

The 9 Effects Of Stress On Your Skin By Isabel's Beauty Blog



It has been said that stress can manifest itself on one's appearance in many ways, but primarily by making the skin more sensitive and more reactive.

For example, stress maybe linked to psoriasis or rosacea, result in acne lesions that are more inflamed and more persistent, brittle nails and ridging of the nails, hair loss, hives, and excessive perspiration.

Stress also is a known trigger or can be a worsening factor for fever blisters, psoriasis, seborrheic dermatitis and has even been shown to impair skin barrier function and dehydrate the skin – allowing more irritants, allergens, and infectious agents to penetrate the skin and cause problems.

Beyond the direct physiological effects of stress, people under stress also tend to neglect or abuse their skin. For example, they often lack the energy and motivation to adhere

to their skin care regimens, and there also might be signs of stress-related habits – such as scratching, pulling or rubbing – that can exacerbate issues.

On a microscopic level, stress reduction can decrease the release of pro-inflammatory stress hormones and chemicals. For example, release of neuropeptides (or stress chemicals released from the nerve endings) can be reduced with stress management techniques. This often results in skin that looks and functions better.

Stress does a lot more than make us feel awful – it can wreak havoc on your skin. We're getting some expert insight into just what it does to your complexion and how to reverse the effects.



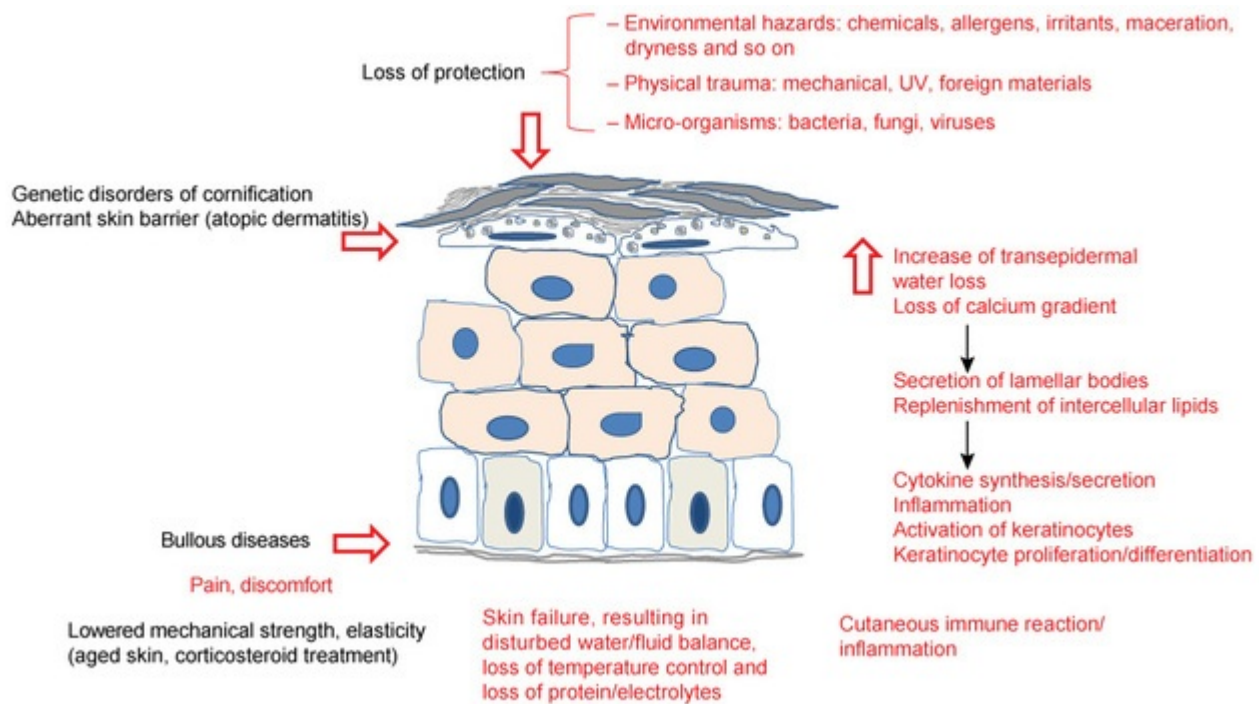
Acne breakouts

Acne breakouts are stressful enough – especially when they happen the day before a date or other big event, but it turns out stress itself could be causing those pesky blemishes. “Overproduction of the stress hormone cortisol sets the stage for acne flare-ups by promoting oily skin and interfering with your body’s ability to regulate inflammation.” So what’s a girl to do? To calm your complexion, she suggests using an organic skin cream that contains natural anti-inflammatories such as green tea and chamomile, as well as the natural mineral sun block zinc oxide, which reduces oiliness.

