How to Have More Energy and Vitality with Aroma Yoga®



I would like to take the time to share the knowledge and tips of a Teacher, Mentor and friend Tracy Griffiths, she is a compassionate, incredibly grounded practitioner and amazing human being that I have deep love and respect for. She has guided me and mentored me not only in Polarity and Cranial work but in a personal level in many ways. Isabel's beauty Authority blog is here with much of her help, I am so thankful to have her in my life.

With that said we would like to introduce her to you so you to can benefit from her gifts.



Tracy Griffiths, RPP, CMT, co-founder of the Life Energy Institute, is a senior teacher and practitioner of the energetic healing arts specializing in Aromatherapy, Polarity + Cranial Sacral Therapy.

Tracy is an expert leader in the integration of essential oils into mainstream medicine and the yoga community. As the essential oils instructor for the Urban Zen Integrative Therapy Program, Tracy teaches at Ronald Regan UCLA Medical

and other medical facilities, sharing the powerful benefits of essential oils for patient and self-care. TracyGriffiths.org



Having more energy can be easier than you think!

A steady practice of movement, sounding, meditation and of course incorporating Young Living Essential Oils into the mix, you can raise your energy levels and become happier in a matter of moments.

As we continue from the Energy Secret #1 blog post, we step down from the ether element and throat chakra, and come to the heart chakra, located at the center of the chest. The heart chakra, which is ruled by the air element is the center for compassion, joy and forgiveness. The air element thrives with regular movement, laughter and fun.

This chakra rules our ability to love, accept, and forgive.

If you notice you have a tendency to be intolerant, critical, withdrawn or judgmental or when you need to feel inspired, forgive, get motivated or simply want to open your heart more fully, use one of the follow essential oils mentions below and practice the following energy exercise.

Some of the essential oils that I recommend for balancing the heart chakra are; Jasmine, Lavender, Rose, Forgiveness and or Joy.

Hu! Sternum Tapping:

This exercise may be done while sitting, standing or walking.

Step 1.

Apply your desired essential oil directly to your heart area. Remember if you have sensitive skin, use a few drops of Young Living's V-6 carrier oil to dilute.

Step 2.
Take a moment to deeply inhale the essential oil and state your intention for doing this exercise.
With the finger tips of one or both hands, firmly and rapidly tap the upper center of your chest, just below your throat while singing the sound “HUUUUUUUUUU” (pronounced “hue”) in a higher pitch that your normal talking voice. Don’t be shy with your volume. You can be loud and proud.!
Step 3.
After you practice this for at least two minutes, take a few moments in stillness and silence and observe your physical sensations.
Try this practice on your daily walk or jog and as always, feel free comment on your personal results.
Here’s to having more fun and having more energy!

For more energy exercises and yoga techniques combined with Young Living Essential Oils visit Aroma Yoga® store page.

Aroma Yoga® is a step-by-step guide that helps you easily integrate aromatherapy into your yoga routine and your life. Aroma Yoga® is a simple, straightforward introduction to essential oils and the many benefits of aromatherapy, and features specific oils for various asanas and energy exercises. Like yoga, essential oils have been used for thousands of years to cleanse, heal and balance the mind, body and emotions.

Red Lips



Here are some Tips for Red Lips, these are my personal likes and we added some tutorials from some other people, because real life and the planet is composed of many likes and different ideas, we wish for you to take what works for you and experiment to create your own, here we go.

For the elegant glamour of 1950's Hollywood, red lips never go out of style, but precision is essential. Choose a lipstick that suits your coloring-deep, plummy reds look fantastic on dark skin. Cool blue-based reds suit pink-toned and pale skin while orange-based reds are less draining on a warmer complexion (but make sure it doesn't accentuate any redness in your checks).

1. Prepare your lips well. Dab foundation around the lip area and over the lip itself if you like that tend to make the lipstick last longer but it adds up product and looks a bit unnatural if overdone. Also you can use Lip Primer or a concealer, make sure to apply lightly or it will show to dry ant remember you may want to layer colors . This tones down any redness and ensures the line of the lips will be sharp and

defined.



2.Use a matching waxy lipliner to prevent any bleed around the lips. Spend time drawing the outline, making sure the lips are completely symmetrical and the bow is even. An uneven top lip shows up with red lipstick more than any other color. Start at the V of the Cupid’s bow and take the liner right into the corners.



