

Bee Venom for Beauty and Wellness

Bee Venom for beauty and Wellness



Hello and welcome again to our weekly post on week 217, we are sharing the amazing power of one of my favorite little beings, that is the miraculous Bee. I grew up loving bees and early on in my life I learned their value in our eco system and our own

health and beauty. I use honey, royal jelly, bee pollen, bees wax and bee propolis basically on a regular basis.

We would love for you to pass it on to family and friends these little beings are threaten by so many pesticides electronic wave current and much more without them we would not do very good they are responsible for an extensive work in our ecosystem our food etc we love what we do and we spend hours of research to provide you with authority information, please pass it on is so crucial that people know their value, thank you ahead of time for your consideration and support, from all of us at Isabel's Beauty Blog.

In England I was introduced to Bee venom a long long time ago, and I must say that it works amazingly, it plumps the skin and it feeds it. Bee venom is full of vitamins and amino acids, to mention a few qualities of this product and I personally choose it before Botox. The results for me are remarkable and full of natural benefits. Here we are sharing the Bees their qualities in food, beauty, and in our environment , please pass it on. Our intention is to educate people so the bees stand a chance, most people don't like them and kill them. I take that as ignorance, no one knows how valuable they are, who would do harm to a bee, as they do that they are harming the environment and their food source, wouldn't you think?

Ignorance is the major cause of the destruction not only personal but worldwide, our intention is to educate and make a difference one person at a time.

BEES AS PART OF ECOSYSTEMS

These Pollinators strongly influence ecological relationships, ecosystem conservation and stability, the genetic variation in

the plant community, floral diversity, specialization and evolution and so much more. Bees play a very important, but little recognized role in most terrestrial ecosystems where there is green vegetation cover for at least 3 to 4 months each year. In tropical forests, savannah woodlands, mangrove, and in temperate deciduous forests, many species of plants and animals would most likely not survive if bees were missing. This is because the production of seeds, nuts, berries and fruits are highly dependent on insect pollination, and among the pollinating insects, bees are the major pollinators.

In rain forests, especially in high mountain forests where it is too cold for most bees, other pollinators like bats and birds play a greater role in plant pollination. In farmed areas, bees are the most reliable source for the pollination of many cultivated crops, and for maintaining biodiversity in 'islands' of non-cultivated areas. The main role of bees in the different ecosystems is their pollination work. Studies have showed that other animal species are connected with bees: either because they eat the brood or honey, pollen or wax, because they are parasitic to the bees, or simply because they live within the bees nest.

THE POLLINATION WORK OF BEES

When we look at the many colourful and different flowers looks, we should not forget that they have developed these as an adaptation for the bees and other pollinators, and not to please humans, (is not all about us) is more for species survival. Bees and most flowering plants have developed a complex interdependence during millions of years. An estimated 80 percent of flowering plants are entomophilous depending more or less on insect pollination to be able to reproduce, and it is estimated that half of the pollinators of tropical

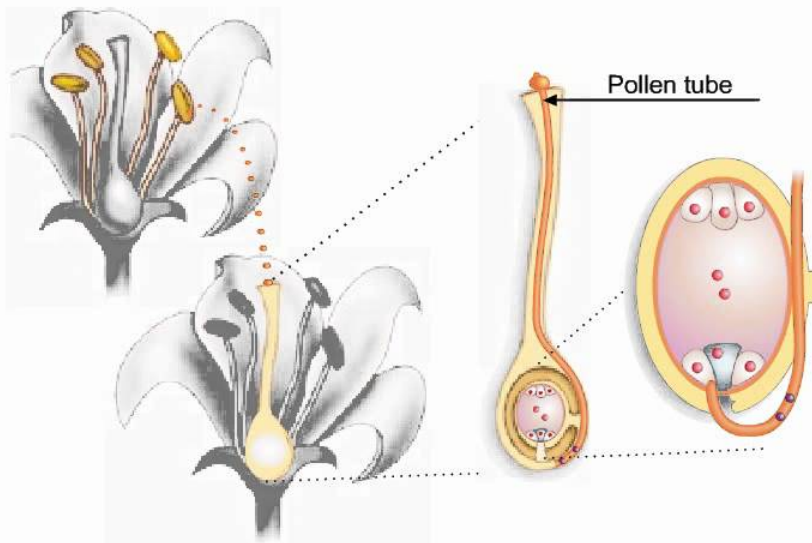
plants are bees responsible for the work.

The efficiency of honeybees is due to their great amount in numbers, their physique and their behaviour of foraging on only one plant species at a time, interesting right?. The bees have to find their food in flowers. The food can be nectar or pollen. Nectar is produced to attract the bees. Pollen is also attracting the bees, but it has another function too: it is produced to ensure the next generation of plants and that is why they need to be pollinated. Bee pollinated flowers have evolved in such a way that a visiting bee has to brush against the flower's anthers bearing pollen, or there may be a special mechanism to release the anthers to spring up or down to cover the bee with pollen. When compared with other insects, bees are extremely hairy. Each hair has a branched structure that makes it highly effective at catching pollen.



While flying to the next flower, the honeybee will brush herself and move many of the pollen grains, to arrange them in the pollen baskets made of stiff hairs on her hind legs. Some of the pollen grains are so dry that they cannot be formed into a clump. To prevent the pollen falling off during flight, the bee will regurgitate some nectar and mix it with the

pollen so sticks together this gives the sweet taste when eating pollen balls collected by bees. It also makes the pollen a little darker so that it can be difficult to see from which plants it comes. Some bees do not have pollen baskets they transport the pollen in the hair on their abdomen (Osmia bees and leaf cutter bees). When the honeybee with pollen is landing in the next flower, there will be pollen enough left on the bees' body hairs to pollinate the new flower, by delivering some grains to the flower's stigma. Now pollination has taken place and the flower is happy to reproduce. To create a seed, the pollen grain has to grow a small tube inside the stigma to the ovary of the flower. Then a male gamete can actually travel through the tube, fertilize the egg cell and start development of the fertile seed. Now the fertilization has taken place in an amazing way.



The pollen tube grows down through the tissue of the style. At some point during its journey, the generative cell of the pollen grain divides by mitosis to form two sperm nuclei, or male gametes.

The pollen tube continues to grow until it reaches the ovary. It then enters an ovule through the micropyle. It ruptures one of the cells next to the egg and discharges the two sperm nuclei.

A very few plants need several successful visits from bees to ensure that all the flower's eggs are fertilized. For example, some varieties of strawberry plants need about 20 pollen grains, requiring visits by several bees, an apple flower may need five or more bee visits to receive enough pollen grains to complete fertilisation. **If the fertilization is inadequate because of lack of bees, not all seeds will develop, and the shape of the fruit will be poor and small.** Fertilization is the beginning of a new seed, which perhaps will grow and develop into a new plant. The new plant will bloom, provide

the bees with food, be pollinated, and be fertilized, and in this way, life continues for plants and bees, fantastic miracle of nature.

Pollination



Lets start with Agriculture and how it depends greatly on the honeybee for pollination. Honeybees account for 80% of all

insect pollination that is a substantial percentage. Without such pollination, we would see a significant decrease in the yield of fruits and vegetables and our environment and less like now the industry produces man made foods!!!! very scary.

Pollen



Bees collect 66 pounds of pollen per year, and that is per hive!!. Pollen is the male germ cells produced by all flowering plants for fertilization and plant embryo formation. Honeybees use pollen as a food. Pollen is one of the richest and most pure of the natural foods, consisting of up

to 35% protein, 10% sugars, carbohydrates, enzymes, minerals, and vitamins A (carotenes), B1 (thiamin), B2 (riboflavin), B3 (nicotinic acid), B5 (pantothenic acid), C (ascorbic acid), H (biotin), and R (rutine) full range of amino-acids, just bee pollen by it self is a full supplemental food.

Honey



Bees use Honey for food all year round. There are many types, colors and flavors of honey, depending upon it's nectar source. The bees make honey from the nectar they collect from flowering trees and plants. Honey is a very easily digestible, pure food due to the fact that is predigested by the bees and very easily absorbed by our boys without creating havoc in our pancreas like sugar does. Honey is hydroscopic and has antibacterial qualities. Eating local honey can fend off allergies due to the process that the bee uses to transform the pollen in essence is like getting a nature made

homeopathic in your system, I always get local honey whatever I visit or bee pollen and I start with a minute amount and then I increase the dosage so I keep my self allergy free, and it works great.

Beeswax



This is a product secreted from the bees glands, beeswax is used by the honeybee to build honey comb in their bee hive. It is used by humans in drugs, cosmetics, artists' materials, furniture polish and candles, soaps hair products and much much more.

Propolis



Collected by honeybees from trees, the sticky resin is mixed with wax to make a sticky glue. The bees use this to seal cracks and repair their hive and at the same time to protect it from bacteria. It is used by humans as a health aid, and

as the basis for fine wood varnishes, I personally always keep some around and I use it in any wound, for me or my dogs and if I feel a sore throat I place a piece in my mouth and I chew it like chewing gum until it is all gone and I promise you it works wonders. "While it's drawing water out of the wound, which is how it might get infected, it's letting off this very minute amount of hydrogen peroxide. The amount of hydrogen peroxide that comes off honey is exactly what we need—it's so small and so minute that it actually promotes healing. Derma Sciences, a medical device company, has been marketing and selling [MEDIHONEY](#), bandages covered in honey used in hospitals around the world, amazing tip!.

Royal Jelly



The powerful, milky substance that turns an ordinary bee into a Queen Bee, this is her food. It is made of digested pollen and honey or nectar mixed with a chemical secreted from a gland in a nursing bee's head. It commands premium prices rivaling imported caviar, and is used by some as a dietary supplement and fertility stimulant. It is loaded with all of the B vitamins, for most part beekeepers that are conscious about the life and wellbeing of bees don't like to collect Royal Jelly due to the fact that is the food for the queen and without her is no bee hive.

For centuries Royal jelly has been used for beauty applying stray on or in skin care and the results are just amazing

Bee Venom



The “ouch” part of the honeybee if you happened to get it through a sting. Although sharp pain and some swelling and itching are natural reactions to a honeybee sting or most, a small percentage of individuals are highly allergic to bee venom. “Bee venom therapy” is widely practiced overseas and by some in the USA to address health problems such as arthritis, neuralgia, high blood pressure, high cholesterol and even MS., and now is new evidence other benefits.

Queen Bee



There is only one queen bee per hive. The queen is the only bee with fully developed ovaries. A queen bee can live for 3-5 years. The queen mates only once with several male (drone) bees, and will remain fertile for life. She usually lays up to 2000 eggs per day wow amazing don't you think?. Fertilized

eggs become female (worker bees) and unfertilized eggs become male (drone bees). When she dies or becomes unproductive, the other bees will “make” a new queen by selecting a young larva and feeding it a diet of “royal jelly”. For queen bees, it takes 16 days from egg to emergence.

The queens are developed from [larvae](#) selected by [worker bees](#) and specially fed with Royal Jelly in order to become sexually mature. There is normally only one adult, queen that mates in a hive, in which case the bees will usually follow and fiercely protect her. However, as in the Brazilian stingless bee [Schwarziana quadripunctata](#) is an exception, a single hive may have multiple queens or even dwarf queens, ready to replace a dominant queen in a case of sudden death.

Worker Bee



All worker bees are female, these bees are not able to reproduce. Worker bees live for 4-9 months during the winter season, but only 6 weeks during the busy summer months pretty short life, they literally work themselves to death, Hmm,

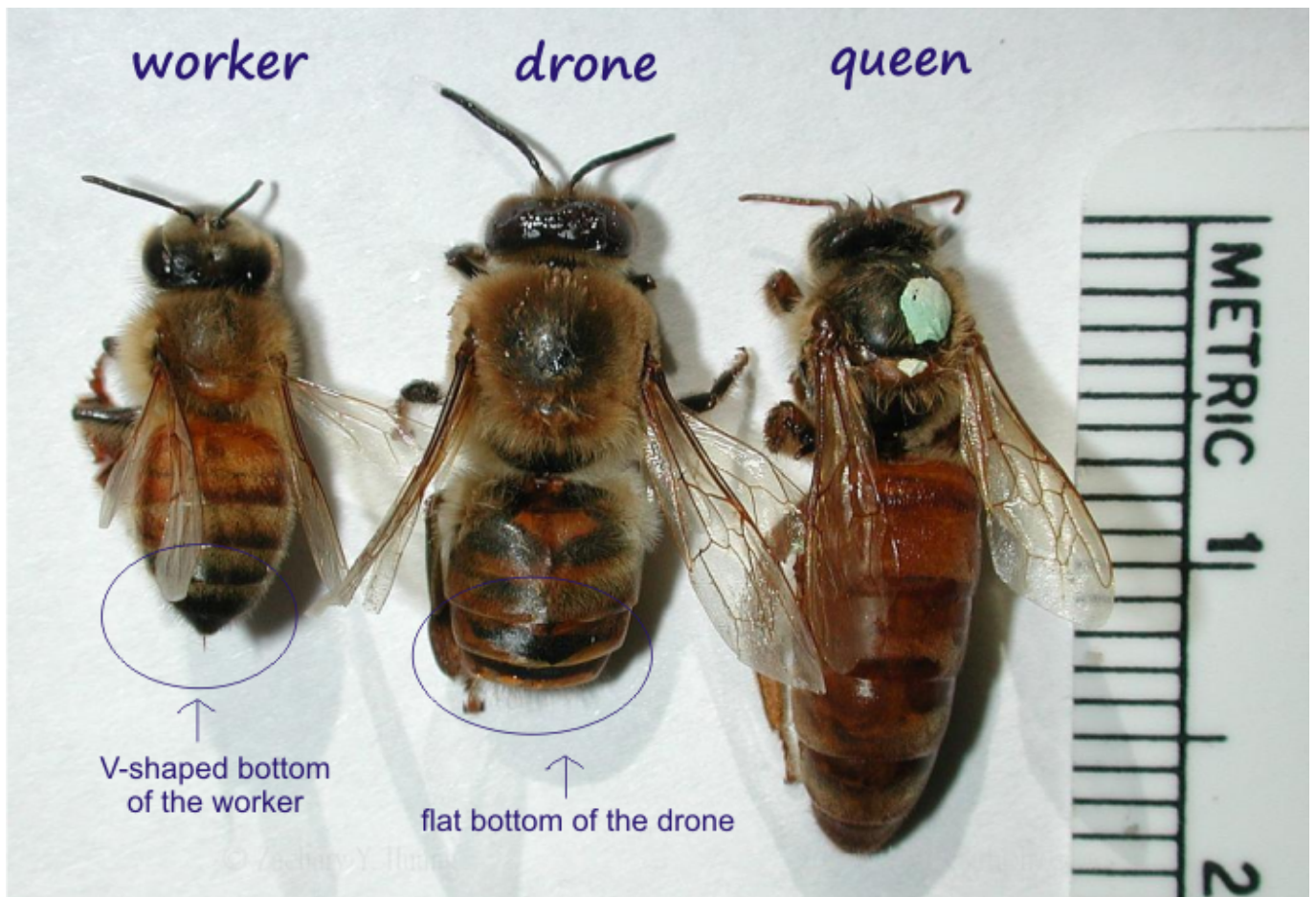
sounds like humans specially here in US, work work work. Nearly all of the bees in a hive are worker bees. A hive consists of 20,000 – 30,000 bees in the winter, and over 60,000 – 80,000 bees in the summer. The worker bees sequentially take on a series of specific chores during their lifetime: housekeeper; nursemaid; construction worker; grocer; undertaker; guard; and finally, after 21 days they become a forager collecting pollen and nectar, an incredibly organized system. For worker bees, it takes 21 days from egg to emergence. The worker bee has a barbed stinger that results in her death following stinging, therefor, she can only sting once.

