

Natural Beauty, Natural Glow



Companion Remedies for Natural Beauty

[ClearSkin-A Gel](#) - Promotes healthy clear skin and encourages a smooth and trouble free complexion.

[The Natural Science of Skin and Skin Care](#) - Learn about the science behind beautiful, glowing skin

[Mediac](#) - Homeopathic remedy temporarily treats symptoms of acne vulgaris including [blackheads](#) on the face and body

[RosaRex](#) - Homeopathic remedy temporarily reduces facial redness, flushing and bumpy texture

[Invigorate Skin Tonic](#) - Promotes healthy functioning of the epidermis and tissues to nourish and support firm, supple skin

[Halitonic](#) - Promotes mouth freshness, as well as systemic cleansing and purifying.

[ReGrow Plus](#) - Promotes circulation, hormonal and thyroid functioning for healthy hair and nail growth.

[Total Balance Women's Plus](#) - Essential nutrients needed to help prevent degeneration and premature aging.

[Skin Dr.](#) - Helps maintain lymphatic functioning, promoting blemish-free healthy skin.

[EcoSlim](#) - Promotes healthy metabolism, liver, thyroid and digestive functioning

[Nail-RX](#) - Effectively treats and resolves nail fungal infections naturally

[Frownies](#) - This complete skin rejuvenation system has been call the best wrinkle treatment for facial wrinkles, frown lines, eye wrinkles and lip lines.

Ok ladies, listen up. If there is **anything** that most women have in common, it is the following:

- 1) we want to look the best we can - for ourselves, for our mates, just because
- 2) we're suckers for a slick marketing/advertising campaign
- 3) we're too busy caring for and worrying about everyone else to pamper ourselves properly

Now....I don't know about the rest of ya'll but I can neither AFFORD all the crap that is advertised nowadays as the next 'miraculous' beauty treatment nor do I have the time to apply/use them all.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



[Elderberry Syrup](#)

Created for Planetary Herbs by licensed acupuncturist and clinical herbal

So, where is the common sense approach in all of this? And just so everyone know, every single thing I suggest here I'm going to DO for the next 30 days and report back. I'm as bad as the next working/busy mom - I do and do and do and fall into bed remembering all I didn't get done - and doing for myself rarely makes the 'done' list.

Let's take it step by step....

Ok, let's start with the basics - Health and Nutrition!

1) Water - well, this is simple - drink plenty of it. This is a challenge for me because I'd MUCH rather be drinking a cup of strong coffee! But, my goal for this 30 days is to drink 4 16 oz bottles of water per day. Need a reminder of why water is important? Read this post: <http://www.natural-holistic-health.com/general/nutrition/10-reasons-to-drink-more-water/>

2) This may seem like it's ridiculous, but it's not. Laughter. Laughter is the best medicine, right? Research has shown health benefits of laughter ranging from strengthening the [Immune System](#) to reducing food cravings to increasing one's threshold for pain. There's even an emerging therapeutic field known as humor therapy to help people heal more quickly, among other things. Humor also has several important stress relieving benefits.

a) Laughter gives our bodies a good workout. Laughter can be a great workout for your diaphragm, abdominal, respiratory, facial, leg, and back muscles. It Massages abdominal organs, tones intestinal functioning, and strengthens the muscles that hold the abdominal organs in place. Not only does laughter give your midsection a workout, it can benefit digestion and absorption functioning as well. It is estimated that hearty laughter can burn calories equivalent to several minutes on the rowing machine or the exercise bike.

b) Laughter lowers blood pressure. People who laugh heartily on a regular basis have lower standing blood pressure than the average person. When people have a good laugh, initially the blood pressure increases, but then it decreases to levels below normal. Breathing then becomes deeper which sends oxygen enriched blood and nutrients throughout the body.

c) Laughter protects the heart. Laughter, along with an active sense of humor, may help protect you against a [Heart Attack](#), according to the study at the University of Maryland Medical Center (cited above). The study, which is the first to indicate that laughter may help prevent [Heart Disease](#), found that people with [Heart Disease](#) were 40 percent less likely to laugh in a variety of situations compared to people of the same age without [Heart Disease](#).

If you can't find anything to laugh about, well, just stop a minute to think of a world where women went on strike and men had to assume our roles/duties! Now THAT would be tragically hilarious!

2) Ease up on caffeinated beverages. This is another toughie for me because of the love of coffee I mentioned above, but also because my #2 favorite drink is Coca-Cola (hey, at least I'm honest about it!). So, what I'm doing is replacing 3 cups of coffee or 3 glasses of coke (or combination of) with 3 cups of [Green Tea](#) sweetened with honey. I do love [Green Tea](#) - and the benefits of [Green Tea](#) are impressive. Want to read about those? They are listed in this post: <http://www.natural-holistic-health.com/>



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Getting sick (or at least pretending to) was sort of fun back in the old da



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Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys

[general/the-benefits-of-green-tea/](#)

3) Eat breakfast. Now, I HATE eating breakfast - I'm never hungry and if I eat a large breakfast I become nauseated. But, when I eat nothing, I end up going hours on ONLY coffee and then binge eat like a starving, rabid person. The way I've solved this? I bought generic Ensure (chocolate flavor, of course) and drink one of those each morning. It gives me something substantial AND gives me some protein. I've actually lost weight doing this, even without changing any other part of my lifestyle.

