



# Glowing Skin Guide

natural methods for achieving a radiant complexion



# Simple Skincare

I did not always have clear skin. In fact, from the time I was seventeen until about age thirty-five, I suffered from uneven tone, and moderate to severe acne.

Working in the beauty industry for many years, I was constantly reminded of my skin imperfections. As a spa director for salons and spas where clients expected to see radiant complexions, I did my best to show up with a smile each day despite a face full of blemishes. I would return home in tears most nights from embarrassment and insecurity, silently suffering over a condition I could not get under control.

I spent an exorbitant amount of money, time, and energy trying every imaginable treatment, medication, and skin care line I had access to. These included reputable brands and procedures offered in high-end medical spas, as well as products and treatments prescribed by a multitude of dermatologists. One such recommendation I received was a continuous three year treatment of Accutane--a drug that significantly compromised the health of my gut and liver--organs I am still working to repair.

Despite adherence to a clean diet, a habit of drinking lots of purified water, ensuring I got adequate sleep, and practicing yoga nearly every day, my skin remained a mess, until one day, about three years ago, an unbelievable transformation began to take place.

It was around Christmas time, and I was in the dermatologist's office with a severe case of Perioral Dermatitis. My face was inflamed, itchy, and swollen, and I had not left the house in days due to pain and embarrassment.

With tears in my eyes, I asked my doctor how in the world this happened. She said the condition commonly manifests during times of stress. Even with a regular yoga practice and meditation, I could not seem to restore calm. As I sought to discover what was contributing to this stress response, it occurred to me that yoga was the antagonist. I had been practicing in a hot room for years, pushing my body well beyond its limits, and continually activating a fight or flight response in my body.

Intuitively, I knew I needed to calm my nervous system. As an Integrative Health Coach specializing in gut wellbeing, I also knew my digestion needed greater tender loving care in order for my skin to clear up once and for all. This included shifting my yoga practice out of the hot room, engaging in more regular stress reducing habits, and nurturing my gut with probiotic-rich (healthy bacteria) foods and tonics. With a heightened level of dedication to skin health, I sought remedies that were not going to cost me a ton of money. I had already spent so much on expensive skin care products and procedures, and knew there had to be another way to get the skin support I needed.

After leaving the dermatologist's office, I went home and began researching natural remedies suggested on dozens of skincare blogs and forums. Over the next few months, I read every book I could get my hands on that addressed skin health from the inside-out, and am thrilled to share my discoveries with you. The following recommendations have worked wonders for me, and for many of those I have coached. Most treatments can be accessed for just a few dollars, and some are already within arms reach.





# It Starts Within

The foods you take in, and the way in which your body processes and eliminates all you consume greatly impacts the clarity of your skin. Lack of digestive efficiency may cause gut distress, resulting in toxic build up, and ultimately inflamed skin.

It is important to nourish your gut with unprocessed and therapeutic foods, and to alter your diet with the changing seasons, demands of your day, level of physical activity, and changing states of wellbeing.

It is also wise to reduce your level of stress, as tension in the body elevates the fight or flight response of your nervous system, and further contributes to compromised gut wellbeing.

## Gut Foods

There are an abundance of supplements, fruits, vegetables, herbs, and spices that deeply nourish the gut, some of them are:

- Kefir
- Cultured Yogurt
- Kombucha
- Apple Cider Vinegar
- Glutathione
- Sea Salt
- Ginger
- Fennel
- Turmeric
- Ashwagandha
- Lacto-fermented Pickles
- Activated Charcoal
- Aloe Vera
- Probiotics
- Prebiotics
- Yacon
- Flax
- Peppermint
- Okra
- Chia
- Goji Berries
- Avocado
- Amla
- Raw Cacao
- Prunes
- Kiwi

## Probiotics

These healthy gut bacteria have been diminished in most of our digestive systems due to lack of breast feeding, excessive stress, processed foods, medications, and routine exposure to environmental toxins.

By adhering to a regular probiotic regimen, you can rebuild this healthy gut bacteria army.

Not all probiotics are created equal. Most do not survive the journey through the stomach acid, and into the intestines. This is where they need to be in order to colonize and replicate-- necessary processes for sufficient growth and protection.

