

REVIVE YOUR SKIN FOR SPRING AND SUMMER.

Coming out of a long winter can leave your skin depleted of moisture, rendering it dry, chapped and cracked. With the warmer weather coming we no longer have to deal with the harsh environments that winter brings. Your skin functions differently in the winter yet have no fear. After months of strong winds, cold air, indoor heaters, rain and snow, we can look forward to a spring and summer regime that will bring your skin back to life.

Cleanse:

Spring and summer is the time for you to put on your happy face. To cleanse and sluff off the residual affects from the winter months. It's the time of year that your skin yearns for the warmth of the sun. To cleanse with a face and body wash that's all natural, and organic, will aid in the replenishment of moisture and elasticity of your skin, while leaving it supple and soft to the touch. All Natural & Organic Cleansing Creams are very effective and do not contain the typical surfactants or detergent ingredients that most common cleansing gels and soaps contain.

Tone:

If you have an oily complexion you may want to use a light toner that will close your pores, and finish the cleansing process.

Moisturizer:

If your skin is itchy It is because of the dry air of winter causing the moisture in the top layer of your skin to evaporate quickly. With the warmer weather here you would use a lighter cream in the summer months, than you would in the winter months. Always applying the cream in an upward motion over the cheeks and forehead with your forth finger on each hand, pressing lightly around the eye area.

Exfoliate:

Exfoliate twice per week to remove dead skin cells and allow your skin to absorb the extra moisture you are lathering on. Have you ever wondered about the areas of your skin that looks like your skin is flaking off your body? What's happening is during the winter months there are thousands of skin cells ready to be sluffed off the surface. They become clumped together due to the loss of water, which should be retained in the lower dermis of the skin. Thus forming what appears to be flakes. It's the central heating that plays havoc with the sebaceous glands during the winter months and limits the sebum our bodies normally produce. Your body will soak up the rich oils from cream based exfoliates, so don't wait Exfoliate!

In the Shower and bath:

One of the best times to apply body oil or cream is right after a hot bath or shower. It's the heat and steam from the shower that allows your skin to thoroughly absorb moisture. Did you know that you can also apply your body scrubs, cream moisturizers and lotions right in the shower. While you have your lotions, creams and oils in the bath, try shaving with them, as to give your razor a perfect glide. Who knows you may

never shave with soap or shaving cream again! You can also use your hair conditioner and apply it all over the body rendering your skin soft and supple.

Hydrotherapy:

It's a wonderful way to invigorate and rejuvenate your skin. While in the hot steamy shower let the water run over the body for a length of time then finish it with a 10 to 15 second burst of cold water. This will close the pores and stimulate the flow of blood through the skin. This process can be repeated twice. When leaving the shower pat your skin dry as to leave a small amount of moisture on the dermis. Your skin will benefit from this summer regime .Remember to eat whole foods and to use sunscreen, and drink plenty of water.

Enjoy Your Summer!

Kyana