4) Eat brightly colored fruits and vegetables. Substitute snacks of cookies or chips with an apple, fresh broccoli sprinkled with [Olive Oil](#) and [Lemon](#), a spinach salad, etc...you get the idea.

5) Cut down on anything with high Saturated Fat (fried foods!) and refined flours and eat more fish (especially Alaskan Salmon), turkey and chicken. Diet IS linked to [Acne](#) - no matter what the 'experts' may say. Want to know more? Check out Dr. Perricone's site.

6) Take your Vitamins. Of course, we could make a list 3 miles long of so-called 'amazing' [Supplements](#), right? Well, I have three goals with my supplements: 1) general good health 2) heart health ([Heart Disease](#) runs in my family) and 3) beauty.

Here's what I take:

1) A solid Multi-Vitamin will help you get all of the nutrients, [Vitamins](#) and [Minerals](#) you may need. Although, remember, the best way to get what your body needs is by eating right!

2) [Alpha Lipoic Acid](#) - [Alpha Lipoic Acid](#), also known as lipoic acid is a powerful, natural antioxidant slowly becoming recognized as having some unique properties in the therapy and prevention of a broad range of diseases. We have all heard the term "free radicals" in connection with youth and aging. [Antioxidants](#) are what help battle these free radicals and keep us healthier and younger looking.

3) Hair, Skin and Nails by Rexall (great [Multi-Vitamin](#) specifically for hair, skin and nails that includes [Biotin](#)!)

4) [Fish Oil](#) - 2000 mg a day - great for heart and for soft skin and terrific source of Omega-3s - More info on [Fish Oil](#) here: <http://www.natural-holistic-health.com/recommends/Omega3DHAEsters>

5) [Flax Oil](#) - 1000 mg a day - Read more on the benefits of flax here: <http://www.natural-holistic-health.com/general/the-health-benefits-of-flaxseed-oil/>

6) Vitamin B-Complex - Over 60 different bodily enzymes require vitamin [B6](#) to perform properly. In addition, vitamin [B12](#) relies upon its B cousin for assistance in adequate absorption into our bodies. Vitamin [B6](#) promotes healthy skin and hair; therefore, it is not surprising that a [B6](#) deficiency could easily lead to a skin disorder. I personally love [No Shot](#) B-12 and B-6 by Superior Source.

7) DMAE - DMAE can lift ones mood level to a more positive side, counter depression and bad moods, and raise and improve cognitive functions (such as memory and Concentration), dmae can even increase intelligence. Physician's closely watching



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[Natural Holistic Health Blog](#)

[Naturally Beautiful Me](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

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patients on DMAE have reported that such people are more upbeat, and have greater positive mental acuity. Also, people taking it often, have reported sleeping deeper and having much more energy when awake. Finally, one of the most promising DMAE benefits is that it promotes healthy skin, by stopping the process of arachidonic acid being manufactured, which is a substance that can lead to wrinkles and aging of the skin. Because of these purposes, the nutrient can be taken internally as nutritional supplement or applied orally through certain creams.

8) Cod Liver Oil - Healthy skin, Strong bones and teeth, Healthy joints, A healthy [Cardiovascular](#) system, A healthy nervous system and prevention of depression and other mood disorders, A healthy lining for your digestive tract

Now, isn't it funny that things we do for 'health' have the side-benefit of improving beauty?

Here's two more suggestions for general health AND beauty - and ones I will swear by!

1) Dry skin brushing - The skin-brushing itself will change the health of your whole body. [Circulation](#), skin softness and quality, skin infections and irritations, whole body freshness, treatment of cellulite, your level of stimulation, the prevention of colds, and your personal rejuvenation are all areas of improvement you can look for, when you make it to a regular habit.

What brush to use? Well, even though there are 'specialty' skin brushes sold for 60 bucks and more (eye roll) I've found that a normal natural bristle brush - made by Goody and available at any drug store, WalMart, Target or Kmart - works JUST as well. Don't get caught up in the marketing!!!!

The best instructions I've found on how to dry skin brush are from <http://naturalhealthtechniques.com/>

How to Dry Brush (Easy, Fast Instructions):

- 1) Begin with your feet and brush vigorously in circular motions.
- 2) Continue brushing up your legs.
- 3) Proceed to your hands and arms.
- 4) Brush your entire back and abdomen area, shoulders and neck.
- 5) Use circular counter-clockwise strokes on the abdomen.
- 6) Lightly brush the breasts.
- 7) Brush upwards on the back and down from the neck. Better yet, have a friend, spouse or family member brush your back.

After brushing, take a hot shower with Soap (about three minutes in duration), followed by a 10-20 second cold rinse. Repeat this procedure three times. If the hot/cold showers are too extreme, a warm shower can be used. Follow the shower with a rubdown with either a sponge or towel to remove dead skin.

2) Now, once a week, follow your dry skin brushing with this instead of with a shower...A detox bath.