Dehydration

Dry skin? All those long (stressful) days at the office could be to blame. “Stress interferes with the ability of the skin to retain moisture.” If you’ve been dealing with more stress than you’d like – and it shows, switch to a rich cream that

contains plant-derived moisturizers such as aloe vera, hyaluronic acid, shea butter and avocado oil. “These will help hydrate and lubricate the skin, improving not only the appearance of the skin, but also its ability to function as a natural shield against bacteria, irritants and toxins.”



Reduced collagen production

Stress can also be the enemy of youthful-looking skin, so if you want to turn back the clock, you’ll need to find a way to minimize stress. “Increased levels of another stress hormone, epinephrine, constricts blood vessels, reducing the flow of oxygen and nutrients that skin needs to manufacture collagen.” If you want to combat the effect of stress on your skin, move your face, she advises. “One of the best ways to restore healthy circulation is a program of facial exercises that incorporates aerobic techniques.”

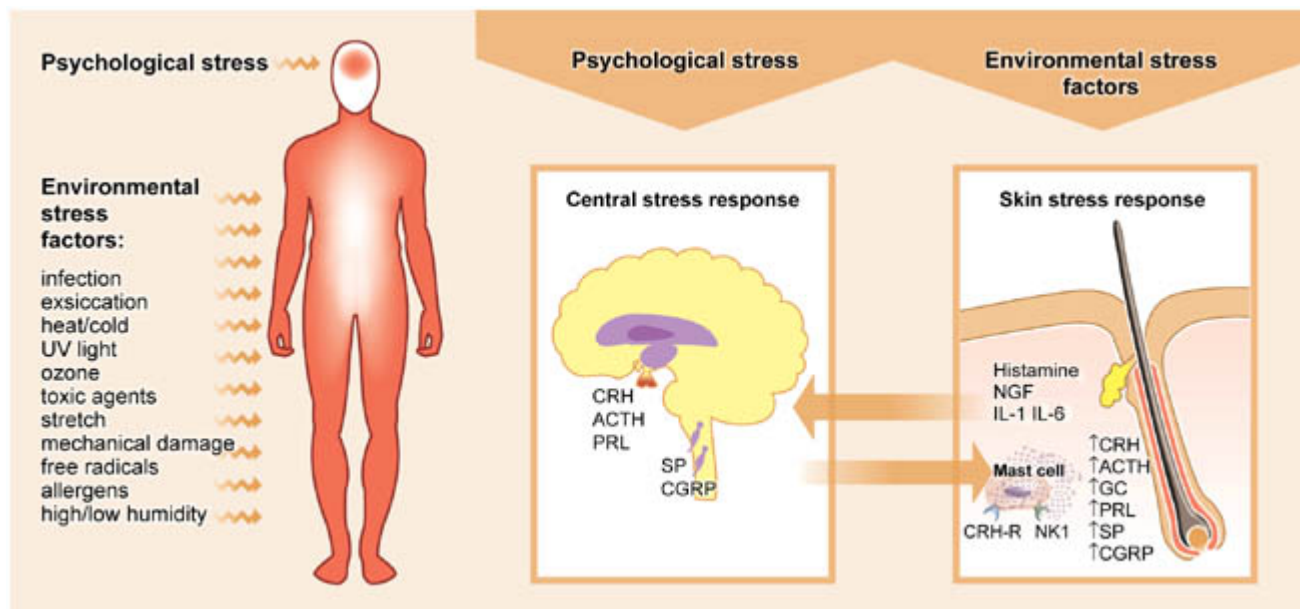
Tips on Managing Stress

- Positive Attitude
- Support System
- Exercise
- Laughing
- Taking Time for You
- Meditation



Neglect and abuse of skin

If you're overloaded with frustrating demands and a never-ending to-do list, you may find yourself going to bed with your makeup on, not bothering to moisturize and even indulging in bad habits like picking at your skin. To get your skin back on track, treat yourself to a professional facial. "Make sure the salon you choose provides a soothing atmosphere and plenty of TLC. With a little pampering to reduce your stress level and a revitalized complexion, you'll feel motivated to resume a disciplined skin care routine."



