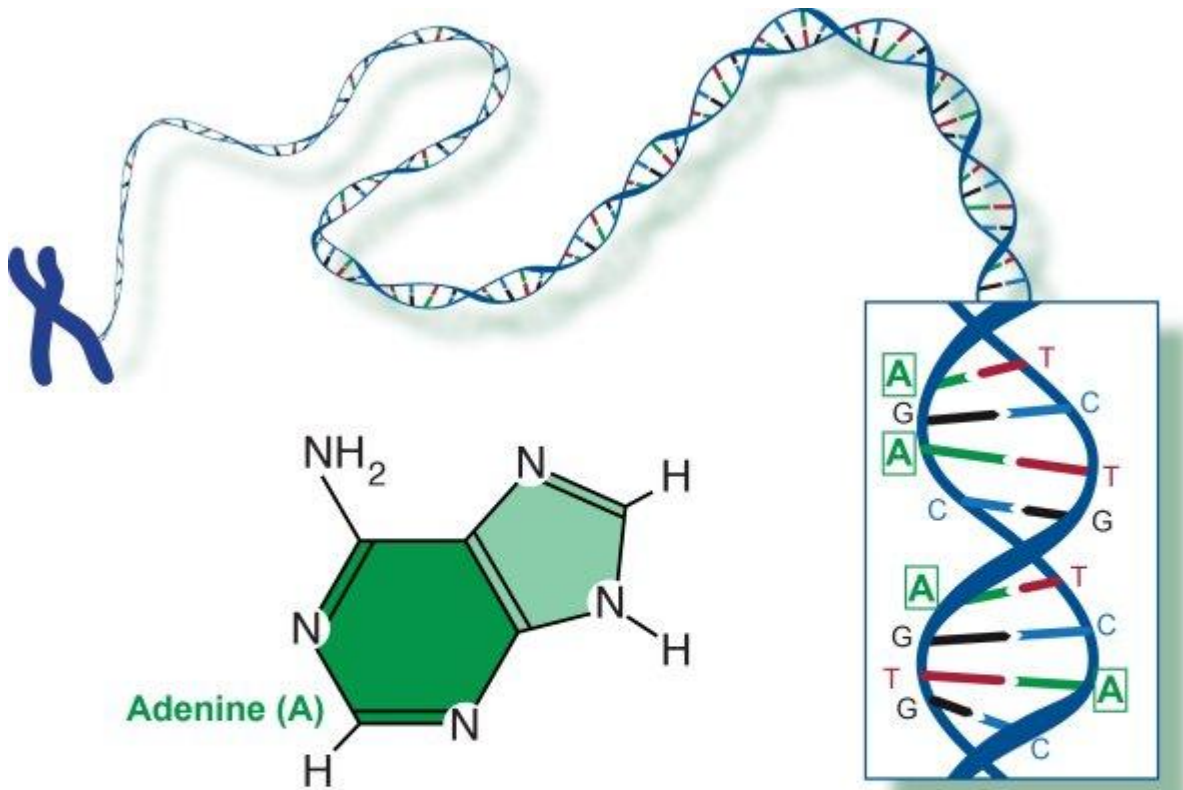
Is absorbent, adhesive, artificial nail builder, binder, emulsion stabilizer, film former, Hair fixative, suspending agent- nonsurfactant, viscosity increasing-aqueous, it gives the emollient feel.

What is the term ACTIVE INGREDIENT?

GOOD

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

ADENINE



GOOD

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

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

According

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

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

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

ADIPIC ACID/NEOPENTYL GLYCOL/TRIMELLITIC ANHYDRIDE COPOLYMER



GOOD

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

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

Like Glycerine it binds and adds moisture.

ADVANCED GLYCATION END PRODUCT



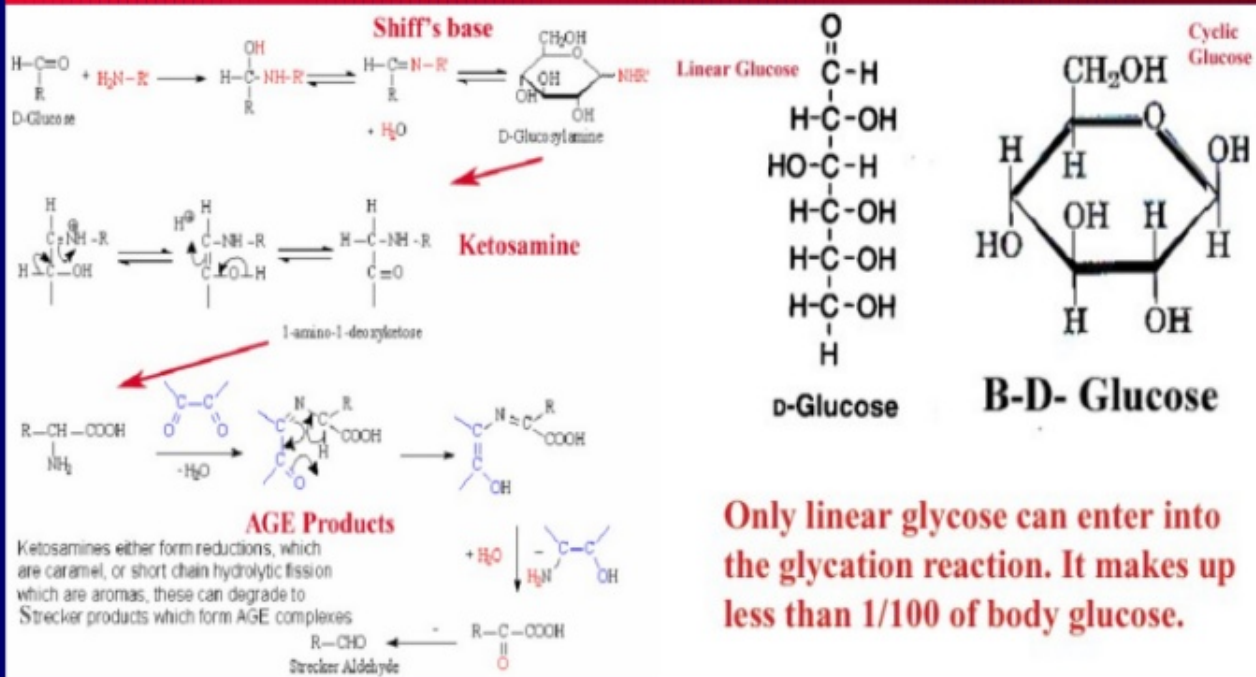
POOR

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

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

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

Advanced Glycation End Products (AGE)



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

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

substances are potential candidates as AGE-inhibitors as well.

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

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

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

AEROCARPUS SANTALINUS



POOR

See [red sandalwood](#)

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

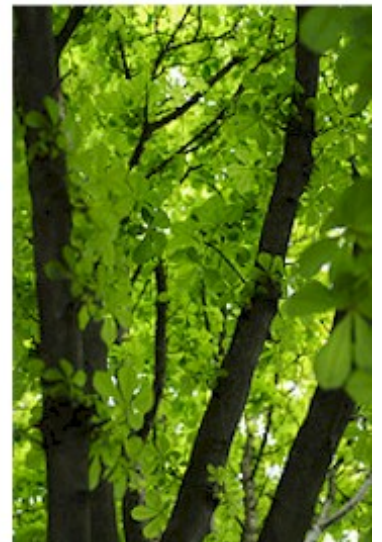
When used externally, Sandalwood oil or Sandalwood paste (made from mixing water with Sandalwood powder) has a calming, cooling effect on body and mind. It helps relieve fever and

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

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

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

AESCULUS HIPPOCASTANUM



GOOD

See [horse chestnut extract](#)

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

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

Horse Chestnut Benefits

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

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

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

return of blood to the heart.

AGAR



GOOD

See [algae](#)

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

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

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

According

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

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

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

Agar is also used to treat diabetes and constipation.

In dentistry, agar is used to make dental impressions.

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

Here is how it works

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

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

AGARICUS BISPORUS EXTRACT



GOOD

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

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

According

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

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

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

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

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

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

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

AGE SPOTS



AVERAGE

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

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

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

According

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

What Causes Age Spots?

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

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

AGRIMONIA EUPATORIA LEAF EXTRACT



AVERAGE

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

According

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

Scientific Name: Agrimonia Eupatoria (LINN.)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

AHA



BEST

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

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

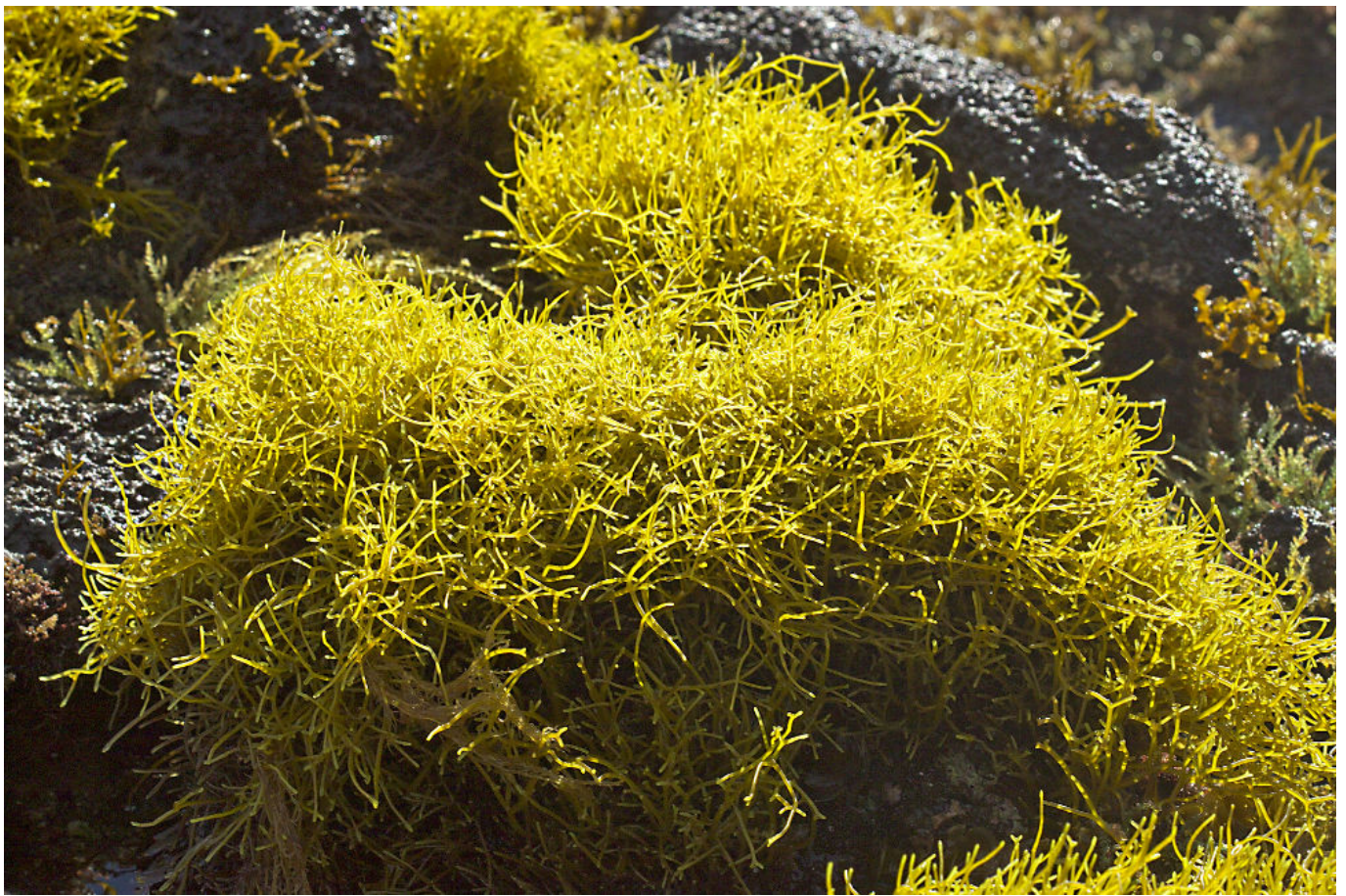
The most effective and well-researched AHAs are glycolic acid and lactic acid. Malic acid, citric acid, and tartaric acid may also be effective, but are considered less stable and less skin-friendly; there is little research showing them to have benefit for skin.

AHAs may irritate mucous membranes and cause irritation. However, AHAs have been widely used for therapy of photodamaged skin, and also have been reported to normalize hyperkeratinization (over-thickened skin) and to increase viable epidermal thickness and dermal glycosaminoglycans content, all of which lead to younger-looking skin.

There is a vast amount of research that substantially describes how the aging process affects the skin and that demonstrates that many of the unwanted changes can be improved by topical application of AHAs, including glycolic and lactic acids. Because AHAs exfoliate sun damaged cells from the surface of the skin, and because this layer imparts some minimal sun protection for skin, there is a risk of increased sun sensitivity when using an AHA. However, wearing a sunscreen daily eliminates this risk.