My first question about these were...."HUH? What FOR???" So, here's what for:

Detox baths are a simple and valuable adjunct to normal self-care health maintenance.

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)



They can be very helpful in facilitating the elimination of Toxins that are released into systemic Circulation by massage and bodywork therapies, as well as encouraging the ongoing immune and eliminative functions of the skin. Best of all, baths are enjoyable and relaxing — medicine that "tastes good."

Epsom salts baths provide a broad spectrum cleanser, clearing lymphatic congestion, removing some heavy metals (mercury, lead, aluminum, arsenic), and eliminating residual radiation from medical tests (X-rays or CAT scans), computer monitors and televisions, and UV exposure from frequent air travel.

Baking Soda & Sea Salt - A hot bath with equal parts of baking soda (sodium bicarbonate) and sea salt assists in [Detoxification](#) from exposure to heavy metals and radiation. It is also beneficial for cleansing the auric field and for soothing itchy skin. Sea salt is recommended, as opposed to rock salt or common table salt, which are depleted of nourishing Minerals.

Hydrogen Peroxide - Adding hydrogen peroxide to bathwater increases oxygen available to the body. One of the reasons rain feels so refreshing is because the moisture (H₂O) in the air picks up an extra molecule of oxygen (O₂) as it interacts with ozone (O₃) in the atmosphere, and as the raindrops fall they contain an abundance of this natural hydrogen peroxide (H₂O₂). When hydrogen peroxide is added to bathwater, the extra molecule of oxygen is released. The famous healing waters of Lourdes, in France, contain concentrations of hydrogen peroxide. Hydrogen peroxide baths often leave the body feeling alert and revitalized, like spending a day in the fresh country air. This gentle bath is Antibacterial, Antiviral and cleansing to the emotional and energetic bodies. It is believed to be helpful in eliminating some chemicals and some radiation from body tissues. It has been found to be a good support during chemotherapy.

Apple Cider Vinegar - Apple cider vinegar baths restore a natural pH to the skin and hair, as well as rejuvenate and build up the body's resistance. This bath helps restore acid mantle protection to the skin, which is lost from swimming and from routine use of [Soaps](#) on the skin. Thus, apple cider vinegar baths help combat "unfriendly" bacteria, fungal overgrowth, and are helpful with vaginal and [Bladder Infections](#). Apple cider vinegar baths are soothing to the skin, alleviating itchiness, poison ivy and sunburn discomfort. As with all hot baths, it causes the pores to open and aids in general systemic [Detoxification](#). Apple cider vinegar contains potassium, phosphorus, natural sodium, magnesium, natural fluoride, iron, silicon, sulfur, and other trace [Minerals](#) which are nourishing to the skin.

Now for the bath recipe:

Fill the tub with water

- * 1/2 cup sea salt
- * 1/2 cup of baking soda
- * 1/2 cup of Epsom salt
- * 1/2 cup of peroxide
- * 1 cup of apple cider vinegar
- * 20 drops of [Oregano](#) oil (optional)

Add to bath water, stir until dissolved. Bathe in water for at least 20 minutes

On to the Face and Neck!



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Ok, no matter WHAT the ads tell you, the BEST things you can do for your skin are:

- 1) Drink plenty of water
- 2) Get enough good rest
- 3) Minimize Stress - and don't STAY stressed - breathe, Meditate, dance, whatever it takes to de-stress (remember "laughter" above???)
- 4) Good nutrition - you'd think this would be a 'duh' - but it really is one of the most often over-looked must-do's
- 5) Exercise - yes, exercise - walking, running, aerobics, Yoga - heck I blast my 80s rock and 70s disco while the kids are at school and dance like an idiot while no one is home to watch! No one says exercise has to be boring, ritualized nor uniform. And, dancing has the added benefit of being FUN
- 6) Take those Supplements up there - the [Multi-Vitamin](#), flax, DMAE, Cod Liver Oil, Alpha-Lipoic Acid, and [Omega-3 Fish Oils](#) especially. You'll be amazed at the difference in your skin.
- 7) LOVE YOUR SKIN - ok, this sounds silly, but I'm serious. Thought creates reality. What the mind professes, the body expresses. Love your skin. Massage it, caress it, LOVE IT.

Now, for some no- and low-cost solutions for your skin....

- 1) Facial massage. Forget the creams for a minute. The single thing (besides general good health) that will benefit your face? Massage. Seriously. Wrinkles? Massage them. Sagging jaws? Massage them. Double chin? Again, Massage. Now, you can do this with your finger tips, with your favorite *rounded end* crystal or even with an electro-acupuncture device. But, bottom line is, massage!

You can combine the following facial exercises with your Skin Care program. Due to the fact that skin responds well to this type of stimulation, you will see results in lines, complexion, tone and elasticity. As an added bonus, this type of massage strengthens the underlying muscles and results in the signs of aging becoming diminished.

Use the balls of your fingertips as well as the palms of your hands. For all exercises, use gentle, but firm, pressure - this is not supposed to hurt!

If you notice that some spots you massage are tender this means you are probably hitting the precise spots. Tenderness will diminish and disappear altogether with time.

