



Herbal Allies

HOLISTIC SKIN CARE: FROM THE INSIDE AND OUT
1ST SATURDAY OF EVERY MONTH

Healthy Skin: From the Inside Out

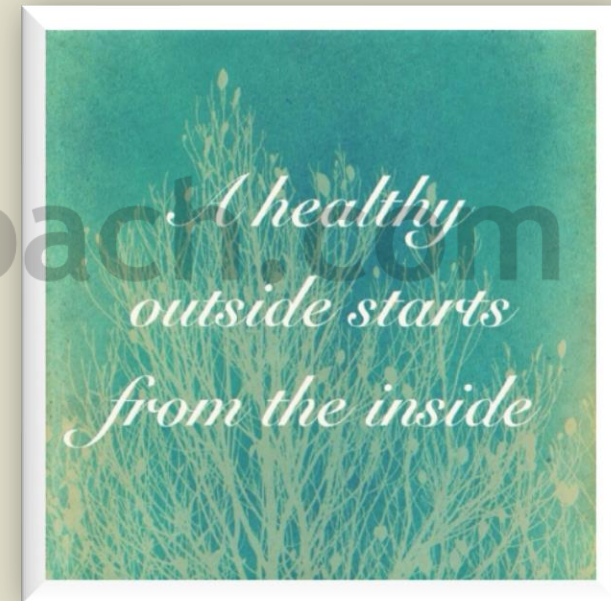
The skin is the largest organ of the body and is fed by many other tissues - blood, fat, nerves, connective fibers like collagen.

Our skin reflects the hidden realities within each of our bodies and any imbalances are likely to be the result of a deeper imbalance.

This is why beautiful skin starts on the inside and also why is important to consider the body as a whole 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



If you can't eat it, you probably don't want to put it on your skin

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.

Some herbs to help keep the skin clear through supporting the liver:

NEEM



TURMERIC



BURDOCK



DANDELION



Liver Detox: Burdock Root

BURDOCK (Arctium)

Actions: adaptogen, diaphoretic, mild diuretic, mild laxative, alterative -

One of the safest, most effective detoxifying and cleansing herbs in Western and traditional Chinese medicine. 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. May have anti-cancer and anti-tumor properties. Burdock cleans whole system, helps lymph fluids to flow, alleviating swollen lymph glands.



Liver Detox: Dandelion Root



DANDELION (*Taraxacum officinale*)

Actions: alterative, nutritive, bitter tonic, hepatic and digestive stimulant, diuretic

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. Flowers contain Lutein. Leaves are used as a diuretic, root to stimulate digestion and the production of bile therefor supporting the liver and skin.

Note: Those with an allergy to latex will probably want to avoid Dandelion. The French call it "pissenlit" ...so don't take before bed!



Herbs for Nourishing the Skin



Red Clover

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



Horsetail

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



Alfalfa

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



Gotu Kola

- Collagen repair
- Strengthens capillaries
- Enhances circulation



Nettle

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



Star Anise

- Anti-inflammatory
- Antioxidant
- Antimicrobial properties

Skin LuminosiTEA

HERBS

Gotu Kola
Horsetail
Nettle
Alfalfa
Red Clover
Star Anise

DIRECTIONS

Pour 1 cup of boiling water
over 1 teaspoon herbal tea.
Steep for 10-15 minutes.
Drink a cup as needed.



Make sure you get your ZZZs

Getting enough sleep at night is one of the best ways to keep our skin looking fresh and radiant

Herbs can help you fall asleep and stay asleep



Passion Flower



Scullcap



Lemon Balm



Valerian



Sleep EZZZ Tea

HERBS

Passion Flower
Lemon Balm
Scullcap
Chamomile

DIRECTIONS

Pour 1 cup of boiling water
over 1 teaspoon herbal tea.
Steep for 10-15 minutes.
Drink a cup as needed.

Herbs to Induce Relaxation and Sleep

SCULLCAP (*Scutellaria lateriflora*)

- Sedative-Nervine -

Sedates the nervous system, particularly used for insomnia, anxiety, hyperactivity, agitation, sensory overload - when hypersensitive to lights, smells, sounds, touch, etc.

*May be too sedating for daytime use; may interact with psych and pain pharmaceuticals.



PASSION FLOWER (*Passiflora incarnata*)

- Mild Sedative-Nervine -

Sedative effects similar to Scullcap for relieving insomnia, anxiety, agitation, irritability in adults and children; gently relaxes all body systems, good for stress-induced hypertension and respiratory herbs for asthma and anxiety-provoking lung issues

*May be too sedating for daytime use; may interact with psych and pain pharmaceuticals.



LEMON BALM (*Melissa officinalis*)

- Nervine -

Calms without sedating, improves cognition and mood. Children and adults can use for mild mood funks, anxiety, insomnia, nervous indigestion, restlessness, inattention, mental decline, hyperactivity



Valerian (Valeriana officinalis)

- Sedative-Nervine -

Valerian's acts as a tranquilizer, antispasmodic, expectorant, diuretic, carminative and mild anodyne. Treats headaches, muscle cramps, irritable bowel syndrome, anxiety and nervous tension; lowers blood pressure when combined with hawthorn berries.

CAUTION: Valerian should not be taken continuously for longer than two to three weeks without a break in use. Otherwise, headaches and heart palpitations may occur. Valerian enhances the properties of other sleep inducing drugs, and therefore should not be taken in combination with other such medications, or with alcohol, opiates, or antihistamine drugs. Should not be taken by pregnant or breastfeeding mothers.



Healthy Living in a Modern World



Healthy Skin: From the Outside In



I am a woman, an artist, a healer, and most important, here to serve you on your beauty and wellness journey. As a professional makeup artist, I have traveled the country to service my exclusive clients and look forward to every moment. As an aromatherapist, I want to give you the gift of healing that was given to me through a clean lifestyle. You can be a modern woman and still be health conscious.