Note: AHAs are of little benefit when added to rinse-off products, as their contact with skin is too brief for them to function as exfoliants or absorb into the skin.

AHNFELTIA CONCINNA EXTRACT



GOOD

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

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

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

AJUGA TURKESTANICA EXTRACT



AVERAGE

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

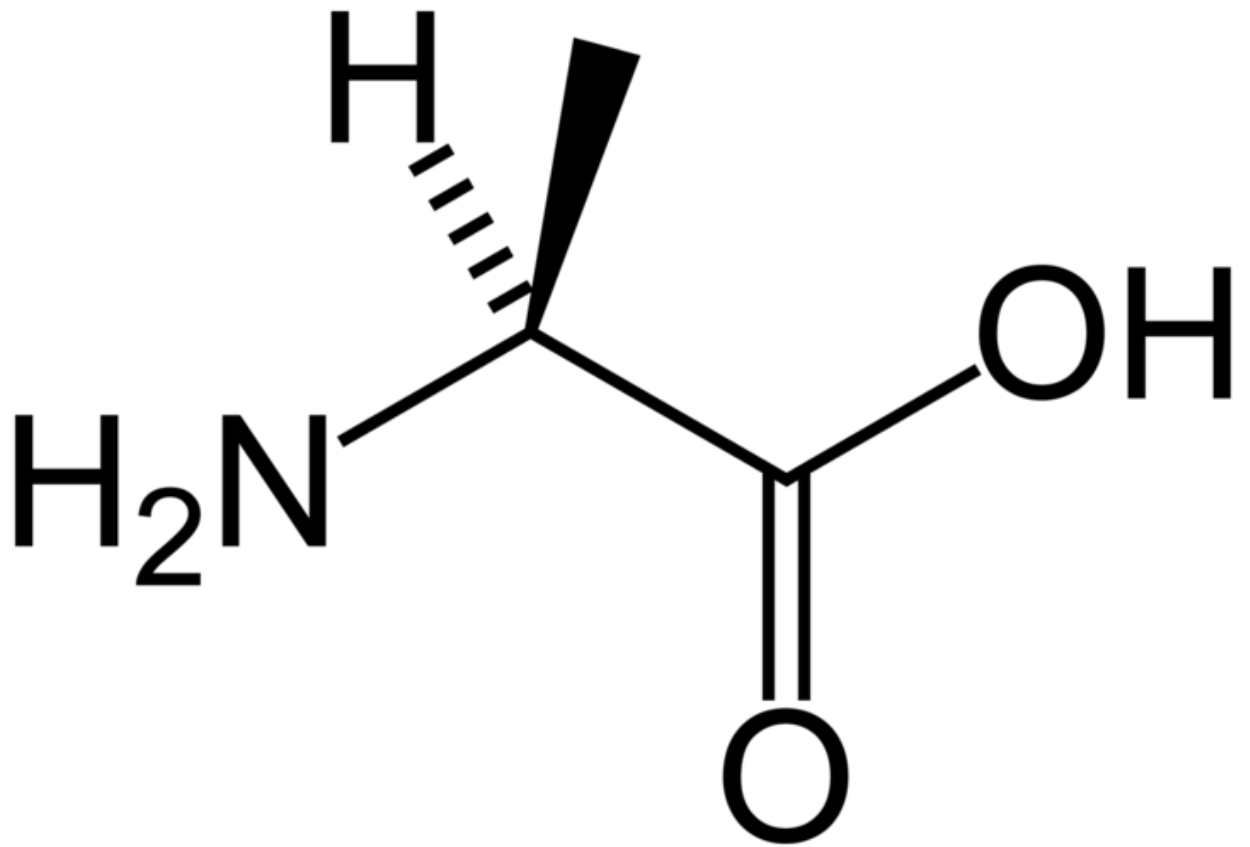
According

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

Traditional Use and Activity

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

ALANINE



GOOD

See [amino acid](#)

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

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

ALARIA ESCULENTA



GOOD

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

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

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

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

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

ALBUMIN



POOR

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

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

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

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

By Donna Swartzendruber, MSN, RN, CNN

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

ALCHEMILLA VULGARIS

POOR

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

According

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

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

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

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

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

ALCLOXA

POOR

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

ALCOHOL



VERAGE

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

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

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

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

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

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

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

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



ÉMINENCE
ORGANIC SKIN CARE
SINCE 1938



Clear Skin
Probiotic
Cleanser

Nettoyant probiotique
Peau claire

For Acne Prone
Skins

8.4 oz / 250 ml



CLEAR SKIN

FOR ACNE PRONE SKIN

Multi-phase Release System

30 Vegan Friendly Capsules

Enhanced
Formula!

ÉMINENCE
ORGANIC SKIN CARE

Clear Skin Probiotic Masque

60 ml / 2 fl oz

Enhanced
Formula!

ÉMINENCE
ORGANIC SKIN CARE

Clear Skin Probiotic Moisturizer

60 ml / 2 fl oz

Eminence Organics Clear Skin Probiotic Moisturizer

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



Eminence Organics Calm Skin Starter Set

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

everything you need to soothe irritated skin and reduce sensitivity.



ReFa 0 STYLE

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



[YoungBlood Mineral Primer](#)

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

makeup application and enhanced dermatologic health.



Copper Bodum Chambord Milk Frother

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



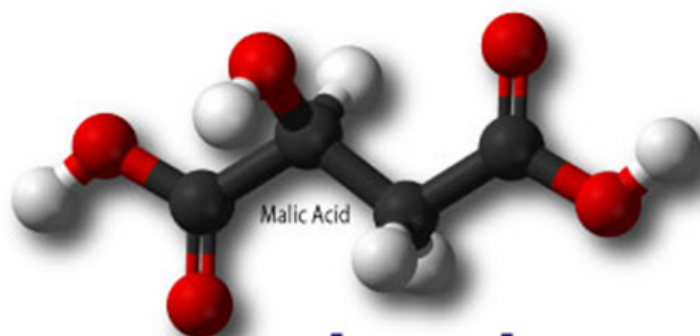
Bodum Chambord Copper 8-Cup French Press Coffee Maker

An elegant new version of the original French press designed

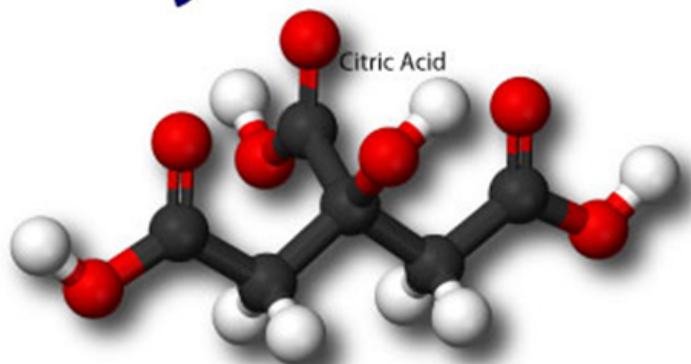
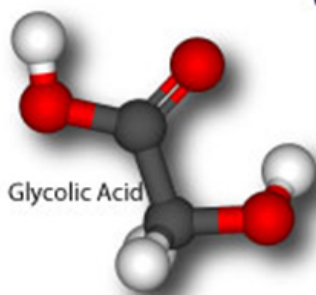
by Bodum in the 1950's, our Chambord coffee maker is still the simplest and best way to brew the perfect cup of coffee. Its sophisticated design features a shiny copper-plated steel frame and lid.

What are Alpha Hydroxy Acid (AHA's) and their use in skin care

Alpha hydroxy acids (AHAs)



α -hydroxy acids



Hello and welcome to week 243. Thank you for all your likes and visits we appreciate your time and the attention that you invest in the post. It is yours as much as ours, please share and like if you do so other people can benefit from it also, a

big thank you again for your faithful support from all of us at Isabel's Beauty Blog.

Do you know what Alpha hydroxy acid (AHA) means? We are all exposed to many products in the market that have AHA in them, but for the most part, most people don't know what this means. The name refers to a class of chemical compounds that consist of a carboxylic acid substituted with a hydroxyl group on the adjacent carbon WOW! that is a lot of names, isn't it? They may be either naturally occurring or synthetic. AHA's are well known for their use in the cosmetics industry. They are often found in products implying to reduce creases and flaws or the signs of mature skin and improve the overall look and feel of the skin by basically activating the body's response to the AHA's. In other words aiding the bodies natural resources to renew the skin is a lot like what dermabrasion and Skin resurfacing do. As a matter of fact, it is a form of skin resurfacing.

Here in our blog post what we researched will explain to a very large extent what these chemical compounds do and how to use them, their qualities and their drawbacks when not used properly.

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

A-Hydroxy acids, or **alpha hydroxy acids (AHAs)**, They may be either naturally occurring or synthetic. AHAs are well known for their use in the cosmetics industry. They are also used as [chemical peels](#) available in a dermatologist's office, beauty, and health spas and in home kits, which usually contain a much lower concentration of around 4%. Although there is evidence for their effectiveness, cosmetic manufacturers have made exaggerated claims of performance and oftentimes the source AHA is not of real quality or the right concentration Many

well-known (AHAS) α -hydroxy acids are useful building blocks in organic synthesis: the most common and simple are [glycolic acid](#), [lactic acid](#), [citric acid](#), [mandolin acid](#). You can check the pink links for the complete definition of the different acids.

Cosmetic applications



Understanding skin structure and cutaneous aging and oxidation are helpful to the description of the topical action of **alpha**

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



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

bioavailability and penetrates the skin most easily; this largely accounts for the popularity of this product in cosmetic applications, is important to do research and check the percentage and what the other ingredients are that can counter act the potency and effectiveness of the AHA's work, when in doubt do a patch test or consult your beauty expert or if you happend to have more serious issues with your skin please consult your Dermatologist before using AHA's.

Natural sources of AHA's



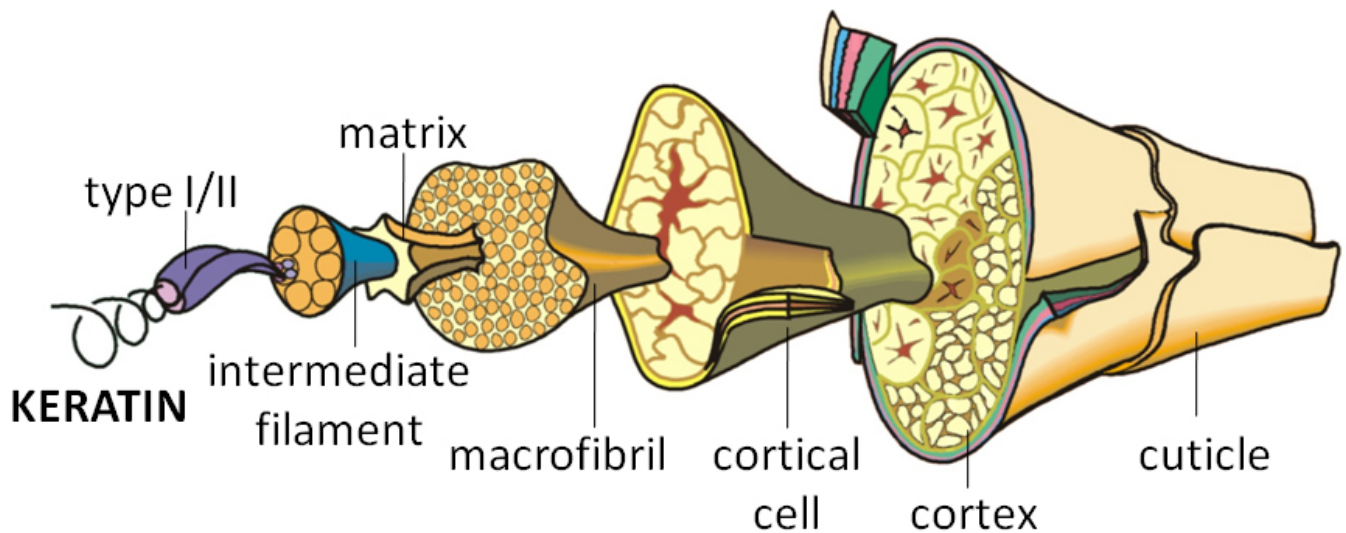
Epidermal effect



AHA's have a profound effect on keratinization; which is clinically detectable by the formation of a new stratum corneum. It appears that AHAs modulate this formation through diminished cellular cohesion between corneocytes at the lowest levels of the stratum corneum.

Keratin

SCHEMATIC OF HAIR FIBER



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

approximate the toughness of keratinized tissue is chitin.

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

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

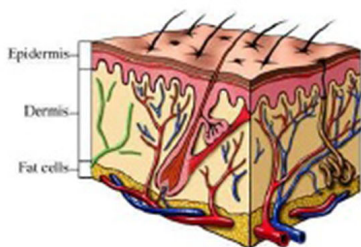
- Like the *α -keratins* in the hair (including wool), horns, nails, claws and hooves of mammals.

