

www.CenterForTheV Herbal Allies

HOLISTIC SKIN CARE: FROM THE INSIDE AND OUT



Healthy Skin: From the Inside Out

The skin is the largest organ of the body is a reflection of our overall health. This is why it is important to consider the body holistically when caring for the skin.

TIPS

- Stay hydrated
- Exercise to get your circulation moving
- Get fresh air; quality air circulation inside
- Protect yourself from the sun
- Calm the mind and keep emotions balanced
- Get plenty of sleep
- Keep the liver functioning optimally
- Support the digestive system with a healthy diet - add collagen building foods like leafy greens and citrus fruits, fatty fish, flax seeds, sunflower seeds, avocado, olive oil
- Watch dairy intake



Be good to your skin. You'll wear it everyday for the rest of your life.

SUMMER SKIN SAVERS

Keeping it Healthy



Summer Skin First Aid Kit

HERBAL OILS

Herbal infused oils are an essential part of the herbal first aid kit and an ally for summer skin care.

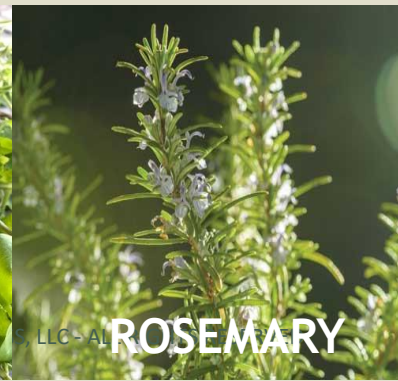
- **Shea Butter** offers UV protection and deep moisturizing
- **Jojoba Oil** is the most similar to our own natural skin oils
- **Olive Oil** is slightly heavier and is the oil of choice for making medicinal oils

SKIN SOOTHERS

For minor cuts, scrapes, skin irritations, itchy patches, insect bites and stings: **Plantain, Comfrey, Calendula, Chickweed, Cleavers** and **Nettles**

WATER INFUSIONS

Herbs infused in water are used to wash and treat the skin: **Chamomile, Calendula, Rosemary, and Lavender** can be used along with **Nettles** or **Cleavers** for a skin tonic or steam



Troubled Skin: Keeping it in the Clear

If you are prone to breakouts it could be related to hormonal imbalance, excess stress or liver overload/stagnation. There are herbs that support liver function, which is the major organ responsible for breaking down and excreting excess fat-soluble hormones. Excessive hormones can build up in the bloodstream and wreak havoc on the skin.

Herbs can help keep the skin clear by cleaning the blood, lymphatic system and liver.

NEEM



MANJISTHA



BURDOCK



DANDELION



Herbs for the Liver



Burdock Root

One of the safest, most effective detoxifying and cleansing herbs. Alleviates skin issues - acne, eczema, psoriasis - caused by hormone or chemical imbalances in the body. Powerful liver detoxifier when used in conjunction with Dandelion root. Burdock cleans the whole system, helps lymph fluids to flow, alleviating swollen lymph glands.



Dandelion Root

One of the best herbs for supporting and detoxifying the liver, kidneys and digestive system. Helps to purify the blood, flush out impurities, rid stagnation. The whole plant can be ingested - flower, leaves, root..

Note: Those with an allergy to latex will probably want to avoid Dandelion.

The French call it "pissenlit" ...so don't take before bed!



Milk Thistle Seed

Provides powerful antioxidant protection. A primary constituent of silymarin called silibinin also helps to support healthy liver function, encouraging healthy cholesterol synthesis by the liver. Helps to maintain normal kidney function and promote optimal immune function.

Herbs for Nourishing the Skin



Gotu Kola

Collagen repair
Strengthens capillaries
Enhances circulation



Horsetail

Silica-rich Builds connective tissue, collagen -hair, skin, nails, bones
Calcium-rich
Combine with Alfalfa, Oatstraw, Nettle



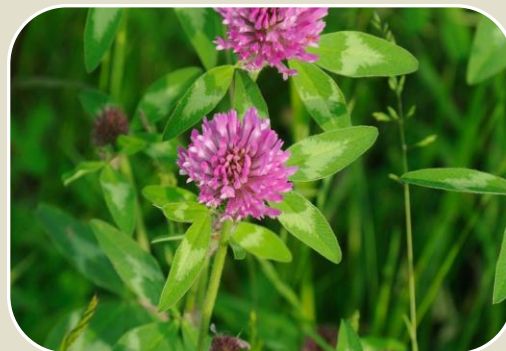
Nettle

Highly bioavailable
Calcium-rich with magnesium, potassium, silica, chlorophyll
Cleans kidneys
Mild antihistamine