Dull and troubled skin

What is happening with your digestion can have a big impact on what is going on with your skin. When stressed, the body's digestive system can go a bit haywire because the blood is directed away from the digestive system and everything becomes unbalanced. Unbalanced digestion has been found to lead to problem skin such as dryness, oiliness, blemishes and dullness, or sometimes a combination of all of these issues. Problems such as eczema and dermatitis can occur, too.

Solution:

Boost your circulation with at least three sessions of cardiovascular exercise a week. This will also help you cope better with the stress itself. Include plenty of alkalising foods in your diet, such as apple cider vinegar, which makes a great salad dressing, green leafy vegetables and non-animal protein sources. Remember to chew your food well as this helps to alkalise it further before you ingest it. You can also consider taking probiotics, which can help balance the environment in your gut.

Lines and wrinkles

No one likes to talk about wrinkles, let alone face them in the mirror. Ensure your skin stays smoother, longer by minimizing stress. "Cortisol also causes blood sugar levels to spike. The excess sugar molecules in your bloodstream can bond to the proteins in your skin's collagen fibers causing them to harden and crack and resulting in loose skin and deep wrinkles." To maintain proper blood sugar levels and keep skin looking youthful, Isabel recommends avoiding refined carbohydrates (e.g. white bread, junk food) and eating more vegetables, whole grains and beans.

There are two ways stress contributes here. Firstly, as previously mentioned, stress can cause dry and problem skin, and dryness and dehydration are the leading causes of fine lines and wrinkles. Secondly, the facial expressions that typically come with stress can cause deep, dynamic lines that last far beyond the stressful period. We're talking frown lines, crow's feet from squinting at your computer screen and deep lines that run from the nose to the mouth and the chin.

Solution:

Practice mindfulness and meditation. Be aware of the moment you are in. If you feel yourself frowning, or your mouth is turned down, step away from the source of your stress, be it your computer screen, the phone or simply the in-tray on your desk. If possible, take 10 minutes to give yourself a facial massage. Press your fingertips into the middle of your eyebrows and work them all the way around your orbital bones to help relax the muscles that cause the expressions. Relax your mouth by saying your vowels in an overly accentuated manner up to 10 times. This will also help relax your jaw and prevent you from clenching and grinding your teeth. Even if you don't feel like smiling, force yourself to do it. Research suggests the very act of smiling, even if it's fake, can improve mood and induce relaxation.



Lack of sleep

Stress causes sleepless nights. This will directly impact on the appearance of your skin. Just one night of tossing and turning will draw the freshness from your face, and if it becomes an ongoing problem, it can affect your skin's regeneration functions, resulting in dullness, fatigue, under-eye circles and bags and bloodshot eyes. It will also make you feel less like exercising, which can cause weight gain.

Solution:

Put good sleep practices in place. Save vigorous exercise for earlier in the day, rather than just before bed. Before bed, take 15 to 20 minutes to do some gentle stretches and deep breathing to ease the tension of the day. Make sure you have clean sheets made from natural fabrics, allow fresh air to circulate through your bedroom and remove all devices such as smartphones or tablets. Don't have a TV in your room – it will stimulate your brain and make sleeping soundly even harder. Avoid caffeine after 2pm. You can also consider playing meditation CDs to relax you.

Bad habits

Stress can trigger the onset of unhealthy habits such as excessive alcohol consumption, smoking and comfort eating. Again, this can make you less determined to exercise and can create an unhealthy cycle, where you rely on these things to help you relieve stress. This can lead to bad skin and weight gain, as well as other health problems.