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

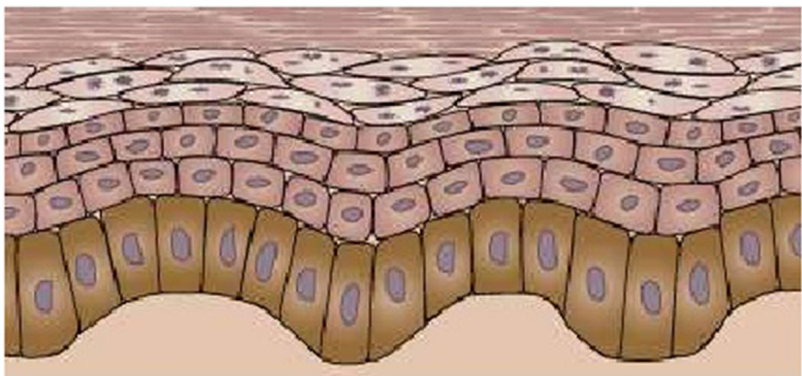
Skin Structure and function

Epidermis layers (4 main + 2)

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



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



Stratum corneum

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

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

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

Dermal effects

GLYCOLIC ACID

VERSUS

LACTIC ACID

Smaller molecular size, penetrates skin more easily

Larger molecular size, doesn't penetrate skin as well

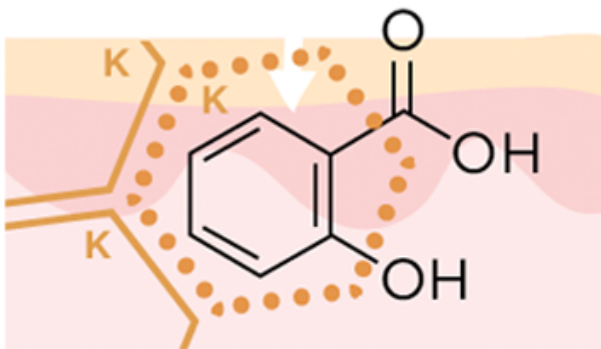
Best for sun-damaged skin: boosts collagen production and thickens skin

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

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

OTC concentrations don't affect skin thickness

HOW SALICYLIC ACID WORKS

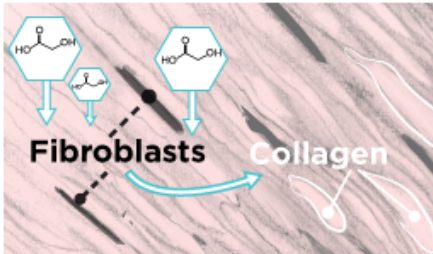


SALICYLIC ACID
penetrates and softens keratin, a protein that forms part of the skin's structure.

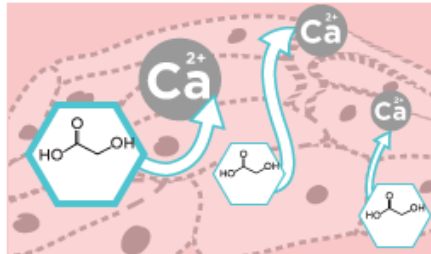


BY SOFTENING KERATIN,
the skin is more easily turned over, and new skin cells more readily come to the surface.

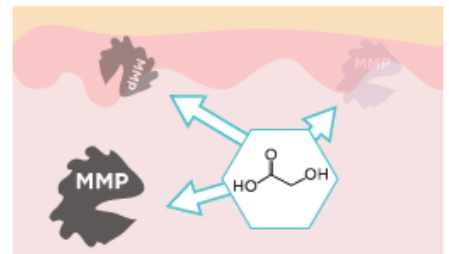
FutureDerm® HOW GLYCOLIC ACID WORKS



1. Glycolic acid stimulates fibroblasts to produce collagen.



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



3. Glycolic acid causes MMP's to degrade.

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

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

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

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

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

A word of caution:

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

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

Tip: AHAs are of little benefit when added to rinse-off products, as their contact with skin is too brief for them to function as exfoliants or absorb into the skin in such a small amount of time.

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

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

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

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

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

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

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

dioxide, or zinc oxide for UVA protection.

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

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

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

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

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

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

In skin care products research shows that alpha hydroxy acids are effective for treating signs of skin aging. The outermost layer of the epidermis called the stratum corneum is made up of skin cells called keratinocytes that are sloughed off meaning we shed it regularly to reveal new cells underneath and that looks and feels and looks like new skin. With maturing, this process slows down on people some more than others, causing skin to look dull, dry and lifeless . Alpha hydroxy acids help to speed up this process by dissolving the glue-like substance between the cells so that they're shed more easily, pretty amazing if you ask me. This increased rate of sloughing, called desquamation, thins out the outer layer of the skin so that it reflects light better and looks more radiant and healthy.

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

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

So as you can see it is not always necessary to get a chemical peel to get results from alpha hydroxy acids. Lower concentrations of these acids available in skin care products for home use have skin revitalizing benefits when they're used

regularly over several months the minimum being two months at least. Alpha hydroxy acids also function as humectants, drawing water from the environment to keep skin moist so there we can use nature to help the results. Lactic acid is a particularly effective humectant and moisturizer.

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

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

Alpha hydroxy acids appear to be safe, but they can cause skin irritation, especially during the first few weeks, so remember more is not better let your Skin climate to it slowly and always do a patch test. The degree of irritation varies with the concentration of the acid and the vehicle it's suspended in. People with sensitive skin may have more pronounced skin irritation sometimes when using alpha hydroxyl acids and will benefit by using a lower concentration or apply the product every other day to reduce irritation bellow we are sharing

products that can be use after the application of the AHAs to calm the skin down. and be patient. It takes time to see results in certain skins again everyone is different, that is way the term individual .

Tamarind



This tangy tropical fruit is a stockpile of essential antioxidants, AHAs, flavanoids and not to mention vitamin C and A. Because of its rich composition, this fruit is capable of fighting fight against the formation of free radicals. Apart from taking it as dietary supplement, when tamarind is applied on skin, it helps in reducing irritation and

inflammation. Besides, it also lightens the skin, by reducing dark spots and pigmentation.

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

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

Tartaric Acid

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

History

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

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

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

Malic Acid

Malic acid comes from apples – both the whole fruit and cider. Use the acid as an astringent to help stimulate cell renewal. Applied to the face, it will make your skin feel smooth and tight.

Bitter Almonds

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

Immediate lightening pack

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

- First bring the mixture to a boil – For face pack, you can take around 30 grams of tamarind, which is sufficient and bring it to a boil and turn it down in 100 ml of water simmer for about 5 to 7 minutes
- After a few minutes, remove it from the flame, cool it and extract the pulp from it
- Collect it in a bowl – Now take a teaspoon of the prepared pulpy collected in the bowl

- Add $\frac{1}{2}$ a teaspoon of turmeric powder in it and mix well
- Form a smooth paste and apply on the face
- Leave it for 20 minutes and rinse off with warm water do not rub the AHA's are enough to exfoliate the skin.

Fast results for bleaching

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

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

Face scrub

Since this tropical fruit contains high natural fruit acids, which help in removing impurities and dead cells, tamarind

face pack can also be used as scrub. This prepared face scrub will give you a polished skin, as it contains AHA (alpha-hydroxy acids) which acts as an exfoliator.

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

6 natural sources of alpha hydroxy acids



from:

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

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

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

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

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

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

Malic Acid

Malic acid comes from apples – both the whole fruit and cider. Use the acid as an astringent to help stimulate cell renewal. Applied to the face, it will make your skin feel smooth and tight.

Bitter Almonds

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

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



Fruit-based Homemade Glycolic Acid Peel Recipe

from:

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

Ingredients:

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

Step 1:

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

Step 2:

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

Step 3:

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

Step 4:

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

Step 5:

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

Step 6:

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

Step 7:

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

Step 8:

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



Yogurt & Oatmeal mask

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

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

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

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

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



Yogurt and aloe healing mask

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

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

irritated, sensitive skin.

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

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

from:

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



Ilike Organic Skin Care AHA Fruit Peel

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



Ilike Organic Skin Care Yogurt Power Peel

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



Eminence Organics Soothing Chamomile Tonique

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



Eminence Organics Firm Skin Acai Exfoliating Peel

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

Folk Remedies For Skincare

Skincare Folk Remedies



Before we start, we wish to thank you all for your outstanding support WOW, we had over 800 signups, and thousands of likes. Amazing!! Thank you from all of us.

This week is 230 and we are sharing:

Folk medicine occasionally referred to as alternative or traditional medicine, is a part of healing that has an extensive long history. Folk medicine originates back 5,000 years. The dispensation of history is divided in three eras, the classic historical era, the medieval era, and modern eras. I was raised with herbs and home remedies since a baby and where I grew up our Doctors practiced both for most part, so for me I always use what I feel at that moment that has its place. Two thirds of the world's population lives in countries that have inadequate resources to access modern medicine so I found for that reason folk medicine is formally acknowledged in many countries. Today it is still extensively used due to their perceived effectiveness.

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

Herbal remedies have existed for centuries and have been used to treat many illnesses ranging from mild stomach upset to cancer. Recent research supports the use of herbs in the treatment of various medical problems. However, many people believing that "natural" is better have tried unproven and uncontrolled treatments, sometimes with disappointing or even dangerous results. There exist some herbal treatments that may be helpful in treating common skin conditions that do not always require going to the doctor's office.

Aloe Vera



Dr. Doris Day, a Manhattan dermatologist and clinical assistant professor of dermatology at NYU Medical Center recommends that “If I had to choose only one herbal remedy for the treatment of skin problems, **aloe vera** would be my number one choice. It has been widely recognized as a plant with special healing capabilities.” Aloe Vera is used in its pure form as a skin softener and moisturizer. The gel, which is the fluid within the leaves, has been used for centuries to accelerate wound healing. It not only improves healing but also serves as a topical pain reliever. Dr. Day adds

“unfortunately many of the products in the stores that contain aloe vera do not have adequate concentration of the substance in them to make them effective.” Some reliable studies have demonstrated aloe vera to be very effective in the treatment of psoriasis, a relatively common condition that leads to itchy, red scaly patches on the skin and scalp.

Arnica Flower



Topical preparations of **Arnica flower** are especially helpful for wound healing. It is effective as an analgesic (pain reliever), antiseptic and anti-inflammatory cream. Dr. Day further comments that “this treatment is recommended for bruises and swelling due to trauma or surgery.” It is also helpful in speeding the healing of simple skin abrasions, insect bites and for soothing joint pain. The German government has approved the use of arnica for wound healing

therapy.

Calendula Flower



Also known as the common marigold, **Calendula flower** has a long history of effectiveness in the treatment of burns, bruises, skin infections, cuts and rashes. The German health authorities have approved its use for topical treatment of

wounds that are healing poorly and for certain types of skin ulcers. Compresses made with calendula tea are also useful. The tea can be used as a mouth rinse to treat painful lesions in the mouth.

Comfrey



Both the roots and leaves of **comfrey** have been used for centuries to improve healing of cuts and bruises. It has also been useful as an anti-inflammatory for treatment of rashes. It is thought to promote healing of closed fractures when applied on the skin over the site of injury. Dr. Day warns that “although topical use of the roots or leaves is safe, application over broken skin can lead to toxicity and so

should not be applied more than three days in a row.” Tea made from the comfrey leaf is also useful but should not exceed three cups per day.

Tea Tree Oil



The **Tea tree** is a tall evergreen found in Australia and Asia.

The leaves have been used for centuries as an antiseptic and were used in World War I as a disinfectant. More recently the oil from the leaves has been harvested to treat cuts, insect bites and other common skin problems. The oil has been shown to kill both fungus and bacteria. The oil is available in stores, without a prescription, and can be diluted as necessary for various conditions. Tea tree oil may be toxic and should never be taken by mouth.

Chamomile



Chamomile has been used for thousands of years for treatment of various medical problems. Dried and fresh flowers made into a tea have been used for minor stomach upset, as an oral rinse to treat gingivitis and painful mouth lesions, and topically to improve wound healing and treat mild skin problems, such as itchy lesions, hives and sunburn.

Cayenne



Commonly known as **Cayenne**, this spicy red pepper has been used for a multitude of medical problems such as high blood pressure, stomach ulcers, poor circulation, lung and skin infections. There are many formulas that combine capsaicin with other herbal products to maximize antibacterial and anti-inflammatory effects. Capsaicin has been shown to deplete substance-P from nerve endings, which makes it an effective pain reliever according to Dr. Day. Initially the pain may be increased or there may be a burning sensation due to the release of substance-P, which is usually temporary.

There are many herbal remedies that are useful in treating common skin conditions. **Dr. Day** maintains that certain herbal remedies may produce reactions if the person using them is sensitive to any of the active ingredients. So it is recommended to see your Health practitioner if a skin condition persists or symptoms become worse.