Drone Bee



These male bees are kept on standby during the summer for mating with a virgin queen. Because the drone has a barbed sex

organ, mating is followed by death of the drone and there you have it no cheating males on this one. There are only 300-3000 drone in a hive. The drone does not have a stinger. Because they are of no use in the winter, drones are expelled from the hive in the autumn.



female bee (worker)



male bee (drone)



HealthyWithHoney.com

A bit of trivia:

- Honeybees are not native to the USA. They are European in origin, and were brought to North America by the many early settlers.
- Honeybees are not aggressive by nature, and will not sting unless protecting their hive from an intruder or are maliciously provoked.
- Honeybees represent a very highly organized society, with various bees having very specific roles during their lifetime: nurses, guards, grocers, housekeepers, construction workers, royal attendants, undertakers, foragers, pollinators etc.
- The queen bee can live for most part several years and less human intervention destroys them! Like always humans and destruction. Worker bees live for 6 weeks during the busy summer, and for 4-9 months during the winter months.

- The practice of honey collection and beekeeping dates back to the stone-age, as evidenced by cave paintings.
- The honeybee hive is perennial. Although quite inactive during the winter, the honeybee survives the winter months by clustering for warmth. By self-regulating the internal temperature of the cluster, the bees maintain 93 degrees Fahrenheit in the center of the winter cluster (regardless of the outside temperature) pretty remarkable.
- An estimated 3.2 million colonies are in the U.S hopefully still.
- The average honeybee can fly at a speed of 15 miles per hour.
- A hive of bees must fly 55,000 miles to produce a pound of honey, there is a fact to appreciate.
- It would take approximately one ounce of honey to fuel a bee's flight around the earth.
- An average worker bee makes about 1/12th of a teaspoon of honey in her lifetime, I truly have gratitude for their work.
- To make honey, bees drop the collected nectar into the honeycomb and then evaporate it by fanning their wings.
- Honeybees dance to communicate the direction and distance of nectar sources.
- The fructose in honey makes it sweeter than sugar. At 21 calories a teaspoon it is one and a half times sweeter than sugar, not to mention Hence, honey vs sugar, [honey has a healthier Glycemic Index \(GI\)](#) which measures the negative impact of a given food on the [blood-glucose level](#). The lower the GI rating, the slower the absorption and infusion of sugars into the bloodstream and hence a more gradual and healthier digestion process. not to mention the nutrients in honey that sugar doesn't own.

Honeybee venom

Honeybee venom is produced by two glands associated with the sting apparatus of worker bees. Its production increases during the first two weeks of the adult worker's life and reaches a maximum when the worker bee becomes involved in hive defense and foraging. It diminishes as the bee gets older. The queen bee's production of venom is highest on emergence, which allows her to be prepared for immediate battles with other queens.

When a bee stings, it does not normally inject all of the 0.15 to 0.3 mg of venom held in a full venom sac (Schumacher et al., 1989 and Crane 1990, respectively). Only when it stings an animal with skin as tough as ours will it lose its sting – and with it the whole sting apparatus, including the venom sac, muscles and the nerve center. These nerves and muscles however keep injecting venom for a while, or until the venom sac is empty. The loss of such a considerable portion of its body is almost always fatal to the bee.

Used in small doses however, bee venom can be of benefit in treating a large number of ailments. This therapeutic value was already known to many ancient civilizations and now is much documentation on its benefits.

Honeybee venom is a clear, odorless, watery liquid. When coming into contact with mucous membranes or eyes, it causes considerable burning and irritation. Dried venom takes on a light yellow color and some commercial preparations are brown, thought to be due to oxidation of some of the venom proteins. Venom contains a number of very volatile compounds which are easily lost during collection.

88% of venom is water. The glucose, fructose and phospholipid

contents of venom are similar to those in bee's blood (Crane, 1990). At least 18 pharmacologically active components have been described, including various enzymes, peptides and amines. Detailed information on the components is available in the Krell document noted below.

(taken from Krell, R., "Value-Added Products from Bee-Keeping," FAO Agricultural Services Bulletin #124, 1996)

Dried Bee venom



Bee venom, also known as apitoxin or apis mellifera, These two proteins are one of the keys to healthy skin. Collagen gives skin its elasticity and strength, and a reduction in collagen (sparked by the natural ageing process) can lead to wrinkles and fine lines.

Meanwhile, elastin is essential for the production of elastic fibres in the body. These small groups of proteins help to give strength and flexibility to our connective tissues, providing structural support for skin, the heart, lungs and other organs.

Products made with purified bee venom can help to moisturise skin while providing anti-aging and firming effects.

In most cases, application of these creams, moisturisers, masks and cleansers will feel much like an ordinary beauty product, although it may induce some micro-swelling (light plumping) in the area as it works.

It's important to remember that if you do have a severe allergy to bee stings, it's best to seek advice from your doctor before using any products containing bee venom.

The main component in apitoxin is melittin amounting to 52 % of venom peptides.

Other components are:

- Apamin increases cortisol production in the adrenal gland. Apamin is a mild neurotoxin.
- Adolapin, contributing 2–5% of the peptides, acts as an anti-inflammatory and analgesic because it blocks cyclooxygenase.
- Phospholipase A2 amounts to 10–12% of peptides and it is the most destructive component of apitoxin. It is an enzyme which degrades the phospholipids which

cellular membranes are made of. It also causes decreased blood pressure and inhibits blood coagulation. Phospholipase A2 activates arachidonic acid which is metabolized in the cyclooxygenase-cycle to form prostaglandins. Prostaglandins regulate the body's inflammatory response.

- Hyaluronidase contributing 1–3% of peptides dilates the capillaries causing the spread of inflammation.
- Histamine contributing 0.5–2% and is involved in the allergic response.
- Dopamine and noradrenaline which contribute 1–2% increase pulse rate.
- Protease-inhibitors contribute 2% and act as anti-inflammatory agents and stop bleeding.
- Tertiapin.

According

to: <http://www.shirleys-wellness-cafe.com/NaturalFood/Bee>

Honey bee venom contains at least 18 active substances. Melittin, the most prevalent substance, is one of the most potent anti-inflammatory agents known (100 times more potent than hydrocortisol). Adolapin is another strong anti-inflammatory substance, and inhibits cyclooxygenase; it thus has analgesic activity as well. Apamin inhibits complement C3 activity, and blocks calcium-dependent potassium channels, thus enhancing nerve transmission.

Other substances, such as Compound X, Hyaluronidase, Phospholipase A2, Histamine, and Mast Cell Degranulating Protein (MSDP), are involved in the inflammatory response of venom, with the softening of tissue and the facilitation of flow of the other substances. Finally, there are measurable amounts of the neurotransmitters Dopamine, Norepinephrine and Serotonin.

The composition of bee venom and its properties

Dried bee venom composition

COMPONENT	MOL. Wt.	% (Dry Venom)
PEPTIDES		
Melittin	2,840	40-50
Apamin	2,036	2-3
MCD-Peptide 401	2,588	2-3
Adolapin	11,500	1.0
Protease inhibitor	9,000	< 0.8
Secarpin		0.5
Tertiapin		0.1
Melittin F		0.01
Procamine A, B		1.4
Minimine	6,000	2-3
Cardiopep		< 0.7

ENZYMES	MOL. Wt.	% (Dry Venom)
Hyaluronidase	38,000	1.5-2.0
Phospholipase A2	19,000	10-12
Glucosidase	170,000	0.6
Acid Phosphomono-esterase	55,000	1.0
Lysophospholipase	22,000	1.0
ACTIVE AMINES		
Histamine		
Dopamine		0.13-1.0
Norepinephrine		0.1-0.7
NON-PEPTIDE COMPONENTS		
Carbohydrates: Glucose & Fructose		< 2.0

Bee venom is a complex substance, the chemical composition of which are enzymes, proteins, amines (histamine, choline), volatile oils, evaporating during the drying of poison. And acids (hydrochloric, phosphoric, formic) and substances such

as hormones of the adrenal cortex.

Let us consider the properties of bee venom, which he has:

- Improves fat metabolism, which in turn regulates cholesterol metabolism, reducing its concentration in the blood;
- Enhances the action of enzymes and hormones;
- Stimulates the "adrenal glands – the pituitary gland";
- Assists in the concretionary bones as facilitating this process;
- Has anti-inflammatory effects;
- Thanks to the analgesic, antispasmodic and vasodilatory action, bee venom is often used for children to relieve pain in the abdomen;
- Contains substances which lowers the body temperature;
- Has a positive effect on the central nervous system;
- Strengthens the immune system;
- Has antiarrhythmic action and the ability to stimulate the heart;
- Restore the myelin sheath of nerve fibers, resulting in normal nerve impulse;
- Improves sexual function;
- Contributes to the removal of salts from the human body;
- Stimulates brain activity;
- Increases the elasticity of the connective tissue;
- Improves hearing, memory and vision.

Thus, bee venom is a unique substance, the positive properties

of which are not fully understood until now. However, the effect of bee venom is widely used in modern medicine for the effective treatment of almost all of the human body.

Health benefits of honey bee venom (apitoxin)

Disease	Very good success	Good success	No change
Polyarthritis	77	18	15
Osteochochrosis (orthopedic disease)	1542	352	116
Bronchial asthma	38	17	10
Hypertension	18	9	18
Multiple sclerosis	103	72	35
Post stroke paralysis	196	10	31
Polyneuritis	22	9	6
Ganglion nerve inflammation	11	4	1
Cerebellar ataxy (muscular disfunction)	12	7	2
Syringomyelia (pain of extremeties, headache)	140	31	11
Inflammation of facial nerve	128	6	1
Myopathy (neuromuscular disease)	54	8	16
Trigeminal neuralgia	16	7	2
Post-traumatic inflammation of the plexus nerve	206	46	21
Arachinoid inflammation (a CNS membrane)	275	20	20

from: <http://www.diyhomeremedies.net/health-benefits-honey-bee-venom-apitoxin/>

Honey bee venom (apitoxin) has anti-inflammatory, antifungal, antibacterial, and antipyretic properties.

It is known as an effective natural remedy for rheumatism and pain relief.

Also, it is effective against insomnia, migraine, energy,

immunity, increases appetite. Generally, honey bee venom (apitoxin) is an excellent prevention against infectious diseases.

Russian scientists have discovered that honey bee venom (apitoxin) has the ability to expand blood vessels, which improves blood circulation and metabolism.

Due to irritation, at the time of bite immune system activates wherein the blood begins to circulate and stronger circulation and higher oxidation prevent bacterial growth.

Honey bee venom (apitoxin) opens capillary walls, allowing the body easily and quickly discharge of waste substances. In this way the metabolism accelerates, and body is filled with oxygen .

Honey bee venom (apitoxin) therapy has proven to be useful in :

- arthrosis and arthritis
- inflammation of nerves (neuritis , sciatica)
- multiple sclerosis
- Parkinson's disease
- cerebral palsy
- high blood pressure
- high cholesterol
- poor circulation
- inflammation of blood vessels
- asthma and allergies
- urticaria
- psoriasis
- wounds and scars
- inflammation of the ovaries and fallopian tubes
- addiction

Egyptian Bee Keeper



Therapies involving the honeybee have existed for thousands of years and some may be as old as human medicine itself. The ancient rock art in the caves of early hunter-gatherers depicts the honeybee as a source of natural medicine. Bee

venom therapy was practiced in ancient Egypt, Greece, and China—three Great Civilizations known for their highly developed medical systems. Hippocrates, the Greek physician known as the “Father of Medicine”, recognized the healing virtues of bee venom for treating arthritis and other joint problems he new about it . Today, growing scientific evidence suggests that various bee products promote healing by improving circulation, decreasing inflammation, and stimulating a healthy immune response.

It is important to note that Apitherapy is not only the use of the venom for healing, often called Bee Sting Therapy, but the use of all the hive products, and usually a combination of them. These products are also sometimes mixed with other ingredients, specifically different essential oils, dependent on the condition being treated.

The more modern study of apitherapy, specifically bee venom, was initiated through the efforts of Austrian physician Philip Terc in his published results “Report about a Peculiar Connection between the Bee Stings and Rheumatism” in 1888. Bodog Beck (Budapest, Hugary 1871 – NYC, 1942) followed Terc, and brought Apitherapy to the United States. More recent popularity has been credited to Charles Mraz (1905 – 1999), a beekeeper from Vermont, who knew Beck. Some of the Board Members of the American Apitherapy Society, as well as some general AAS members, have been trained by and/or treated and inspired by Mraz. The Society’s annual educational and training event, CMACC, is named for him, the Charles Mraz Apitherapy Course and Conference.

Do Bee Venom Beauty Treatments

Work?



'Bee Venom' Beauty Secret of Celebrities and Royal Families Hits Story Today

freya in Wonderland



Camilla Rosemary



Kate Middleton



Victoria Beckham



Gwyneth Paltrow



Keira Knightley

In the last couple of years there has been a lot of buzz in the press and the media about bee venom products and the benefits being gained by various actresses, celebrities and royalty using them, I personally got introduced to stover forty years ago by my mother she always used royal jelly and all Bee products. But before rushing out to buy wouldn't you like to know just a bit more about what bee venom can or can't do for you?(always be cont of your tolerance to bee products and by that I mean allergies to bees) Bee venom treatments aren't a new addition to beauty and health treatments, they have been around for centuries, but it's only recently that the benefits have become public knowledge and approved in safety for public

use.

We are always on the lookout for products that can help us to get rid of wrinkles and fine lines or to rejuvenate our skin to its original youthful glow, and this is where bee venom creams and masks seem to play a major role in restoring elasticity and radiance to your skin. So, the next question is do bee venom treatments really work and will they be suitable for you?

What Are Bee Venom Beauty Treatments?

The Chinese and the Greeks used bee venom treatments for centuries but it is only recently that we have recognized their benefits as part of a daily beauty regimen. Aging unfortunately is a fact of life but that doesn't mean we can't take steps to minimize the facial wrinkles, fine lines and sagging skin. There are a range of specialized bee venom treatments, including bee venom masks and bee venom creams to provide the essential ingredients to rejuvenate and restore your skin back to it's former state.

How Does Bee Venom Work?

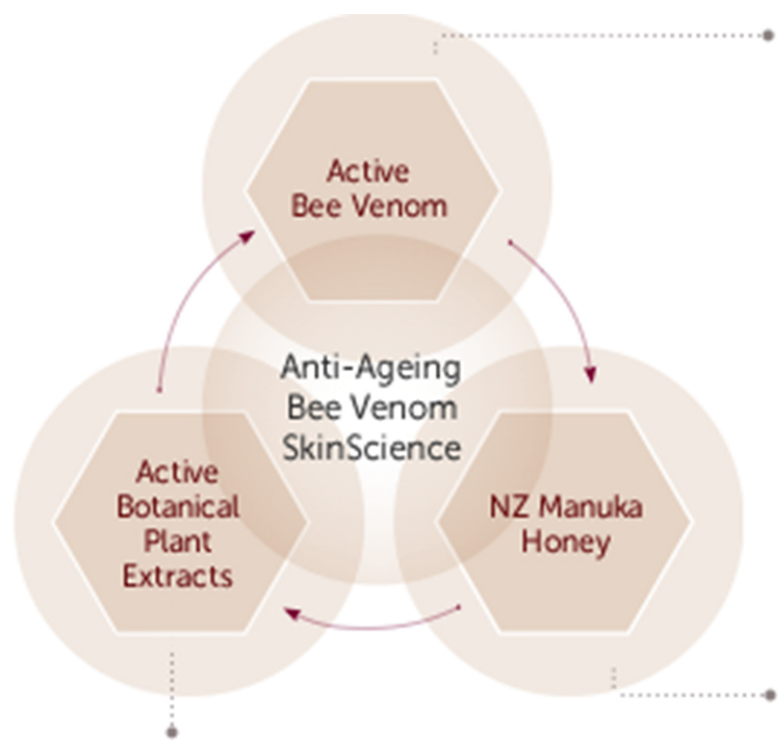
Bee venom is a clear, odorless liquid that's injected into your skin when a honeybee stings you. It consists of more than 20 known compounds, the most prominent being melittin, a protein that boasts powerful anti-inflammatory, anti-bacterial, and anti-viral properties. Most products that

contain bee venom act in a somewhat similar manner when put on your skin, though the effects can vary for different people. Basically bee venom sort of tricks your skin and its mild irritant properties make your skin believe that it is under "attack". Consequently your skin reacts by producing more elastin and collagen plus the blood circulation to the facial skin also increases. The end result is a plumper, firmer and smoother skin.

