

eWellness magazine

Becoming a Better you for Better Health

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Health

“It doesn't happen all at once, said the Skin Horse. ‘You become’. It takes a long time. That's why it doesn't happen often to people who break easily or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand.” — Margery Williams Bianco

This beautiful quote from the well-loved book ‘The Velveteen Rabbit’ exhibits the beauty of what is real and gracefully ‘becoming’. Becoming real takes time, just as becoming a more enhanced ‘you’ do. We strive for more of an external beauty in our youth, then as we ‘become’ we realize that true beauty is more of a measure of what is within. That being said, we should always aim to take the best possible care of our external appearance, it all amounts to self-love and self-care something that we should have at the forefront of our minds. We operate better when we take care of the fundamentals, and it begins with us as individuals first. How do you promote becoming a better you? Here are a few things to think about on that journey!



1. Follow what excites and captivates you

Boredom can often age us. The best solution to combat boredom is to keep encouraging the new to fold into your life. What sparks an inner drive within you shines enthusiasm and excitement right through you. Enthusiasm keeps us feeling young and vibrant. When we feel passion within it exudes outwardly. When we feel captivated by something we keep growing as we delve into the layers of what we love; we are fuelled by what ignites our cause from within. Do you love to dance? Do you love to take long walks out in nature? Find what excites you and follow it.

2. Make quality time- for you

Life is demanding and a constant 'push-pull' act sometimes. We lose track of time so quickly throughout the days, weeks, and months as we fight to keep up with our commitments. When you can set aside some quality time for you, you feel important and valued. You deserve 'you' time. Try to note down some simple ways that you can effectively weave some valuable time for you into your day. Maybe it's a spa treatment you've had your eye on or a short weekend away. That quality time helps to promote a more stress-free way of living.



3. Fear ... less, do more!

Fear creates anxiety, doubts, and worries that literally age us from the inside to out. Fear stops us in our tracks and can take the enjoyment out of life. The only way out of fear is through it. Think

about what sits beneath any fears you have, we are multi-dimensional with many layers. A surface level fear just needs a loving and understanding approach to work through it. We never stop learning about ourselves and this is something to encourage by questioning our thoughts and emotions. It all leads to greater self-knowledge and wisdom and that is a beautiful thing within itself!

Becoming a better you directly impacts on your health and wellness, and your beauty. You can make wiser choices that help to keep you feeling young and looking well. Natural beauty and radiant health are inspired by an all round approach!



Find natural beauty

Avant Goods is a provider of luxurious spa quality beauty products that provide positive results backed by advanced scientific research. Their high-performance plant based skin care is packed full of essential oils, antioxidants, vitamins, and minerals achieving visible results without the use of harsh chemicals. They are dedicated to seeking out environmentally secure formulas that deliver quintessential repair and radiance to our skin, hair, and body. They want your best possible self to be highlighted! Here is some product info on their range:

Liquid Rejuvenation ~ Ultra Healing Dry Oil produces a more radiant, younger and firmer appearance to your skin:

A unique blend of Rosehip, Argan, Sea buckthorn and other essential oils combine to fight free radical damage, plump dehydration lines, soften the appearance of wrinkles, and brighten dark spots. The dry oils hydrate deep into the epidermis without clogging pores. This fast absorbing formula melts into the skin to deliver essential omega fatty acids and antioxidants. Wear under makeup during the day to keep makeup from settling into fine lines and at night to help fight free radicals while you sleep. Good for all skin types, including oily as it regulates sebum production

and balances out skin tone leaving a healthy glow. Referred to as 'Natures Moisturizer', it is a superior replacement to regular moisturizers which can be heavy in texture and lack additional healing properties of botanical oils.



- Loaded with essential fatty acids, including omega-6, which are the building blocks of healthy cells, they are critical in keeping skin hydrated, plumper, and younger while creating a natural skin barrier.
- Dry oils help prevent against sun damage and uneven skin tone while increasing skin elasticity to reduce premature signs of aging.
- Each oil has its own incredible healing properties including Rice Bran Oil which is a secret anti-aging beauty secret among Japanese ladies.
- Dry oil will soften, repair and reverse the damage with natural healing and anti-aging properties.

Charcoal Exfoliating Age Defying Mask ~ made with a blend of healing minerals, renewing antioxidants, and soothing botanicals.



With a rich white Kaolin Clay base, potent antioxidants, and calming nourishing botanicals, the Bamboo Charcoal Exfoliating Age Defying Mask delivers a deep-down clean that is perfect for all skin types. Micro-exfoliating volcanic minerals leave skin soft, supple, and luminous. Containing over 30 ingredients including healing essentials oils, Vitamin C, Spirulina, Kelp, Arnica, Cocoa Butter, and Coconut, benefits include the reduction in the appearance of age spots, sun spots, and hyperpigmentation, minimizing pores, antioxidant protection to the skin, and soothing benefits for a clearer more radiant complexion.



- Visibly reduce and get rid of age spots, sun spots & hyper pigmentation by promoting cell

renewal.

- Help acne and blackheads through deep pore cleansing for all skin types: oily, dry and sensitive.
- Cleanse, exfoliate, clarify & minimize pores while treating blackheads, acne, and clogged pores.
- Good for all skin types: oily, dry, aging, sun/scar damaged, men or women, young or young at heart.
- Organic & natural: no harsh acids, chemicals or unsafe ingredients ever.
- Made in the USA made at FDA facility.

Bamboo active charcoal is one of the most potent organic multi tasking skin care products, it is known as the “Black Diamond” in Asia. It contains 300 micro-organic minerals that draw out toxins.



Avant was founded on integrity and socially responsible values making customer service the foundation of our company. They believe in a balanced and healthy lifestyle with quality products to add value in all areas of your everyday life. With a spirit of optimism and excellent supplier relationships, they continually grow and evolve to meet customers' wants and needs. *“We hope our products integrate wellness, beauty, and fun into your life and inspire you to share us with others!”* stated Avant. Avant products are available to spas, retailers, and direct-to-consumer online at Amazon.

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