TIP: Don’t forget to outline the corners of the mouth, you can do this with your mouth open, it makes it easier.

3. Fill in the lip with the pencil to hold the lipstick in place and make it last longer. Go over the pencil color with a lip brush, working it into any creases.



4. Paint on the lipstick using a lip brush for precision,

starting in one corner and working inward. Use the tip of the brush for the edges and the flat of the brush for larger areas. Blot with a tissue and apply another coat, if need it or your personal preference.



5. Add a dab of gloss in a clear or slightly lighter shade at the center of the lower lip and press your lips together only when both lips are closely the same size to give an illusion of fullness.



TOP TIPS

Red lips spell grown-up glamour and should be worn with confidence.

Hair color is not so relevant when choosing the right shade of red – it's skin tone that counts (and what you are wearing or were you are going). Pink tones are best suited to cooler "blue reds" while darker, Mediterranean, and Asian skins are better suited to "orange reds".

Red lips will be the focus, so keep the rest of your make-up minimal.

A red-tinted lip-gloss will give a more subtle effect.

Try not to touch your mouth so you don’t risk smudging the lipstick. Matte finishes are more resistant to smudging than gloss.

Tip: keep in mind That red lips are a strong statement and my not be suited to every occasion or wardrobe choice, use your judgment.

Here are some videos and other ideas from different sources :

Wishing you Health, Happiness, and wealth From all of us at isabelsbeautyblog

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Seven Ayurvedic Herbs Everyone Should Know



Hello everybody, first of all I wish to thank the thousands of viewers and supporters that click daily on our blog, without you we won’t be here. We want to express our gratitude. We get questions of people wondering why we post about herbs and supplements, what the relationship is between that and BEAUTY. Well for us, it is a way of life to start , and I learned throughout my life that if your inside is not working optimally the outside cannot possibly be good. Stress, oxidation,lack of sleep, and a incomplete nourishment can not possibly make good skin, hair, nails bones etc,.not to mention a general wellbeing. For that reason, from the inside out, and so far it has worked for me and my family, that includes our two, four legged family members. We had two big dogs before that they lived past 18 years each, which I have been told that wasn’t possible. To the amusement of many people, I have to say it was their DIET and EXERCISE So here , in this Post we would like to introduce you to these ancient Ayurvedic way of life and seven herbs that will make a huge difference in your life if you choose to use them, or at least share them with people you choose.

With the growing popularity of Ayurveda, an increasing number of Americans are discovering the health benefits of the herbs that play essential roles in this millennia-old system of healing.

There’s an idea in Ayurveda that, “What heals, also prevents.” Herbs effective in treating specific conditions can also serve as a “food,” providing targeted nourishment to specific physiological systems and processes. For example, Turmeric (*Curcuma longa*), popularized for its anti-inflammatory properties, can also be eaten as a culinary spice by people looking to proactively prevent disease and maintain good health. That’s not the case with allopathic pharmaceuticals!



Another key Ayurvedic idea is that there is synergy in nature. This is important to keep in mind as we isolate and study the specific constituent compounds in herbs. While it is useful to understand the properties of individual plants, be aware that herbs typically have multiple rather than single effects. In Ayurveda, as in other systems of Asian medicine, herbs are seldom used in isolation. Rather, they’re combined in

standardized but individualizable formulas designed to balance and harmonize the properties of the constituent herbs.

Ayurvedic herbs are used for many reasons: to maintain overall health; to boost immunity; support mental clarity and focus; to calm the nerves; to improve digestion; to protect the body from toxins and support the detoxification process; and to support innate healing processes.

The following seven herbs have long histories of traditional use in Ayurveda, and they are increasingly popular with American consumers:



TURMERIC

(*Curcuma longa*) is one of Ayurveda's true treasures. Consumption of the bright yellow rhizomes of this plant was first advocated in millennia past by yogis who claimed it enhanced flexibility and joint integrity. In recent years, a vast amount of research has been done on Turmeric's main components curcuminoids and curcumin. These compounds have been shown to provide many diverse benefits for human health, including preservation of brain function, high antioxidant activity, regulation of inflammation in conditions like rheumatoid arthritis, and cancer prevention.