Using bee venom treatments on a regular basis can result in a huge transformation to your facial skin. You should also make sure that you include your neck area in your bee venom regime since it is equally exposed to sun and air pollutants but often overlooked. The bee venom creams can be used overnight and work on the skin even as you sleep. The bee venom masks need to be applied then left on for 15- 20 minutes before washing off with water, and you will usually feel immediate results after a bee venom mask treatment. Combined use of bee venom masks and bee venom cream will result in the cleansing, tightening, softening and nourishing of your facial skin.

What Else Should You Know About Bee Venom Treatments?

Bee venom is unique in regard to beauty benefits but a small word of caution at this point – anyone who is allergic to bee products should not use bee venom treatments. They can lead to severe reactions for some people. Always test any product before you start using it on a regular basis and then begin your journey to permanently good-looking skin.



Bee Venom is THE most natural agent you can choose to trigger Collagen and Elastin. Muscles respond by tightening and lifting. Each product has a variable level of Active Bee Venom according to its functional purpose.

Venom collection DOES NOT harm the bees. Purified Bee Venom becomes non-allergenic when combined with Manuka Honey.

Manuka Honey is a staple in the SAViQ base blend. It naturally supports youthful elasticity by inhibiting the enzymes that break-down Collagen.

New Zealand Manuka Honey is hailed as nature's wonderfood with unique antibacterial activity. It is anti-inflammatory and proven to soothe and heal.

New Zealand plant extracts are truly unique and well known for their natural functionality in skincare.

We selectively blend these raw harvested botanical actives with the science of Apitherapy to achieve the specific functionality of each product in the range.

So how does it work?

As skin ages, it loses its naturally-occurring collagen which results in sagging skin and fine lines and wrinkles. Sometimes referred to as nature's Botox, bee venom therapy works to reverse the effects of aging by encouraging the stimulation of natural collagen and elastin.

Applying small amounts of bee venom creams to the skin fools it into thinking it has been stung. Blood is sent to the affected area which in turn stimulates the production of collagen, which strengthens body tissue, and elastin, which helps the skin stay firm and youthful. Regular users of bee venom therapy beauty products like eye cream, venom masks, ointment and serum can notice a number of benefits including improved skin texture and firmness, the reduction of pores, fine lines and wrinkles, and reduced pigmentation and sun damage.

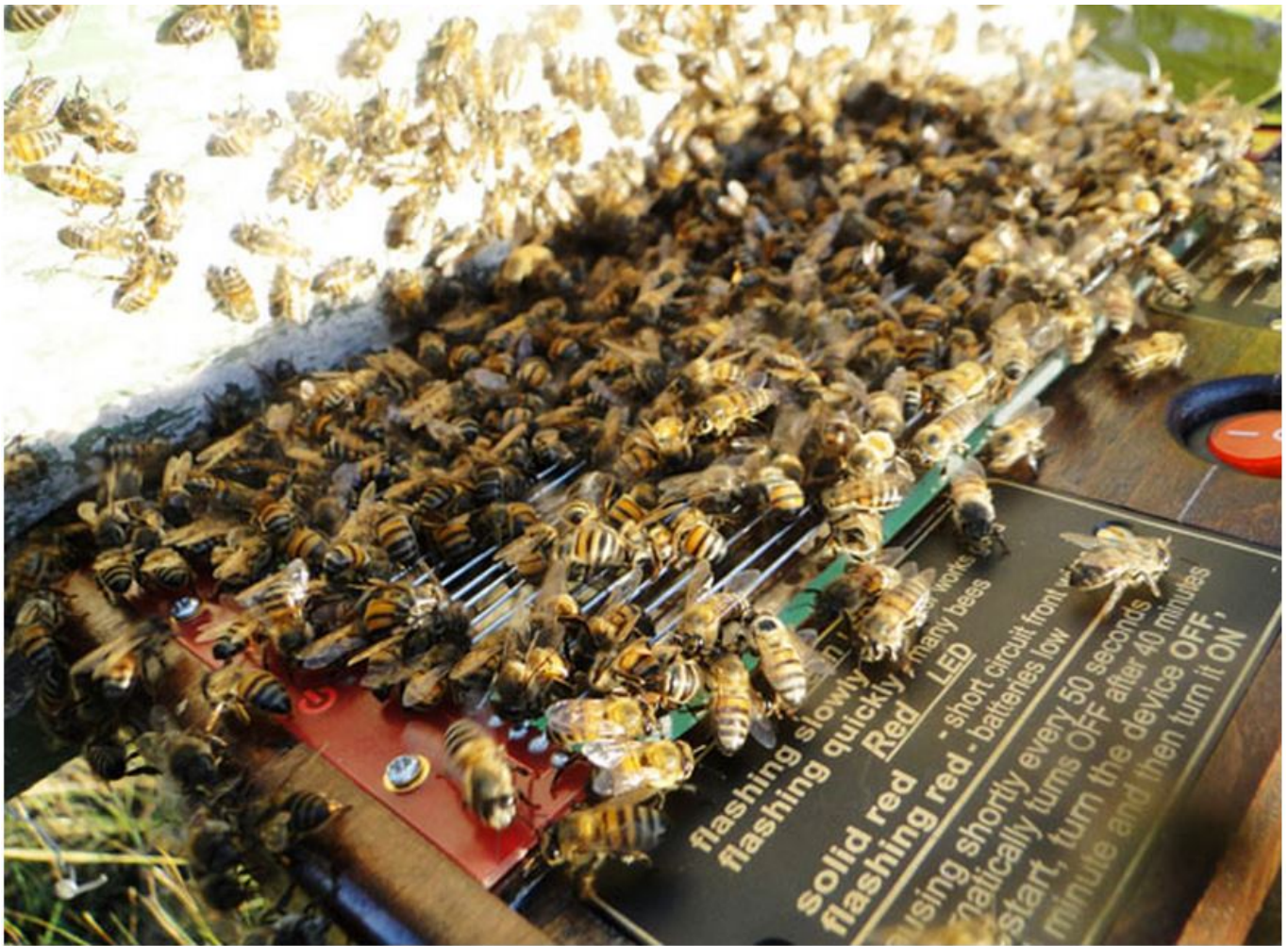
It's important to reiterate that you shouldn't just squeeze the venom out of a bee and dab it on your wrinkles. The difference between a bee venom cream and an actual bee sting is the dosage. Bee venom beauty products like eye cream, moisturiser, venom mask and venom ointment contain a low-dose variant of bee venom, which means a user can still enjoy the skincare benefits it provides without actually being stung.

Bee venom by itself is great for an instantaneous skin lift and plump-up but if it's left on your skin for too long at one time, it can result in a similar reaction to an actual bee sting. To avoid the angry reaction while still harnessing the power of nature, bee venom is often combined with New Zealand Manuka honey. Not just famous for our organic skincare ranges, we produce New Zealand Manuka honey which is internationally-recognised for its healing and overall health benefits. It has anti-inflammatory properties which help to reduce possible redness that might be caused by the application of bee venom, while its anti-bacterial benefits assist with any possible

skin infection. Bee venom and New Zealand Manuka honey combos come in venom masks, eye creams, moisturizers and a wide range of creams and ointments.

However, one star ingredient that's been gaining a steady buzz over the past few years is the use of bee venom to promote positive effects in human skin. Its inherent properties have earned it the nickname of 'nature's botox', and even Kate Middleton reportedly used a face mask with bee venom as part of her wedding preparations.

But is it safe for the bees?



from:

<http://www.prevention.com/beauty/natural-beauty/bee-venom-beauty-trend-killing-bees>

When a bee stings a person, it dies because it no longer has its stinger. Collecting bee venom, on the other hand, is not harmful or stressful for the bees. A glass sheet is placed into the beehive along with a very weak electrical current running through it. When bees sit on the glass, the weak current encourages them to stick out their stingers and pump out a small amount of venom. As each bee releases its venom, it also releases pheromones which tell the other bees to sting the glass too. The venom sticks to the glass, which is then removed from the beehive and the venom collected and purified. And in case you were wondering, collecting bee venom does not contribute to colony collapse disorder, the unusually high levels of hive loss reported by beekeepers beginning in 2006. That's caused by a cocktail of diseases, parasites, poor nutrition, and environmental stressors like pesticides and limited water access, says the USDA. Frasier has noticed that the bees he stimulates for venom even yield more honey than their non-stimulated counterparts. "I don't know if [the stimulation] has anything to do with it, but we definitely haven't seen a negative impact [on the bees]."

But even if bee venom collection turns out to be a positive for bees, know that us humans can definitely get too much of a good thing. "We've heard of people using bee venom two or three times a day, and that's not something we recommend. It's a matter of your personal preference and tolerance level, but using bee venom two or three times a week is more than enough to achieve the desired effects," says Frasier.

The venom is harvested from bees without causing them any harm.

from: <http://www.manukadoctor.com/purified-bee-venom>

That means you can rest assured no bees were harmed in the making of your beauty product and you can look forward to seeing the results of this wonder ingredient on your skin.

Purified Bee Venom (PBV™) is an industry first from Manuka Doctor. Because venom can contain contaminants from handling and collection, we established a process to ensure only the purest of ingredients go into our products and on your skin.

Each batch of PBV™ is tested for its composition and recorded for quality control and tracking purposes. If it doesn't meet our strict specifications for purity and toxicity testing, it is immediately rejected.

Our highly trained beekeepers undergo regular learning for quality controlled bee venom collection. Research has proven that the quality of our bee venom is of a clinical patient treatment standard. In Korea, where extensive testing of bee venom has taken place, leading researcher Dr Sang Mi Han concluded that there is no guarantee that other bee venom sources would give the same results as Purified Bee Venom.

However, one star ingredient that's been gaining a steady buzz over the past few years is the use of bee venom to promote positive effects in human skin. Its inherent properties have earned it the nickname of 'nature's botox', and even Kate Middleton reportedly used a face mask with bee venom as part of her wedding preparations.

Here are some very interesting facts

The honey bee has been around for millions of years.

Honey bees, scientifically also known as *Apis mellifera*, are

environmentally friendly and are vital as pollinators.

It is the only insect that produces food eaten by man.

Bee Venom has evolved beyond a physical defence against predators, to be a colony protector.

Honey is the only food that includes all the substances necessary to sustain life, including enzymes, vitamins, minerals, and water; and it's the only food that contains "pinocembrin", an antioxidant associated with improved brain functioning.

Honey bees have 170 odorant receptors, compared with only 62 in fruit flies and 79 in mosquitoes. Their exceptional olfactory abilities include kin recognition signals, social communication within the hive, and odor recognition for finding food. Their sense of smell was so precise that it could differentiate hundreds of different floral varieties and tell whether a flower carried pollen or nectar from metres away.

The honey bee's wings stroke incredibly fast, about 200 beats per second, thus making their famous, distinctive buzz. A honey bee can fly for up to six miles, and as fast as 15 miles per hour.

The average worker bee produces about 1/12th teaspoon of honey in her lifetime.

A hive of bees will fly 90,000 miles, the equivalent of three orbits around the earth to collect 1 kg of honey.

It takes one ounce of honey to fuel a bee's flight around the world.

A honey bee visits 50 to 100 flowers during a collection trip. The bee's brain is oval in shape and only about the size of a sesame seed, yet it has remarkable capacity to learn and remember things and is able to make complex calculations on distance travelled and foraging efficiency.

A colony of bees consists of 20,000-60,000 honeybees and one queen. Worker honey bees are female, live for about 6 weeks and do all the work.

The queen bee can live up to 5 years and is the only bee that lays eggs. She is the busiest in the summer months, when the


hive needs to be at its maximum strength, and lays up to 2500 eggs per day.

Larger than the worker bees, the male honey bees (also called drones), have no stinger and do no work at all. All they do is mating.

Each honey bee colony has a unique odour for members' identification.

During winter, honey bees feed on the honey they collected during the warmer months. They form a tight cluster in their hive to keep the queen and themselves warm.

BEE

 **Bio Cellulose Bee Venom**
+ Royal Jelly Miracle Mask

The Ultimate Anti-Ageing Treatment! 30ml 1 FL. OZ.

Helps skin to reduce the appearance of fine lines and wrinkles.



Timeless Truth Bio Cellulose Bee Venom Royal Jelly Miracle Mask

Timeless Truth's Bio Cellulose Masks help you target your skin's specific needs. Try the Apple Stem Cell, HA Moisturizing, TT Collagen, Snow Lotus, and EGF Anti Aging Masks.. All masks come in a pack of 5.



[Manuka Doctor Skincare Apirevive Rub Ease](#)

Balm

This balm helps relieve stressed out muscles and aching joints. Its purified bee venom has great anti-inflammatory properties making it the perfect partner to glucosamine for relieving aches and pains.



Abeeco Pure New Zealand Bee Venom Mask

- Rare New Zealand Bee Venom extract works to naturally lift and firm the skin, eliminating the need for cosmetic injections or fillers
- The Abeeco Bee Venom Mask formulation combines a proprietary blend of magical New Zealand Bee Venom, soothing Manuka Honey as well as natural essential oils and nutrients to promote plump and youthful skin
- Can be used as a mask or cream. The effects of the Abeeco Bee Venom Mask are cumulative, the longer you use it the more obvious the results will be



Heaven Black Label Hydrating & Firming Mask

- Hydrating & Firming Mask Very good for dry skin Hydrates the skin. Suitable for sensitive skin Ingredients like

Bee Venom Mask unlike that does not contain this Bee Venom with Honey Mask and leave it on your face. Add oxygen to the skin. Good blood circulation Keeps skin soft and flexible, allowing wrinkles or age lines are fading somewhat accelerate the renewal of skin cells. 50 ml. Ingredients Rose (Rose) helps build collagen and elastin and more. Keeps skin soft and smooth Lavender (Lavender) Anti-bacterial treatment for skin anti-aging. Tea Tree (Tea Tree) to help combat bacteria. The skin food Tea Tree acts as a natural preservative. Shea Butter (Shea Butter) is oil from Shea is extracted from natural gas. Smooth skin Marshmallow (marshmallows) to help combat inflammation and repair skin that has been abused. Beta-Carotene (beta-carotene).

Do you know about African Black Soap and its many uses?

Nature's Form New African Black Soap



Hello everyone, we wish to thank you for tremendous support from all of us at Isabel's Beauty Blog. We have so much gratitude by such a huge support from the followers. It helps us keep going and getting feed back from people all over the world is such a heartfelt experience for us, thank you.

Here in week 216 we are sharing a product that not only supports the economy for a community in a country where there is a lot of need for this, at the same time this is a product harvested, and made with community effort and that is something that I grew up with and know very well. Up in the Peruvian Andes where I grew up, we coexisted by community and team collaboration, and I really miss that. For me, making or doing anything as a team completes the whole, and this product has that from its many physical qualities to the many people and energy involved, very rich if you ask me. These people believe in their product and are many generations involved in the evolution of it. The company that we are sharing here is **Natures Form** we wish for you to give them a try and enjoy, pass it on to family and friends.

naturesform.net

Nature's form is proud to introduce its first soap product, straight from Ghana, Africa! This totally natural, hand-made soap, brought to the US market from Ghana, Africa. This is the absolutely real thing. Based on an age-old recipe and having stood the test of time, with many claims of healing and renewing skin challenges making the skin glow as a result of its exfoliating properties we are proud of our find.

The soap is made by first drying the skins of the Plantain fruit to precise texture usually in the hot African sun. The skins are then roasted in a clay oven to achieve a particular color, texture and fragrance. Naturally, all Black soaps contain Cam Wood, which scientifically is known as *Baphia nitida*. If you are Nigerian 'Osun' might ring a bell because that is what it is called in Yoruba language. Cam wood is a skin dye that treats skin issues, like ring worms, among others; and gives Black Soap its characteristic black color. The longer they are dried the darker the color of the soap. Next, this base is carefully mixed with palm oil and palm kernel oil. Generous amounts of Ivory Shea Butter are

then mixed in also at this time in the process. The soap is then hardened by being put into molds and left in the African sun to harden. Then it is packaged into air-tight bags in Africa to preserve its centuries old cleansing and medicinal power(Shea Butter is a natural sunscreen aside from many other qualities).

