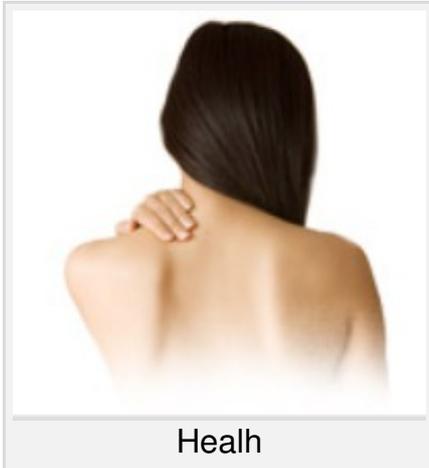


eWellness magazine

Blemish Free- Natural Skin Care

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Chronic skin conditions like Eczema and Psoriasis are becoming more prevalent, this may be due to more harmful irritants, toxins, and pollutants that are infused into the matrix of daily life. Stress also plays a big part in our skin's appearance because of how it affects our internal settings which then manifest external issues with skin or other conditions. Many skin-related problems and contact dermatitis may also occur as a consequence of an allergic reaction to a particular food or product. Our bodies really do go through a bit of a minefield so it just further reiterates the point of taking positive and conscious steps daily to create a healthier and happier way of living! Natural skin care offers us the opportunity to take better care of ourselves and the people we love- we now have more children suffering from skin conditions such as eczema with approximate figures of one in three cases starting in children younger than 5 years of age.



Here we look at a few ways you can become more 'skin-aware' and blemish free naturally!

Check before you buy!

We often don't take the time to check what is contained in products we buy for our skin but this is so important! Things like laundry detergent, hand wash, bubble bath, and a whole host of other bathroom products need just a little more vetting for any chemicals, allergens, and parabens that can contribute to or are likely to trigger skin issues. Prevention is better than a cure so take a little extra time to be a little more consumer-savvy and find the right products to match your skin and prevent any flare-ups if you have an existing skin condition...labels can be deceiving so always check the small print of ingredients on the packaging. This is just a small step but a vital one as what you put onto your skin is directly absorbed into your bloodstream also!

Take time to de-stress!

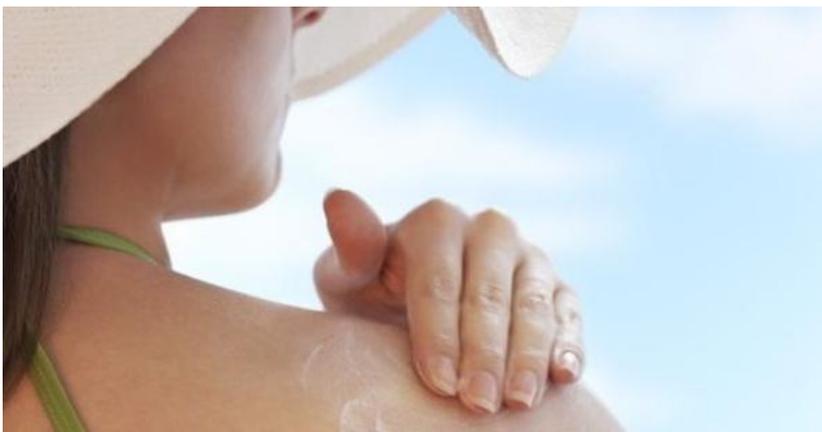
Stress can be a major factor in blemishes and general skin issues and it's often something we think of as external

by way of challenges and daily trials, but it is internal also, our thoughts and emotions can trigger feelings of stress through a lack of control or external expectations. Be kind to yourself and notice the signs of stress so you can gift yourself with a much-needed pause to reflect and readjust. Signs and symptoms of stress include insomnia, headaches, low immune system, low energy, and digestive issues. Make a mental note to take a little time out of your day to gain clarity and reset, stay active through the exercise to help release stagnant emotions and disperse mental anxiety...and do your best to eat well and stay nourished!



Moisturize!

