

# Winter Skin Care Tips and Products



As fall turns into winter, we need to adjust our skin care regime to protect against colder and drier air. A richer day moisturizer such as Neroli Cream or Rose Cream, with a periodic application of a precious seed oil underneath, will keep your skin nourished, soft and supple. Do you rotate your moisturizer? Just as we need to rotate our food diet in order to be well nourished and to avoid developing sensitivities, it is wise to rotate our moisturizer to keep your skin responsive. Otherwise, our skin becomes used to the same active ingredients and may become less vital and active. Routinely exfoliate with a natural facial peeling to assist your skin in eliminating and sloughing off dead cell congestion. Use regularly facial masques – both cleansing Black Mud Pure and one of the creamy conditioning facial masques or Seed Oil capsules, will promote your skin's health – as well as give you the pleasure of a min-spa treatment!

For body care, start dry skin brushing, if you don't already perform this regular lymphatic system stimulus that promotes whole body health. Regularly applying a body moisturizer while your skin is still damp from a shower or bath. Massaging these

vitamin and essential fatty acid-rich preparations into your skin deeply moisturizes and strengthens it.

## Suki Skincare



## Delicate Hydrating Oil

Popular with both men and women, the 100% pure organic formula can be used as a massage oil or poured into a relaxing bath. Soothing chamomile, anti-inflammatory arnica and antioxidant-rich rose oils are blended into nurturing apricot kernel oil to moisturize while leaving a subtly soft scent. Has a woody scent. 100% vegan.

evanhealy



## Whipped Shea Butter with Olive Leaf

- Fresh plant infusions of olive leaf and rose petal in olive oil, Madagascar vanilla in coconut oil, and Calendula blossoms in sunflower oil, make our Whipped Shea Butter an excellent source of essential fatty acids, vital phyto-nutrients and antioxidants
- After a few days skin looks noticeably younger, more vital, supple, hydrated and healthier, conditions hair too
- We make our Whipped Shea Butter completely by hand, it takes four to six hours of continual whipping to reach its rich, creamy softness