Curcuminoids have been used throughout history for their anti-inflammatory effects. Recent research has shown that they may suppress inflammatory pathways at multiple sites. Turmeric-derived compounds suppress production of cyclooxygenase-2 (COX-2), prostaglandins and leukotrienes while preserving the protective cyclooxygenase-1 (COX-1). This means Turmeric can provide a nice anti-inflammatory effect without the gastric

complications sometimes seen with other anti-inflammatory agents such as aspirin.

Turmeric also reduces thromboxane synthesis, meaning that it can reduce vasoconstriction as well as platelet aggregation. Turmeric has shown unparalleled antioxidant activity. It is interesting to note that routine consumption of Turmeric can significantly increase vitamin E plasma levels within 90 days.



ASHWAGANDHA

(*Withania somnifera*): The name of this shrub roughly translates as, “Strength of a horse.” It’s roots have been medicinally used for thousands of years. In classical Ayurveda, the described properties of Ashwagandha include: Medhya (promotes intellect and cognitive development), Balya (increases strength and recovery), Rasayana (rejuvenator or life-extending substance) and Nidrajanana (promoter of sleep).

Today, Ashwagandha is best known for it’s ability to promote energy and stamina without stimulating the heart. As a body-balancing herb, it also addresses insomnia.

Preliminary research suggests Ashwagandha may suppress stress-induced changes of dopamine receptors in the corpus striatum,

which may play a role in the development of chronic anxious behaviors. Ashwagandha may also have a GABA (gamma-aminobutyric acid) mimetic action, which could account for some of its sedating and anticonvulsive properties. This would be in accord with its historical use for insomnia and anxious neurosis.

Ashwagandha has also been shown to increase production of thyroid hormones T4 and T3 while simultaneously increasing hepatic glucose-6-phosphatase activity and reducing hepatic lipid peroxidation in animal models. As we learn more about the co-morbidities between hypothyroidism, hypercholesterolemia and diabetes, Ashwagandha may one day play an important role in the management of these inter-related conditions.



BITTER MELON

(*Momordica charantia*): This edible gourd should be every physician's "go-to" plant for the 16 million or more Americans with high-normal glucose readings or 'boderline diabetic/metabolic syndrome patients.

Preliminary evidence suggests bitter melon's hypoglycemic action can be explained through several independent mechanisms: for one, it has been shown to increase peripheral glucose oxidation as well as glucose tolerance and insulin signaling in induced insulin resistance models. It also decreases hepatic gluconeogenesis, while increasing glycogen synthesis.

Bitter Melon increases insulin output from the pancreas, and it also provides a unique compound called polypeptide-P, which is an insulin mimetic with a similar structure to bovine insulin.

Compounds produced by this intriguing gourd have been shown to reduce triglyceride levels in a dose-dependent manner in animal trials. Though we don't yet have human data corroborating this effect, the animal studies suggest that bitter melon may have a role in reducing cardiovascular risk,

particularly in people with diabetes or metabolic syndrome.



HOLY BASIL

(*Ocimum sanctum*): Also known as Tulsi, this plant is actually considered sacred by many people in India. As such, it can be found growing in temple gardens, where the rich fragrance opens respiratory passages and some say, help the spirit soar.

Holy Basil's key compounds, including eugenol and caryophyllene, are similar to those found in oregano

(*Origanum vulgare*) and it shares the anti-inflammatory, antipyretic, and analgesic actions typical of the oregano family.

This plant is also native to West Africa. In Sierra Leone, it is called ‘Fever Plant.’ The various fixed oil compounds found in the plant have shown extensive antimicrobial and antifungal activity against a variety of pathogens including Escherichia coli and Candida albicans. In classical Ayurveda, Holy Basil was used as an anti-tussive, to clear “excess dampness in the lungs.” Recent human trials have validated this, the data showing that this herb can increase lung capacity as well as reduce labored breathing.

It has also been shown to significantly reduce several measures of stress in generalized anxiety disorder (GAD) patients.



TRIPHALA

A common element in many Ayurvedic protocols, Triphala is not one plant, but three. The Sanskrit word actually means “three fruits,” (tri = three, phala = fruit), and it represents the combination of *Emblica officinalis,* Belleric myrobalan and Chebulic myrobalan. This standardized combination has existed in Ayurveda for thousands of years, and as such, it is considered as a single entity.

Use of Triphala is based on a key tenet of Ayurvedic theory, that disease is most able to take hold when digestion is compromised. As such, two major formulas were created to normalize digestion and prepare the groundwork for overall wellness: Triphala and Trikatu (which we will discuss next).