Toning around the eyes



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no side effects

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MORE INFO



Using your favorite Moisturizer or essential oil blend, use your middle fingers to work around each eye simultaneously. Use slight pressure - be gentle with the eye area - and circle the eyes from the inside corner of your eyebrows, following the entire eyebrow, and back around to where you started.

Repeat this circular massage 30-35 times (in one sitting) each day.

This type of stimulation of the facial muscles will tone, relax and increase Circulation to the eye area, which in turn results in diminished signs of aging.

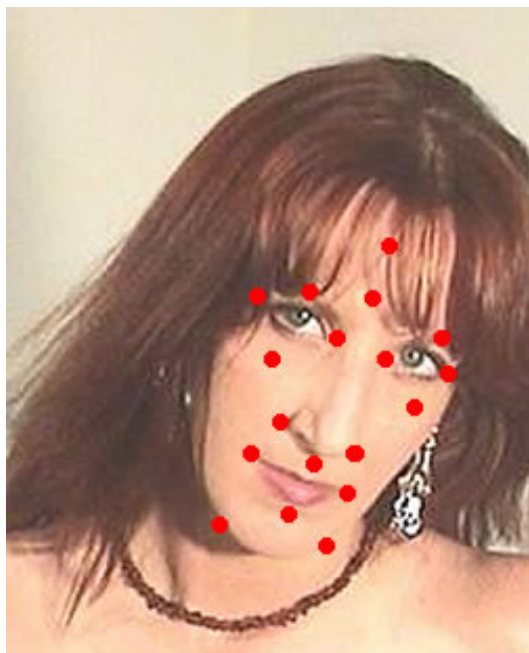
Revitalizing the Eyes



In this exercise, the Acupressure point at the side of your face, approximately 1/4 inch past the outside corner of your eye (this is right on the outer curve of the bone around the eye), is stimulated. The second point to stimulate is directly in line and under your pupil on the top edge of the cheekbone.

This massage can soften lines and Wrinkles in the eye area. Starting with the corner points, press each simultaneously for 3 seconds and then release for a count of three. Do this 30 times and then move on to the point on the cheek bone. Do all of this in one sitting and repeat these sets 3 times a day if possible.

Full Facial Acupressure Treatment



This is similar to the above exercise except it involves many more points. It is recommended that you do this full facial Acupressure treatment twice per week. Follow the hold and press with the balls of your fingertips instructions from the Revitalizing the Eyes exercise. All points which are on both sides of the face, do simultaneously. The forehead, upper lip and chin points are done singly.

You can combine therapies with this easily by choosing a rounded-end crystal with which to press/hold or massage your face. This incorporates the healing power of [Crystals](#) as well as color healing into your beauty massage routine.

This is the premium face lift Acupressure massage routine. Trust me, if you get into the habit of doing this, you WILL notice a difference in your face and you won't have spent a dime to get it.

2) Water - yes, yes, I know I spouted off about water before, but it's important. Internally AND externally. Make SURE you wash your face twice a day - finishing the wash with a cool water rinse. And, when you have a few spare minutes....don't just hastily put the cleanser on and rinse off - take a couple minutes to massage your face - during the wash and during the rinse.

3) Oxygen - I know this sounds silly, but oxygen is important - as a matter of fact, it's crucial. So, BREATHE - breathe deep and long. Start by breathing in for a count of 4 and out for a count of four - do this five times. See if you can work your way up to a count of 15 - practice it throughout the day, but do it at *least* once a day. Sun and free radicals aren't the only things that cause Wrinkles, ya know - stress does too. And what do we do when stressed? We breath more shallow, our heart rate goes up, our digestion stops, our blood pressure goes up and blood is diverted to the limbs from all

'non-essential' body systems. Bring the blood and oxygen back - BREATHE.
Speaking of oxygen... try to get some fresh air each day too!

Topically

1) Cleansing - At the very least use a mild and gentle cleanser such as a Dove beauty bar. If you want a cleanser that 'works' for your skin, get one with [Alpha Lipoic Acid](#), [Vitamin C](#) and DMAE.

2) [Frownies](#)!!! - I swear, these work! They are inexpensive and look silly, but I, along with a host of Hollywood beauties, will swear by them. [Frownies](#) are [Facial Pads](#) made from natural, skin-friendly materials. [Frownies](#) are applied to the forehead and corners of the eyes and mouth to gently re-educate the underlying muscles to assume their correct, relaxed and natural appearance. [Frownies](#), in fact, allow the deep expression lines to heal leaving younger, relaxed-looking skin. Best part? Under \$20 - AND 100% money-back guaranteed. And, believe it or not, a mom invented these for her daughter in, get this....1889! Worth the money, worth the hassle - this is the ONE thing I wouldn't do without!

3) [DMAE Cream](#) - This is a must and be sure to get one that also has [Vitamin C](#) and [Alpha Lipoic Acid](#). The combination of [Alpha Lipoic Acid](#), [Vitamin C](#) Ester and [DMAE Cream](#) has been proven as an unbeatable anti-aging [Skin Care](#) treatment. [DMAE Cream](#) has been called "face lift in a jar" by some skin specialists. It helps firm and tighten facial and neck skin. With continued use, it helps strengthen and stabilize cells' plasma membrane for a more defined youthful appearance.