Solution:

Before you reach for a bottle of wine, cigarette or chocolate, take a walk and get some fresh air. Swap alcohol for a juice made of green, leafy veggies. Practice meditation and keep

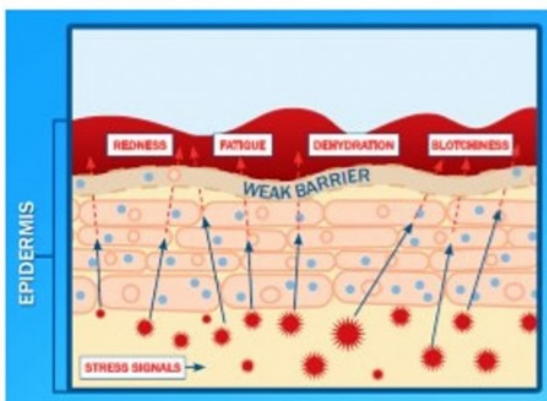
positive and uplifting affirmations on your office wall or the fridge to deter you from bad habits.

Heavy jaw

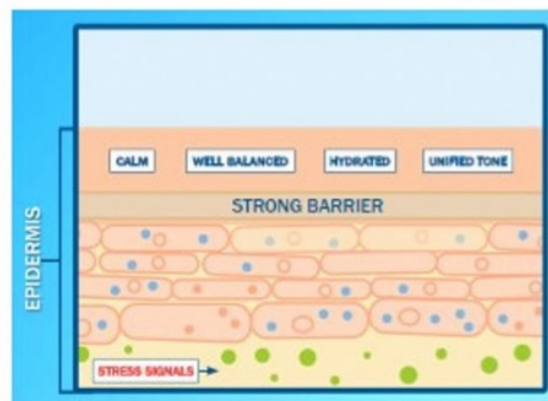
Grinding teeth and clenching of the jaw are common symptoms of stress. Unfortunately, these habits can cause the jaw muscles to work overtime. This can result not only in damaged teeth, but also a heavier than usual jawline, as the muscles become larger with the grinding action.

Solution:

Speak to your dentist about wearing a special mouth guard if you grind your teeth in your sleep. A reputable cosmetic or plastic surgeon can also inject a muscle-relaxing product into the muscles to prevent you grinding your teeth. You can also try alternative practices such as kinesiology to help ease the tension. Acupuncture is what I use and it works miracles. Chiropractor work is another choice I usually resource to for relaxing, Yoga and Gi Gong one of my favorites.



- STRESSED SKIN**
- When stress signals are released from inside the body, it causes an inflammatory skin response resulting in visible signs of stress
 - Continued stress responses can make skin more vulnerable and can lead to premature skin aging



- STRESSED SKIN WITH SKIN RESCUER**
- With ingredients that limit the number of stress signals that attack skin along with protecting the skin barrier, this formula is better able to minimize the visible signs of stress.
 - Over time, skin becomes less vulnerable to daily stress.

Detoxifying Your Life: Stress-Detox Secrets By Dr Perricone

Stress is probably the greatest age-accelerating precipitator there is. As a dermatologist, I can also unequivocally state that stress is also the precipitator of a great many skin problems; in fact, these problems often have their very roots in the psyche.

This can include everything from acne to eczema, rosacea to psoriasis and worse. Unfortunately normal day-to-day interactions with our partners and children can be stressful – no matter how much we love them. Of all of the physical conditions we experience, stress is also the most deadly.

Many circumstances create stress in our daily lives. Arguing with family, friends or colleagues, not getting enough sleep, worrying, working too hard, or even playing too hard can all create stress. Weekend warriors, who try to make up for a week of inactivity by spending hours engaged in strenuous physical sports, raise their stress levels to an unhealthy degree. Any activity that is practiced without moderation can lead to a stress response.

To help reduce the negative effects of stress, I recommend following the anti-inflammatory diet and taking targeted anti-inflammatory nutritional supplements. I also suggest implementing these simple strategies:

Make sure that you get enough sleep

Try to minimize situations that create stress in your life

Don't drink coffee. Coffee contains many organic acids which can elevate our cortisol levels. It's important to avoid spiking these levels, as it can be toxic when large amounts of cortisol are circulating in our system for prolonged periods of time. It is not specifically because of the caffeine because you can drink a cup of decaffeinated coffee at 8 AM and your cortisol levels will still be measurable at 10 PM

–the same effects as a cup of regular coffee.