Cinnamon and Honey



Cinnamon is a common spice and flavouring agent but the essential oil it contains also has strong anti-microbial properties. The water activity of honey is very low and this means that it does not contain a lot of moisture which can promote the growth of microorganisms. Considering that pimples often arise from an infection within the pores of the skin, combining cinnamon with honey is an effective remedy.

Mix a little cinnamon powder with a little honey to make a paste; avoid adding water because it will destroy the action of honey. Dab a little of the paste on each pimple and allow to remain overnight; wash off with lukewarm water the next morning. Repeat for a few days if necessary.

Lemon juice



Lemons contain vitamin C and phytonutrients called flavonoids that have a strong antioxidant as well as antibiotic action. Free radicals generated during the metabolic reactions within the body can damage the healthy cells of the body, causing inflammation and swelling. The antioxidants in lemon restrict the action of these free radicals and this makes lemon juice an excellent remedy for pimples.

Squeeze out the juice from a freshly-cut lemon and dab a

little directly on to the pimple. Leave on overnight and wash the next morning.

Mix a tablespoon of groundnut oil into an equal quantity of freshly squeezed lime juice and apply over the entire face; this provides long-term preventive action against blackheads that may later turn into pimples.

A word of caution regarding lime juice – it can make your skin more sensitive to sunlight and therefore, do not venture out in the sun when you have applied it to your face.

With its acidic nature and natural bleaching properties, lemon juice is one of the most effective remedies to lighten stretch marks. Simply cut a lemon, squeeze out the fresh juice and rub it gently onto the affected skin. Keep for about 10 minutes and then rinse off with a little warm water. Repeat a few times each day to see better results.

One of the simplest and safest bleaching agents you will find, lemon juice can work wonders for darkened skin. The ascorbic acid or vitamin C present in lime juice acts as an antioxidant and this action helps to lighten the colour of the skin. All you need to do is squeeze the juice from half a lemon and apply this with a cotton ball onto the area where the skin has darkened. Or you could even directly rub a cut lemon over the affected area to allow the juice to stick to the skin.

Leave on for at least an hour and then wash with water. But make sure you avoid exposure to sunlight when you have applied the lemon juice onto your skin or your skin will only get darker than before.

Besides using lemon juice alone, you could also try combining it with turmeric powder or tomato juice. Mix about 3 teaspoons of lemon juice with 1 teaspoon of turmeric powder; apply this paste and leave it on for half an hour; then wash with water. Or make a puree from 2 medium-sized tomatoes and mix this with 4 tablespoons of lemon juice and apply this to darkened skin

for about 20 minutes. Read about

Tomato Pulp



Tomatoes are acidic in nature and applying their pulp to the pimple causes the skin to dry and the pores of the skin in the region get tightened. This means there is a lesser chance of oil leaking from the pores to cause pimples. Tomato is also rich in antioxidants and applying the pulp to the face reduces inflammation and damage of the skin.

Cut a tomato in half, squeeze out a little of the pulp or the juice and apply on the pimple. If this causes you pain or drying of the skin, dilute the tomato pulp with a little water and use. Do not do this more than once or twice a day because it may lead to excessive drying of the skin which can be quite painful.

Turmeric



Remember how your grandmother always insisted on sprinkling a little turmeric on your wounds saying it would help it heal? Well, medical researchers are now finding that turmeric contains ingredients that make it a powerful antimicrobial. No

wonder then that women in India have always been using turmeric paste claiming it keeps their skin healthy and glowing. Although you can apply turmeric paste directly to skin, consuming it with a little warm milk is also said to be an effective remedy for flawless skin.

Mix a little turmeric powder with a little coconut oil and apply directly onto the pimples at night; next morning, wash your face with water to remove the paste.

Dry a few neem leaves in the sun and grind to a fine powder. Mix equal quantities of this powder, turmeric powder and a little rose water to form a paste. Apply this to the pimples, leave it on for around 20 minutes or so and then wash your face. You could also substitute sandalwood powder for neem powder – this remedy works equally well for acne.

Home remedies to beat acne scars

A pimple arises due to some sort of skin damage; during the healing process, the body creates new skin cells and collagen fibers – this repair process leads to the formation of the acne scars. When it comes to reducing acne marks, it is important to remember this because whatever the form of treatment you use, the scars won't really go away – its only their color, size and appearance that can be modified so as to render them undetectable. Here are a few home remedies you can try to lighten the acne scars.

Sandalwood water



According to Ayurveda, sandalwood or chandan is highly effective as a soothing and cooling agent, making it ideal to deal with skin problems. For use against acne scars, simply soak a piece of sandalwood in water for a few hours. Remove the wood, dry and store for reuse. Using a small ball of cotton, smear the sandalwood water slowly on the parts of the skin that has acne scars. Repeat every day for about a week

and you are sure to notice a marked difference in your facial appearance.

Another way of using sandalwood is to rub a piece of sandalwood on a wooden base with a little rosewater to get a paste. Apply a small quantity of this paste on the acne scar and leave it on overnight. Wash the next morning with cold water.

Fenugreek extract

Health Benefits of Fenugreek



Add a few seeds of fenugreek (methi) into a little water; boil for about 10-15 minutes. Allow the liquid to cool, strain out the seeds and using a cotton ball, apply the water to the acne scars. Do this regularly for about a week and you will see a reduction in the intensity of the scars' appearance.

Neem Leaves



Neem contains alkaloids that give it distinct antibacterial, antiviral and antifungal properties. This makes it effective against a wide range of skin problems right from acne and

eczema to ringworm because it also has the property of cleansing the body of toxins. For action against acne scars, place a neem leaf directly on the affected area for some time; do this regularly to see good results.

Apple cider vinegar



Vinegar has the property of scraping off the old cells on the surface of the skin and this peeling action along with its antiseptic property makes it useful against acne scars.

However, a direct application of vinegar may damage sensitive skin; so make sure you dilute it with a little water and apply this apple cider vinegar solution to the scars using a cotton ball.

Along with the use of these home remedies, it is important to take steps to prevent new pimples from erupting. Stress tends to cause hormonal changes that can worsen acne; so use deep breathing exercises and meditation to keep stress away. Cut down on your use of oil-based cosmetics such as moisturizers and make-up and even hair products; this will reduce the blocking of the pores in the skin and reduce your chances of an acne outbreak. While there is nothing you can do about the appearance of acne prior to or during the menstruation period, you can certainly avoid it getting worse by keeping your face clean and free from oil and adopting a 'no touching or breaking pimples' policy. Read about

Vegetable oil massage



Traditionally, in many parts of India, during the first few months following childbirth, the mother is given an oil bath – that is, coconut oil or castor oil is massaged onto the entire body as well as the scalp and this is followed by a bath with hot water. Quite a few modern-day beauty treatment centers make use of the wisdom of this ancient custom. Vegetable oils such as coconut oil, castor oil and even olive oil have the property of moisturising skin and smoothing out the wrinkles. Both these actions ensure that these oils are equally good for

getting rid of stretch marks.

Warm a little olive oil and massage it deep into the affected skin before going to bed. Rinse the next morning with a little warm water and a mild soap if necessary. Or, you could try a mix of olive oil and coconut oil, too. When it comes to castor oil, the best way is to rub slightly warmed castor oil directly onto the affected skin and then wrap a cloth dipped in hot (but not uncomfortably so) water around the area. Or, you could wrap a plastic sheet over the skin where you have rubbed in the oil and use a hot water bag over this area – the warmth allows the pores in the skin to open up and absorb the oil better.

Egg white



The white of the egg is rich in protein and this is useful in dealing with stretch marks. Collect the whites from two eggs, whip gently and apply as a thick layer onto the

marks. Once the egg pack has totally dried, rinse it out with water and then moisturise the area by applying some olive oil.

Home remedies to remove tan and dark spots

We love naturally dark skin. However, at times, prolonged exposure to bright sunlight or polluted air, ageing or hormonal fluctuations may cause patchy skin darkening making your skin look unhealthy. While cosmetic treatment is a probable option, it is generally not recommended except in a few extreme cases; by the regular use of a few simple home recipe, you can deal with darkened skin in the comfort of your home.

Milk



Milk contains a compound called lactic acid and this has been found to help with lightening the colour of skin. Use a cotton ball to apply a little raw milk to the darkened skin; allow to dry and leave it on overnight; rinse the next morning with a little warm water.

Yoghurt



Since it is made of milk, yogurt also contains lactic acid and this gives it bleaching properties. You can also add in a

little lemon juice and some oatmeal into the yogurt to make a thick paste and apply to the darkened skin. According to Ayurveda, the regular application of buttermilk (the thin liquid left behind after removing the cream from milk in the form of butter) on darkened skin can help keep the skin cool and refresh it.

Honey



When honey is applied to the face either alone or in combination with ingredients such as lemon juice and olive oil, it helps to remove the layer of dead cells on the outermost layer of skin. As a result, your skin appears brighter and fresh than before. Besides, honey also contains

enzymes that help to make the skin soft and glowing. If you have sensitive skin and want to try honey on your face, make sure to try it out elsewhere – say on the inside of the arm – and check how your body reacts to it before applying it to your face.

Even better than using honey alone is to combine it with an equal quantity of lemon juice and milk powder and a little paste obtained from soaked ground almonds.

Home remedies to treat burn marks

When the skin gets burnt, it often leads to scarring of that area which can be very displeasing to look at. The burn itself is a painful memory to erase and the burn scar is a constant reminder of it. Here are some effective home remedies using traditional Indian herbs to get rid of burn scars by [Dr Uma Singh](#), medical director of Nomarks (Ozone Ayurvedics).

Almond oil



A good way to remove scars at home is to gently massage the scar with almond oil. Massaging the scar twice a day will help to progressively reduce the scar.

Methi seeds



Fenugreek seeds also help in getting rid of scars. Soak the fenugreek seeds in water overnight and grind it into a fine paste. Now apply this mixture gently on to the burn marks and leave it on. Once the paste has dried completely, you can wash it off with water. Apply this paste regularly to remove the scars. Cold water with turmeric also has antiseptic properties which work well on burnt skin. Here's

Cotton-ash paste



The India Yunani Cotton-Ash Paste burn remedy has been used

for centuries to treat even severe burns. Take a large piece of cotton wool (or any kind of pure, white cotton fabric) and burn it (perhaps in a metal pot). Use the ash of the burned cotton and mix with olive oil to get a thick paste. Spread this black paste on the burnt skin and cover with a cling film. Reportedly, the pain disappears in seconds and even the accompanied shock reduces in severity. If the pain is back, refresh it and use fresh paste on the wound. Use the paste for a week or so, depending on the severity of the burns.

Potato peels



Another age-old remedy is potato peels. They provide moisture and they also have anti-bacterial properties that help in healing. Doctors have found that potato peel bandages work better for minor burns than conventional dressings.

Natural wart remover From India



Banana peel contains a substance that is highly effective at destroying warts and is recommended by dermatologists. Place a small amount of peel against the wart and hold it in place with adhesive tape. Change the peel daily as needed and continue for 2 weeks or until the wart is gone.

Zap blemishes

Tea's tannic acid absorbs oils that lead to blemishes. Saturate a tea bag in warm water and press on the affected area for about 5 minutes. Rinse, then dab on a some eye redness remover to get the red out.

Seal your pores

Close your pores with a skin tightening all natural clay or mud mask, or try this recipe: Mix 1 egg white with a few drops of lemon juice. Using a brush, massage onto clean skin. Leave on for 5 minutes then rinse with warm water.

Protect your skin

Photo-aging is responsible for as much as 80% of skin damage—wrinkling, sagging, and discoloration or age spots. Use a safe sunscreen and apply it before exposing your skin to the elements.

Keep your skin smooth

Exfoliate in the shower at least two times a week. Exfoliate your legs before you shave them for a sleek smooth shave.

Eye mask and Homemade clay mask

Grate 1/4 of a apple and a small raw potato and combine. Apply mixture to eyes for 15 minutes, cover your eyes with a warm washcloth and relax with some soothing music.

Homemade toner, Homemade summer exfoliator and Mask for excess hair on the face



In a blender, blend 1 peeled kiwi and 1 and 1/2 teaspoons lime juice. Add an equal amount of water and blend until smooth. Use a cotton ball to apply to face. Refrigerate any leftover

toner in an airtight container.

Mix 1/8 cup of olive oil and 1 heaping tablespoon of sea salt. Scrub all over in the shower and rinse off. Pat dry with a soft towel.

Mix one tablespoon fresh squeezed lemon juice with 4 teaspoons honey. Smooth on in the direction of your hair growth and leave on for 10-15 minutes. Rinse off. Use this mask twice a week.

Firming Mask and Facial steam



Mix 1 tablespoon gram flour with 1 1/2 teaspoons water. Add 1 teaspoon honey. Apply to your face, leave on for 15 minutes,

then rinse. If mixture is too runny, add a little more flour.