Alfalfa

Vitamin A, D, E, K
Numerous trace minerals
8 digestive enzymes



Red Clover

Calcium-rich
Supports hormone, cardiovascular, bone health
Moves lymph and detoxes blood



Star Anise

Anti-inflammatory
Antioxidant
Antimicrobial properties

Skin LuminosiTEA



DIRECTIONS

Pour 1 cup of boiling water
over 1 teaspoon herbal tea.
Steep for 10-15 minutes.
Strain and enjoy!



Gotu Kola



Horsetail



Nettle



Alfalfa



Red Clover



Star Anise

Clear Skin Support



500 mg of herbal mixture
in vegetarian capsules



Neem

- Reduces inflammation
- Improves liver health
- Alleviates pain; anti-inflammatory
- Stimulates the immune system



Manjistha

- Powerful purifier for blood, liver and kidneys
- Promotes clear and radiant skin
- Antioxidant for boosting the immune system
- Combats dry skin, rashes, itchiness, and inflammation



Bhringaraj

- Promotes healthy nails, bones, teeth, and a clear complexion
- Calms the mind, bolsters the memory
- Supports healthy eyes and ears
- Cleanse the liver
- Supports proper function of the lungs

Clean Living Liver Support



500 mg of herbal mixture
in vegetarian capsules



Burdock Root



Dandelion Root



Milk Thistle Seed



Healthy Skin: From the Outside In



Ky Washington is a makeup artist, green beauty expert and holistic aromatherapist.

She is the founder of **Modern Green Goddess.**

Ky believes you can be a modern woman and still be health conscious.

She joined **Center for the Well Being** last year to help further their mission.

Ky teaches classes in aromatherapy, holistic skin care and clean makeup.



www.moderngreengoddess.com



- Heal the body and mind with almost instant effect
- All essential oils are antibacterial
- Plump and soften skin
- Fight Acne
- Preserve a youthful appearance

Why Aromatherapy

- Very Carefully!
- Very Powerful - One 15ml bottle of lemon oil has 50 lemons
- To use on the skin, they must be combined with a carrier oil



How to use Essential Oils

How do I choose my best combo?

Go with your nose!

Go with skin type.

www.CenterForTheWellBeing.org

My Nose Chose.....

My Skin Chose.....

email me your results and be entered to win a special prize!!!

ky@moderngreengoddess.com



- Lymphatic Drainage
- Releases Toxins
- Firms Skin
- Softens wrinkles
- Relaxes Muscles
- Tension Relief



Facial Massage



Social Media:
[@moderngreengoddess](https://www.facebook.com/moderngreengoddess)

leave me a review on facebook.



Thank you so much for attending our
Holistic Skin Care workshop!

If you are interested in taking a private
class or hosting a group class with me,
please email me

Proceeds from blends or products will be
donated to:
Center for the Well Being's initiative -
From the Community Apothecary

Now back to Kim!

email:

ky@moderngreengoddess.com

shop:

www.beautycounter.com/kywashington

website:

www.moderngreengoddess.com

A collection of herbal products is displayed on a wooden surface. In the background, a large glass jar with a metal clasp is filled with dried herbs. A wooden spoon rests on top of it. To the left, a brown paper bag with white polka dots and a circular logo is visible. In front of the bag is a small glass and a bottle labeled 'Five Cider'. To the right, a large glass jar with a metal clasp is filled with dried herbs. In front of it are four small brown bottles with black droppers, labeled 'Echinacea Tincture', 'Schisandra Tincture', 'Motherwort Tincture', and 'Yarrow Tincture'. A packet of 'Lungs Activites' is also visible. A sign with 'DIRECTIONS' and a sunflower logo is present.

\$25 1 - Bottle HERBAL CAPSULES (60 ct)



8 - packets Aura Cacia SKIN OILS
Rosehip • Argan • Tulsi • Turmeric
Herbal Reference Cards

THANK YOU FOR COMING

JOIN US NEXT TIME

Women's Hormonal Health



WE APPRECIATE YOUR DONATIONS!

They help us continue to deliver
these workshops and charitable services
to the community