There are so many things that can dry out your skin, leaving it more prone to blemishes and more severe skin issues. Stay hydrated by drinking the daily recommended water intake (generally around 2L for adults). Use products that match your skin type and don't over cleanse as this can strip your skin of its natural oil and moisture. Oatmeal acts as a natural moisturizer and can calm and soothe irritated skin, it contains beta-glucan which can help activate the immune power of skin cells and provide deep penetrative moisture- an all natural anti-inflammatory friend for your skin!



Aidance Scientific is a family-founded business committed to improving lives globally and support natural skin care alternatives! They are passionate about their patented technology that changes how damaged skin is treated and this is present in every all-natural, over the counter product they make.

Innovative technology by Aidance Scientific transforms natural ingredients into fast-acting, effective, and powerful healing agents. They blend silver oxide, zinc oxide, and magnesium oxide, and their Activated Minerals® work in combination with active ingredients to specifically target, and repair, unhealthy skin. When combined with all-natural moisturizing ingredients such as beeswax, jojoba seed oil, and cottonseed oil, this powerful mixture works fast to repair and protect healthy skin.

Their revolutionary formulations are supported by a decade of science and endorsed by leading physicians and hospitals.

Here is some product info!

Terrasil® (flagship brand) combines nature with the latest scientific advancements to allow for faster, more complete healing in a wide range of skin problems such as eczema, psoriasis, shingles, molluscum, wounds and fungal infections.



Terrasil® Eczema & Psoriasis 2-tube system is a unique approach to helping adults who suffer from eczema and psoriasis. The first challenge for those living with these conditions is finding a good, every-day preventative moisturizer. Terrasil Eczema & Psoriasis includes a generous three-ounce tube of Daily Care Cream, formulated with Thuja Occidentalis and Symphytum Officinale (Comfrey). These plant-derived active ingredients are proven to calm itch, irritation, and inflammation. Natural butter and oils are also included to moisturize and help the body repair damaged skin.

Daily moisture is only part of the equation. For particularly bad flare-up days there is 'Severe Outbreak Ointment'. This formula uses the same active ingredients as the 'Daily Care Cream' for symptoms but comes in a thicker, concentrated ointment that provides stronger, longer-lasting relief. The ointment stays on your skin and absorbs slowly, conditioning scaly, itchy, and irritated redness right when, and where, it's needed most. The terrasil Eczema & Psoriasis system is all-natural, steroid-free, acid-free, and offers relief with the very first application. Find terrasil Eczema & Psoriasis 2-tube system in the First Aid section at CVS Pharmacies nationwide and at

www.aidanceproducts.com.

With an increasing number of babies and children suffering from childhood eczema, their Mom of 11 kids' 'No time for baby Eczema' hypoallergenic ointment looks to solve this growing problem for moms and their kids. It combines eight premium butter and oils to dramatically calm, moisturize, and relieve baby eczema discomfort without the use of steroids, artificial dyes, fragrances, parabens, petrolatum or phthalates. With a current lineup of eight products dedicated to mother and infant skin health, Mom of 11 Kids is currently selling on www.momof11kids and Amazon.



The 'Terrasil family' of products also includes terrasil® 'Shingles Skincare' that was developed to meet the unique skincare needs of people who suffer from shingles, a virus whose symptoms include a hot and painful skin rash. Aidance Scientific are proud to say they've created the first and only, topical shingles symptom relief ointment available in retail. Using Essential oils that soothe, cool, and calm inflamed skin patches of shingles, terrasil Shingles Skincare was developed to deliver relief while deep-moisturizing jojoba seed oil and organic beeswax condition and help to repair damaged skin. Patients can find terrasil Shingles Skincare in the First Aid section of all Walgreens nationwide.

"Each formulation of terrasil, including our 'Shingles Skincare' and 'Eczema & Psoriasis' system, as well as our 'Mom of 11 Kids' products are proudly manufactured entirely in the United States at our Rhode Island headquarters. From our genuine dedication to changing our customers' lives for the better to our great strides in the effectiveness of all-natural topical pharmaceuticals, Aidance Scientific is making our version of a different kind of pharma a reality. Revolutions move fast and now's your chance to get on board. We are the new healing revolution!" said Aidance Scientific.

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