Set aside fifteen or twenty minutes a day for meditation or prayer. It is a well-established fact that people who do this have significantly lower cortisol levels. Long term benefits include keeping our skin clear, maintaining a healthy immune system and preventing age-related diseases, such as diabetes, cancer or cardiovascular disease.

Consider learning some simple Yoga exercises. Yoga is an outstanding stress reducing discipline and can lower cortisol levels.

Substitute green tea for coffee.

Get out in nature—fresh air, trees, blue skies, all contribute to our physical and mental well-being.

RELAXATION MUSIC FOR STRESS RELIEF

GUIDED SLEEP TALKDOWN — GENTLE RAIN

Meditation to De-Stress ("Brain Acupuncture")

Calming Stress Relief

Acupressure Points

How to Relieve Worry,
Anxiety, Depression, and More

Chews-4-Health: Foods that
Fight Stress!

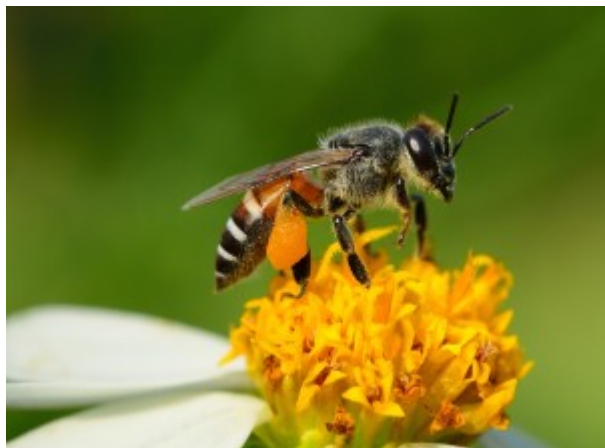
Bee Venom Skin Care



Do Bee Venom Beauty Treatments Work?

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. 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? Bee venom treatments aren't a new invention, they have been around for centuries, but it's only recently that the benefits have become public knowledge.

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.

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

How Does Bee Venom Work?

Bee venom, (scientific name: apitoxin) is the 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.



Here are some 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.



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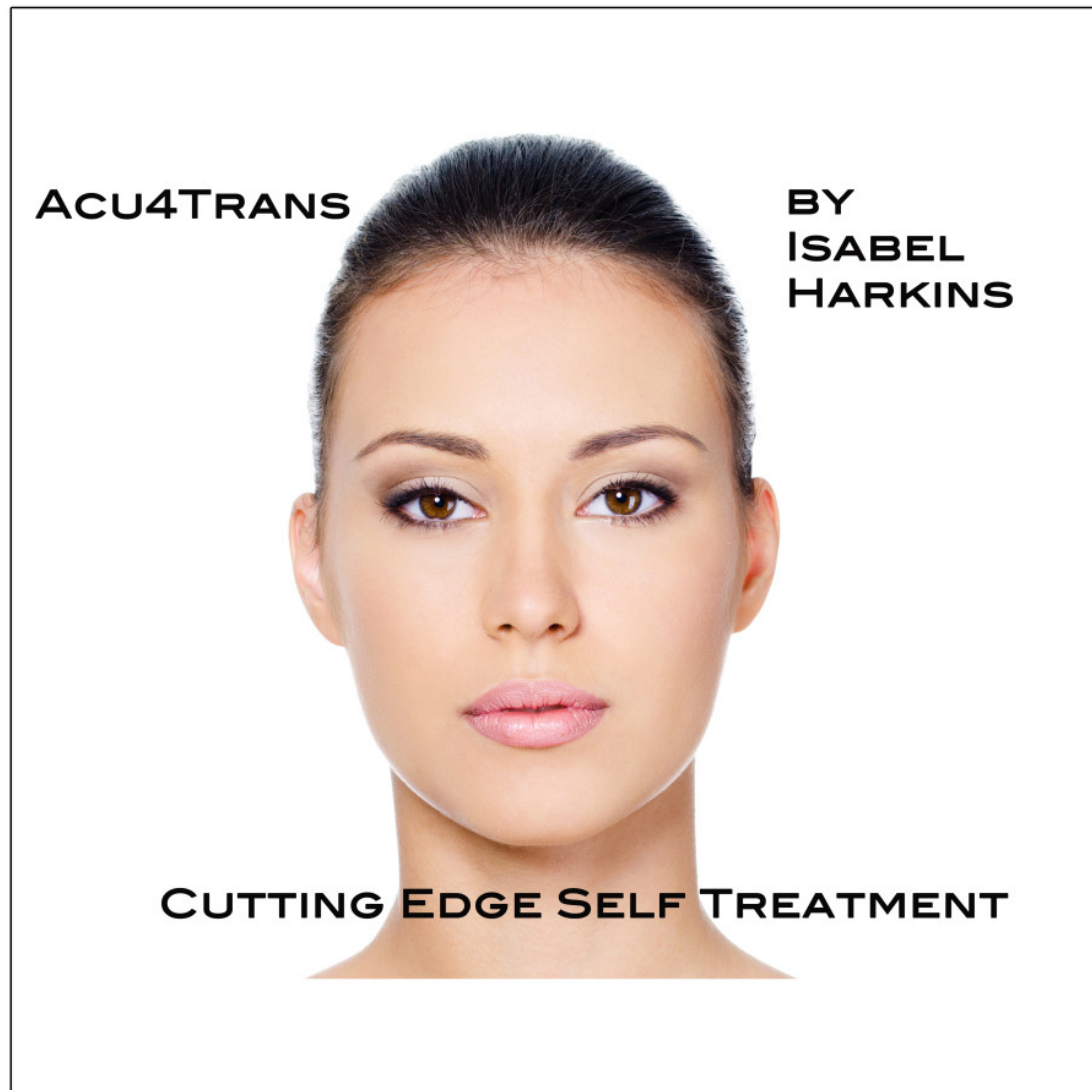
All mums are special, and it shouldn't be just on Mother's Day that we get to show them how special they really are.

