

eWellness magazine

Rejuvenate and Renew - Your skin needs you!

2016-12-22



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Beautiful and youthful looking skin is something many of us aspire to; our skin is the largest organ in our body and acts as a sign of how well we look after ourselves. As we age our skin loses firmness and elasticity; skin gets thinner and requires a gentle yet thorough regimen to keep it cleansed and moisturized from tip to toe. Natural skin care can be a wiser route to take as nature's ingredients contain many remedial benefits and leave you less prone to reactions if you have a more sensitive skin type. Everything improves when you focus some time and energy on it; so here we look at some ways you can manage your skin better and help you to create a more refreshed and rejuvenated you! The epidermis is the top layer of skin that we look to take care of; it is our barrier and protective capsule!



Avoid abrasives and be careful not to over cleanse!

The top layer of your skin, the epidermis should look as supple as possible, well moisturized, and soft to the touch. The journey to more youthful looking skin means seeking out products that are non-abrasive and provide a gentle formula to benefit the epidermis layer. Any products that you apply to your skin should be done so gently so as not to damage the surface of your skin; avoiding harsh scrubbing techniques that can damage the epidermis. When you scrub too vigorously or over cleanse your skin you strip it of its natural moisture which can then lead to a variety of skin conditions such as Psoriasis. Always think in terms of gentle but effective when looking at skin care products and how you actually treat your skin with your own hands.

The Skin and our Liver - the connection

The liver is the 'processing plant' of our bodies and it works hard to sustain many functions in our cells; any toxins that you ingest are filtered through your liver so if your liver is not breaking down toxins efficiently then it will show signs of this through your skin. This is effectively how they get dispelled as the last point of call! Many skin conditions can actually be due to a build of toxins on the deeper layer of the skin which can then cause inflammation, so if you get breakouts of spots and pimples it is time to check out your eating habits! The main message here is to look after your liver through a well balanced and healthy diet including lots of antioxidant foods and the recommended daily water intake to help flush out toxins. Your liver will take care of your skin if you take care of your liver!

Skin is top to toe!

Your skin is your cloak, your shield; it protects you and envelops you. Taking care of your skin should always be top to toe process; don't forget the skin wrapped around your whole body; aim to cleanse and moisturize it daily. For facial skin, there are no clear rules for how often but as a guide... If your skin is more sensitive, the 'less is more' approach is generally more beneficial so as not to strip away the natural moisture and protective oil in the skin. Simply is key for sensitive type skin. If your skin is more normal or combination skin then aim for at least twice a day, with possibly a slightly more focused routine in the evening before bedtime.

Skin changes!

There are many factors that affect your skin; sometimes you may find that a product that you have used for a long duration just isn't doing as well as before. It's always good to road test new products to breathe a bit of life back into your skin. If you think in terms of exercise, if you keep doing the same thing each time at the gym you'll see fewer results or progression down the line. Adjust your skin routine whenever you feel you need to; you are the best judge of course! Working in different environments or weather conditions obviously affects your skin too, so if you find that what you are doing is not working anymore... try something new! Ensure you do a small patch test if your skin is more sensitive.

The Weather Effect!

Winter always requires a little more moisture to your skin; always adjust your skin routine as the season's change to ensure you are giving your skin what it needs to stay nourished and youthful. A good tip is to add some extra moisture to your bath; it's great for the skin to remedy itself in the tub; the humidity aids absorption of all the good stuff and is soothing for the skin!

If you are on the search for a new skin care routine to rejuvenate and renew or have a particular skin condition that you want to be free from as 2017 comes around... here is an option to check out!

Arbordoun's Skin Care Products are a female owned and managed business; established in their field and for 33 years they have carefully formulated and prepared their products on their island farm off the northern coast of Washington State. The products at Arbordoun are natural and contain Calendula from the calendula flowers that are organically grown and handpicked during the heat of the day at the height of their potency. The Calendula flowers have anti-inflammatory, antibacterial and healing effects. The phytochemicals in calendula make it a particularly good treatment for cuts, scrapes, bruises, and minor wounds. Calendula is also effective for more serious skin conditions like psoriasis and eczema and lends itself well to long-term use.



Arbordoun's Products are GMO-free and do not involve any animal testing.

- The herbs tinctured for the Calendula cream have been used historically to enhance skin vitality, to promote

healing, encourage cellular renewal and for antibacterial properties. These are blended with olive oil, aloe, and beeswax and lavender oil. It is a rich emulsion and is purely natural.

• The Silky Day is of a different nature; equally moisturizing, formulated with Shea butter and herbal tinctures. St. John's Wort oil and Shea Butter offer natural protection from ultraviolet rays. The Silky Day Lotion is delicate and quickly absorbed, maintaining soft, silky skin throughout the day. It is designed to be used over the entire body and especially on the face. Shea butter is a foundation ingredient because it revitalizes, softens and moisturizes the skin; enhancing its elasticity.



Here are two customer reviews on the products named above! To find out more please click [here!](#)

"I have chronic psoriasis covering 90% of my body. The only product I have found for relief is your calendula cream ... This is the product for me..."
Miami, FL

"I missed three months of work with extreme contact dermatitis and your Calendula Cream rejuvenated my face and hands.... Thank You"
D. Ronhaar, Seattle

Photo courtesy of freedigitalphotos.net qh grand boras, Arbordoun's Skin Care Products