- Handmade, organic, all natural ingredients with Shea Butter
- Authentic age-old recipe from west Africa
- 3-pack in a slick plastic case for easy and secure storage of unused bars
- Safe and beneficial for all skin types
- Improves Skin Tone
- Fades Skin Discolorations
- Reduces Inflammation and Skin Irritations
- It's an Effective Exfoliant

History of African Black Soap



HOW AFRICAN
BLACK SOAP
IS MADE

www.innercirclepost.com

According to: <http://naturesform.net/history.html>

African Black Soap is very familiar to many people of African descent for its skin care benefits. It has been known to soothe skin irritations and skin complications from simple rashes to contact dermatitis and psoriasis, as well as fading skin discolorations and evening out skin tone, among many qualities.

The Nigerians and Ghanaians society have used black soap for centuries for bathing and for reducing body odor, and as well for shampooing the hair, not only they use it to cleanse, but also to alleviate scalp itchiness and irritation, and other scalp conditions.

It is used to relieve oily skin and certain skin conditions, such as acne and eczema. Now a days is many combinations with black soap that makes it suitable for all types of skin. Women used black soap for skin care during and after pregnancy to keep from getting dry skin, stretch marks and other skin conditions caused by hormonal changes.

The same women who make black soap choose to use only black soap on their babies, as its purity makes it gentle and non-drying for babies' sensitive skin. In fact, black soap is generally the only soap used in most Western African countries.

Origins of "The Black Soap"



Featured on nigerianwedding.org

Yoruba women

African black soap or **Ose dudu** originated with the Yoruba people in Nigeria and the Yoruba communities in Benin and

Togo. The Yoruba words ose (“soap”) and dudu (“black”) literally translates to “the black soap.” It is also called anago samina in Ghana. (Anago is the name of a Yoruba sub-group in what is now Republic of Benin). Samina means, “soap” in the Twi dialect of the Akan language.

Another name for the soap, Alata samina, is now used throughout Ghana. Alata means “spicy” in Yoruba. According to an article on the [Shea Radiance](#) site, it is believed that Yoruba traders, specifically women traders, who sold tomatoes and peppers, introduced black soap to Ghana.

These women were called “Alatas” (pepper traders) and alata samina was a term coined by the Ghanaians that meant “the pepper traders soap.”

Yoruba women had an important and unique role in agriculture in pre-colonial Yorubaland. They were responsible for processing raw farm produce into finished goods for trading. This included harvesting produce from trees and they also tended to the gardens where vegetables and fruits, such as peppers, were grown. They were also responsible for selling the produce, including black soap.

Different kinds of Black Soap Recipes



Traditional black soap was typically a mixture of water and the ashes of plantain skins, cocoa pod powder and palm oil. Other recipe blends can include the ashes of palm leaves, or shea tree bark, and a combination of palm oil, coconut oil, shea butter or tropical honey.

Village women in western Africa are still handcrafting black soap. According to Africa Imports there are more than 100 varieties of African black soaps. Recipes have been passed down in families from mother to daughter. Ingredients can differ by region and each batch can be unique. Age-old formulations and production methods make a big difference in the final outcome of the soap.

How black soap is made



African Black Soap is made by drying Plantain skins to precise texture in the hot African sun. The skins are then roasted in

a clay oven. This base is mixed with palm oil and palm kernel oil to result in the finished product. This “play-dough” like soap is then packaged into air-tight bags in Africa to preserve its centuries old cleansing and medicinal power. When ready, this is mixed with generous amounts of Ivory Shea Butter. The soap is then hardened by being put into molds and left for days in the African sun to harden.

How To Use Black Soap:

According to: <http://blackdoctor.org/449133/qa-what-are-the-benefits-of-black-soap/2/>

To prevent dryness, wash and rinse skin with cool water to help skin retain more moisture and use a lightweight, non-comedogenic (none clogging for the pores) moisturizer after use, soap used on a regular basis without proper moisturizing can dehydrate certain skin.

Because raw black soap contains high concentrations of fats, waxes and fat-soluble vitamins, but no lye, beware of high concentrations of chocolate and/or caffeine that some companies use to produce their product. Also be cautious of high concentrations of latex from the plantains, palm oil and/or coconut oil that still are included in certain recipes.

African black soap is great for oily and acne prone skin. It's efficient for deep pore cleansing because of its natural exfoliating qualities. For some oily skin types it seems to keep the skin hydrated without increasing oil.

In bar form, black soap is softer than most soap and may look

like food to a child or pet, so be careful to store it properly, preferably in a cool dark cabinet away from their reach. It's also typically a shade of brown, instead of black. It has a high glycerin content and absorbs water easily, so it should be stored in a plastic bag or dry area away from the tub and shower so it doesn't deteriorate quickly .

Because black soap formulations vary, users may have different results such as overdrying or tingling. If you experience any unpleasant effects, use soap less often or less soap at each cleansing. Fortunately this is not the case of Nature's Form black soap. A marble-sized ball is plenty to wash the face.

When using raw bar soap, work it up in your hands to make sure there are no whole particles of tree bark or pods in the bar that can scratch or tear skin. Apply the lather to your face with fingertips and gently rub it in.

To avoid or reduce any unpleasant effects, do not leave the soap on your face for a long period of time.

Black soap is suited for any skin ethnicity, can be used daily and is excellent for washing away makeup. If you are caffeine-sensitive, you might test the soap on the inside of your arm because it's derived from cacao pods, which contain caffeine and can be absorbed through the skin. Also, if you are extremely latex-sensitive, shea butter contains small amounts of naturally occurring latex.

When exposed to air, black soap can develop a thin, white film. This is not mold, and the soap may still be used.

African Black Soap For Acne



According

to: <http://simonedigital.com/how-to-use-black-soap-to-get-clear-acne-oil-free-skin/>

When you first pick up the soap, you'll notice that it's firm but not hard like traditional most soaps and if you drop it, it will easily crumble into large chunks. when you wash with it, black soap goes to work by penetrating the skin to remove

impurities. it may not always remove existing acne, instead it helps to prevent excessive oil production and bacterial growth which help to create acne in the first place. because of this, when you use black soap you may experience “purging” where it seems like your skin is getting worse, not to worry it is just clearing the skin from inside out.

DON'T OVER EXFOLIATE please CHECK YOUR USAGE

Though many black soaps have a lower pH between 7 and 8 in comparison to traditional soap (our skin is around 4 to 5), using black soap is like getting a mini peel with each use. because of this, many people cannot use this soap everyday. The best usage is two to three times a week. Don't scrub harshly with it, using authentic fair trade soap, and pay close attention using it around our nose, mouth and eyes, these are sensitive areas where the skin is thinner and more delicate. just a little pressure is all you need to have smooth skin, that is like getting a microdermabrasion.

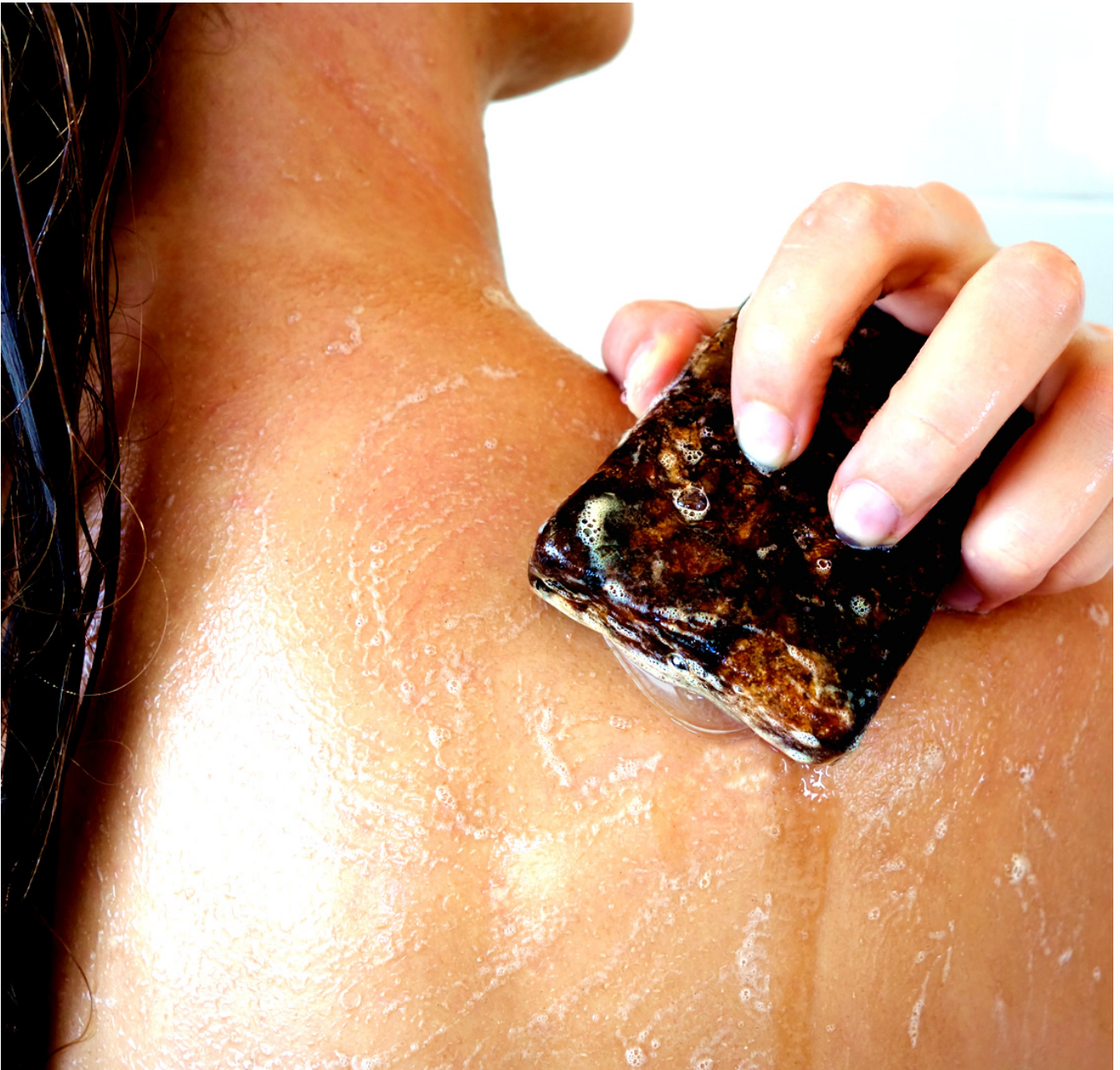
USE IT ON YOUR BACK BREAKOUTS

Black soap is great to use for back breakouts, it helps to clear bacteria causing acne on your face, it does the same for your back and because the skin on your back is thicker, you don't have to worry about the over usage (keep in mind that everyones skin is different, use your instinct here, you know if your skin is sensitive).

TRY IT FOR ECZEMA & PSORIASIS

The natural fats in black soap from the coconut and palm oils help to relive tight, itchy and dry skin and the iron, vitamin A and vitamin E help to promote healthy moisturized skin.

African Black Soap Benefits



African Black Soap Healing Properties

African black Soap is known to help cure and resolve a wide range of scalp and skin conditions such as eczema, psoriasis, rashes, dandruff, dry and itchy skin, insect bites, bumps, cuts and wounds caused by various skin conditions. The vitamin E in the soap is largely apart of why this soap is so effective at treating and healing such conditions. This soap is rich in Vitamin E, which aids in the healing process and keeping scalp and skin bright, healthy, rejuvenated and clean. It also keeps your hair shiny, soft and moisturized.

African Black Soap Moisturizing Properties

Black Soap is great at keeping your hair moisturized because it contains a high amount of glycerine. Glycerin absorbs moisture right from the air and applies it right onto your hair and scalp. Glycerine keeps the moisture in your hair, which keeps it soft, malleable, and strong. Moisture keeps our hair from being dry, weak and brittle, which contributes to hair damage and hair loss aside from the natural oils that it contains.

African Black Soap Cleansing Properties

Black soap is a gentle exfoliator that gives our scalp a deep clean, which is essential for keeping our scalp cleansed and stripped of any debris that may be clogging the hair follicles and pores, yet keeping our skin nourished. It removes excess oils from the scalp and hair, without removing essential natural oils in our scalp and on our hair, which keeps the moisture in our hair and reduces dryness and damage.

Top 10 Benefits of African Black Soap



According
to: <http://blogs.naturalnews.com/top-10-benefits-african-black>

-soap/

1. **Acne treatment:** Useful in preventing the formation of acne pimples, also suitable for all skin types.
2. **Skin Firming:** Improves skin tone/texture by firming and toning skin.
2. **Natural Astringent:** Removes excess oil from skin without over drying.
3. **Help Skin Conditions:** Very beneficial for reducing inflammation and discomforts that are associated with skin diseases like psoriasis and eczema.
4. **Hair Benefits:** Black soap has high moisturizing properties that embraces the detangling task; with assistance from shea butter and coconut oil, softness is added without stripping or damaging the hair.
5. **Anti-aging benefits:** Regular use of black soap helps to remove facial lines, and promotes younger looking skin with anti-aging benefits.
6. **Antioxidants:** Loaded with antioxidants that help to protect the skin from sun damage, and free radical, also good for preventing cancer cells.
7. **Lightens Dark Spots:** Helps to even skin tone from spots and discolorations.
8. **Kills Germs:** Anti-bacterial and anti-fungal properties
9. **Prevents Stretch Marks:** Women in Africa use black soap during and after pregnancy to keep from getting dry skin and stretch marks.
10. **Pure & Natural:** Unlike many soaps on the market; black soap is 100% natural/vegan, and contains no preservatives,

color enhancers, or fragrances.

To purchase

Nature's Form New African
Black Soap

Click the image or link below



Organic African Black Soap with Shea Butter Natural aide for psoriasis, Dry Scalp and Skin, Eczema, lightening and whitening, Dermatitis and Acne, by Nature's form. Safe and therapeutic



London Times Sleeveless Keyhole Halter Maxi

- Enjoy your style with the Sleeveless Keyhole Halter

Maxi.

- Poly-blend fabrication features an eye-catching print throughout.
- Round halter neckline.
- Sleeveless design.
- Back-button loop closure with key-hole design.
- Full dress with pleating.



London Times Long Sleeve Printed Shift

- Flaunt a beautiful feminine figure in this beautiful sheath print dress.
- Bateau neckline.

- Long sleeved construction.
- Straight hemline.
- Beautiful intricate design throughout.



Free People Festival Scarf Print Duster

- Bohemian mixed-print cardigan is fabricated from lightweight rayon.
- Shawl collar and open design.
- Long sleeves with slits.
- Relaxed silhouette.
- Handkerchief hem.



Free People Cotton Noyal Counting Stars Tunic

- This easy tunic is a worldly top that will add bohemian flare to your wardrobe.
- Intricate indigo colored embroidery and latter stitching

- featured throughout at trim.
- Relaxed, tunic shape.
 - Henley style collar with tassel drawstring details.
 - Three-quarter draped kimono sleeves with dropped shoulders.
 - Straight mid-thigh hemline.

Spring is here lets renew together

Spring

Hello everyone we wish you health, happiness and ideal abundance for your families and friends. On week 215 we are sharing facts, history, recipes and much more. All about **SPRING!!!** Beautiful season, time for nature to come alive again, birds mate , people start new relations and so much that this season inspires. I personally love it, and a great time for an inside and outside cleanse. Soon is the time to show our body more, so chop chop, lets get going.

This post is addressing facts like the Jet streams which are a crucial part of seasons and their atmospheric moods, an

important fact aside, we share recipes ,videos and the relationship in spring according to Chinese medicine. A very well researched post, enjoy and don't forget to share and like, if you do it helps us to keep going.The social media and web traffic is crucial for our blog.