Combine 1 cup fresh rose petals with 2 cups boiling water. Tent a towel over your head and let steam penetrate face for 10 minutes. Stay several inches away from the bowl.

Gentle skin exfoliator and All over body scrub



Mix 3 teaspoons fine oatmeal with 3 teaspoons double or heavy cream. Apply to skin and rub lightly; rinse off.

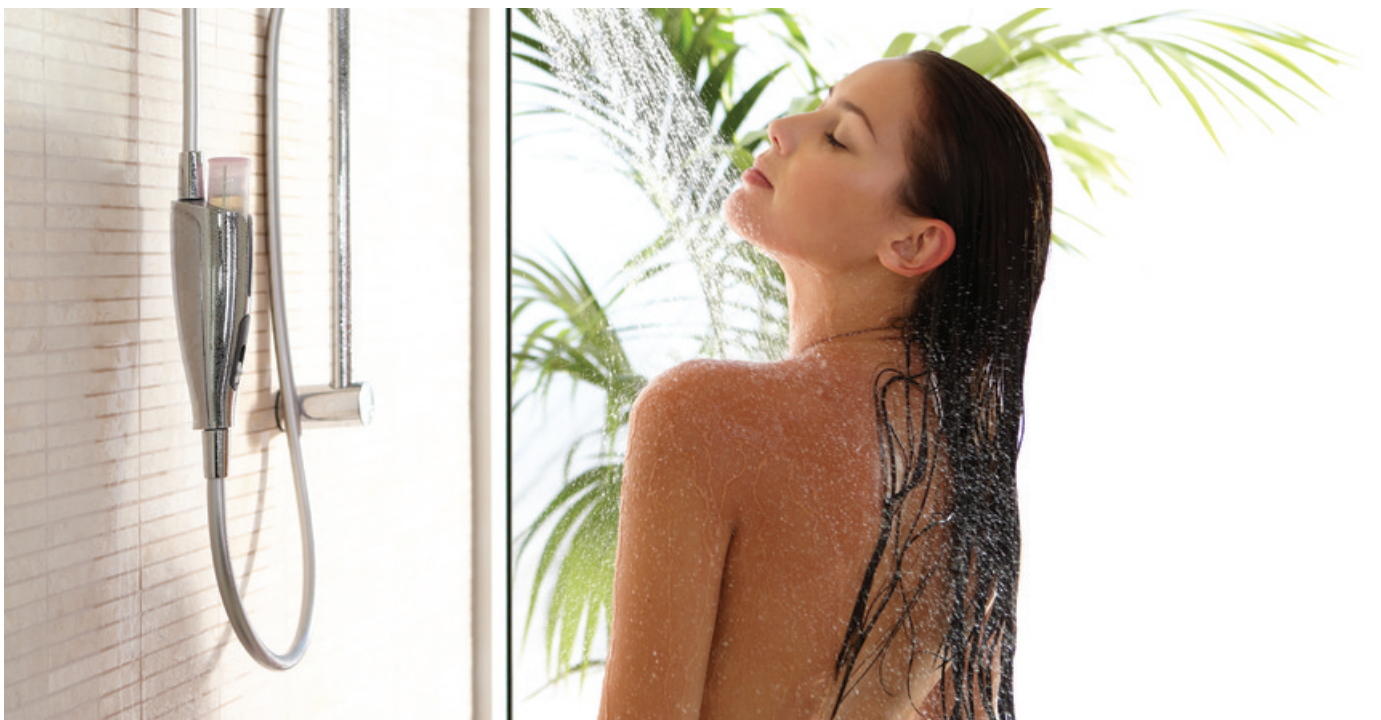
Mix 3 tablespoons finely ground oatmeal with 2 tablespoons almond oil. Scrub all over lightly, then rinse.

The ultimate treat and Sensitive skin soother

Try to give yourself 30 minutes a week in a warm bath. Listen to relaxing music, use aromatherapy oils, and enjoy this much needed time by yourself

Saturate a washcloth in one quart warm (not hot) chamomile tea. Press cloth over face, flooding skin with liquid; hold against skin for five seconds. Rinse cloth, saturate and repeat two more times. Finish by gently patting face with a clean, dry towel.

Quick exfoliator, Exfoliate in the shower



After a steamy shower rub your skin with a towel gently but vigorously to remove dead skin.

Rub sea salt all over your face and body in the shower to get rid of dead skin cells. Do this at least twice a week.

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 skin. It

not only lightens complexion but also keep skin healthy. 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 rinse your face with warm water. This home made face pack not only moistens your skin but also give it a supple feel.□ Follow with your favorite moisturizer.

Home Remedies For Dark Neck

DARK AREAS AROUND THE NECK

lighten your skin with a home remedy

Top10
Home Remedies



½ tsp
powdered
almond

+

1 tsp
milk
powder

+

1 tsp
honey

=

mix
them for
a thick
paste

Scrub
it around
the neck.

Whisk together three tablespoons of almond oil, 3 tablespoons of raw linseed oil and 3 tablespoons of honey.

Many people suffer from dark skin around the neck. The condition is known as acanthosis nigricans. It is characterized by hyper pigmentation of the skin along the

folds and creases in the body, knuckles of fingers, knees and elbows and any hyper pigmentation on the skin.



Cucumber

Cucumber cleanses the skin and help 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□2. Lemon Juice□The citric acid present in the lemon juice is a natural bleaching agent. If you have sensitive skin, you will have to use diluted 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.



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 feel 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 clothe 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.

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.

[Great tips from Homeveda](#)

[Folk Remedies from Riordan Clinic](#)



100% Pure Mushroom and Peptides Firming + Anti Wrinkle Eye Cream

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



100% Pure Rose and Calendula Water Serum

Drastically increases skin firmness and elasticity while anti-inflammatory rose and calendula soothes, calms and regenerates. Lightweight, quickly absorbing water based serum delivers hydration to thirsty skin cells, leaving skin supple and plumped.



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.

**Dry Brushing for cellulite
and beautiful skin**



Dry Brushing

Hello with great gratitude! We thank you for your support and all the great complements, it really keeps us going. This week 229 we are sharing great information from the top authority on dry brushing, I learned about dry brushing over 40 years ago from a mentor friend and teacher. He knew so much about detoxing and moving lymphatic, this system is genius for that. When our lymphatic is moving normally we are in top health due to the fact that the lymphatic system is the one that has multiple interrelated **functions**: It is responsible for the removal of interstitial fluid from tissues. It absorbs and transports fatty acids and fats as cycle from the digestive **system**. It transports white blood cells to and from the **lymph** nodes into the bones, huge job.

The primary function of the lymphatic system is to transport lymph, a fluid containing infection-fighting white blood cells, throughout the body.

The lymphatic system primarily consists of lymphatic vessels, which are similar to the circulatory system's veins and capillaries. The vessels are connected to lymph nodes, where the lymph is filtered. The tonsils, adenoids, spleen and thymus are all part of the lymphatic system.

The spleen, which is located on the left side of the body just above the kidney, is the largest lymphatic organ, according to the U.S. National Library of Medicine (NLM). It controls the amount of red blood cells and blood storage in the body, and helps to fight infection. If the spleen detects potentially dangerous bacteria, viruses, or other microorganisms in the blood, it – along with the lymph nodes – creates white blood cells called lymphocytes, which act as defenders against invaders. The lymphocytes produce antibodies to kill the

foreign microorganisms and stop infections from spreading. Humans can live without a spleen, although people who have lost their spleen to disease or injury are more prone to infections. I encourage you to check the site below, click on the link so you can learn more about it. The lymphatic system can make you or break you , it is crucial to know what it does.

Thank you for visiting and please share and like if you do.

See more
at: <http://www.livescience.com/26983-lymphatic-system.html#sthash.7eyjrube.dpuf>

It only takes ten minutes a day, costs nothing, and helps restore your body, from inside and out. Dry skin brushing has a number of health benefits and is so simple to do.

LYMPHATIC SYSTEM

The lymphatic system is a network of tissues and organs that primarily consists of lymph vessels, lymph nodes and lymph. Its primary function is to transport lymph, a clear, colorless fluid containing white blood cells that helps rid the body of toxins, waste and other unwanted materials.

LYMPHATIC SYSTEM

The tonsils, adenoids, spleen and thymus are all part of the lymphatic system.

Tonsils:

A large cluster of lymphatic cells found in the pharynx.

Thymus:

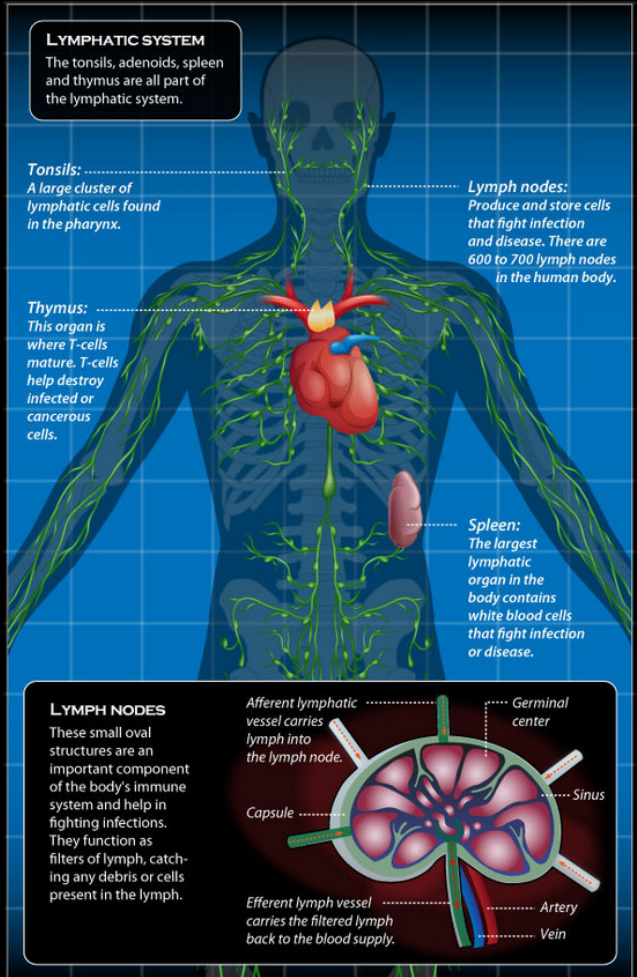
This organ is where T-cells mature. T-cells help destroy infected or cancerous cells.

Lymph nodes:

Produce and store cells that fight infection and disease. There are 600 to 700 lymph nodes in the human body.

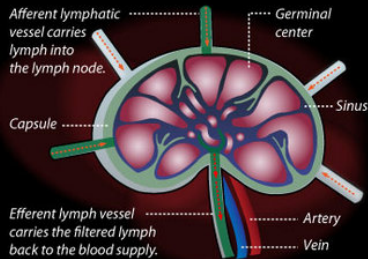
Spleen:

The largest lymphatic organ in the body contains white blood cells that fight infection or disease.



LYMPH NODES

These small oval structures are an important component of the body's immune system and help in fighting infections. They function as filters of lymph, catching any debris or cells present in the lymph.



Afferent lymphatic vessel carries lymph into the lymph node.

Germinal center

Capsule

Sinus

Efferent lymph vessel carries the filtered lymph back to the blood supply.

Artery

Vein

How the Lymphatic works and the physiology of the Lymphatic system great video is a must!!!

Dr. Berkowsky's **Vital Chi Skin Brushing System™**

Vital Chi Skin Brushing can sustain or reestablish the skin's functional integrity and youthful glow. The skin is as major an organ as the heart, lungs and kidneys. Its primary functions include: respiration, excretion, blood and lymph circulation, immunity and the conduction of vital chi. However, unlike other vital organs, the skin can be non-invasively accessed and mediate systemic rejuvenation by a variety of therapeutic techniques, including proper Skin Brushing. Vital Chi Skin Brushing is a particularly powerful therapy which can positively impact the entire body.

Variations of Skin Brushing have been practiced for thousands of years. For many centuries, the Japanese employed vigorous Skin Brushing with loofa sponges as a prelude to their traditional hot bath. Prior to bathing (following a hard training session or physical competition) ancient Greek athletes used strigiles: specialized spoon-like skin scrapers to remove the grime of exertion and encourage circulation. Among the Cherokee Indians, Skin Brushing with dried corn cobs to enhance skin beauty and durability was once a traditional practice. The Comanche Indians scrubbed their skin using sand from the Texas river bottoms; the Texas Rangers followed their

example.

Adolph Just in his Nature-Cure classic: Back To Nature tells that he learned the importance of skin-rubbing by observing wild animals: "Higher land animals, especially wild boars and deer, in free nature, are in the habit of lying down in small muddy swamps and pools and rubbing to and fro in the mud. After awhile they rub themselves against the earth, trees and other objects. The birds go to brooks or springs, and, by immersing their necks, throw water over their bodies...then they rub or scrub the body using their head, bill and wing elbows."

