

2019-04-03



Beauty

In the midst of springtime, we begin looking forward to summer, and this is an opportune time to re-work or adapt your skincare routine. As the weather changes, so do our need for different levels of moisture balance for youthful rejuvenation.



As the weather warms and we inadvertently expose more of our skin, we need to be mindful to our skin needs and focus on hydration, protection, and balance. Certain parts of our skin are more sensitive, such as on our face and hands, and these are the areas that we often see the most, but we can also show some tender, loving, care to the rest of our body.

Skin can dry out very quickly (particularly after a cold spell) when it is not adequately nourished or replenished- think of all the hard work your skin does! With that in mind, as you adapt your diet/exercise for the warmer weather, you can tweak your skincare regimen for even more benefits. True health means supporting yourself from the inside out, and outside to in.

yes

And...it doesn't need to be expensive, natural products often provide the most powerful results. Things like honey, coconut oil, Aloe Vera, certain essential oils and many other simple goodies can really make a difference to your skin and overall health!

Here are some ways that you can inspire better skin for a better you!

- Soak in a bath of Epsom or mineral salts for at least 20 minutes once or twice a week. For added moisture, cleansing, and skin soothing benefits add a tablespoon of virgin coconut oil and a few drops of lavender essential oil (or another of your choosing). This is great before bedtime as lavender is a naturally calming and regenerative oil, and coconut oil is rich in omega 3 fatty acids that penetrate your skin assisting in heightened moisture and glow.
- Create your own healing and a hydrating face mask by mixing/blending ½ an avocado (rich in vitamin e) with a tablespoon of good quality honey, and some oatmeal or oat bran. Vitamin E is a supreme anti-oxidant and helps to protect, nourish and hydrate your skin. Leave on your skin for around 10 minutes or so and then rinse with lukewarm water.
- Spend some time, or set out a day where you are cosmetic-free. Skin needs to breathe! Clogged pores create blemishes and breakouts. If you don't want to be make-up free for a day, choose very light cosmetics that won't weigh down your skin so much.
- Fresh air... get outdoors and walk around nature. Fresh air improves your body and your skins uptake of oxygen and helps your mental, physical and emotional health too. Stress and anxiety impact our skin greatly, so the more we focus on our inner health, the better we look also.

Schizandu Organics have founded their vision on getting the best from nature to inspire better health and harmony from the inside to out.

Dita, the founder of Schizandu Organics developed a keen interest in health and well being from a very young age. With a background in science, engineering, and health-counseling, naturally, she looks at health with a bigger picture mindset and recommends that everyone works towards that instead of isolating problems- especially in terms of health conditions and concerns.

Schizandu Organics have a holistic approach and offer three types of products, these products support the body for wellness, repair, and rejuvenation:

- Ones that are taken internally
- Ones that can be taken internally and applied externally
- Ones that are used on the skin, externally only.

Previously, we have highlighted Schizandu Organics and their range of holistic remedies, *Holistic Remedies for Higher Health*, including activated charcoal, and their Omega-3 Algae Oi - we couldn't end it there! With such an amazing and extensive range, Schizandu Organics really inspire you to work on your health more.



Here's a peek at some more from Schizandu Organics!

Wild-crafted Moor Mud Mask with No Additives: This mud mask improves fine wrinkles, hyper-pigmentation, skin roughness, and the general appearance of the skin. Your skin is exposed to so much environmental stress and toxins and needs **REAL** nourishment to look and feel its best and maintain/get back its natural glow.

Absolutely No Additives, Wildcrafted Moor Mud Mask is a Chemical-Free Skin Therapy For Detoxification, Rejuvenation, Pore Cleansing, Softening, And Nourishing.

- **Exquisite, 100% Pure Mud- With Bio-Available Minerals**
- **Nutrient Dense Detoxification And Cleansing- With Herbs, Flowers, Organic Compounds, Sulphates, Humic- And Fulvic Acids, Vitamins And Naturally Occurring Essential Oils.**
- **European Luxury- Packaged In Amber Glass Jar To Protect The Quality From Light.**
- **Does Not Contain: Glycerin, Alcohol, Saponified Oils, Dyes, Fragrances, Parabens, Or Preservatives.**

Shop Now & Get it Here!



Schizandu's Moor Mud Mask is a truly natural experience, it rejuvenates aging skin and reduces the appearance of fine lines and wrinkles...lots more benefits too:

- **Pore-cleansing characteristics help minimize pore size.**
- **Helps fight acne, pimples, blackheads, and assists in healing existing scars.**
- **Softens and hydrates skin and improves complexion without chemicals.**
- **Helps diminish cellulite, leaving radiant skin in its wake.**

To provide a much-needed boost to your body and skin you could try 100% Pure Food Grade Activated Charcoal Powder.

It is A Certified All-Natural, 100% Pure, Food Grade Charcoal Sourced Exclusively From USA Hardwood Trees- An All-Natural & Renewable Source.

Ideal for teeth whitening, detoxification, supporting your colon, candida, and parasite cleansing and digestive issues, this Food Grade universal antidote by Schizandu Organics comes in a toxin-free container and is more finely milled than most for better adsorption.

Shop Now & Get it Here!



Here are some of its main benefits:

- **Teeth Whitening Without Chemicals.**
- **Ideal For Detoxification & Cleansing - For Maintaining Healthy Digestion, For Use W/Stomach Aches And Supporting Colon, Candida, Parasite Cleanse.**
- **A Universal Remedy- Excellent For Bug Bites, Burns, Accidental Poisonings, Teeth Cleaning & Whitening,**

Rejuvenation Of Skin W/Masks, Creams, & Poultices, And Beautifies Hair.

As an example of how to use this powder. Try a Skin Rejuvenating Face Mask!



Mix a teaspoon of powder with honey and RAW apple cider vinegar, or rose water and aloe vera gel and some pure oil, if desired, and use as a mask for your skin, hair. It is ideal for helping treat eczema, psoriasis, dermatitis, hives, rashes, etc.

This powder is very fine, which is why it works so amazingly. It can be a little messy - use care when opening the jar and when applying the powder as it can find its way into everything!

Schizandu Organics are committed to bringing you the highest quality wild-crafted and organic products. With them, you can be confident that you are not only avoiding chemicals but also giving your body the nourishment it needs and wholly deserves. Schizandu Organics create Natural, Functional, Luxurious goodies for you!

“At Schizandu Organics, we take great pride in manufacturing health and beauty and longevity-supporting products of the highest quality. Bringing you 100% pure and truly natural products with integrity is our top priority. If we can't source the purest ingredients, we will simply not make the product” - said Schizandu Organics.

* In partnership with our friends at SchizanduOrganics

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