Thank you for all your support we are very grateful form all us at isabel's Beauty Blog.



According to [wikipedia:https://en.wikipedia.org/wiki/Spring_\(season\)](https://en.wikipedia.org/wiki/Spring_(season))

Spring is one of the four conventional temperate seasons, it follows winter and precedes summer. In the many technical definitions of spring the term varies according to local

climate, due to cultures and customs. When it is spring in the Northern Hemisphere, it will be autumn in the Southern Hemisphere and so on. At the spring equinox, days are approximately 12 hours long with day length increasing as the season progresses. Spring for most part refers to the season, and to ideas of rebirth, rejuvenation, renewal, regrowth, internal and external cleansing.

During spring, the axis of the Earth is increasing its tilt relative to the Sun, and the length of daylight rapidly increases for the relevant hemisphere. The hemisphere begins significantly to warm causing new plant growth to "spring forth," giving the season its name Springtime. Snow, a normal part of winter, begins to melt, and streams and rivers swell and start to flow. In climates that have no snow and rare frosts, the air and ground temperatures increase more rapidly. Many flowering plants bloom this time of year, in a long succession sometimes beginning when snow is still on the ground, continuing into early summer. In normally snowless areas, "spring" may begin as early as February (Northern Hemisphere) or August (Southern Hemisphere) in the same way. Many temperate areas have a dry spring, and wet autumn (fall), which brings about flowering in this season more consistent with the need for water as well as warmth. Subarctic areas may not experience "spring" at all until May or even June is a big difference there.

The rainfall in spring or any season for that matter follows trends more related to longer cycles or events created by ocean currents and ocean temperatures. Good and well-researched examples are the El Niño effect and the Southern Oscillation Index.

Unstable weather may more likely to occur more often during spring, when warm air begins on occasions to penetrate from lower latitudes, while cold air is still pushing from the Polar regions. Even more so than in winter, the jet streams play an important role in unstable and severe weather in the

springtime in the Northern Hemisphere.

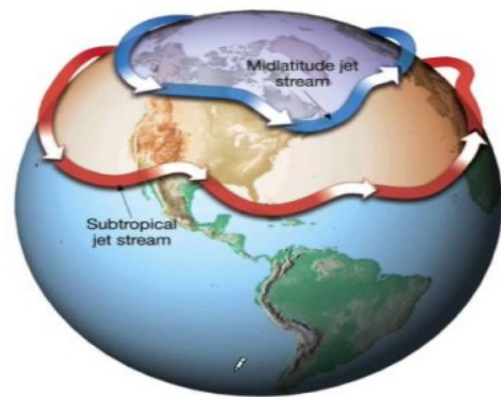
Jet streams are fast flowing, narrow [air currents](#) found in the upper [atmosphere](#) or in troposphere of some [planets](#), including [Earth](#). The main jet streams are located near the altitude of the [tropopause](#). The major jet streams on Earth are westerly winds (flowing west to east). Their paths typically have a [meandering](#) shape; jet streams may start, stop, split into two or more parts, combine into one stream, or flow in various directions including the opposite direction of most of the jet. These straps are crucial to weather and important to learn about them so here we go with a breve description.



- *Jet streams are caused by a combination of a planet's rotation on its axis and atmospheric heating (by solar radiation and, on some planets other than Earth, internal heat). Jet streams form near boundaries of adjacent air masses with significant differences in temperature, such as the polar region and the warmer air towards the equator.^[3]*
- *Other jet streams also exist. During the Northern Hemisphere summer, easterly jets can form in tropical regions, typically in a region where dry air encounters more humid air at high altitudes. Low-level jets also are typical of various regions such as the central United States.*

The Jet Stream.

- **Strong upper level winds in the troposphere are Westerlies**
 - Geostrophic flow because of lack of friction
 - The winds are strongest where North to South temperature differences are greatest
 - Winter speeds may reach 300 mph but are typically 75-125 mph
 - Summer speeds are much slower





JET STREAMS

▪ **Jet streams** are fast flowing, narrow air currents found in the atmospheres of some planets, including Earth. The main jet streams are located near the tropopause, the transition between the troposphere and the stratosphere. The major jet streams on Earth are westerly winds). Their paths typically have a meandering shape; jet streams may start, stop, split into two or more parts, combine into one stream, or flow in various directions including the opposite direction of most of the jet. The strongest jet streams are the **polar jets**, at around 7–12 km above sea level, and the higher and somewhat weaker **subtropical jets** at around 10–16 km

Spring is seen as a time of growth, renewal, of new life (both plant and animal) being born many lovers relationships start in spring. The term is also used more generally as a metaphor for the start of better times, as in the Prague Spring.

Let learn how deferent parts of the planet celebrates spring, how fun!

Albania

Spring Day

Albania celebrates the lunar Spring Day (Albanian: Dita e Verës or Dita e Luleve) on March 14, and from 2004 it has been a national holiday. It is an old pagan practice, particularly popular in the city of Elbasan, in central Albania.

According to some sources, Dita e Verës derives from the Arbëreshë, an Albanian community that has lived in Italy since the 15th century. On 14 March, the Arbëreshë of the Italian coast collect a tuft of grass roots and soil, bringing it home to commemorate the anniversary of their emigration from Albania. In fact, some sources date back this celebration to ancient Illyria. At that time, the feast was celebrated on 1 March, which in the Julian calendar, corresponded to the first day of the year.

Australia

Main article: Spring Carnival

The annual Spring Racing Carnival of thoroughbred horse racing events is held in Melbourne in October and November, with large crowds attending. The Melbourne Cup, held on the first Tuesday of November, is Australia's premier horse race and is recognised as a public holiday in the host city of Melbourne. It is also referred to as *the race that stops a nation*.

Bangladesh

Celebration stage of 1st day of Falgun, beginning of spring season in Bangladesh, 2014

Spring is a festive time in Bangladesh. People celebrate this season with newly reaped paddies. Villagers make various types of pitha cakes to entertain guests.

Canada

Main article: [Victoria Day](#)

Victoria Day in Canada is celebrated on the Monday on or before 24 May. The holiday is celebrated in honour of Queen Victoria's birthday, but is often informally considered as marking the beginning of the summer season in Canada.

Carnival

In some regions, the first spring festival of the new year is [carnival](#), 40 days before Easter. Like in the Carnaval in Rio de Janeiro, carnival is considered the world's largest, hosting approximately two million participants per day. In 2004, Rio's carnival attracted a record 400,000 foreign visitors.

The term *Carnival* is traditionally used in areas with a large [Catholic](#) presence. However, the [Philippines](#), a predominantly [Roman Catholic](#) country, does not celebrate Carnival anymore since the dissolution of the *Manila Carnival* after 1939, the last carnival in the country.^[6] In historically [Lutheran](#) countries, the celebration is known

as [Fastelavn](#),^{[71][81]} and in areas with a high concentration of [Anglicans](#) and [Methodists](#), pre-Lenten celebrations, along with penitential observances, occur on [Shrove Tuesday](#).^[91] In [Eastern Orthodox](#) nations, [Maslenitsa](#) is celebrated during the last week before [Great Lent](#). In German-speaking Europe and the Netherlands, the Carnival season traditionally opens on 11/11 (often at 11:11 a.m.). This dates back to celebrations before the [Advent](#) season or with harvest celebrations of [St. Martin's Day](#).

Easter

[Easter](#)

Easter eggs, such as this Ukrainian one, signify the Resurrection of Jesus.

Easter is the most important religious feast in the Christian liturgical year. Christians believe that Jesus was resurrected from the dead on the “third day” two days *after* his crucifixion, and they celebrate this resurrection on Easter Day, two days after Good Friday. The date of Easter varies between 22 March and 25 April in most traditions, and between 4 April and 8 May in some Eastern Christianity.

Egypt

[Sham el-Nessim](#)

Sham ennisim is an Egyptian national holiday marking the

beginning of spring. Ancient Egyptians (from the pharaonic period) used to celebrate the Harvest of the Wheat and modern Egyptians have continued celebrating this holiday until now. It always falls on the day after the Eastern Christian Easter (following the custom of the largest Christian denomination in the country, the Coptic Orthodox Church). Despite the Christian-related date, the holiday is celebrated by Egyptians regardless of religion.

Iran

Nowruz

Nowruz (also Nevrooz, Naw-Rúz, Norooz, Newroz, Navroj, and many other variants) which means “New Day” in Persian language, it marks an important traditional holiday festival celebrated in Iran as it signifies the start of their new year. It is a very important traditional holiday as well as in many other countries with a significant population of Persian people, such as Azerbaijan, Afghanistan, Kyrgyzstan and Tajikistan, and by Kurdish communities in Turkey and Iraq and elsewhere.

Israel

In the ancient Jewish calendar, the month of Nisan was the original first month of the year. The Jewish holiday of Passover (פסח) is celebrated in the 15th of Nisan, and is also known as “The Spring Holiday” (חג הסוכות). The State of Israel holds three national holidays during the spring: Yom HaZikaron LaShoah VeLaGevurah (Holocaust Memorial Day), Yom Hazikaron (Memorial Day for Israel’s Fallen Soldiers) and Yom Ha-Atzmaut (Independence Day).

India

Holi

Holi, the festival of colours, celebrated at the end of the winter season and beginning of spring, is the most vibrant festival of colours celebrated by Hindus in India. People throw water and apply coloured powders on each other, beautiful to see.

vasant panchami

Vasant Panchami is celebrated in North India on the fifth day of the Indian month Magh (January–February), the first day of spring. Sankranti in Maharashtra, Andhra Pradesh and Karnataka and Thai Pongal in Tamil Nadu are celebrated in mid-January to mark the beginning of the spring season.

Bihu

In Assam Valley, Rongali Bihu is celebrated for seven days from 13 to 19 April. This is a harvesting festival celebrated in spring by all sections of the community, which distinguishes it from other Indian festivals that are more religious in nature.

Nowrouz

In India, Nowrouz is called Navreh or Navrojh. Many people celebrate Nowrouz, mainly in the states of Jammu and Kashmir, Gujarat and in Uttar Pradesh.

May Day

May Day

Beltane

May is the date of many public holidays. In so many countries, May Day is synonymous with International Workers' Day, or Labour Day, which celebrates the social and economic achievements of the labour movement. As a day of celebration, the holiday has ancient origins, and it can relate to many customs that have survived into modern times. Many of these customs are due to May Day being a cross-quarter day, meaning that (in the Northern Hemisphere where it is almost exclusively celebrated) it falls approximately halfway between the spring equinox and summer solstice. In the Celtic tradition, this particular date marked the end of spring and the beginning of summer. In line with this, Ireland celebrates St. Brigid's Day (1 February) as the first day of spring.

Mesopotamia

Akitu and Tammuz (deity)

Akitu (Sumerian *Akiti-šekinku* "cutting of barley", *Akiti-šununum* "sowing of barley", Babylonian *rêš-šattim* "head of the year") was a spring festival in ancient Mesopotamia.

The name is from the Sumerian for "barley", originally marking two festivals celebrating the beginning of each of the two half-years of the Sumerian calendar, marking the sowing of barley in autumn and the cutting of barley in spring, in the month of Nisannu (Aries). In Babylonian religion it came to be dedicated to Marduk's victory over Tiamat.

Nepal

Holi

In Nepal, people celebrate Holi, the Hindu festival of colors.
amazingly beautiful

Romania

Mărțișor (Romanian pronunciation: [mərtsiʃor]) is an old Romanian celebration at the beginning of spring, on March 1. *Mărțișor*, *marț* and *mărțiguș* are names given to all the red and white string from which a small decorations are tied, and which is offered by people on the 1st day of March. Symbolically, it is correlated to women and to fertility as a means of life and continuity. This tradition is authentic in Romania, Moldova and all territories inhabited by Romanians and Aromanians.

Sri Lanka

Sinhala & Tamil New Year

Cultural anthropological history of the 'Traditional New Year', which is celebrated in the month of April, goes back to an ancient period in Sri Lankan history. Various beliefs, perhaps those associated with fertility of the harvest, gave birth to many rituals, customs, and ceremonies connected with the New Year. The advent of Buddhism in the 3rd century BC led to a re-interpretation of the existing the new year activities in a Buddhist light. The majority of the people in the country are Buddhists and Hindus, and as such, it is the Buddhist outlook that was predominant in transforming the New Year rites to what they are now.

Turkey

Nowruz and Hıdırellez

Nowruz (Turkish: *Nevruz*) is mostly celebrated by Kurds in Turkey. It is actually Persian the spring festival and the beginning of the year. However, it has a national side for Kurds (Kaveh the blacksmith), so they usually try to wear something yellow-red-and-green which come from representing the Kurdish Flag. This day is also important for Turks. It is related with legend of Ergenekon.

Hıdırellez is a kind of Islamic spring festival which is in early May. It is the meeting day of Khidr and Elijah and going on a picnic is popular activity in this particular festival.

Vietnam

Tết

Vietnamese use the traditional lunar as well as the modern solar calendar. They celebrate Tết (Vietnamese New Year) in late January or early February is also known as the beginning of spring. The lunar calendar is used mainly to divide the year into seasons for agriculture purposes. In the old days, the celebration used to last the entire month of January of the lunar calendar. Traditionally, firecrackers are used on New Year's Eve, or *đêm giao thừa* in Vietnamese, to scare away bad spirits and souls.

Spring According TC
Traditional Chinese medicine



According

to: <https://www.acufinder.com/Acupuncture+Information/Detail/The+Spirit+of+Renewal+Spring+and+Traditional+Chinese+Medicine>

It is the long-awaited change of winter to spring. Seeds sprout, flowers bloom, and the sun warms the earth. There is a sense of renewal and new life all around.

While winter was a time to conserve energy and reduce activity, spring is a time of regeneration, new beginnings, and a renewal of spirit.

The Principle of the Five Elements



The five elements refer to wood, fire, earth, metal, and water in Eastern philosophy. The Principle of the Five Elements (known as the Wu Hsing in Chinese) describes the flow of Qi and the balance of yin and yang.

According to the principle, all change – in the universe and in your body – occurs in five distinct stages. Each of these stages is associated with a particular time of year, a specific element in nature, and a pair of organs in the body. Change links together the seasons of the year, aspects of nature, and your body's organs and bodily processes. A practitioner of traditional Chinese medicine uses this principle to diagnose and treat health problems, linking specific foods, herbs, and acupuncture points to the restoration of yin-yang and Qi.

SPRING:

Spring is the ideal time for cleansing and rejuvenation for overall health and well-being. As spring is represented by the wood element and includes the [liver](#) and its complementary organ, the gallbladder, these two organs are usually the primary targets for springtime cleansing and health regimens.

- Element: Wood
- Color: Green
- Nature: Yang
- Organs: Liver, Gallbladder
- Emotion: Anger

[Learn more about the Liver and Liver Qi Stagnation](#)

Put Some Spring into Your Step

Spring corresponds to the “Wood” element, which in turn is conceptually related to the liver and gallbladder organs. According to the philosophy of Chinese medicine, the [liver](#) is responsible for the smooth flowing of Qi (energy) throughout the body. When the liver functions smoothly, physical and

emotional activity throughout the body also runs smoothly. So, for optimum health this spring, move your Qi!

According to: <http://www.itmonline.org>

The liver is associated with wood. Wood qi is characterized by its upward momentum and its innate desire to be straight. As long as the flow of liver qi is not impeded, the blood vessels will remain open and unobstructed.

The liver is the organ that is in charge of storing blood. It also commands the ministerial fire (xiang huo). If there is sufficient blood, this fire will be warm but not fierce. As a result, the blood can circulate smoothly through the body's three burning spaces; it will reach the pores, and every single place in the body will benefit from its warming and nourishing function.

Liver and spleen function together by assisting each other. However, people are always quick to point out that an excess of liver wood can injure the spleen earth, and thus have a detrimental affect on the proper digestion of food. But nobody seems to pay attention to the fact that a weak liver cannot circulate the spleen qi and thereby also cause maldigestion. Below, the liver connects to the Sea of Qi [lower dantian, associated with the kidney], which means that the liver is closely associated with the body's ministerial fire. It can utilize the power of this fire to produce earth. The food which enters the spleen and stomach relies on this power to be 'cooked.' This is what is meant by saying that the liver and the spleen function by assisting each other.