The probiotic I like best is Progut. It is derived from human strains, is shelf stable, travel-friendly, and transitions through the stomach without being destroyed.

Only one sachet is needed each week. Take on an empty stomach with water, or mixed into fresh pressed juice.

## Stress Less

Many of us hold tension in our gut, which causes a literal tightening of digestive pathways.

In addition, during times of stress and anxiety, our brain, via a large nerve called the Vagus, signals our gut to slow digestion in preparation for "fight or flight".

This causes blood and oxygen to flow out of our digestive track and into our extremities, slowing digestive processes. This ultimately causes a build up of undigested food, slows elimination, and as a result, we may experience blemished skin.

Also, eating while distracted by driving, working, watching TV, and while engaging in heated conversation promotes a stress response, and is very disruptive to digestion. Try your best to be present during eating times and avoid confrontational conversation during meal times whenever possible.

Haute Health.



# Glorify Your Glow

It is important to ensure that what you are taking into your body is naturally sourced, nutrient-dense, and of the highest quality. Equally important is what you put on your body. Your skin is your largest and most absorbent organ, so make sure your skin care is just as clean as your cuisine.

Your dermis adores clarifying, Vitamin C-rich, and PH balancing nourishment that comes from pure ingredients. Fortunately, Mother Nature produced just the right foods for your face that are affordable, and that gently balance, tone, and brighten your complexion when applied topically. Lemon, Apple Cider Vinegar (ACV), and Papaya are three of my all time favorites to keep my skin dewy, clear, and radiant.

## Lemon

Lemon is rich in Vitamin-C, which promotes elasticity, and tones skin by boosting collagen production. It also protects the neurons in skin cells from the oxidative damage we are exposed to such as environmental toxins, excessive sun exposure, and food toxins like artificial sweeteners, caffeine, and alcohol.

I tone my skin with fresh lemon juice after every nighttime cleanse. To do this, simply slice a tiny wedge from an organic lemon. Squeeze the juice into the palms of your hands, and then rub on your face and neck. Let the juice dry, and then apply a nourishing moisturizer, and eye cream. Keep the cut lemon refrigerated.

If you are traveling, you can pack a lemon in your suitcase, and request a knife from room service once checked in! Keep the lemon in your room's mini-fridge.

## ACV

One of the least expensive, and effective ingredients you can use to get glowing is apple cider vinegar (ACV). It has a pH similar to that of our skin, and the acids naturally and gently "digest" dead skin cells. This exfoliating action buffs surface skin to reduce breakouts, even skin tone, and expose a more smooth and radiant complexion.

In addition to consuming one tablespoon of apple cider vinegar each day, I keep a bottle of unfiltered ACV in my shower, and at my sink for washing every morning and night.

To cleanse, pour about one teaspoon of ACV into the palms of your hands, and massage into your face for one minute. Rinse off with warm water, and pat dry. If you wear makeup, you may want to remove it first with a gentle cleanser, and then finish with this ACV rinse.

## Papaya

This luscious fruit is rich in Vitamin A--a natural skin clarifier and protectant. It also contains the enzyme, papain, which helps to break down and remove dead skin cells.

When in season, I like to scoop out the ripe flesh, mash it in a bowl, and apply to the surface of my skin to let rest as a facial mask for 15-20 minutes.

To remove, I simply rinse with warm water and a wash cloth, and then finish with lemon juice toner, and a rich moisturizer.

If you cannot find fresh and ripe papaya, you will achieve similar results by using a powdered papaya scrub.

You may also consume fresh papaya to glow from the inside, out. One of my favorite ways to enjoy it is simply sliced, and finished with a squeeze of fresh lime juice, and pinch of sea salt.

Haute Health.

# Topical Touches

I swear by the use of apple cider vinegar and lemon juice for radiant skin health. I also like to use a nourishing cleanser on days I wear makeup, which are now few and far between! Day and night I use an all natural, pH balancing moisturizer, and if a rare blemish shows up, I keep a spot treatment gel on hand that reduces redness and swelling within just a couple of days.

In addition, the skin around our eyes is very delicate. To prevent and reduce fine lines, creases, and puffiness, I encourage the use of an eye cream made with ingredients that support tightening and smoothness. Every morning and night I use just a dab of eye cream to keep this delicate area conditioned and free of lines.