Triphala provides detoxification and digestive correction by promoting peristalsis and providing organ specific anti-inflammatory action in the lower GI tract. Today, Triphala is most commonly used for those with GI complaints such as bloating, sluggish digestion, food sensitivities, fatigue after meals, or chronic constipation.

The Triphala 'cocktail' challenges modern scientific investigative methods, since the unique compounds within each fruit seem to take on different attributes when combined, which may not be replicated when the fruits are analyzed separately. In fact, the therapeutic dose of each ingredient can be significantly reduced when formulated together in equal amounts.



TRIKATU

A complimentary formula to Triphala, Trikatu means "three peppers" or "three pungents." It is a combination of Black Pepper (*Piper nigrum*), Indian Long Pepper (*Piper longum*) and

Ginger (*Zingiber officinale*). While Triphala lends a hand to the lower GI tract, Trikatu has its primary effects in the upper GI tract, where it enhances the “digestive fire” necessary for the breakdown of food and absorption of nutrients.

Ayurvedic practitioners consider Trikatu a “warming formula,” used to awaken Agni (digestion) and destroy Ama (accumulated waste & toxins).

According to Ayurvedic theory, poor quality food and inconsistent eating habits can create a dullness to the upper GI, which, if uncorrected, will result in further deviations from overall health. Specifically, it can lead to unhealthy food cravings. This creates a feedback loop, since the poor food choices driven by the cravings reinforce the digestive dysfunction.

Today, we use Trikatu to enhance bioavailability of nutrients, drugs, and supplements, possibly through increasing the production of digestive enzymes and/or enhancement of first pass hepatic metabolism. Trikatu also seems to promote the assimilation of food through the intestines and normalizes gastric emptying, thereby reducing the tendency toward flatulence and distention while improving overall energy levels and nutritional status.

Trikatu was shown to reduce LDL and triglycerides levels in rabbits fed high-fat diets. It also increased cardioprotective HDL levels.



Cardamom

Commonly known in India as “choti elaichi”, cardamom’s scientific name is Elletaria cardamomum. Though it is more popularly used as a herbal spice, which is added in dishes to provide a strong aroma and flavor but in Ayurveda it is considered to be a very useful and effective medicine. In Ayurvedic texts cardamom is referred to as “ela”. According to traditional wisdom of Ayurveda, cardamom is effective in improving digestion. It helps those suffering from stomach cramps. It is a good stimulant and beneficial for those suffering from flatulence and gas.

Cardamom also helps in cleansing the body as it has detoxifying properties. It is basically a warm spice and known to have originated from India. It improves blood circulation to the lungs and can be helpful in prevention of spasms or convulsions. Hence, cardamom in small quantities is beneficial for those suffering from asthma or bronchitis.

Cardamom enhances appetite and provides relief from acidity in the stomach. It is used in the cure of halitosis. It is beneficial for those suffering from various kinds of respiratory allergies. When you have sore throat, you can try out a little quantity of this medicinal spice.

Those suffering from nausea as well as excessive threat can also try out cardamom. Along with some other medicines, it can be used for treating mouth ulcers. It is known to be a good cure for weakness in general. Some practitioners of Ayurevda also advise its use for treating infection of the urinary tract.

Cardamom is known to be helpful in balancing all three ‘doshas’ in the human body. Hence it is termed as “tridoshic”. A little quantity of cardamom is especially beneficial in balancing “kapha”. It can be used for balancing “vata” and “pitta” also.



The ancient roots and modern branches of Ayurveda span the very corners of time itself, and it remains a driving force in the world of natural healthcare. It was one of the earliest systems of recorded medicine in the world, and it shows no sign of waning. In fact, it seems to be on the rise in the US and many other parts of the world.

Today’s practitioners, who are open to its complementary nature and its innate ability to see patients as whole people, will find this ancient system of medicine and its well-documented herbs to be profoundly effective.

Bee Venom Skin Care



Do Bee Venom Beauty Treatments Work?

In the last couple of years there has been a lot of buzz in the press and the media about bee venom products and the benefits being gained by various actresses, celebrities and royalty using them. But before rushing out to buy wouldn’t you like to know just a bit more about what bee venom can or can’t do for you? Bee venom treatments aren’t a new invention, they have been around for centuries, but it’s only recently that the benefits have become public knowledge.