The liver relies entirely on kidney water to sustain it, on blood to moisten it, on lung metal's clear nature and descending function to keep it in check, and on the generosity of the middle palace's earth qi to nourish it.

The eyes represent the orifices of the liver.

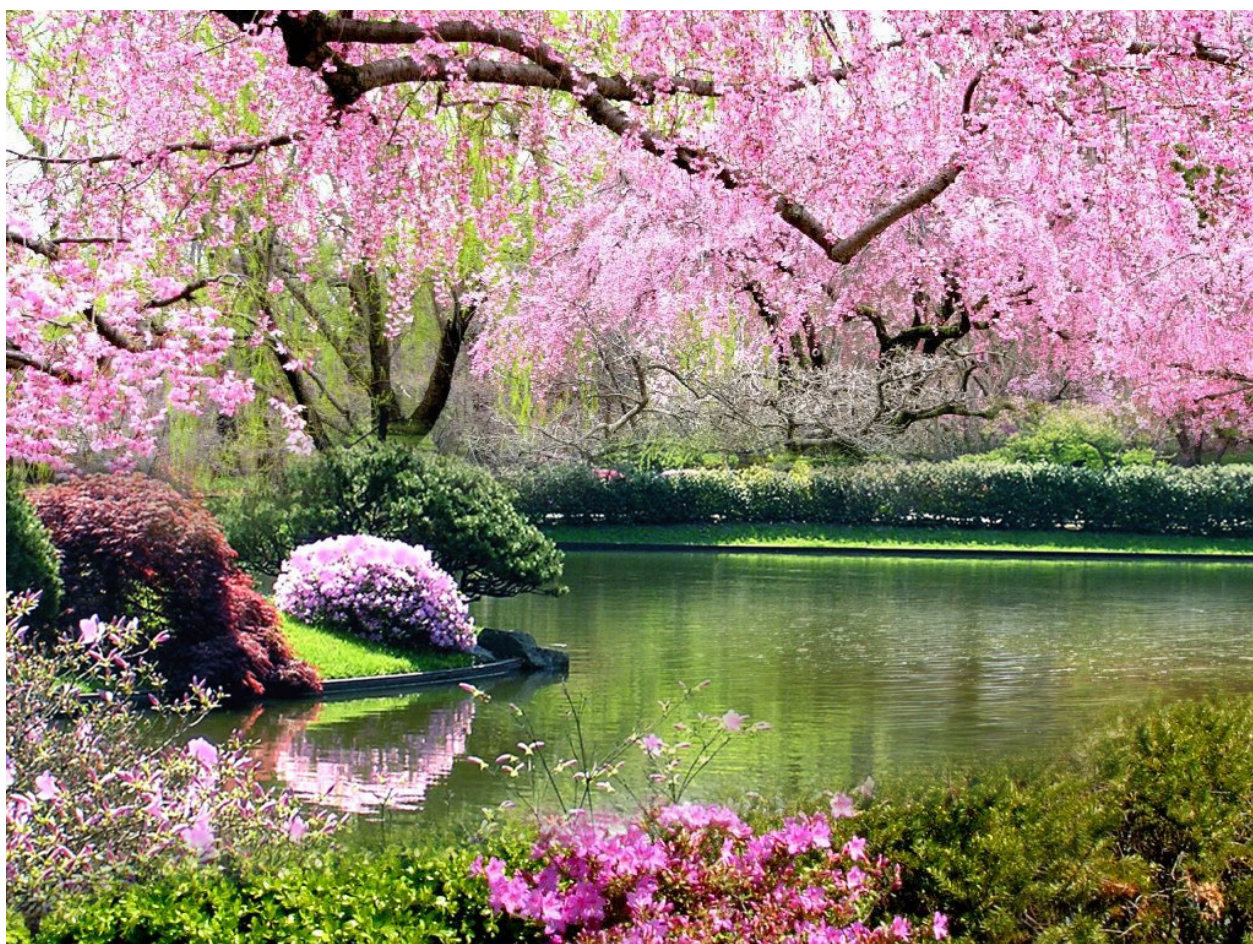


When a person closes his/her eyes and falls asleep, the blood returns to the liver. From there it is transmitted to the eyes, and the ability to see results from this. When a person

sleeps, now, the nameless fire within grows dim in order to revitalize. Although it may be impossible to refrain from sleeping altogether, it is advisable not to just let this energy dissipate for the mere sake of falling into a slumber. Insomnia caused by a cold deficiency pattern of the gallbladder is accompanied by symptoms of restless thought and a sensation of extreme mental weariness. Excess heat in the liver will typically cause a person to sleep too much, resulting in the mirror of intelligence gathering dust and a deterioration of the root of good health. None of these conditions, obviously, are the result of proper nourishing of the liver and gallbladder nor an appropriate way of subduing the sleep issues.

The essence of sleep, after all, is the soul of the body. If you can manage to sleep without over doing it , then the master mind will be bright and alert. Not only will your shen qi be flowing freely and purely, but you will also not be disturbed by dreams. Every time you are overcome by a craving for sleep, blood rushes to the heart and the original shen is forced to leave its abode.

Spring is the liver time.



The three months of spring are the period of commencement; heaven and earth are born, and all living things are flourishing. Get up early in the morning, walk around in the courtyard, loosen your hair and relax your body. By doing so you will generate mental strength and act in harmony with the

qi of spring, thus following the way of nourishing life. If you live contrary to this principle, you will harm your liver.' Everybody should be aware of this basic principle.

Emotions such as anger, embarrassment, or unexpected joy can also increase blood flow, causing the ears and face to turn red. In situations when less blood is needed, it is "stored in the liver," which thus assumes a warehouse-like function. The actual storage of blood is done in the penetrating vessel, one of the eight extraordinary vessels that extends from the lower dantian to the head; this vessel is often considered to be part of the liver network. The liver is best compared to a managing clerk, who moves goods in and out of the warehouse as they are needed.

Just as important is the liver's function of maintaining a smooth and uninterrupted flow of virtually all body substances (including qi, blood, jing, and liquids and humors). Proper coursing and draining, or lack thereof, is mostly reflected in the relation of emotions to qi and blood circulation and to the influence of the liver on digestive system functions:

Emotional aspect: the ancient Chinese observed that human emotions are largely governed by the heart network. However, they also concluded that mental well-being or various shades of depression have an association with the coursing and draining function of the liver. Only if the liver carries this task out properly can the body's qi and blood flow unobstructed, and thus facilitate a feeling of ease, harmony, and peace. If for some reason the liver fails to maintain this state, depression (of liver qi) or pathological rising (of liver yang) may result. As the Qing Dynasty classic, *A Treatise on Blood Disorders* (Xue Zheng Lun), states: "The liver is classified as wood; wood qi is characterized by its determination to go straight to where it wants to go to; if it is not blocked or suppressed, the movement in the vessels will be smooth."

Digestive aspect: since this moving function of the liver regulates the qi flow in the entire body, it influences the dynamics of the other organ networks, particularly the

neighboring digestive systems. It assists the upward and downward flows of the spleen/stomach system (the stomach is to move the food mass downward, the spleen is to move the extracted qi upward), passes bile into the intestines, helps to transport food essence, and aids the unobstructed movement and metabolism of water. The Treatise on Blood Disorders says "Coursing and draining is an integral part of liver nature. Once food qi enters the stomach, it is entirely up to the liver wood to course and drain it. Only if this process is intact will grain and water transform properly."



According to traditional concepts, male physiology is mostly based on qi (yang), while female physiology is primarily based on blood (yin). Males tend to have an abundance of qi that they can afford to spend freely, while females have an abundance of blood that they can give away freely (as becomes evident from the menstrual bleeding). Liver function, therefore, has great influence over an important part of female physiology-menstruation.

The penetrating vessel and the conception vessel, are two pathways linked to the liver that are intimately involved with the transportation of blood. The penetrating vessel, above compared to a warehouse, is also called the Sea of Blood; and the conception vessel, as the name indicates, is credited with the function of nourishing the uterus and the fetus. Both the conception vessel and the penetrating vessel belong to the category of the eight extraordinary vessels. Both these vessels are involved in the liver's ability to store blood; they set out from the uterus, and are also closely linked with the kidney channel.

The When one's circadian rhythm is disrupted, [sleeping](#) and eating patterns can run amok connect the muscles to the bones. In accordance with the characteristics of the liver, they facilitate smooth and continuous movement. Because of this basic concept, some scholars have recently included the nerves. The proper functioning of the tendons relies entirely on their nourishment by liver blood.

The nails are considered the surplus of the tendons: as such, they are an exterior manifestation of the general quality of the tendons, and thus, liver blood within. Dry and brittle or extremely pale nail beds always indicate a poor quality of liver blood, while pink nailbeds and firm nails indicate a healthy state of liver blood.

Hair is also associated with the liver blood: it is called the "surplus of the blood" (xue yu). The rich liver blood of females is expressed in lush, long, and fast growing hair on the head; males have more facial and body hair, which is

governed by the qi organ, lung. Dry and brittle hair can be an indication of liver blood deficiency, while hair that suddenly falls out (alopecia) is usually because of both deficiency of blood and impeded flow of liver blood to the head, usually due to sudden emotional trauma.

The eyes are nourished by the essence of all five organ networks, and thus differentiated into five organ specific zones which may reveal important diagnostic information. The eyes as a whole, however, represent the opening of the liver, and are thus considered to be more closely linked to the liver than to any of the other organ networks. "Liver qi communicates with the eyes," states the Neijing, "and if the liver functions harmoniously, the eyes can differentiate the five essential colors...If the liver receives blood, we can see. The liver channel branches out to the eyes. Both liver qi and liver blood flood the eyes to maintain proper eyesight. A person's eyesight may therefore also serve as an indicator for liver function.



Just as trees (wood) tend to unrelentingly pursue their upward quest for the light, the liver represents the innate will of the body/mind to spread outward. Just like qi and blood have to spread within the body to ensure physical survival, human shen needs to spread freely through the social environment to guarantee an uninhibited passage through life. Individuals with strong liver qi and blood are usually excellent strategic planners and decision makers: they know how to spread

themselves into the world. Due to these qualities, they often make outstanding business managers. If, however, this tough and determined spreading nature of the liver is not in a state of harmonious balance with the softer side of liver wood-ease, smoothness, flexibility-the wood-endangering state of rigidity arises.

The Liver Loses Its Ability to Course and Drain: if qi gets stuck, the inhibited coursing action of liver qi immediately manifests in the form of mental and emotional symptoms; depression, sensation of emotional pain, or crying are typical examples. If liver qi flares up and upsets the harmonious interplay between body and mind, outbursts of anger, or pain and distention in the sides of the chest may result. Typical signs of a liver qi disorder implicating the neighboring spleen/stomach system are belching, regurgitation of stomach acid, vomiting, and diarrhea.

Liver Disharmony Reflecting on the Emotions and Mental Activities: a deficiency of liver qi typically causes a person to be indecisive and adrift, with a marked inability to plan ahead effectively. If gallbladder qi is deficient, the person will be fearful, have a panicky disposition, and have difficulty making decisions. primary symptoms are tendency to get depressed; frequent sighing; impatient disposition and temper outbreaks; sensations of stuffiness; fullness or congestion in the chest, intercostal, or subcostal regions. Secondary symptoms include obstructed bowel movements; dry and distended eyes; feeling of something being stuck in the throat; self-doubts and crying; pain (especially intercostal and abdominal) that is characterized by moving, pulling, or penetrating sensations; in females; premenstrual breast distention; menstrual cramping and irregular menstruation. The tongue typically presents with a reddish body (especially at the sides) and a thin coating; the pulse tends to be wiry.

LIVER YIN DEFICIENCY herbs: peony (baishao), lycium fruit (gouqizi), ligustrum (nuzhenzi), gelatin (ejiao), tang-kuei

(danggui), rehmannia (dihuang), cornus (shanzhuyu), ho-shou-wu (heshouwu), turtle shell (biejia), zizyphus (suanzaoren), biota (baiziren).

LIVER BLOOD DEFICIENCY Representative Herbs: tang-kuei (danggui), peony (baishao), gelatin (ejiao), ligustrum (nuzhenzi), cornus (shanzhuyu), cnidium (chuanxiong), zizyphus (suanzaoren), millettia (jixueteng).

Representative Formulas: Tang-kuei Four Combination (Siwu Tang); Tonify the Liver Decoction (Bugan Tang); Linking Decoction (Yiguan Jian) minus melia (chuanlianzi) plus peony (baishao).

Before making any decisions in supplements please consult your Health provider and a Certified Acupuncture practitioner.

Time for the organs and meridians



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

According **Circadian rhythms** (Often referred to as the “body clock”, the [circadian rhythm](#) is a 24-hour cycle that tells our

bodies when to sleep and regulates many other physiological processes. This internal body clock is affected by environmental cues, like sunlight and temperature. When one's circadian rhythm is disrupted, **sleeping** and eating patterns can run amok) and the **TCM (Traditional Chinese Medicine) meridian clock** can greatly influence our body and our mind. These rhythms tell a practitioner a lot about a person's general health and challenges. One of the easiest places to see this is with sleep patterns. Many people complain about always waking at the same time through the night.

Traditional Chinese Medicine (TCM) meridian clock could give us great clues. If a person always wakes at 2:00 am, this is in the time of the **Liver**.

Not to be concerned, this doesn't mean you have a serious liver problem; the word Liver is partly a translation issue.

The **acupuncture meridians** are an energetic system, or a kind of 'electrical system,' of our energy patterns. These meridians have often been said to be rivers of energy called **Qi** (pronounced *Chee*). The meridians might be in our body, but there is no specific anatomical part that makes them up. They are more like radio waves. The organ associated with a meridian, in this case the liver, is not the cause of the meridian; the organ is more or less a physical artifact, of the Qi of the meridian. Simply, the Liver meridian's energy pattern deals with much more than the physical organ of the liver. In Chinese Medicine there are 14 major meridians that conduct the flow of Qi throughout the body. Twelve of these meridians make up the 24-hour clock, with 2 hours each. The energy is constantly flowing through all of these meridians throughout the 24 hours, with each meridian having a 2-hour period of time as the primary meridian's resistance or blockages (like stress) that reduce the flow of energy. This resistance also causes imbalance in the flow between meridians.

By looking back at the meridian clock, you may find some clues as to what is going on. Remember, the body never lies.

Each one of the meridians also has certain responsibilities. Following is a basic list of these attributes:

- **Stomach** – Nourishment of others; nourishment from outside
- **Spleen** – Nourishment of self in every way
- **Heart** – Connection to your spirit; circulation of Qi (energy); heart and mind working as one
- **Small Intestine** – Communication (speaking, listening); perception; truth
- **Bladder** – When to use our resources; being controlling
- **Kidney** – Reproduction and creating things in life; our resources
- **Pericardium (aka Sex/Circulation)** – Intimate relationships; protecting your heart; healthy boundaries
- **Triple Heater** – Non-intimate relationships; social aspects
- **Gall Bladder** – Determination and decision making; action
- **Liver** – Internal plans; the vision for life
- **Lung** – Barrier (skin) to the outside world; understanding what is of true value
- **Large Intestine** – Letting go of impurities (of emotions and beliefs, past experiences) ; holding on to what is of value

Recipes for the liver



IRMA'S DANDELION DELIGHT

from: <http://www.tcmworld.org/>



Dandelion greens are ideal for supporting Liver health and for clearing toxic heat out of body and blood. Scallions and garlic also help to support Liver health. Try adding pine nuts or black sesame seeds to give support to the Liver's mother, the Kidney. Adding spicy chili black bean sauce and sugar will help cut some of the natural bitterness of the dandelion greens.

