

Homemade Natural Beauty Products Pt 2: The Skinny on Skin



The Biggest Organ

Despite what guys say, human skin is the biggest organ and it needs a lot of attention. Many underlying health issues can be detected through skin analysis and disorders.

Did you know that a face rash could be an indication of the chronic inflammatory disease lupus? Or that dark, velvety looking patches often indicate diabetes? Not only is it important for us to pay attention to the texture and colouring of our skin, it is also important to pay attention to the skin's moisture levels as well, extremely dry skin could be an indication of over all dehydration, eczema and various other irritating skin conditions.

This post will not be covering chronic skin conditions, but if you fear you may be suffering from any of the conditions mentioned above, see your dermatologist immediately and never use the internet to self diagnose.



So, let's talk skin care issues and homemade remedies.

Since there are so many conditions our skins suffer, there is no way for me to cover all of them, so let's just go over the most common ailments and the homemade remedies if there are any.

Dryness



If you live in an area that gets really cold weather, or you take long hot showers, use harsh soaps and hard water or spend time in chlorinated water, chances are you will at some point experience dry skin symptoms.

Aside from cutting back on your hot showers and chlorinated swims, what else can you do to ensure you don't look like a breaded meat cutlet?

Well, moisturizing is always good. Lotions and olive oil or even oils with a thicker consistency really help the skin to maintain natural moisture and remain soft and supple. Practice adding moisturizer when you get out of the shower before drying as that will force more water into the pores and the oil will trap it there.

QUICK TIP: ONCE YOU GET OUT OF THE SHOWER LATHER YOURSELF WITH OLIVE OIL AND THEN TOP IT OFF WITH YOUR FAVOURITE LOTION OR ADD ARGAN, BIRCH OR ROSE OIL TO YOUR LOTION.

Natural oils in your diet and body will help to keep your skin soft and smooth, so try to use cooler water (I know it's hard) and avoid harsh soaps that strip the sebum and leaves your skin feeling tight and dried out. Hyaluronic acid is great for hydrating the body, helps with healing and tissue regeneration and can hold a significant amount of water in the skin, so look for lotions and moisturizers with this gentle molecule to keep your skin youthful.

Foods that help keep skin moisturized

Since the production of Hyaluronic acid reduces over time, it is smart to eat foods that increase the production of this molecule as we get older. Organic soy products have been shown to increase this chemical in animals. So rustle up some tofu and enjoy a glass of soy milk.



Soy is also great to reduce age spots, discoloration, solar lentigines (sun spots) and hyperpigmentation. Mix fresh, unpasteurized soy milk with coffeeBerry (the outer casing of the coffee bean) to depigment and moisturize skin.

Sagging & wrinkles (loss of elasticity)



Much like moisture, our skin loses elasticity as we grow older. Collagen production decreases and as this structural protein diminishes, skin becomes deflated, saggy and wrinkled. Studies also show that the harsh UV rays of the sun cause an increase in fine lines and wrinkles and even some discoloration, so sunscreen is a must in your skin's line of defence.

QUICK TIP: ADD SUNSCREEN TO YOUR MOISTURIZER OR BUY A PRODUCT THAT ALREADY INCLUDES SUN PROTECTION. REMEMBER LIPS NEED PROTECTING TOO

Foods that help keep skin look firmer

To reduce wrinkles and improve the skin's appearance, try adding foods containing ascorbic and alpha hydroxy acids to your meals. Fruits and vegetables such as citrus, peppers and cantaloupes contain antioxidant properties that help to boost immune system and reduce the signs of aging. The use of citrus and foods high in alpha hydroxy acid on the skin will help with firming a little but it's better to ingest. Also dry skin looks older and shows more signs of aging so staying hydrated and moisturized are both of paramount importance. Check out this list of homemade [skin firming techniques](#).



How much water should you be drinking? Is it 8 cups, 10 cups or does it depend? The best answer is it depends on your weight and level of activity. To get a close to accurate estimate of how much you need use this [hydration calculator](#).

◆DIY: MIX HONEY AND PINEAPPLE JUICE FOR A NICE SKIN FIRMING TREATMENT OR MASH BANANAS AND LEAVE TO SIT ON SKIN FOR 20-30 MINUTES. WASH AND PAT DRY.



Cellulite



Fat deposits in the subcutaneous (hypo dermal) layer of the skin often causes a dimpled effect known as cellulite. Or in simpler terms it's a layer of padding under the skin that makes it look uneven and somewhat like an orange peel. Cellulite can be caused by genetics, diet, lifestyle choices and hormones. While there are many mechanical and chemical approaches to removing cellulite they have been proven only to reduce the appearance of cellulite but not completely smooth the skin.

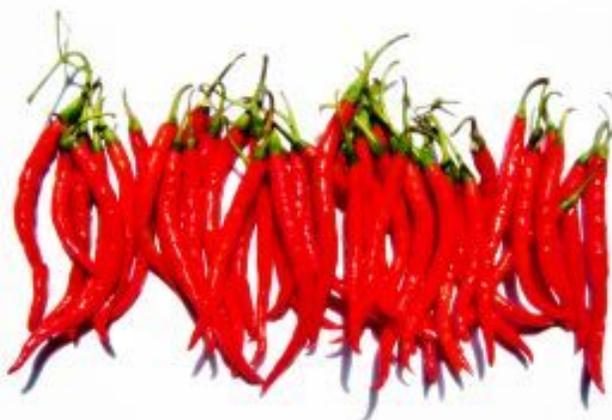
QUICK TIP: ADD SOME ROSEMARY, CYPRESS OR LAVENDER OIL INTO YOUR POST BATH OIL MIX AND MASSAGE IT INTO YOUR SKIN AFTER YOU SHOWER. MAKE SURE TO MASSAGE YOUR LYMPH GLANDS TO REMOVE THE TOXIC BUILD UP.

Though exercise and a healthy diet are the main means of reducing the appearance of cellulite, there are some oils that do help to improve circulation and detoxify the body, thus reducing the fatty deposits under the skin.

Running is also amazing at reducing cellulite but if you can't or don't enjoy running then brisk walking does an okay job. I have mentioned Leslie Sansone's Walk Away The Pounds in other posts, as it is what I use during the long winter months when I have no treadmill or gym membership. It works!

Foods that help reduce cellulite

Alkaline rich foods and anything that helps detoxify the body such as lemons, kale, sunflower seeds that are high in Vitamin B 6, a great fat fighter, along with metabolism boosting chillies and cayenne are great additions to any diet. Anything that removes toxins and fat build up will help to remove cellulite from your body when paired with healthy lifestyle choices.



◆DIY: A MIXTURE OF WARM WATER LEMON JUICE, HONEY AND CAYENNE PEPPER EACH MORNING WILL DETOX YOUR BODY, DECREASE BLOAT AND SIGNIFICANTLY IMPROVE YOUR ENERGY LEVELS ◆

Never under any circumstance put red hot chilli peppers on your body-unless of course they are from the band and even then proceed with caution These little suckers get really hot and can be painful if misused. Instead add them to your meals in the amounts you can handle and drink alkaline water and added fibre to help your body clean itself. Try these homemade remedies to rid your skin of pesky issues and look your absolute best.