## Cleanser

This Black Velvet foaming cleanser from Simply Divine Botanicals is beneficial for all skin types. It effectively removes makeup, nourishes, and clarifies skin with ingredients such as aloe, MSM, frankincense, lavender, helichrysum, papaya, seaweed, geranium, rosewood, pink grapefruit, and oils of jojoba, avocado, sea buckthorn, and coconut. Apply morning and night (or as needed) to damp skin. Massage for one minute, and then remove with a warm wash cloth. Follow with lemon juice toner, and moisturizer.



## Moisturizer

Amazing Face by Simply Divine Botanicals is my favorite moisturizer for day and night. Rich in nourishing oils such as rose hip, evening primrose, macadamia nut, jojoba, sunflower, coconut, and castor oil, this cream is luxurious, and therapeutic. I love that it also contains pH-balancing and skin-illuminating ingredients such as Vitamin C, apple cider vinegar, Vitamin E, Co-enzyme Q-10, rose, chamomile, rosemary, myrrh, carrot seed, and lavender. A little goes a long way, so you only need a dab!



## Blemish Control

MyChelle Clear Skin Spot Treatment works wonders for the occasional blemish. It gently counterbalances oil, and diminishes breakouts with an effective blend of sulphur, zinc, aloe, comfrey, lemongrass, red grapefruit, and lavender. Use sparingly and as needed.



## Eye Cream

100% Pure Coffee Bean Caffeine Eye Cream is effective at smoothing and conditioning the delicate eye area. Rich in anti-inflammatory green tea and coffee bean extracts, it reduces under-eye puffiness. It also contains soothing aloe, rose water, rose hip oil, and vitamins C and E to nourish and protect the delicate skin of the eye. Use every morning and night after moisturizing.



Haute Health.



# Beauty Juice

Achieve radiance, clarity, and tone from the inside, out with this luscious beauty juice. It is naturally rich in digestive enzymes, antioxidants, and skin brightening vitamin C. Cucumber contains clarifying and healing zinc, and a weekly dose of potent probiotics, supports gut wellbeing, enhancing your overall glow.

Enjoy its tangy, sweet, and spicy symphony of flavors, while you nourish your gut, and beautify your skin.

Enjoy one time per week with a Progut probiotic sachet, and as frequently as you like without the added powder.

Makes 1 serving

## Ingredients

2 handfuls baby spinach  
1 handful parsley  
2 lemons, skin cut away, with pith intact  
1/2 medium fennel bulb  
1 medium cucumber  
1/3 medium pineapple, skin cut away  
1 (1-inch) piece fresh ginger

## Preparation

Pass all ingredients through juicer in order specified. Stir in Progut powder. Enjoy immediately, and sip slowly. If you do not have a juicer, simply juice the lemons by hand, reduce the fennel to 1/4 of a bulb, and blend all ingredients in the blender with one cup of water and a few ice cubes.



# Body Salt Scrub

Your skincare routine is not complete without a luxurious body treatment to exfoliate, and expose radiance from head to toe. This intoxicatingly scented, hand-crafted salt scrub takes only a few minutes to make, and costs just a few dollars per batch.

Grapefruit peel stimulates circulation, and serves as a diuretic to tone and tighten the surface of your skin. It also has antiseptic properties, which help to reduce and prevent skin blemishes. Orange peel is abundant in vitamin C, which evens skin tone, and boosts collagen production to reduce fine lines. Ylang Ylang balances the pH of your skin, and coconut oil deeply moisturizes.

Makes about 1 1/2 cups

## Ingredients

- 1 cup coarse sea salt such as fleur de sel
- 1/2 cup virgin coconut oil, melted
- 4 drops wild orange peel essential oil
- 3 drops grapefruit peel essential oil
- 2 drops ylang ylang essential oil

## Preparation

In a 12-ounce glass jar, combine sea salt, coconut oil, and essential oils. Stir until combined. Apply lid and seal. To use: scoop a handful at a time into palms, and massage into skin. Rinse with warm water, and pat dry. Make a batch often, and use liberally, or as desired.