Ingredients

- 2 cups of washed and chopped (2 inch pieces) dandelion greens
- 1 scallion
- 1 clove of garlic, diced (optional)
- Grapeseed oil for cooking
- Salt (to taste)
- Cooking wine (Chinese rice cooking wine or sherry is nice)
- Mushroom powder (optional)
- Chili black bean sauce (optional, also can use oyster, teriyaki, garlic, etc.)
- Honey (to taste)
- Toasted pine nuts (optional)
- Toasted black sesame seeds (optional)

Preparation

Cut one scallion into 2-inch pieces. Heat a wok with grapeseed oil until very hot. Add a small pinch of salt. Add the scallion and garlic and cook, stirring, for about 10 seconds. Add greens. Sauté lightly, adding a splash of water if too dry. Add more salt, mushroom powder, and Honey (to balance the bitterness), to taste. Add a splash of cooking wine or stir-fry sauce to taste. Toss with sesame seeds or pine nuts before serving.

TEN MINUTE TARO AND LEEK SOUP



Taro root is harvested in the fall and is great to promote a healthy digestive system. The leeks will support your Liver while seaweed will help the Kidney.

Ingredients

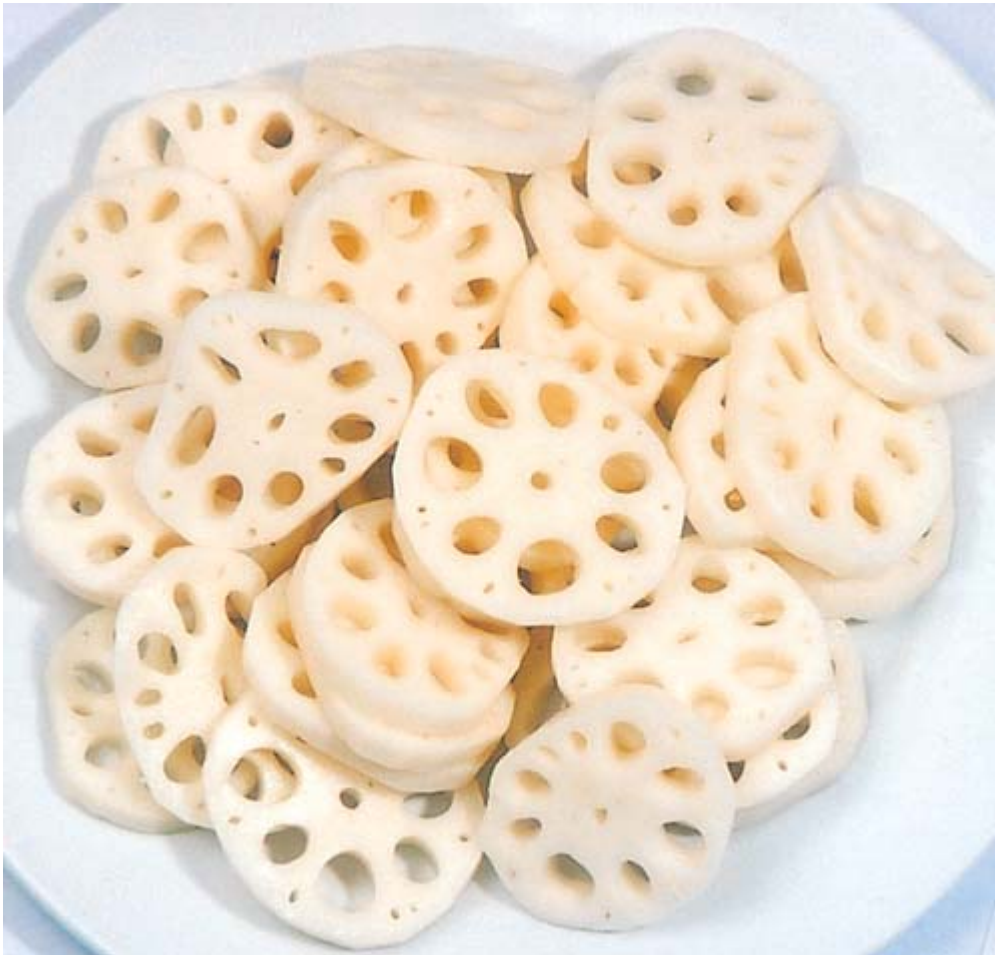
- 1 cup of diced taro root
- 3/4 cup of leek, sliced thin

- Handful of dried seaweed
- 1/2 teaspoon of olive oil
- Salt to taste
- 1/4 teaspoon of sesame seed oil (optional)

Preparation

Bring 2 quarts of water to a boil. Add taro root, leek, seaweed and salt. Allow mixture to boil for ten minutes. Add olive oil and let boil one additional minute. If you like the flavor of sesame oil, add a dash just before serving. Tip: make sure you have enough water boiling to allow the taro root space to move while cooking. Do not let the taro root get mushy.

CRUNCHY LOTUS ROOT



This delicious and crunchy food has been used for thousands of years to support Lung function as well as Liver function. Sautéed, juiced, or ground for tea, the lotus root is a great addition to your diet, especially in autumn.

Ingredients

- 1 lotus root
- 1 scallion
- Oil
- Salt
- Honey
- Fish sauce
- Chinese rice wine
- Water as needed

Preparation

Peel the lotus root, cut in half lengthwise, and then slice thinly. Chop the scallion in 1-inch pieces, separating the green from the white portions. Heat the wok well, then add the oil and continue to heat. Add a pinch of salt and the white portion of the scallion. Stir in the lotus root and continue to cook for about 1 minute. Add the $\frac{1}{2}$ teaspoon of Honey (or to taste), a splash of fish sauce, and toss well for 1 minute. Finish off by adding a splash of rice wine, toss and serve warm.

from: <http://ilovenamaste.com/ayurvedic-tips-vibrant-spring/>

1. CLEAR OUT YOUR CLOSET – CLEAN YOUR HOUSE.

It sounds basic but de-cluttering your space will help you de-clutter your mind. They say the body is the temple of the mind, and it's much easier to clean the temple of the body and mind when the literal temple of the home is clear. Get new plants and increase the amount of fresh green things in your

living space.

2. CLEAN OUT YOUR BODY.

Spring is the perfect time for a mild Ayurvedic cleanse to reduce toxins (ama) from winter. Since spring is ruled by the organs liver and gallbladder, it the perfect time to give those organs a break. It's like an oil change for your body.

Try cutting out sugar, alcohol, dairy, caffeine, cooked oils and red meat for 2 weeks just to give your body a break. The first 3 days are the hardest – it gets easier after that! Getting a friend or partner to join helps a lot too. Increase your intake of water, yoga, rest and alkaline foods (green veggies, fruits, whole grains, raw olive oil, avocados). If you have allergies, increase your intake of bitters, sours and astringent. Bitter veggies (arugula, mustard greens, dandelion greens) support the liver and gallbladder, helping to cleanse the system. The excess of winter is all about sweet, heavy comfort foods. Now is the time to cleanse those out of the system.

3. SIMPLY BREATHE!

The simplest is often the hardest. When we simplify our days, our desks, our dreams, we have more space just to be. Too breathe, to rest, to delight in the moment. Find 10 minutes in your day to do pranayama (breathing practices) and then just sit (or put your legs up the wall if you feet feel tired, hot or swollen). If you find pranayama challenging from sinus congestion or allergies you need a neti pot and a steam inhalation (more in class about that).

The simplest pranayama practice is samma vrtti – count to 5 as you inhale and 5 as you exhale. Take a short pause after the inhale and after the exhale, as a reminder to pause and take space! If you feel especially hot, stressed or need to relax, lengthen the exhale (5 in, 8 out). 12 rounds of breath is

perfect. Then sit or put your legs up for the remainder of the 10 minutes.

Some great products for spring. Just click on the image to purchase.



Green Tea Sampler

A chance to broaden your discovery with the very best of green teas. Each sample makes about 8-10 cups of tea. This set includes:

gyokuro – Deeply sweet, aroma of freshly buttered greens – no grassiness or harshness. Soft with a balanced, delicate finish.

jasmine chun hao – Sweet perfumy cup, notes of warmed sugar, slightly toasty like a fresh biscuit. Light, refreshing and not overwhelmingly floral.

anhui emerald seed – Brews a light yellow cup with notes of toasted pumpkin seeds and delicate veggies.

dragonwell – Inviting, toasty aroma and sweet rounded flavor. Nutty, buttery texture, pleasantly dry finish.



Eminence Must Have Minis Gift Set

This limited edition gift set includes a travel size cleanser, exfoliant, moisturizer, facial concentrate and eye serum along with a convenient zippered pouch that's perfect for traveling. It's a complete skin care routine that's suitable for all skin

types and makes collecting our most popular products a one-stop shop.

Gift Set Features:

- Stone Crop Gel Wash
- Strawberry Rhubarb Dermafoliant
- Stone Crop Whip Moisturizer
- Bamboo Firming Fluid
- Neroli Age Corrective Eye Serum



Eminence Organics Rose Collection Tube

The Rose Collection Tube from Eminence Organics includes five travel-size products and one full-size serum that synergistically cooperate to rejuvenate and revitalize the skin for a youthful appearance and luminescent glow. With everything you need in a conveniently packaged wooden tube, your skin will look better, feel amazing, and improve its health from the inside out.

The key ingredient in all of the products in the Rose Collection Tube is sweet red rose petals, which shower the skin with antioxidant protection, moisturize the skin with deep hydration, and soothe the skin for a silky-smooth feel and radiant glow.

Each Eminence Rose Collection Tube Includes

- Rosehip Whip Moisturizer (0.5oz) – rose petal extracts infuse the skin with moisture and protective antioxidants
- Rosehip and Maize Masque (0.5oz) – infuses the skin with deep moisture and resurfaces the skin for a smooth complexion and youthful radiance
- Sweet Red Rose Cleanser (0.5oz) – purifies the skin while infusing it with valuable nourishment
- Sweet Red Rose Whip Moisturizer (0.5oz) – rains on the skin with moisture, penetrating all layers of the skin for long-lasting hydration
- Sweet Red Rose Treatment (0.5oz) – soothes irritated skin and calms inflamed skin; on contact, cools and refreshes your complexion
- Couperose-C (1oz) – Vitamin C serum that corrects problematic skin, infuses antioxidant protection, and revives tired skin to reduce fine lines and wrinkles



TRIA Age-Defying Laser

There was a time when people could only enjoy the benefits of the age-defying laser by setting up a series of appointments with their dermatologists. But not anymore. Thanks to the Tria Age-Defying Laser, anyone can restore the youthfulness of their entire faces in the comfort and privacy of their homes.



JUNE JACOBS

cellular collagen
eye serum

sérum cellulaire
au collagène
contour des yeux

15 ML/0.5 FL OZ



JUNE JACOBS

June Jacobs Cellular Collagen Eye Serum

June Jacobs Cellular Collagen Eye Serum fills fine lines and wrinkles while enhancing cellular function for truly younger looking skin. Watch fine lines disappear, crow's feet fade away, and dark circles fade away. Gentle enough for the sensitive skin around the eyes, June Jacobs Cellular Collagen Eye Serum will give you lively, vibrant eyes that look as beautiful as you are.

Camellia Oil The Beauty Secret of the Gieshas

Camellia Oil



Hello here we are once again on week 214 and we are bringing you information for an amazing oil, CAMELLIA OIL. This oil has been used for thousands of years in Japan. The Geishas used it on their hair and all over their skin, now a days it is used in the cosmetic industry like a new discovery the same way many other products that have resurfaced, once again.

I always keep Camellia oil around for my skin, and as a matter of fact we also use it for frying in my husbands catering business due to the fact that it has a very high burning point and it does an incredible job in the kitchen, as well. So here we go, enjoy and give Julie Hewett Camellia oils a try, her products are of excellence. She is a very talented and well accomplished make up artist in the film industry with remarkable credits. I met her many years ago and always hold her in a very high place, she has many artistic attributes but what impresses me the most about her is her integrity and drive. We are very proud to introduce her.

<http://www.juliehewett.net/product/100-organic-camellia-oil/>

<http://www.juliehewett.net/product/organic-camellia-balm-natural-in-pot/>

<http://www.juliehewett.net/product/camellia-balm-stick/>

Julie Hewett today...

While running her company, Julie continues to work on Hollywood's biggest films as a Makeup Department head and Designer. She most recently worked on the films: "Hitchcock", "Get on Up", and the Academy Award Winning film "The Artist" as well as the hit TV show "Masters of Sex".

Most recently, Julie has launched her "Secret Weapon" product: Organic Camellia Oil, a beauty oil that she swears will transform your skin which is why all of her lipsticks are formulated with it!

Many celebrities rely on Julie's remarkable eye for beauty and now you will too.



About Camellia Seed Oil

from: <http://www.eco-beauty.com/camellia-seed-oil-info.html>

For thousands of years Camellia oil has been assigned as the beauty secret of the Geishas. This very precious oil has been recognized for centuries in Eastern Asia for its highly restorative, revitalizing and reviving effect on skin. Today, this oil is used in some of the most reliable high end beauty formulas.

Camellia seed oil comes from the plant *Camellia oleifera* that grows in the mountains of South Eastern Asia. *Camellia Sinensis*, another well-known variety, is a tea plant and the source of Black and Green Teas. The seeds of the *Camellia* plant are harvested and the oil is extracted with an oil press. The best kind is the cold virgin pressed oil. The extracted oil has a light, yet very lively aroma.

The *Camellia* oil has an outstanding moisture retaining ability and is one of the most rapidly skin absorbed plant oils in the market. The unique molecule make-up of the oil allows it to penetrate into the deepest layers of the skin; much like water, What a great attribute, leaving the skin smooth and supple. The non-drying and non-clogging oil is very rich in mono-saturated essential fatty acids. It is particularly high in oleic acid that exceeds the level of mono-saturated essential fatty acids of olive oil. *Camellia* oil also contains vitamins, A, B, and E and various minerals, P, Zn, Ca, Fe, Mn, and Mg. Furthermore, *camellia* oil possesses a unique active constituent known as Squalene which is also an important component of the skin's natural emollient system. A deficiency of squalene may result in dry skin and premature aging, resulting in lost of elasticity and sagging skin.

Camellia oil contains an excellent emollient and wonderful moisturizer properties. With that being said, *camellia* oil helps to restore proper pH balance and has a buffering quality that acts as an effective shield to protect skin from penetration of environmental pollutants. *Camellia* Oil protects skin from drying out while replenishing vital nutrients. It smoothes rough and flaky skin, soothes and calms easily irritated skin, and blocks out ultra violet rays great for Sunscreen time!. Used regularly, pure unrefined *camellia* oil will help to maintain and restore harmony, protect from spots and decreased hyper pigmentation. Used around the eyes and mouth, it softens creases and tiny maturity lines. For men, *Camellia* Oil makes a wonderful skin soother and after

shaving. Applied regularly it will keep the skin conditioned and aids in preventing shaving burns.

Camellia Plant Seeds



Skin Care Benefits

- Also Camellia oil can be used as an emollient for dry skin and even help with acne, rashes and other inflammatory skin conditions. It is a light, easily absorbed oil that can be used as a moisturizer for dry, rough spots. The oil is said to help prevent and smooth skin creases and stretch marks and aid with scars. It is also used to strengthen and promote healthy growth of fingernails by massaging the oil into the nail and to deep condition cuticles.

Hair Care Benefits

- History research says that geishas soaked their wooden combs in the oil overnight to help nourish the scalp and hair. You can buy camellia oil hair products with the oil as the main ingredient or you can use the pure oil as a hot oil treatment or a pomade. You can purchase organic camellia oil at many health food stores or order it on line is an extensive supply of it.



Geishas Wooden comb



Misconceptions

Camellia oleifera may be confused with Camellia sinensis, from which green tea is derived. They are similar but from different families of camellia. Camellia oleifer is the seed used for camellia oil. A combination of sinensis and oleifer is used at times in different products. Camellia oil is referred to as tea seed oil as well, which causes confusion with tea tree oil, which is from the leaves of Melaleuca alternifolia, a plant native to Australia that is not edible like camellia oil.

Ternstroemiaceae.



Properties

Camellia oil exerts many therapeutic properties. They have healing and nutritional power, making them fit for use even in medicinal formulations.

Emollient – Tea seed oil is a brilliant moisturizer.