4) Sunscreen - I know, I know, you've heard it before! Well, listen this time! Protect your face from the sun! Excessive sun exposure is one of the leading cause of Wrinkles and dry skin.

5) Using essential oils for beauty instead of chemicals - I LOVE essential oils (which is probably why I became a [Certified Aromatherapist](#)!) - Oils are amazing. They penetrate the skin and they can address all sorts of complexion issues and skin conditions. Essential oils have a profound effect on skin. And, although I don't have room to tout the benefits of every oil, here are the top contenders:

a) [Helichrysum](#) - Great for Skin Conditions ([Eczema](#), dermatitis, [Psoriasis](#)) May help blood [Circulation](#), [Scar](#) Tissue, and varicose veins. It helps regenerate tissue, Detoxify and stimulate liver cell function.

b) [Bergamot](#) - Anti-inflammatory ([Acne](#) IS an inflammatory disease, remember!) Helps oily complexion.

c) [Carrot Seed](#) - Amazing for [Skin Care](#). [Carrot](#) Seed is awesome for Dry Skin, [Wrinkles](#), [Eczema](#), [Psoriasis](#)

d) [Cedarwood](#) - may help with [Acne](#), Anxiety, [Dandruff](#), [Psoriasis](#), skin diseases. It also helps to reduce oily skin.

e) [German Chamomile](#) - Promotes the regeneration of skin and can be used for abscesses, [Burns](#), Rashes, cuts, and dermatitis. It is also helpful for [Acne](#), [Eczema](#), infected nails, sores, Skin Disorders, Stress-related complaints, and wounds.

f) [Roman Chamomile](#) - Neutralizes [Allergies](#) and increases the ability of the skin to regenerate. It is a Cleanser of the blood and also helps the liver discharge poisons. This oil may help with [Allergies](#), [Bruises](#), cuts, Depression, [Insomnia](#), Muscle [Tension](#), nerves (calming and promoting nerve health), and Skin Conditions such as [Acne](#), dermatitis, [Eczema](#), Rashes and sensitive skin.

g) [Elemi](#) - Widely regarded today for protecting and rejuvenating the skin, reducing [Wrinkles](#) and Scarring and stimulating nerves.

h) [Geranium](#) - Balances the sebum, which is the fatty secretion in the sebaceous glands of the skin that keep the skin supple. Helps cleanse oily skin and restores and enlivens pale skin.

i) [Jasmine](#) - Beneficial for the skin, uplifting. Ideal for [Skin Care](#) and for dry, oily, irritated or sensitive skin.

j) [Rosewood](#) - May create skin elasticity and is soothing to the skin. It is recognized for its ability to get rid of [Candida](#) of the skin and slow the aging process. It may also be beneficial for cuts, tissue regeneration and wounds. It helps to create a synergism with all other oils.

To read more about using essential oils for beauty, click here: <http://natural-holistic-health.com/alternative-therapies/aromatherapy/essential-oils-for-beauty/>

Exercises for a Double Chin

We all hate that double-chin that creeps up on us in mid-life....but, is there anything (besides surgery) we can do about it?

Here's what I've found:

1) Lose 10 or 15 pounds. "The single best way to get rid of a double chin is to [Lose Weight](#)," says Robert Kotler, M.D., a facial cosmetic surgeon and clinical instructor in surgery at the University of California, Los Angeles. "Lots of people come to my office wanting cosmetic surgery. But if they just take off some excess weight, the problem usually diminishes to the point where they don't need any more help."

2) Get cropped. Long hair draws eyes to your neck—precisely what you want to avoid. Pageboy cuts that curl under the chin are the worst. "The rule is to keep it short, at or above the jawline," says Kathleen Walas, fashion and beauty director for New York City-based Avon Products and author of *Real Beauty . . . Real Women*.

3) A good posture is yet another way to help you get rid of a double chin. Sitting up straight and keeping your jaw slightly jutted during the day is going to keep that double chin away. Hey, that rhymes! Giving your jaw muscles too much slack is going to ensure that body fat and loose skin starts to accumulate there. There are ergonomic chairs like the one I have here that will ensure you sit up straight while you work.

4) Moisturize. This won't necessarily prevent a double-chin, however, many women forget the neck area when cleansing and moisturizing their face. Make sure you care for the skin on your neck every bit as diligently as you do your facial area.

Exercising...

Facial exercises should be done once a day, and this regimen can be continued for life, or you could scale down to three times a week, after completing a month of daily exercises.

Some people report that minor spots or blemishes appear after starting facial exercises, and yes, it is normal.

The skin is once again stimulated to produce its natural oils and lubricants and these minor spots may appear when starting facial exercises, until the skin is functioning efficiently and correctly again. Skin cells get lazy and stagnate, but with proper exercises these cells are once again activated to work with renewed vigor.