Among long-lived individuals whose lifestyles reflect an understanding of The Laws of Nature, Skin Brushing is almost invariably a primary aspect of their formula for longevity. F.O. Havens in his 1896 publication, The Possibility of Living 200 Years, describes 3 centenarians' regimens as follows: "The first, for the last 40 years of his life used skin brushes vigorously applied. The second, Old Gabriel (who died March 16, 1890 at an authenticated age exceeding 120 years), induced perspiration by heated smoke and vapor while scraping his body with sticks. The third, now in his 100th year, has for the past 60 years followed this unvarying habit: Before retiring he has used a towel dipped in water at the temperature of the room, then drying by vigorous rubbing." Havens, after much longevity-research, suggested: "The following directions are adapted to nearly all conditions of life, and if persisted in, will be found sufficient to keep the skin in perfect condition: Before retiring, rub the body vigorously with skin brush, hair glove or rough towel until the blood is brought to the surface. Follow this immediately by a sponge bath with the water at the temperature of the room.

Vital Chi Skin Brushing System: Guidelines & Technique

**(Excerpted from Dr. Berkowsky's Vital Chi
Skin Brushing System book)**



The Vital Chi Skin Brushing System which required hundreds of hours of research and experimentation to develop, evolved from my training and experience in anatomy and physiology and various bodywork disciplines as well as the Oriental healing arts. I designed this system to support blood- and lymph circulation, the immune system, the movement of Vital Chi

along the acupuncture channels, all the major physiological functions of the skin as well as to enhance skin beauty and encourage the breakdown of cellulite. Yet, my system is quick, concise and user-friendly. The following excerpts from my book will provide some insight regarding associated guidelines and technique.

Selected Guidelines:

Always treat the major lymph gland drainage site of a given body region before brushing said region, thus allowing for more effective regional lymphatic clearance. For instance: Brush armpit (site of axillary nodes which drain chest) before brushing chest.

The body should be brushed in a strategic sequential pattern to allow for maximum drainage. For Instance: As the neck and head drains into the venous system in the upper chest, and to a small extent, into the axillary nodes, the chest and armpit regions should be brushed before neck and head regions.

Brush-stroke direction always conforms to the route of lymphatic drainage. Example: The chest region drains into the armpit. Hence, the chest on each side is brushed from breastbone to armpit.

Selected Technique:

The Vital Chi Skin Brushing System addresses the entire skin surface (with the exception of the breasts and genitals). The following excerpt from my book focuses on the chest region.

Brush Chest Region (up to, but not including, armpit) as follows:

Above Breast : Brush 7 times each side of chest from breastbone to armpit.

Note: The two major lymphatic ducts empty into the venous system in the left and right chest just below the collar bone. Puffiness above or below the collarbone is indicative of congestion in these ducts. Reducing lymphatic tension in the chest enhances tissue drainage of the entire body.

Below Breast: Using upward curving stroke (under breast), brush 7 times on each side from sternum to armpit.

Sides of Upper Torso: Brush upward 7 times along each side (in line with the armpit), from waist up to armpit.

Follow-Up Hydrotherapy

Having studied and practiced classical naturopathy, or Nature-Cure, for 25-years, I have come to appreciate the great value of many of the traditional hydrotherapies and their particular synergy with my Vital Chi Skin Brushing System. Hence, I instruct that a Skin Brushing session should always be followed by an appropriate hydrotherapy. In addition to the Salt-Glow, described below, some of the other hydrotherapies which may prove of good service in this regard include: alternating hot and cold shower; full cold bath; blitz guss; epsom salt bath; cold ablution.

The Salt-Glow is a wonderful circulation-enhancing treatment. In Lectures to Naturopathic Hydrotherapy, Wade Boyle, N.D. and Andre Saine, N.D. list the following indications for salt-glow therapy: "...chronic conditions with inactive skin, including chronic indigestion, kidney disease, diabetes [if there are no skin lesions], sluggish circulation [especially in those who do not react well to hot or cold weather], low vital force, poor resistance, frequent colds, general weakness, neurasthenia, epilepsy, cancer [but not over a palpable

tumor], joint problems [especially if followed by oil rub].”

The Salt-Glow:

Wet a goodly amount of epsom salt (in unbreakable bowl) with sufficient water to create the consistency of wet snow. (Vigorous individuals may wish to opt for moistening the salt with ice water for extra stimulation.)

Add a few inches of warm water – 98 F. to 100 F. – to bathtub, then sit in tub and hand-rub or washcloth-rub body thoroughly using this warm water.

Stand up in tub (on non-slip mat) and apply moistened salt as follows: a) Begin with each arm, starting with fingers: rub vigorously until skin turns pink, or to-tolerance, whichever occurs first. b) Then, rub each leg similarly, beginning with toes, working up to hips. c) Rub salt into the rest of the body in the following order: chest, abdomen, back, hips and buttocks.

Follow with a cool shower spray of 1- to 2-minutes duration, being sure to hand-rub the skin throughout.

Finish with vigorous towel-rub by an open window in private area.

Rest for at least 1/2-hour to 1-hour before initiating activity.

So how does it work?

Dry Brushing according to: [Dr Berkowsky's Skin Brushing System](#)

Your skin, the largest organ in the human body is an organ of elimination. Its primary functions include: respiration, excretion, blood and lymph circulation, immunity and the conduction of vital Chi(vital life energy) One third of your body's toxins are excreted through the skin and dry brushing helps to unclog pores and excrete toxins which can positively impact the entire body.

No other organ is more actively engaged in discharging impurities from the body than the skin; it is a close relative of both the lungs and the kidneys. Like the lungs it absorbs oxygen and expels carbon dioxide and water vapor, and like the kidneys, it excretes organic and saline matter in solution. The surface of the skin is covered with millions of sweat glands which constitute a vast drainage system whereby the blood, via perspiration, purifies itself. It also produces antibacterial substances to protect you from infection and enables your body to produce [vitamin D](#) when exposed to the sun. Another crucial role your skin plays is supporting optimal detoxification. But if your skin is overrun with toxins or dead skin cells, it will not be able to eliminate wastes from your body efficiently.

The primary Benefits of Skin Brushing:



Radical Sexy Self Care

DRY BRUSHING



- Re-energizes your skin by sloughing off dead, dull, lifeless skin cells
- Stimulates natural healing
- Facilitates detoxification
- Increases Circulation
- Stimulates the Lymphatic System
- Exfoliates & Invigorates
- FEELS FANTASTIC!
- Brush skin when it is dry, once or twice a day
- Just prior to a bath or shower is best
- Use long sweeping strokes, starting with your feet
- Always brush towards your heart
- Avoid sensitive areas
- End your shower with 3 cycles of hot/cold
- Add a few drops of essential oil to your shower
- Clean your brush regularly (at least once a week)

Nurture yourself by adding Dry Brushing to your daily self care ritual!

Assist Exfoliation: the outermost layer of skin cells which serve to protect the underlying skin layers are not living cells, thus, are continuously shed and replaced via the multiplication and upward movement of living skin cells.

Excites Physiological Activities:Which include lymph and blood circulation, nerve transmission, sweat, oil gland and skin pore functions.

Skin Brushing supports venous and lymphatic drainage of the skin. The lymph stream, unlike the blood stream, is not attached to a pump so its movement is dependent upon movement and contraction of tissues as well as the vitality of the nerves which control the dilation and constriction of the lymph vessels.It also contributes to the strength of the body's immune system by producing certain white blood cells and generating antibodies. It also contributes to the strength of the body's immune system by producing certain white blood cells and generating antibodies.

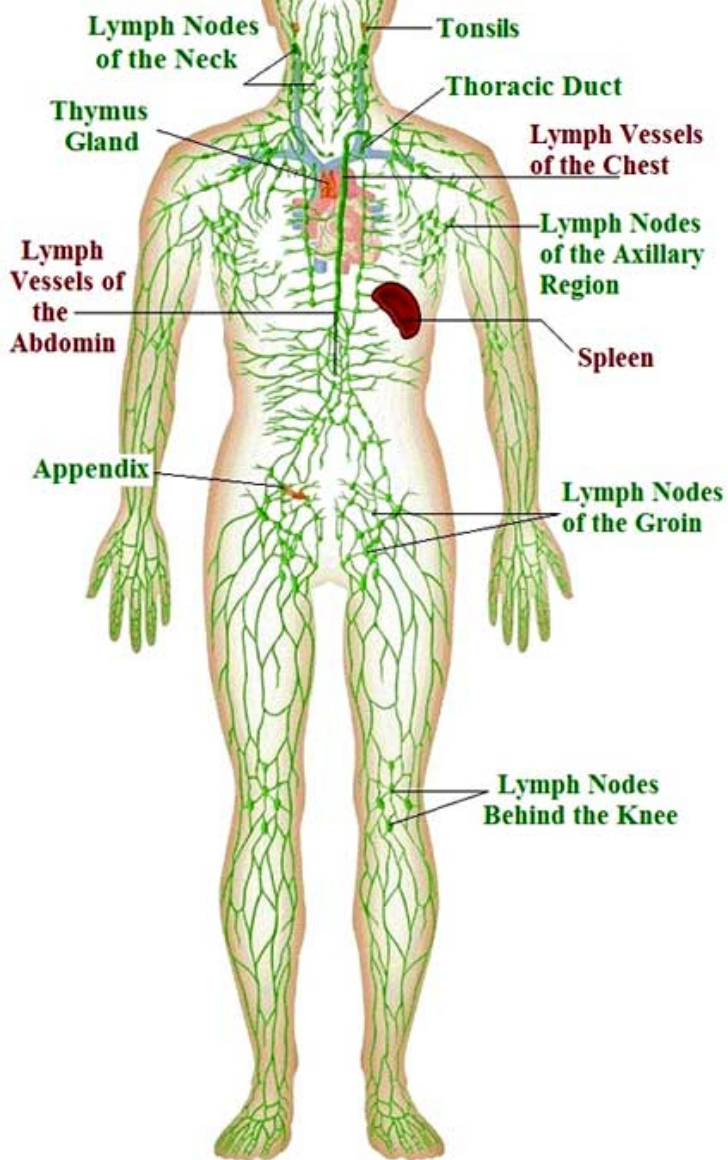
Skin Brushing accelerates filtration into the Lymph vessels and emptying of the smaller vessels into a larger lymph vessels; also it assist in the flow of lymph through the lymph nodes.

According **to**
<http://articles.mercola.com/sites/articles/archive/2014/02/24/dry-skin-brushing.aspx> **Dr. Mercola**

The Lymph and Immune System

network

The Lymph & Immune System



Stimulate Your Lymphatic System

In your body, your lymphatic system is the system responsible for eliminating cellular waste products. Hundreds of miles of lymphatic tubules allow waste to be collected from your tissues and transported to your blood for elimination, a process referred to as lymphatic drainage.

When your lymphatic system is not working properly, waste and toxins can build up and make you sick. Lymphatic congestion is a major factor leading to inflammation and disease. By stimulating your lymphatic system and helping it release toxins, dry skin brushing is a powerful detoxification aid by boosting your immune system and increasing circulation to help detoxify.

Here is an amazing video that can change your life, it will help you connect to a major system, and it will help not only with weight loss but it will improve your health 100%, It is important to be conscience and know how our boys work before we surrender to ignorance and allow the poor me to be in consequence.

from: <http://holistichealthlibrary.com/dry-skin-brushing-and-the-lymph-system/>

Did you know that the skin is the largest organ in the body, and is responsible for one-fourth of the body's detoxification each day? That makes it one of the most important elimination organs. Toxicity can gather beneath the skin's surface from common use of improper pH levels in body soaps, skin creams and anti-perspirants, plus synthetic fibers worn next to the skin. Any one of them can contribute to a variety of skin problems and conditions.

Dry skin brushing is a good way to energize your body in the morning. It also boosts your immune system and helps correct and prevent illnesses, and increases circulation. This is important because your skin releases up to 2 pounds of toxins daily. Your liver, lungs and kidneys are also responsible for eliminating toxins and skin brushing reduces the toxic load of these other organs. In addition, dry brushing not only removes layers of dead skin and aids in unblocking pores, it enhances the function of the lymph system.

Between the cells in all tissues are minute channels where fluid collects. The fluid is called lymph. It is a colorless, odorless, absorbent substance that helps nourish the body by transporting various nutrients such as salts, minerals and proteins to all parts of the body. Lymph also collects the waste products generated by the cells of the body and turns them over to the blood. The blood then carries the toxins generated by cell metabolism to the lungs, kidneys, colon and skin for elimination.

When you do skin brushing, you help your lymph system to clean itself of the toxins that collect in the lymph glands. This process improves surface circulation on the skin and keeps the

pores open, encouraging the body's discharge of metabolic wastes and resulting in an improved ability to combat bacteria. A side benefit is that it helps your skin to look and feel healthier and more resilient.