Antioxidant – Camellia oil, like green tea is a superb antioxidant. It resists rancidity strongly.

Hair conditioner – used as a traditional hair treatment in the ancient times in China.

Cicatrizant – promotes recovery of wounds and scrapes.

Anti-Aging – protects the skin from free radical damage due to its antioxidant. Reduces ageing due to the skin and other environmental free radicals.

Anti-microbial – It stops the proliferation of microbes. It is especially notable for its anti-fungal properties.

Lipid Lowering Effects – reduces LDL cholesterol and triglycerides.

Emulsifying Agent – This means that tea seed oil quickly emulsifies other fats. This makes it a nice additive to cosmetic products whether they are commercial or home-made.

Insecticide – useful as a pesticide for certain agricultural crops.

Immune booster.

Anti-mutation – This means that it can prevent certain cancers from even occurring.

Astringent – It has a mild astringent effect which makes it good for treating injuries and scars.

Anti-inflammatory – reduces inflammation on the skin.

Neuroprotective – reduces damage to the nervous system.

Anti-diabetic – has blood glucose lowering ability.

Analgesic – natural pain reliever.

Anti-Allergic – can help in suppressing an allergy.

Japanese Camellia oil



from: [https://wawaza.com/pages/How-to-Use-Japanese-Camellia-\(Tsubaki\)-Oil.html](https://wawaza.com/pages/How-to-Use-Japanese-Camellia-(Tsubaki)-Oil.html)

Japanese Camellia oil is best when obtained by cold pressing wild-harvested seeds of the *Camellia japonica* flower (called

Tsubaki in Japanese) without any harsh chemical or high heat refining.

Benefits

Japanese Camellia oil is a rich source of Palmistic and Omega-6 Linoleic fatty acids, as well as numerous anti-aging polyphenol antioxidants.

It is an emollient (soften skin and hair), and approximately 82% of its fatty acids are composed of Oleic fatty acid (Omega-9).

Omega-9, a remarkable transdermal carrier, is very effective in enhancing skin's moisture retention ability.

It is quickly absorbed and permeates deep into lower layers of skin, promoting cell growth and giving skin support and flexibility.

- **Hair Care**

- How to Use as Daily Conditioner
- Deep Treatment Pack
- Use With Seaweed Hair Cleanser
- Applying With *Tsuge* Wood Comb

- **Skincare and Facial Use**

- Vitamin E and Sunblock Claims
- Use in Combination with Rice Bran Oil

- **Body Care**

- Nails and Cuticle Care

- **Camellia Japonica and Other Varieties**

- Camellia Japonica, Sinensis and Oleifer Differences
- Collection of Matured Seeds
- Cold Pressing
- Heat Extraction
- Solvent (Chemical) Extraction
- Why Are Unrefined Oils Better?

Hair Care



With its golden color and creamy texture, [Japanese Camellia oil](#) has been responsible for the classic, legendary beauty of

Japanese hair for centuries.

In Japan, Camellia oil is commonly used as a leave-in, best when applied to damp hair such as after showering. How much to apply is a matter of personal preference. A little goes a long way, though you can apply as much as you like. Geishas and maikos apply a lot, for the distinct Japanese traditional glossy hair look they prefer.

For difficult hair, it can also be applied to hair before washing to untangle hair and make it more manageable.

The benefit list of Camellia oil for hair care is long:

- Softens hair and makes it more manageable
- Restores hair's natural sheen
- Helps hair retain moisture
- Forms a barrier against environmental pollutants
- Repairs breakage and split ends
- Treats dry scalp and itchiness
- Help prevents dandruff
- Treats damage from perms and coloring

How to Use for Hair Care

For Japanese, the most common use of Camellia oil is to apply it to hair after washing.

- Towel dry hair after washing.
- Put a few drops of Camellia oil into your palms and spread well.
- Starting from the top, apply into hair and scalp using fingertips.

Pay special attention to hair ends, They tend to be drier and more subject to breakage and damage.

OK to apply to dry hair on days you do not wash hair.

Use As Deep Treatment Pack



As a deep hair treatment pack, Camellia oil helps restore brilliance to dull hair and treat damage from heat, perms and

coloring.

- apply a few drops into hair before shampooing hair.
- Cover with shower cap, and wrap with towel (to keep it warm) for 20-30 minutes, you can sit in the sun and let it soak. You can extend this time to up to one hour.
- Shampoo and rinse and use a conditioner in the ends of hair as usual.

Use With Seaweed Hair Cleanser



Japanese Camellia oil can be used as moisturizer and conditioner after washing hair with seaweed.

[Seaweed hair cleanser](#) comes in form of powdered seaweed. It is mixed with water to produce a gel-like mixture. The mixture is applied in a variety of ways. The traditional Japanese method is to use it by itself. However, it can also be used as a deep treatment pack with camellia oil, or mixed with shampoo.

How to use

Washing Hair – Mix a little less than 1/2 teaspoon of seaweed powder with 3 tablespoons of hot water. Let mixture cool down before use. Apply mixture slowly into hair and onto scalp. Rinse well. Towel dry hair. Apply Camellia oil.

Deep Treatment Pack – Mix 1 teaspoon of seaweed powder with 3 tablespoons of hot water. Wash hair as normal (without using the mixture.) Towel dry hair. Apply mixture to hair. Cover hair with cap for 15-20 minutes. Rinse well. Towel dry hair. Apply Camellia oil.

Applying With *Tsuge* Wood Comb

DHGate.com



古吳

go in

Applying Camellia oil to hair by hand is OK. Going over it with a wood comb results in a much better and more even coverage make sure to be gentle with the combing wet hair is very fragile. It is a good idea to let hair dry before combing, as you should never comb your hair when it is wet. So we prefer doing the application on dry hair

Japanese [traditional combs](#) are made from Tsuge (Boxwood – one of the densest, hardest types of wood. They are polished, one tooth at a time, to a very smooth finish.

The wood teeth have microscopic pores which pick up and re-distribute Camellia oil in a thin, even layer throughout hair. This promotes natural shine and gloss and even coverage while using less oil.

Tsuge combs do not snag, since their teeth are seamless. They are also anti-static as not to cause frizz when combing.

Skincare and Facial Use



Skin Rescue Kit: Rosewater Toner, Camellia Balm Stick, 1oz. Camellia Oil

Absorbs Quickly Deep into Skin Restoring Bounce and Elasticity

Camellia oil is a fast-absorbing moisturizer. It has a silky, creamy texture and is non-comedogenic (does not block skin pores, and does not contribute to acne breakouts.) Among other benefits, it is a transdermal carrier of cell rebuilding nutrients and bioactive compounds (collagen and elastin) into skin, which repair damage caused by dryness, sun exposure and aging and general oxidation.

How to Use

- Pump a small amount into the palm of your hand.
- Rub your palms together to spread the oil into a thin layer, more is not better.
- Pat the oil over your face and neck. Do not rub hard just have a little ceremony for your self.
- Spread the oil in small circular motion till its absorbed, with clean hands.

For small wrinkles and blemishes, add a small drop to your fingertips and apply directly on the areas you need, patting it softly.

HOW TO APPLY
CAMELLIA OIL



GENTLY PAT ONTO SKIN



MASSAGE OIL INTO SKIN
USING UPWARDS MOTION

REPEAT RITUAL
MORNING AND NIGHT

et voila....

Vitamin E and Sunblock Claims

Vitamin E

Although there are numerous claims that Camellia oil is rich in vitamin E, such claims are simplistic at best, and can be misleading.

Vitamin E comes in many forms. Notable ones are Tocotrienols, the so-called “super vitamin E”, and the more common (and much less effective of the skin) Tocopherols.

While Camellia oil contains only moderate levels of the Tocopherol variety vitamin E (about 60 mg/1000 g), it is not a noteworthy source of Tocotrienols for most part.

For high Tocotrienol content [rice bran oil](#) at 600-800 mg/ 1000 g is by far a better choice, if that is what your looking for.

Sunblock Properties

Common claims of Camellia oil having significant sunblock properties are a bit exaggerated, I would still use your preferred sunblock after the oil sinks in.

In fact, all vegetable-based oils, including Camellia oil, have a low SPF (about 3-5) and should not be used as a primary sunblock regimen.

Use in Combination with Rice Bran Oil

Some prefer to apply Camellia oil in combination with [rice bran oil](#) to take advantage of their different benefits. Among other things, rice bran oil is a significant source of Tocotrienol, as well as an anti-aging antioxidant called Gamma-oryzanol.

Mixing the two oils together is not the best way to go, since it cuts the effectiveness of each oil in half. Instead, they

are best applied separately. Both get absorbed into skin rapidly, and one can be applied in about 15 minutes after applying the other.

Body Care



For Bouncy Skin and Softer Elbows, Knees and Heels

Camellia oil is a nutrient and antioxidant-rich skin moisturizer and softener (emollient), and its fatty acids contain powerful agents for retention and enhancement of skin moisture.

The oil is fast absorbing and penetrates deep into the lower layers of skin, enhancing natural cell growth and bounce.

- Moisturizes, nourishes and softens skin
- Restores bounce and elasticity
- Diminishes fine lines and wrinkles
- Repairs stretch marks such as in after pregnancy
- Heals minor acne scars

Japanese Camellia oil also does an excellent job to soften rough skin in areas such as elbows, legs, knees and heels.

How to Use

Apply a small amount to damp skin (best after showering or taking a bath.) Apply gently and thoroughly till completely absorbed.

Use morning and night, or as often as needed.

Nails and Cuticle Care

- Softens dry or brittle nails and rough cuticles
- Helps alleviate discomfort from dry skin under
- Keeps nails nourished, smooth and shiny

How to Use

Add one or two drops to a cotton pad and wipe nails and cuticles. Best after showering. After a few days, you will

notice that your nails and cuticles are softer and smoother and look healthier.

The Camellia family of plant includes a very large number of species. Besides the all important [Camellia japonica \(Tsubaki\)](#), the Camellia family includes many other plants such plants are [Camellia sinensis](#) (the common tea plant) and [Camellia oleifera](#) (notable for its edible properties).

Though they all are commonly referred to as “Camellia”, they have important differences and should not be confused.

Camellias Japonica, Sinensis and Oleifera Differences

Camellia japonica

The true Japanese Camellia. Also called Rose of winter, and *Tsubaki* in Japanese. The [oil from its seeds is known in Japan as Tsubaki-abura.](#)

The Japanese Camellia tree (*Camellia Japonica*) is native to southern Japan. The most common variety is the classic red Camellia known as *Yabu-Tsubaki* (wild Camellia.) *Yabu-Tsubakis* are easy to recognize. They are dark pink to red, with 5-7 petals which connected at the bottom in a cup shape. The upper-sides of the leaves have a distinct waxy coating which sparkles in the light. The Japanese name *Tsubaki* is believed to have been shortened from “*tsuya-ba-ki*” or “shiny leaf tree”.

The *Tsubaki* tree blooms in winter and early spring, when the

much-admitted beauty of its flower is a common sight in cities and in countryside. Its all-important seeds are harvested in fall.

Camellia sinensis

The plant which all teas come from. Two major varieties of *Camellia sinensis* are: **var. *sinensis*** (small-leaved teas), and **var. *assamica*** (large-leaved teas). Leaves of various species produce all teas including green (Sencha, Matcha,..), black (Darjeeling, Ceylon,..), Pu-erh (Qing Cha, Shu Cha,..) and Oolong (Jade, Wu Yi,..). The oil from its seeds is known as **Tea Oil Camellia**.

Camellia oleifera

Notable source of edible oil. Very similar to olive oil in composition, with its fatty acids containing about 72% Oleic acid. The oil from its seeds is commonly known as **Oil-seed Camellia** as well as **Tea-seed Oil**.

Collection of Matured Seeds

The traditional Japanese method for collecting *Camellia* seeds is to gather the seed pods by hand after they have fully matured.

This is a time consuming, manual process which ensures that the seeds are at their peak maturity and have reached their maximum potential. The oil pressed from such seeds has an exceptionally deep golden color and a rich, velvety texture.

The collected seed pods are then sun-dried. The process results is the woody shell of the pod to naturally crack open, exposing the seeds inside.

Oil Extraction

Camellia oil retains its maximum benefit when it is extracted by **Cold Pressing**, without undergoing any refining process.

Lesser quality Camellia oils are extracted by either **Heat Extraction** or **Solvent (Chemical) Extraction**. Such oils also undergo various levels of heat or chemical refinement to make color and texture uniform.

Cold Pressing

Camellia oil for beauty application must be free of chemicals and must contain the fullest possible amount of its natural anti-oxidants and nutrients.

Cold pressing, a labor-intensive mechanical process, ensures that the maximum possible amount of oil's character and nutritional content are preserved.

Cold pressing yields only about 20-30% of the seeds available oil. This is the reason for the relatively higher cost (and lower availability) of cold pressed high quality Camellia oil.

Heat Extraction

Heat pressing is the application of high heat in conjunction with mechanical pressure to extract more oil from seeds.

Heat extraction increases the yield to 60-70% of oil available in the seed, and lowers production costs. However, the introduction of heat changes the composition of the oil and significantly lowers its anti-oxidant and nutritional properties.

Solvent (Chemical) Extraction

Large manufacturers, to fully extract the seed's oil, use high heat along with powerful carcinogenic solvents such as ethanol or Hexane, a petroleum byproduct. Adding solvents to the heat extraction process increases the yield to up to 98% of the available oil contained in the seed.

Solvent extraction lowers production costs – and oil's health benefits – even more than heat extraction, as the oil undergoes temperatures of up to 150° C (about 300° F) under extremely high pressure to keep it from boiling.

The process is followed by distillation to remove the solvents (ethanol or Hexane) from the extracted oil to the extent practical. However, residual solvents remain in the finished oil, although these may only be in trace amounts.

Cold Pressed vs. Cold Filtered

While Europe has rigorous standards in place for the terminology of cold pressing, similar phrases such as “cold filtered” have been used erroneously, especially in the U.S. and Australia, often employed as a marketing technique.

“Cold filtered” oils are not necessarily cold pressed. They could very well have been processed at high heat and using chemicals, and then filtered after being cooled.

Why Unrefined Oils are Better

Unrefined oils are ones that have not been subjected to high heat or chemicals for controlling color and scent. They maintain the maximum amount of oil's original character, and are untainted by chemicals.

Large manufacturers need to control the batch-to-batch differences in their supply chain to make the final product uniform. They employ various “refining” techniques for this purpose.

Refining allows control of color and scent of oil by using combination of chemical, filtration or heat processing.

Refined oils are less expensive to produce, since the process makes it possible to make the final product always uniform and look and feel the same, regardless of using different grade oils.

Refined oils lose important nutrients and antioxidants in the process. Depending on the type of the refining process, there is also the possibility that trace amount of chemicals remain in the finished oil.



Elemis Japanese Camellia Oil Blend

Easily absorbed and rich in plant collagen, it is ideal for helping to prevent stretch marks whilst pregnant and improving skin elasticity and condition over the whole body.



Macadamia Natural Oil Healing Oil Infused
Comb



Fleur De Lis
Natural Cosmetics



CAMELLIA OIL

CAMELLIA OIL

2 fl. oz. (60ml)

2 fl. oz. (60ml)

Camellia Oil 100% – Pure Cold Pressed, Organic

- 100% Pure, Cold Pressed, Organic, processed without heat or chemicals
- Rich in polyphenols, high in vitamins A, B, D and E, various minerals, Omega 3, 6 and 9 fatty acids
- Has protective and antiseptic properties, wonderful for all skin types including ultra sensitive, oily, combination, and acne prone. Promotes skin rejuvenation. For best result use after Fleur De Lis Natural Cosmetics Rice and Papaya Enzyme Powder Cleanser.
- Virtually odorless and possesses only a very slight herbal aroma
- Prevents free radical damage, provides moisture and velvety softness to the skin and hair



TATCHA Camellia Cleansing Oil Face Wash

- A beautiful blend of camellia and rice bran oils.
- Melts away even waterproof makeup leaving skin fresh and pure.
- 1-Step, no double cleansing required.
- Safe and effective for all skin types.