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**Isabel's Beauty Acupressure
Facelift Acu4Trans DVD**

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Acupressure Beauty Self Massage Facelift Acu4Trans DVD. Learn and experience the Acu4trans Method, a non-surgical facelift technique utilizing acupressure points and essential oils. In this DVD Isabel Harkins will guide you, step-by-step in how to accurately and properly apply pressure to specific points that

will restore your face radiance and improve your overall wellbeing. Most people report experiencing positive results with these self administered protocols. The DVD is very user friendly with menus guiding you to the exact location on the disc you wish to view in order to learn the points and techniques easily and accurately. The protocols and music are extremely soothing and calming providing you with your own spa day at home.

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to [SmileTrain.](#)**



Senteurs De Fee



Simply Magical
Naturally Beautiful



[Senteurs De Fee](#)

In our recent stay in Marais Paris, I was introduced to a company I fell in love with. The store and the products are magic it was like entering a new dimension, in between the amazing aromas of the herbs and a sweet smell of incense I was

transported to a place that I would like to live in.

We were greeted by one of the owners she is just as Fantastic as the store and the products. She proceeded to show us all the different products and gave us a bottle of their [Nectar de Rose](#), Wow!! She told me to try it first and if we liked it to come back and try the rest and she sent us home with a few samples.

I fell in love with the [Nectar de Rose](#) and went back to get other products she told me that she sells all the products all over the world and it would probably be easy for us if she send the products to the USA, since we were going to be traveling for another 3 weeks what a great idea not only for us but for our Blog followers that way they can order from her. I highly recommended the products. They changed my Skin and the results she told us are exactly as she said.

Nectar de Rose

Nectar de Rose Senteurs de Fée is the aromatic, beautifying nectar par excellence. We note a radical improvement in skin texture and complexion in 4 or 5 days, and a smoothing out of wrinkles thanks to its unique concentration in pure Rose Essential Oil. Its nutritive formula repairs and reduces shine and is suitable for all skin types without leaving the skin greasy.

The molecular richness of its ingredients and the 500 or so identified molecules contained in Bulgaria Rose Essential Oil makes this a complete beauty treatment. Its ultra-fluid texture made from precious oils is scented with natural rose.