Neck and throat facial exercises

- A great exercise is to sit upright, tilt your head back looking at the ceiling while keeping your lips closed and then start a chewing movement. You will feel the muscles working in your neck and throat area - and will be truly amazed at the results. Repeat 20 times.
- Sit upright, tilt your head back looking at the ceiling, while keeping your lips closed and relaxed. Start puckering your lips together in a kiss and stretch the kiss, as if you were trying to kiss the ceiling. Keep your lips puckered for 10 counts, then relax, bring your head back to its normal position and repeat 5 times.
- Sit upright, tilt your head back looking at the ceiling, while keeping your lips closed and relaxed. Open your lips and stick your tongue out as if you were trying to touch your chin with the tip of your tongue. Keep your tongue out in this position for 10 counts, and then return your tongue and head to its normal position.
- Sit upright, tilt your head back looking at the ceiling, while keeping your lips closed and relaxed. Next move your lower lip over your top lip as far as possible and keep it there for a count of 5. Relax and repeat 5 times.
- Lie on your bed, with your head hanging down over the edge. Slowly bring your head up towards your torso and keep it there for 10 counts. Relax and lower your head towards the floor again - repeat 5 times.
- Sit upright and face forward and while keeping your lips together, separate your teeth by dropping your jaw and then push your jaw forward, keep for a count of 10, bring back to starting position and repeat 5 times.
- Chewing sugar-free gum is a great way to help maintain good hygiene and stave off a double chin. Keeping your jaw and facial muscles moving and working is the key to preventing the build up of excess fat and loose skin. The muscles in your face responsible for keeping your jaw line tight are the same muscles that you use to chew and make facial expressions—chewing gum and making facial expressions will help retain that jaw line.

The Energized Facial

Ok, we've discussed lots of ideas for health, beauty, body care, facial care...now here's another great technique to help you on your way to healthier skin.

How To:

- 1) Rub palms of hands together briskly 35-40 times - you will feel the energy and heat build up.
- 2) Relax and hold hands (palms towards face) in front of face - about an inch away from your skin.
- 3) BREATHE - in for a count of five, out for a count of five. Do this five times.

When To:

- 1) While washing face - rub hands together as above - then wash face as usual feeling the energy penetrate as you cleanse.
- 2) After applying your favorite treatment mask - help the mask work even better by using this technique.
- 3) Nightly when lying in bed before sleep, after completing your evening skin care regimen and applying your nightly creams and lotions.
- 4) As a weekly facial after applying your favorite essential oil or blend (for some more info on essential oils for beauty, click > <http://www.natural-...tial+oils+for+beauty>)

One way I've learned to use this is while in the tub. After washing my face I apply my favorite facial oil blend, get a wash cloth wet with as hot a water as I can stand, and lay it over my face. I then do the hand-energy technique over the wash cloth and then rinse with cool water.

Sources:

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[Invigorate Skin Tonic](#) - Promotes healthy functioning of the epidermis and tissues to nourish and support firm, supple skin

[Halitonic](#) - Promotes mouth freshness, as well as systemic cleansing and purifying.

[ReGrow Plus](#) - Promotes circulation, hormonal and thyroid functioning for healthy hair and nail growth.

[Total Balance Women's Plus](#) - Essential nutrients needed to help prevent degeneration and premature aging.

[Skin Dr.](#) - Helps maintain lymphatic functioning, promoting blemish-free healthy skin.

[EcoSlim](#) - Promotes healthy metabolism, liver, thyroid and digestive functioning

[Nail-RX](#) - Effectively treats and resolves nail fungal infections naturally

[Frownies](#) - This complete skin rejuvenation system has been call the best wrinkle treatment for facial wrinkles, frown lines, eye wrinkles and lip lines.



The Secret to Obtaining Beautiful Skin

By the time you finish reading this page, I guarantee you will be much more educated on how to choose a quality [skin care](#) product which gives you the results you earnestly desire.

Even though I don't know you, I'll bet that if you're like me, you're sick and tired of [skin care](#) products that don't do what they claim to.

The worst part is, it's ironic that often the most expensive [skin care](#) products are the most ineffective. I don't know about you, but I'm quite tired of wasting good money on products which don't deliver what they promise.

Now, of course, there are some good products on the market which can genuinely help make your skin look smoother, more radiant, and youthful. Not only should a [quality skin product](#) help reduce bags under, and [fine lines](#) around, the eyes, it should also even out coloring inconsistencies caused by [age spots](#) and other unwanted pigment concentrations.

Now the problem is that there are literally thousands of products to choose from and unless you become a well-informed consumer, it's hard to find one of the few which actually produces real results and eliminates years of aging from your face and body.

Let's face it, people will understandably spend any amount of money to make themselves look better or younger. Cosmetic surgery is a multi-billion dollar industry as is the topical [skin care](#) industry.

It's simply a law of economics that as demand for such products skyrockets, the more products manufacturers will flood onto the marketplace in order to capitalize on this demand.

A lot of these products are rushed to market to meet demand without any real consideration to

research and development. All of the money goes into marketing – instead of where it should go – making sure the product actually works! On the surface everything looks great. The bottles and jars which the creams come in look appealing. The magazine advertisements are glossy, complete with a youthful looking model or a well-known celebrity who doesn't even use the products.

