



Beauty



Summer is just around the corner, and at this time many of us turn our attention to improving our physical appearance and overall health. It's a popular time for a detox, trying new products, and giving our body some much-needed care and affection through better nutrition and exercise.

Whatever changes are made for health and beauty, they need to be simple and effective so that they can easily be implemented. Not necessarily a "quick fix", more so a "smart fix". Taking care of your skin is of utmost importance, and as the weather gets warmer, it needs more protection also. Choosing products that provide protection, cleanse, moisturize, and help to maintain the PH balance of both the body and skin can really help to give you a more flawless feel as you head into summer.

Here are a few ways that you can achieve a more flawless looking appearance for summer and beyond!

A Natural Detox

Having a detox sounds like hard work, perhaps because it is associated with restriction or denial in some way. However, a natural food detox can be a great way to reset your body for summer- and it definitely doesn't need to be restrictive or limit your fun in any way.

Over time, all the toxins and pollutants through the food we eat and the environment we live in are absorbed into the body and skin- and the body works extremely hard to eliminate them. The best way to combat the negative effect of these is to do a 360 turn around and focus more heavily on what is natural and offers greater support for your health. Here are a couple of ideas:

- Start buying more fresh ingredients and produce. Fresh food is higher in vitamin and mineral content than anything you can buy in a can or tin. Look for fruit and veg that is in season and shop locally if you can- fresh produce is even better when organically grown.
- One of the most effective ways to detox (and one that is often missed!) is simply done by just drinking more water. If that is the only change that you make to your diet for a healthier body and more flawless looking skin over summer- then it is still a powerful one. Your body is over 70% water, when you are dehydrated it weakens every function and process of your body.

Detoxifying does not mean to starve your body of what it needs; it means to restore it back to better health. You can try a detox or cleanse for 1-2 days a week that is based purely on eating more fresh foods and drinking more water. The body through the kidneys and liver naturally eliminates toxins but following a fresh food diet for a day or two can help give your body a break and provide some much-needed nourishment.

The Health Buzz Around Activated Charcoal

When it comes to simple ways to upgrade your health and beauty routine, activated charcoal is making serious headway. Charcoal is a gentle detoxifier that can be taken internally (with your doctor's approval) or used externally with a full array of the head to toe benefits.

- Activated charcoal acts like a magnet, attracting dirt, oil, and pollutants from the body. When used in skincare, it draws out toxins, shrinks pores, binds to acne-causing bacteria, and even helps keep the skin's natural oils in prime equilibrium.
- Charcoal is a natural alternative to chemical-laden teeth whitening treatments. It can even bring your pearly whites back to their natural radiant luster.

Charcoal can be derived from wood, bone, coconut shells, bamboo, or even sawdust. The oxygen that is added to charcoal creates a highly porous or "activated" charcoal. Activated Charcoal works by adsorption rather than absorption. Essentially this means that toxins are drawn to, or stick to the activated charcoal, which effectively traps toxins/chemicals to its surface. The negative charge of activated charcoal prompts positive-charged pollutants/toxins to stick to it.

If you're ready to see what the entire charcoal buzz is about, be sure to look for products that include "food grade" activated charcoal in their ingredient lists. All forms of activated charcoal are not created equal- look for high quality first and foremost!

Minimo Skin Essentials specialize in healthy glowing skin and makes the short list on great quality with two activated charcoal-based products. Here's more info:

Flawless Charcoal Facial Scrub is for acne-prone skin. It is a gentle exfoliating blend of food grade activated charcoal sourced from bamboo stalks; pure cane sugar, Australian raw manuka honey, and willow bark extract.

Flawless Charcoal Facial Scrub leaves the skin immediately feeling super clean, soft, and refreshed without any lingering residue. Blemishes and breakouts are visibly less prominent after a few weeks of use. Minimo Skin Essentials' Flawless Charcoal

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Facial Scrub is easy to incorporate into your daily beauty routine.

The Flawless Charcoal Facial Scrub gets its rich black color from activated charcoal, but this thick, cream-based scrub also contains a combination of these natural, powerhouse ingredients:

- **Raw Manuka Honey** contains anti-inflammatory properties and helps to draw bacteria and toxins from the skin's pores.
- **Willow Bark Extract** is a soothing astringent with anti-inflammatory properties. It is a natural source of salicylic acid, which is a must for natural acne treatment.
- **Ginger Extract** is antiseptic and has anti-inflammatory properties. It naturally reduces current acne breakouts, while preventing future acne flare-ups.
- **Vitamin B5** is a powerful antioxidant that reduces inflammation from acne while controlling excess sebum production. It has also been shown to fight the bacteria, which can cause acne blemishes.

The Flawless Charcoal Facial Scrub doesn't stop there- it also contains a blend skin-friendly oils and butter like Shea butter, black currant oil, and safflower oil that lock in moisture without clogging pores. Black currant oil, for instance, is particularly beneficial for those with hormonal acne. Rich in GLA, or Gamma Linolenic Acid, black currant oil helps to soothe acne flare-ups while locking moisture into the skin.



Minimo Blanc Charcoal Tooth Powder has a pleasant and fragrant aroma of organic peppermint essential oil- it almost makes your daily brushing routine seem like a treat!

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Minimo's Blanc Charcoal Tooth Powder contains a powerful blend of these wholesome ingredients:

- **Raw Cacao, which fights cavities, plaque, and can help to prevent tooth decay .**

- **White Oak Bark** is a mineral-rich astringent. It not only tightens loose gums but can drastically and naturally reduce the effects of gingivitis and periodontitis.
- **Diatomaceous Earth** is a food grade detoxifying clay that helps remove plaque and tartar from the teeth.
- **Neem** is an antimicrobial herb that provides natural teeth whitening and helps freshen your breath.



Minimo Blanc Tooth Powder combines the whitening power of activated charcoal with an impressive herbal blend that helps to freshen breath and promote healthy gums. Activated charcoal (when used for oral health) binds to plaque and surface stains like those left behind from wine, coffee, or tea. Charcoal naturally brings pH balance to the mouth, freshens breath, and improves gum health. Minimo Blanc is fluoride-free and doesn't leave any lingering, nasty flavors or a salty aftertaste.

The Minimo Blanc Charcoal Tooth Powder can be used by itself or along with your toothpaste of choice to add a whitening boost.

Minimo Skin Essentials makes it easy to incorporate their charcoal products into your beauty routine. Each product clearly notes which ingredients are Non-GMO, Organic, Kosher, or Vegan. Not only are Minimo Skin Essentials' Products affordable, but there's also no compromise when it comes to ingredient quality!