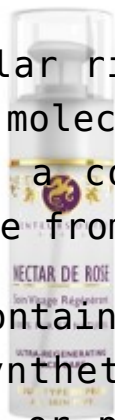
Does not contain any artificial colour or fragrance, does not contain synthetic chemicals, mineral oils, petrochemical derivatives or parabens. Is not tested on animals.

Properties :

Hydrates the skin and improves the complexion, regenerates and oxygenates the epidermis, smoothes out lines and wrinkles, detoxifies and purifies skin tissues in-depth.

How to use :

Can be used as an excellent alternative to your day cream. To



be applied in the morning as a massage on the face, neck, eye contour and eyelids on lightly moistened skin. The skin absorbs this Nectar in 60 seconds. You can then apply your make-up on a radiant skin.

Advice from Katia Bielli, its creator :

To optimise the active ingredients contained in Nectar de Rose, hydrate and moisten the face with Clean Skin Lotion or a Floral Water that suits your needs (rose, orange blossom, cypress) and allow the skin to absorb this Nectar de Rose on this moistened skin. For the day cream adepts, remember that all the Senteurs de Fée range of facial care products can be combined.

You can also mix a dose of Nectar de Rose with a dose of Crème d'Eau for a soothing tailor-made camomile and rose moisturizing cream.

You can also use it as your night cream, avoiding the eye contour and eyelids. At night, never apply anything around the eyes or eyelids other than flower waters that you allow to dry naturally, or you risk waking-up with bug-eyes!

[Katia Bielli](#)

I am a passionate artisan with an in-depth knowledge of my field. The **Senteurs de Fée** range was rigorously put to the test by extremely demanding, tough, uncompromising customers confronted with a range that was totally unknown, didn't offer samples but yet claimed to give results in a matter of days: **Nectar de Rose, Anti-age Duo, Beauty Serum, Revitalizing Mask...** At the beginning, they were perplexed by the improbable containers with adhesive labels stuck on by hand but that sold thanks to a very positive word of mouth. **Senteurs de Fée** would never have survived or developed in the cosmetics

universe if my assertions had been contradicted by a lack of competence or quality.

I created these products for myself at first, I was the first to use them and now I have the satisfaction and pleasure of sharing them with you.



Life is full of wonderfully mysterious and inexplicable things. My fascination and passion for plants that began in my childhood is one of them. [Next](#)

Organic label: *is this a guarantee?*

The first question one should ask oneself is: *“why has it been necessary to create organic cosmetics labels?”* [Next](#)



The first impression is olfactory. The air is balmy with the blended scents of rosebud, camomile and lavender flower bath salts, burning resin incense and fragrant essential oils. In this magical kingdom dedicated to beauty, to well-being and fragrance, time passes gently without stress. Here one can ask for advice, test a cream or a perfume and between addicts we exchange our secrets. On the door there's just an invitation: enter without knocking, the fairies are in the workshop...

Testimonials

“I don't actually wear make-up but I wanted something that really cleansed deep down. I was a bit sceptical given its oil-base, but I tried the Make Up Remover Oil because I trust Senteurs de Fée! Here we have another magical product...applied onto damp cotton wool it neither feels sticky nor oily and not

only does it really cleanse the skin deep down, the natural ingredients also penetrate and act deep down leaving the skin feeling good even the next morning!

I would never have imagined that there was so much muck sitting in my pores, even living out in the country...so for those of you that wear make-up AND live in big polluted cities this is an absolute MUST!!!” V.D

“If you want to give your whole body a treat and feel like a princess...try the Senteurs de Fée Body Beauty Cream. It’s unctuous, smells delicious and leaves your whole body smooth and silky and tingling with delight! It just drinks it up and asks for more! ” P.C

Over the years, I’ve tried every imaginable moisturiser. The results were always the same, halfway through the day my skin would start feeling tight, a sort of cross between a drying prune and a piece of cling-film trying to escape its imposed stretch...

Then I met Katia and Senteurs de Fée. She advised Nectar de Rose and the difference was unbelievable! My face has never been happier! I can feel my skin drinking up all those wonderful ingredients and it smells gorgeous, feels silky smooth and lasts all day.”