We are always on the lookout for products that can help us to

get rid of wrinkles and fine lines or to rejuvenate our skin to its original youthful glow, and this is where bee venom creams and masks seem to play a major role in restoring elasticity and radiance to your skin. So, the next question is do bee venom treatments really work and will they be suitable for you?



What Are Bee Venom Beauty Treatments?

The Chinese and the Greeks used bee venom treatments for centuries but it is only recently that we have recognized their benefits as part of a daily beauty regimen. Aging unfortunately is a fact of life but that doesn't mean we can't take steps to minimize the facial wrinkles, fine lines and sagging skin. There are a range of specialized bee venom treatments, including bee venom masks and bee venom creams to provide the essential ingredients to rejuvenate and restore your skin back to it's former state.

The venom is harvested from bees without causing them any harm.

How Does Bee Venom Work?

Bee venom, (scientific name: apitoxin) is the clear, odorless liquid that's injected into your skin when a honeybee stings

you. It consists of more than 20 known compounds, the most prominent being melittin, a protein that boasts powerful anti-inflammatory, anti-bacterial, and anti-viral properties. Most products that contain bee venom act in a somewhat similar manner when put on your skin, though the effects can vary for different people. Basically bee venom sort of tricks your skin and its mild irritant properties make your skin believe that it is under “attack”. Consequently your skin reacts by producing more elastin and collagen plus the blood circulation to the facial skin also increases. The end result is a plumper, firmer and smoother skin.



Using bee venom treatments on a regular basis can result in a huge transformation to your facial skin. You should also make sure that you include your neck area in your bee venom regime since it is equally exposed to sun and air pollutants but often overlooked. The bee venom creams can be used overnight and work on the skin even as you sleep. The bee venom masks need to be applied then left on for 15- 20 minutes before washing off with water, and you will usually feel immediate results after a bee venom mask treatment. Combined use of bee venom masks and bee venom cream will result in the cleansing, tightening, softening and nourishing of your facial skin.

What Else Should You Know About Bee Venom Treatments

Bee venom is unique in regard to beauty benefits but a small word of caution at this point – anyone who is allergic to bee products should not use bee venom treatments. They can lead to severe reactions for some people. Always test any product before you start using it on a regular basis and then begin your journey to permanently good-looking skin.



Here are some interesting facts…..

The honey bee has been around for millions of years.
Honey bees, scientifically also known as Apis mellifera, are environmentally friendly and are vital as pollinators.
It is the only insect that produces food eaten by man.
Bee Venom has evolved beyond a physical defence against predators, to be a colony protector.
Honey is the only food that includes all the substances necessary to sustain life, including enzymes, vitamins, minerals, and water; and it’s the only food that contains “pinocembrin”, an antioxidant associated with improved brain functioning.
Honey bees have 170 odorant receptors, compared with only 62 in fruit flies and 79 in mosquitoes. Their exceptional olfactory abilities include kin recognition signals, social communication within the hive, and odor recognition for finding food. Their sense of smell was so precise that it could differentiate hundreds of different floral varieties and tell whether a flower carried pollen or nectar from metres away.
The honey bee’s wings stroke incredibly fast, about 200 beats per second, thus making their famous, distinctive buzz. A

honey bee can fly for up to six miles, and as fast as 15 miles per hour.
The average worker bee produces about 1/12th teaspoon of honey in her lifetime.
A hive of bees will fly 90,000 miles, the equivalent of three orbits around the earth to collect 1 kg of honey.
It takes one ounce of honey to fuel a bee's flight around the world.
A honey bee visits 50 to 100 flowers during a collection trip.
The bee's brain is oval in shape and only about the size of a sesame seed, yet it has remarkable capacity to learn and remember things and is able to make complex calculations on distance travelled and foraging efficiency.
A colony of bees consists of 20,000-60,000 honeybees and one queen. Worker honey bees are female, live for about 6 weeks and do all the work.
The queen bee can live up to 5 years and is the only bee that lays eggs. She is the busiest in the summer months, when the hive needs to be at its maximum strength, and lays up to 2500 eggs per day.
Larger than the worker bees, the male honey bees (also called drones), have no stinger and do no work at all. All they do is mating.
Each honey bee colony has a unique odour for members' identification.
During winter, honey bees feed on the honey they collected during the warmer months. They form a tight cluster in their hive to keep the queen and themselves warm.

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