The blood system has the heart to pump and keep it moving, but the lymph system has no help. Dry skin brushing breaks down lymph fluids that have thickened to a consistency like cottage cheese, especially as we grow older, or in chronically ill people. When the lymph fluid has a better flowing consistency, it can produce more white blood cells to help our bodies fight negative invaders as well as work more efficiently. Exercise, stretching, yoga, or some type of movement helps the lymph move and prevents it from getting too thick and clogged. Regular exercise and dry skin brushing prevents stagnation and accumulation of the waste products that can deposit in our muscles, organs and joints.

Increase Circulation



When you dry brush your skin, it increases circulation to your skin, which encourages the elimination of metabolic waste.

Diabetes and circulatory health

From: <http://www.alive.com/health/improving-circulatory-health/>

Poor circulation is one of the greatest dangers associated with diabetes. Blood flow problems stemming from type 1 and type 2 diabetes are linked to an increased risk of heart

disease, stroke, and damage to sensory nerves in the hands and feet, which in turn can lead to serious complications and even, in some cases, amputation.

That's the bad news. The good news is that improved circulation is something that anyone can achieve with a little effort. One great (and often overlooked) way to increase circulation—aside from getting regular exercise and eating artery-clearing foods such as oatmeal and walnuts—is to dry brush regularly with essential oils.

Stress Relief

from: <http://draxe.com/dry-brushing/>

The act of dry brushing has been described as meditative (especially if you do it in a quiet space) and may reduce muscle tension, calm your mind, and relieve stress. Many compare it to a light whole-body massage.

By increasing your blood flow reduces stressed areas of the body and stimulates nerve endings in your skin which in turn rejuvenates your nervous system.

Another benefit of dry brushing is that it's similar to massage in decreasing stress, which is great for your health by eliminating anxiety. A study reported that whole body massage was effective in reducing anxiety and stabilizing vital signs of patients with acute coronary disorders. Dry brushing is similar to massage in helping you to relax, yet is far cheaper since you can do it yourself.

Much like a hand massage, dry brushing can provide much needed natural stress relief. When you are less stressed, your body heals much faster from any disease-causing inflammation that it may be have.

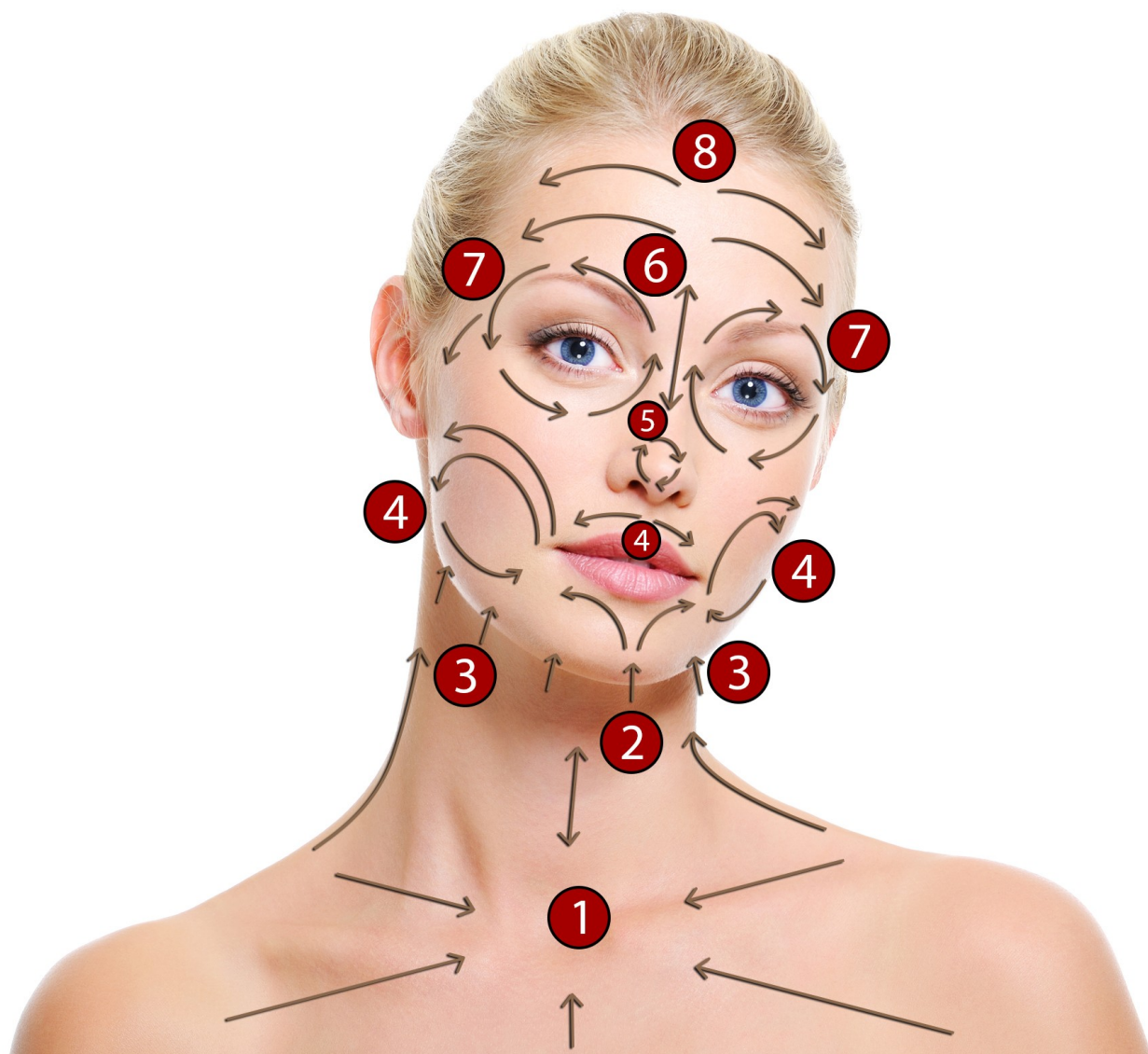
Did you know that 75 to 90 percent of all doctors office visits are related to conditions caused by stress? When you are stressed, it causes changes in the hormones that can increase inflammation and trigger various other problems. If you experience stress over a long period of time, it can be dangerous and is capable of increasing the risk for heart disease, diabetes, weight gain or obesity, mental disorders, autoimmune diseases, digestive disorders and even cancer.

Therefore, finding ways to help eliminate stress is crucial. Dry brushing is an easy way that you can do this for yourself!

Dry Face Brushing

Lymphatic facial massage to reduce Lymphatic puffing under the eye and all over the face

Instructions step by step on how to Dry Brush your face



Click image below to enlarge

dry brushing face

- **Normal**
ideal for removing dirt, oil and makeup from your skin
- **Sensitive**
ideal for removing dirt, oil and makeup from sensitive skin
- **Super Sensitive**
ideal for removing dirt, oil and makeup from delicate skin
- **Body**
for use on the body
- **Silicone**
designed for deep pore cleansing on sensitive areas of the face
- **Pumice Stone**
designed to smooth and exfoliate the skin on elbows and feet
- **Microderm Sponge**
designed to smooth and exfoliate the skin when used with an exfoliating cream
- **Makeup Sponge**
for the application of BBcream, foundation and tinted moisturizer
- **Pumice Stone Flat**
designed to smooth and exfoliate the skin on elbows and feet

Sold in sets of two.

All brush heads are compatible with pulsaderm and pulsaderm buddy.

Skin Brushing benefits Mature Skin:

Decreased sweat and oil gland functions are part of mature

skin. Skin Brushing stimulates both the sweat and oil glands, and in this way, contributes to the restoration of moist, supple skin. It also strengthens the skin through which the skin is moisturized, cleansed and oxygen and CO₂ are exchanged. Aging and devitalization of the skin often results in pore enlargement and flaccidity due to loss of skin tone and depleted Chi (life force). Harry Benjamin ND says that through the practice of regular Skin Brushing one is assured of the possession of a healthy skin, as pores are then certain to be active.

Skin Brushing makes a strong impression upon the dermis, the layer that contains an abundance of blood and lymph vessels, nerves, glands, elastin and collagen fibers. The dermis provides nutrients and moisture to all the skin layers and lends contour and flexibility. When the Dermis ages, its connective tissue fibers reduce, rigidify, lose resilience and even break into pieces, causing the skin's support muscles to lose tone and volume and the skin dehydrate and collapse into sags, wrinkles and lines.

Healthy connective tissue and muscles are products of efficient nutrient support and oxygenation, a waste free, optimal water balance and moderate exercise, all of which are promoted by regular skin brushing.

Breaks down Cellulite

Dr Jack Soltanoff notes: Because Dry Brushing also stimulates hormones and oil producing glands, your skin will be rosy, resilient and radiant, He maintains that Skin Brushing in conjunction with proper diet and exercise will tone and tighten the skin and will get rid of troublesome cellulite. Cellulite is a structural disturbance of fat tissue. The fat content of cellulite containing tissue is normal, but fibrous

nodules surround the fat cells which gives affected skin areas their typical orange peel appearance. Cellulite formation is related, in part, to local vein and lymph congestion. Skin Brushing definitely has a big roll in changing this condition.

To get started, follow the simple steps below:

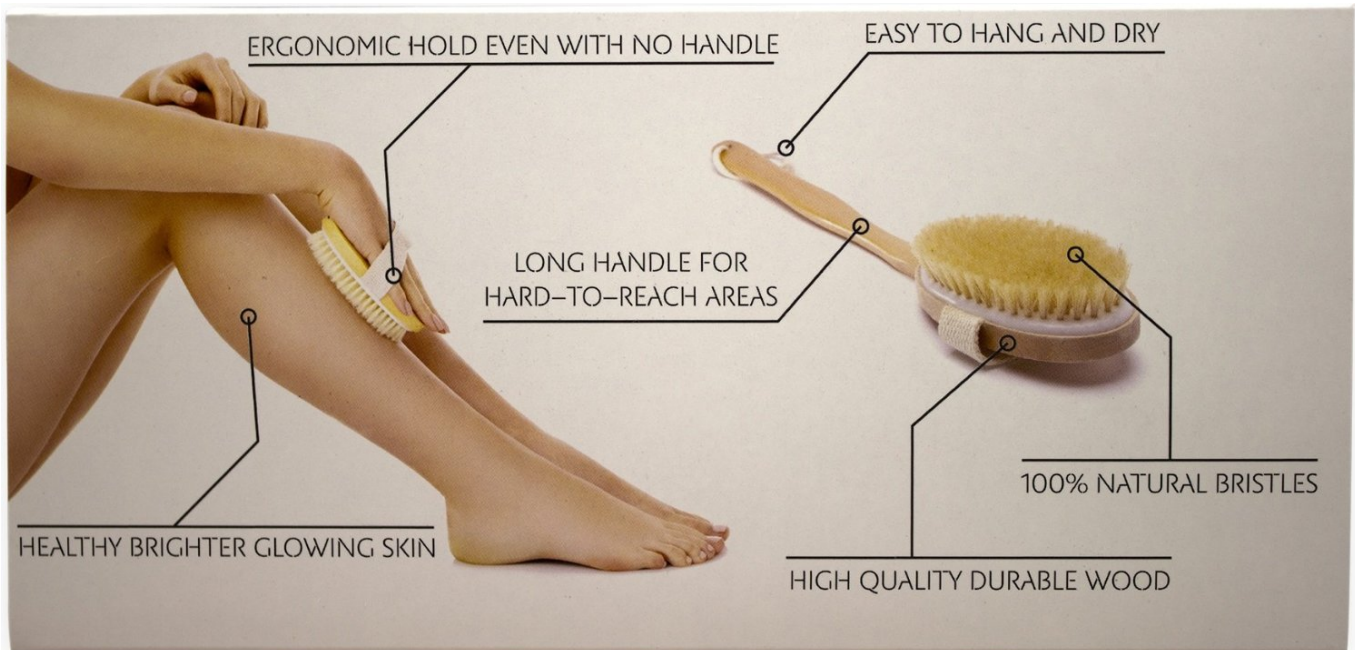
Selecting a Skin Brush



Start off with a natural bristle brush (Skin brushes are preferred) in addition, synthetic bristles do not harmonize with the body's bioenergy system. All the brushes used in Skin Brushing should have natural wooden handles. Avoid plastic and metal handles.

Main body brush is long handled and has vegetable fiber bristles. The long handle is necessary for reaching behind oneself to brush the entire surface area of the back.

As far as the long handled body brushes goes, boar bristles should be avoided, as their softness will not provide the optimal amount of exfoliation and stimulation of the vital processes of skin.



Cleansing your brushes a very important step There are two basic methods of cleansing skin brushes: dry and wet.

1. Quick dry method hold the brush bristle side down . Rapidly draw a comb back and forth over the bristles. This action flicks the bristles, encouraging accumulated dead dead skin cells to drop out from the brush.
2. Second dry method sharply tap the back of the brush with the comb to exert a similar action as before, the brush

should be clean after every use.