You can't really blame these companies. (Well, yes you can, I do!) When you are spending a fortune paying for marketing, whether it be on the product containers, magazine, radio, and TV ads, royalties paid to celebrities and models, you have to charge a lot of money for your products or you're going to lose money. And heaven forbid that we actually spend the money necessary to develop a product that works before we worry about taking consumers' hard-earned dollars!

On the other hand, just because most beauty product manufacturers take shortcuts to profit, this doesn't mean you and I have to fall for their marketing schemes. After all, these companies aren't going to encounter any shortage of people who will open their wallets and purses to purchase their products anytime soon. The reality is most people simply won't take any time to research products and understand what ingredients work and what ingredients are actually bad for your skin!

That's why I created this website. So, let's get right into the important stuff you need to learn in order to find the products which actually work.

Ingredients to Avoid

It seems incredible, but many [skin care](#) products are loaded with ingredients which actually harm your skin over time. In this section, we will talk about some of these.

First, mineral oil. I have seen this oil used in literally hundreds of products I've looked at (and some I've purchased). Mineral oil may also go by the names liquid paraffin, paraffin wax, and petrolatum on the product label. Mineral oil is used so pervasively in [skin care](#) products for one reason: it's cheap! (Isn't THAT a shocker?!)

However, mineral oil, once applied, prevents the skin from "breathing." Because of this, it clogs pores, interferes with your skin's natural ability to eliminate toxins, and can lead to [acne](#) flare ups. Also, it is irritating to the skin and if used for any length of time, your skin can become dependent on it, causing chapping and dryness – two of the very things we are looking to combat when we're discussing the quest for youthful-looking skin!

And finally, it can actually lead to exactly what we are all trying to avoid – premature aging of the skin. It's amazing this substance is even allowed in so-called "[skin care](#)" products at all.

Dioxane: (a synthetic derivative of coconut). This substance is widely used in [skincare products](#). It often contains high concentrations of 1,4-dioxane, which is readily absorbed through

the skin. I know this sounds crazy, but 1,4-dioxane is considered a chemical “known to the State of California to cause cancer”. To think people pay money to put this stuff on their skin unknowingly is downright scary.

Fragrances: Who doesn't like to smell nice? Well, I'm here to tell you that if you want to smell nice, use a little bit of perfume or cologne....or some body spray. Your [skin care](#) products should not contain fragrances. Many fragrances are produced from ingredients which are known to be toxic or carcinogenic.

You must remember that your skin is the largest organ of the body. Anything you put on it can be easily absorbed through the pores (which is one reason [Aromatherapy](#) can be so effective!). Now, why would I recommend you use perfume or cologne as a fragrance but to choose a [skin care](#) product without them?

The reason is simple. When you use [skin care](#) products, they are applied all over the face, neck, and body. This covers a lot of surface area and, therefore, a great deal of chemical absorption occurs through the skin's pores.

Now, I'm sure that many colognes and perfumes contain less than desirable substances too, but I'm enough of a realist to know that people aren't going to stop using these products to smell nice. However, with perfumes and colognes, you can achieve what you want by a small dab here and there or even dabbing and spraying on clothing instead of your skin.

So, in my opinion, using perfumes and fragrances is much less harmful than using [skin care](#) products which also contain potentially dangerous fragrance chemicals that are directly applied and massaged into the organ designed as your body's 'protective shell' – the skin.

Parabens: methyl, propyl, butyl, and ethyl paraben. Many [skin care](#) products (and moisturizing products) will use parabens as a preservative to increase the shelf life of the formula. The reason is purely economical (of course). However, studies suggest these preservatives may cause cancer and interfere with the body's endocrine system, as well as causing allergic reactions and skin rashes.

Alcohols: ethanol, ethyl alcohol, methanol, benzyl alcohol, isopropyl alcohol and SD alcohol. Not all alcohols have the same properties, but these, which are commonly found in [skin care](#) products, are very drying and irritating for the skin. Alcohols such as these strip away the skin's natural acid mantle, making you more vulnerable to bacteria, molds and viruses. And these are some of the very same ingredients which marketing campaigns are telling you will 'clear up' problem skin!

Now that we've looked at some of the bad, let's examine some of the good ingredients and some ingredients that sound good but, in fact, aren't.

Ingredients to Look For

Before we have a discussion of specific ingredients, it's important to educate ourselves a little bit more on skin itself and what makes a product good or poor.

The biggest reason our skin, whether on the face or the rest of the body, develops lines and/or starts to sag, is that the collagen and elastin in our skin begins to break down. This is the most technical this page is going to get, so bear with me for just a sentence or two.

Collagen is a protein that is fibrous in nature. What makes collagen different from other kinds of protein is that it possesses great tensile strength, which means, among other things, it provides firmness to the skin.

You don't need to be a scientist to understand that as collagen breaks down due to aging, the firmness of our skin becomes...well, less firm. [Wrinkles](#) appear and skin starts to sag. We see these signs of aging in areas where there is the least collagen, for example, around the eye area where the skin is thinner.

Elastin, too, is a protein that helps skin stay "flexible" and firm. If your skin is stretched, elastin is the protein that helps it return to its original position.