All those little line have gone and even my friends have noticed the difference. I wouldn’t use anything else now, I’m totally hooked!! A.K



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Make-up Remover Treatment Oil

The [Make-up Remover Treatment Oil](#) is one of Senteurs de Fée key products which, together with Nectar de Rose, have contributed in creating the brand's excellent reputation. The synergy between the various carrier oils, essential oils and the vitamin E content contribute in creating a perfect make-up remover that simultaneously cares for your skin. Its restructuring, regulating and hydrating properties make it an excellent alternative to a night cream. It cares for problem, mixed or greasy skins by tightening the pores and regulating excess sebum.

Does not contain artificial colors or fragrance, does not contain synthetic molecules, petrochemical derivatives or parabens. Is not tested on animals.

Properties :

Purifies and detoxifies the epidermis, eliminates all traces of make-up including waterproof mascara and indelible lipstick, makes your skin clean, smooth, perfectly clear of make-up and moisturized.



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Clean Skin Lotion

The Clean Skin Lotion of Senteurs de Fée is an alcohol-free toner for the face and neck made from 5 organic Flower Waters, Aloe vera and vitamin C.

The Senteurs de Fée Clean Skin Lotion is multi-purpose: Ideal for gently removing make-up and eliminating all traces of pollution. It hydrates the skin after applying the Make-up Remover Oil Treatment.

In the morning, it stimulates and wakens the skin before applying your day cream.

It is an extremely active, effective and fragrant lotion thanks to the Rose, Orange Blossom, Camomile, Geranium and Lavender Waters that you can mist generously leaving the skin fresh, clean and moisturized.

Properties :

Adapted and recommended for all skin types from the most fragile to mixed or greasy skins. The Clean Skin Lotion hydrates, purifies, regulates sebum, protects the epidermis and gives a glowing complexion.



Soft Facial Scrub

The Soft Facial Scrub Senteurs de Fée does not contain artificial colours or fragrances, does not contain mineral oils, petrochemical derivatives or parabens. Is not tested on animals.

Our skin is an inveterate coward, is often paranoid and has a long memory!!

It makes us pay for any abuse, becomes irritated if you scrub it too hard, takes its revenge if you traumatize it, and flares up in a rash at the slightest provocation. In short, it is far better to get to know it, respect it, treat it with the utmost gentleness, pamper it and use any available ruse to get what you want out of it. Then, it will reward you by blossoming out in all its beauty and display its finest attributes.

This is why the soft Facial Scrub is both an essential and delicate treatment.

This soft Facial Scrub has been designed to provide a daily exfoliation that is exceptionally gentle and non-traumatizing with spectacular long-term results. It hydrates and revitalizes through the addition of seaweed powder, rich in oligoelements, that melts as you exfoliate and repairs thanks to ingredients such as calendula, beeswax and sweet almond.

The hydrolipidic film is protected; the more you scrub, the more you hydrate.

Properties :

A very gentle microdermabrasion that eliminates impurities and dead cells, smoothes out skin texture, scrubs away imperfections, illuminates the complexion and favours cell renewal in the epidermis.



Dream of Cream Senteurs de Fée

Dream of Cream Senteurs de Fée is close to perfection. Thanks to a unique formula of active ingredients. It represents a real challenge in the world of leading edge natural cosmetics. Two and a half years of research, perfecting, and beginning again. Is not tested on animals.

It contains 25 anti-oxidizing, firming and restructuring plants, of which 7 amino acids (anti-ageing), hyaluronic acid and collagen regenerating tripeptides. It acts as a natural sunscreen through the addition of Languedoc powdered ochre

(protects and gives skin a healthy glow), and mica particles (repels UVA/UVB), natural ingredients and plants such as carrot, tomato, jojoba, beta-carotene; and a natural bush peach fragrance.

Advice from Katia Bielli, its creator :

To be consumed without moderation. And given the price, don't forget that all Senteurs de Fée products can be mixed together. To optimize Dream of Cream's performance and increase your pleasure by making it last longer you can mix one generous squeeze of

Dream of Cream with;

one of Crème d'Eau for moisturizing,

one of Beauty Serum to accelerate the skin cell regeneration,

one of Nectar de Rose to reach cosmetic nirvana by offering your skin extra oxygen, anti-age and anti-wrinkle nutrients.