Wet method of cleansing the Skin brush

Use the dry method of cleaning the brush first and proceed to plug the drain of your sink, add warm water deep enough to cover the brush bristles when facing downward. Add an organic soap and swish the brush around. Rinse well with cool water. Shake well the excess water from the brush and allow to air dry, if it is sunny, place it in the sun bristle side up, the ultraviolet rays will do their antiseptic work. Do not leave your brushes soaking in water, because, even if the wood is not submerged, water will wick up through the bristles and saturate the wood. Over time, this will cause the wood to mildew and otherwise deteriorate.

Tips to find your Skin Brush



These days, the best way to find a Skin brush is by the internet, unless running around is a better selection at your fingers. I suggest you use the following search terms: natural bristle body brushes; Tampico fiber body brushes; sisal fiber body brushes; palm fiber body brushes.

Dry skin brushing should be done daily in the morning, it is

without question the best time of the day for best results, or even twice a day if you like. Try incorporating it into your normal daily routine, such as doing your brushing before your morning shower and then again after work (avoid doing it too close to bedtime, as it may leave you feeling energized).

How many minutes? It takes about 10 minutes, I personally think I deserve this for myself most of the days we donate hours to other activities that don't render us as much benefits.

Use only brush pressure that is individually comfortable, using relatively gentle pressure.

How To Dry Brush

WHY & HOW TO DRY BRUSH

BENEFITS



- 1 EXFOLIATES DEAD SKIN**
As you get older, it is helpful to exfoliate once or twice a week to help renew the skin and remove those dead skin cells for a fresher appearance
- 2 STIMULATES THE LYMPHATIC SYSTEM**
Dry brushing can help your lymphatic system, which removes toxins from the body
- 3 REDUCES CELLULITE**
Dry brushing may help stimulate the cells and break down toxins from beneath the skin, which may help reduce the appearance of cellulite
- 4 UNCLOGS PORES**
Unclog your skin's pores and help your skin absorb more nutrients with dry brushing
- 5 STRESS RELIEF**
Much like a hand massage, dry brushing can provide much needed stress relief and help your body heal much faster from any inflammation that it may be having

HOW TO DRY BRUSH

1

Purchase a natural bristle brush with a long handle so that you can reach all areas of your body. Avoid the synthetic brushes.



2

Remove any clothing and stand in a bathtub or shower to catch the falling dry skin.

3

Do not wet the skin. Dry brush your skin while it is dry.

4

Starting at the bottom of your feet, move in long sweeping motion toward your heart. (Stroking away from your heart can cause ruptured vessels and varicose veins.)

5

Brush each area several times and overlapping as you go to ensure that you do not miss a spot. Be careful over the more sensitive areas (such as the breasts) and don't be too rough.

6

Once you've brushed your entire body, step into the shower and bathe as you normally would.

7

After you have showered, pat your skin dry and apply a natural oil like rose hip, olive or coconut oil to your entire body.

Dr. Axe

FOOD IS MEDICINE

from: <http://www.wikihow.com/Dry-Brush-Your-Skin>

Stand on a tiled surface. Before you begin dry-brushing, you should get on a tiled surface. Most people prefer dry brushing in their showers. Dead skin flakes will fall away from your body during the process and you want a surface that can easily be cleaned or washed away after the process.

Start with the feet and move up the legs. Use your long-handled brush for this portion of dry brushing. Dry brushing begins with the bottom of your body and moves upward.

- Use long, smooth brush strokes. Work backwards, each stroke moving towards the heart.
- If balance is an issue, prop your leg up on a foot stool or on the side of the bathtub.
- Pay extra attention to rougher areas, like your ankles and the soles of your feet. Brush these areas several times to assure any dead skin falls away.

Move to arms and then torso. Continue to work with your long handled brush. After you've worked your way up your legs, move on to your arms. Remember, the process is very similar. You're moving towards your heart with each stroke.

- Start with your hands and move towards the shoulders. Once again, use long and smooth brush strokes.
- Give rough areas, like the elbows, extra attention. Make sure dead skin falls away.
- Move on to the back. This can be difficult, as some areas of the back are hard to access. Make sure your brush handle reaches far enough to touch your mid-back and other hard-to-reach areas. Move from the buttocks up to the shoulder blades.
- Finally, move on to the torsos and sides. Brush up your

rib cage, moving towards the heart. On your sides, move from your hip to your armpit.

Dry brush sensitive areas. Set aside the long-handled brush and get your softer bristled brush. Move on to more sensitive areas of the skin.

- Dry brush your face, using somewhat smaller and gentler strokes. Move from the forehead to neck.
- Nipples or breasts should also be dry brushed with a softer brush to avoid irritating more sensitive skin.
- If you want to go over your whole body again, it might be better to use the softer brush this time around to avoid undue irritation.

Shower after dry brushing. Even if you do not dry brush in the mornings, it might be a good idea to shower after dry brushing. Any lingering dead skin can be washed off in a shower.

- Some people recommend alternating between hot and cold temperatures to further enhance blood circulation, although this is not necessary. If you'd rather just take a normal shower using tolerably hot water, this is also okay
- Pat your skin dry rather than rubbing it dry after a shower. Your skin might be extra sensitive after dry brushing and you don't want to encourage skin irritation or infection.
- Apply a natural oil to your skin to replenish any oils lost in the dry brushing and showering process. Rose lip oil and coconut oil are good options.

Clean the area and brushes after dry brushing. After you finish dry brushing, you should clean the area where you dry

brushed as well as the instruments used.

- If you dry brushed in your shower, clean up is easy as dead skin will probably flow down the drain afterwards. On other tiled surfaces, sweep up dead skin flakes and dispose of them.
- Your dry brushes should stay dry. Do not hang them in the shower, where they will get wet and be exposed to mildew. Store them away from standing water.
- Periodically, your dry brush will need to be washed. Use a small amount of shampoo or liquid soap. Wash the bristles and blot out as much water as possible afterwards. Hang the brushes to dry somewhere safe, away from any further exposure to water.

Guide Lines and Precautions

Pay attention to the described sequence of brushing

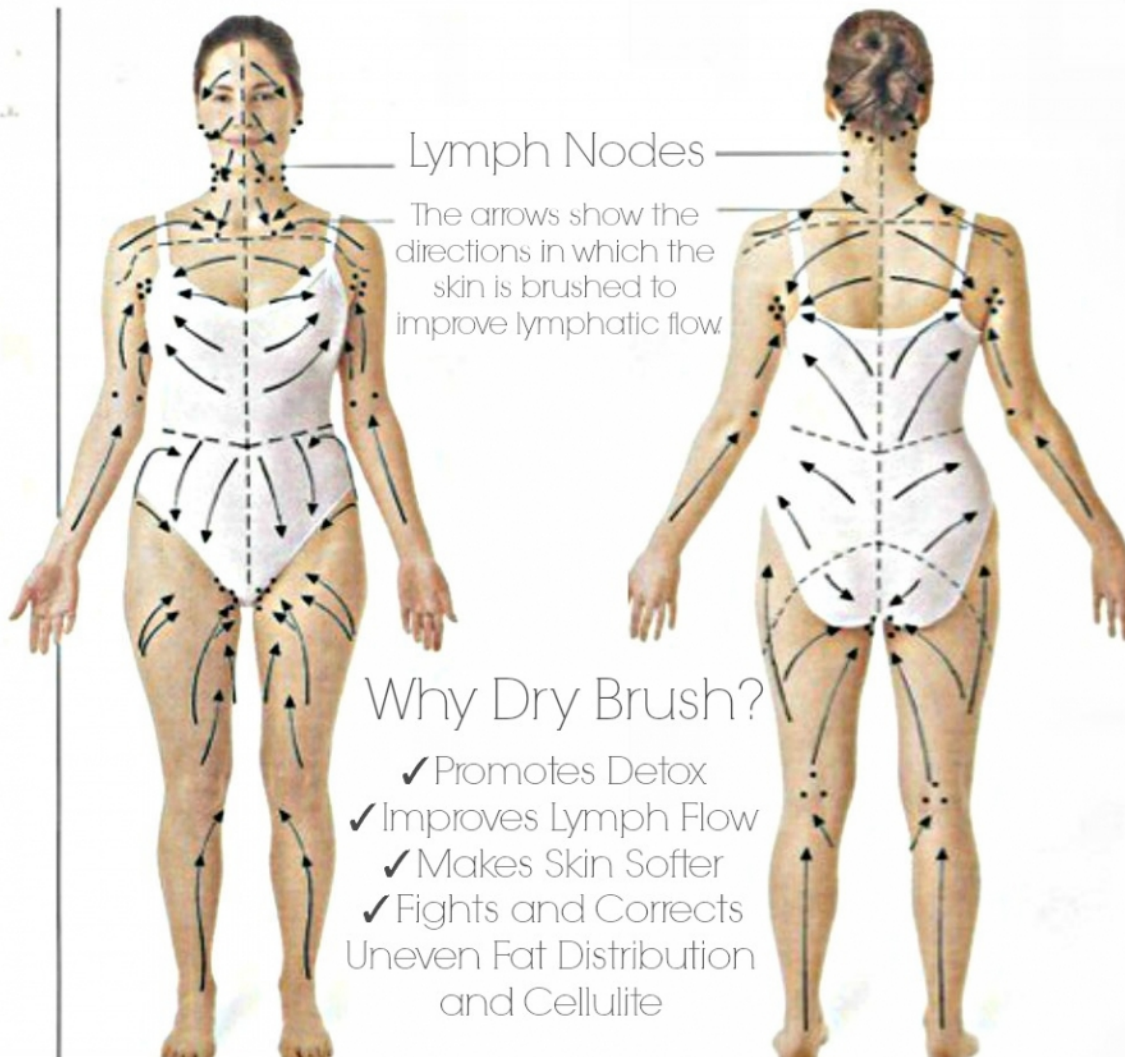
1. The armpit region is first
2. The groin region is after and before chest
3. The neck and head drain into the venous system in the upper chest, and to a small extent, into the axillary nodes, the armpit is brushed before neck and head regions.
4. The upper body is worked BEFORE the LOWER, because the fluids of the latter must course upward to the chest. Hence, it is logical to reduce resistance in the upper body before attempting to propel against gravity the fluids from the lower body toward the upper torso.
5. Since vital Chi runs very powerfully and close to the surface in the hands and feet, they are brushed BEFORE

treating the rest of the limb. This initiates powerful circulation of vital Chi energy in the limb, and so, makes ensuing treatment of limb more effective.

6. Stroke direction always conforms to the route of lymphatic drainage.
7. Never brush areas of active inflammation (like varicose veins, inflamed joints, open wounds, irritations, skin eruptions etc, use common sense on this and when in doubt consult your health care provider).
8. Never brush over enlarged or hardened lymph nodes.
9. Pregnant women should seek the advice of their physician.
10. The genitalia are never brushed.
11. Do not brush after sunbathing.

Bellow is a chart of the direction and location of the strokes for detail Skin Brushing visit <http://naturalhealthscience.com>, a great site with all details and many insights, enjoy it in ideal health and happiness.

Guide to Dry Brushing



Lymph Nodes

The arrows show the directions in which the skin is brushed to improve lymphatic flow

Why Dry Brush?

- ✓ Promotes Detox
- ✓ Improves Lymph Flow
- ✓ Makes Skin Softer
- ✓ Fights and Corrects Uneven Fat Distribution and Cellulite

Front

Back



[100% Natural Dry Body Brush & Face Brush Set for Dry Brushing with Long Detachable Handle and Boar Bristles – Exfoliate](#)

Skin, Reduce Cellulite & Improve Circulation

- Enjoy healthier, more beautiful, glowing skin and improved circulation – thanks to the gently exfoliating 100% NATURAL boar BRISTLES
- Relax and experience an at-home spa-like dry brushing routine – only by using our super comfortable LONG HANDLE body brush with a DETACHABLE head
- The perfect body brush for CELLULITE reduction and stretch mark prevention – very efficient when used for lymphatic drainage – RESULTS visible in a few short DAYS



Touch Me ® All Natural Spa Dry Skin Brush- 10" Length

- Natural sisal bristle with jute handle & rope loop.
- Size: 10" in length, Head 3 ½" across x 5" long.
- Stimulate blood circulation.

- Removes dead skin layers and cellulite.
- Tightens the skin preventing premature aging.



[Bath Blossom Face Cleansing Brush for](#)

Facial Exfoliation – Skin Cleaning Scrubber Brush – Natural Bristles Facial Brush for Dry Brushing

- GET A DEEPER CLEANSE, Natural bristles deep cleansing brush for face removes more makeup, oil and impurities than your hands or a washcloth, allowing you to get more out of your facial cleanser.
- BRIGHTEN & PERFECT YOUR COMPLEXION, Facial brush gently removes dead skin and minimizes imperfections like fine lines and age spots. Great for dry skin brushing!
- SPA QUALITY DESIGN. Premium natural bristles are strong, yet flexible enough to avoid irritation; Ergonomic wood handle is easy to grip.