What all of this means for you is that you do not want to purchase a [skin care](#) product that is nothing more than a cream that fills in [fine lines](#) and [wrinkles](#), giving the appearance of temporarily nicer skin when it's on...but the illusion shatters when you wash it off. You want a product which contains ingredients that actually **stimulate new collagen and elastin production** in your skin. If you achieve this, you will, in reality, begin to turn back the clock.

Now, pay attention here because I'm going to share with you something extremely important. Some of the manufacturers of more pricey products will try to dupe the public by including some really good active ingredients. What's wrong with that, you say?

Well, here's the tactic they use. Because these active ingredients are beneficial for the skin, they include some just so that they can legally list them on the product label. This way, the typical consumer thinks they are getting a great product. But, because these ingredients are expensive, and because, as discussed before, a lot of well-known companies are already spending much of their budget on marketing, they don't put in enough of these 'active ingredients' to have any real benefit for your skin.

So, when choosing a [skin care](#) product, it's not just about selecting one with good ingredients; it's also about choosing one with a high concentration of these good ingredients.

Collagen

After my brief discussion about the importance of collagen, you would think that buying a product with collagen in it would be a great thing. And the marketers who sell products which contain collagen know this. But it's a bogus ingredient because collagen molecules are much too large to penetrate into the skin when applied topically.

To be of any benefit, you must purchase a product with ingredients that have been shown to stimulate your body's own collagen production.

Phytessence Wakame

Phytessence Wakame is an exotic kelp, native to the Japanese Sea. It works by blocking a harmful enzyme in your body called hyaluronidase. Hyaluronidase breaks down hyaluronic acid in your skin. You may think "well who cares."

Well, you should, because without hyaluronic acid, the elastin and collagen fibers lose their "glue," which leads to a loss of youthful appearance and dark eye circles.

But don't just take my word for it. If you research this on wikipedia, you will read, for example, "Hyaluronan is also a major component of skin, where it is involved in tissue repair."

Cynergy TK

This is a new exciting, cutting edge substance. Cynergy TK actually stimulates your own collagen to grow again. In fact, it is proven in clinical trials to stimulate not only the **regrowth of collagen** but also **elastin**, thereby promoting firmness and elasticity. In short, fewer wrinkles, and more youthful, healthier looking skin. It may also help improve your skin's ability to retain its needed natural moisture.

Indeed, studies show a sustained 14% improvement in skin moisture retention over 18 days. Studies on Cynergy TK also show a sustained improvement in skin elasticity of 42% over 18 days.

CoQ10

If you look at the ingredient list for some of the better skin care products, you'll often see CoQ10 listed. CoQ10 is short for Coenzyme Q10, so you may also see it listed this way. CoQ10 is a vitamin-like substance that is found in all of our body's cells and is very important for healthy skin.

CoQ10 is a powerful antioxidant. A lot of skin damage and aging comes from free radicals wreaking havoc in our body's cells. CoQ10's antioxidant ability can counter these free radicals before damage occurs.

Unfortunately, like many other vital substances, as we age, the amount of CoQ10 in our bodies becomes depleted.

Although CoQ10 is a great ingredient, not all forms are equal. One in particular stands head and shoulders above the rest. This version of it is called Nano-Lipobelle H-EQ10.

Don't let the name scare you off, though. Here's why it's different. Most of the CoQ10 you buy in a typical [skin care](#) product is not readily usable when applied topically to the skin.

Nano-Lipobelle H-EQ10, on the other hand, is a special 'nano-emulsion' form of CoQ10, which penetrates far down into the skin, thereby providing much greater benefits for skin health. In fact, Nano-Lipobelle H-EQ10 can penetrate down 7 layers deep into the skin.

Because this version of CoQ10 can penetrate so deeply, it is extremely effective at 'gobbling up' [free radicals](#) in your skin. The result is a powerful anti-wrinkle effect.

Nano-Lipobelle can also promote collagen and elastin production.

Together, these three main active ingredients are some of the most powerful anti-aging [skin care](#) compounds available, and can significantly improve the look and feel of your skin.

Where can you find all three of these ingredients in one product line?

The [Xtend-Life Natural Products company](#), that's where. This company is located in New Zealand, but ships products world-wide. I use their products daily.

The company is not a household name. It doesn't have big Hollywood celebrities endorsing their products for even bigger royalties. They don't advertise all over the radio, in magazines, and on TV.

They're one of the few companies that focuses on spending the bulk of their money on the research and production of the absolute best and **most effective** products available, not the best marketing hype.

You can think of them as your "secret weapon" the big companies don't want you to know about.

So, if you truly want to achieve younger-looking, more vibrant skin, I suggest you [visit their site](#) and read about their [skin care](#) philosophy. I think you'll be as impressed as I am. At the very least, you'll learn more about what to look for and what to avoid when it comes to taking care of your precious skin.

Nourish your skin 24 hours a day!

All the products in the [Xtend-Life skincare range](#) are designed to work together in synergy, to feed your skin with essential nutrients day and night. The same key active ingredients are included in all the products, so your skin is continuously nourished 24 hours a day.