

**Do you know what eyelashes
are really about?**



The post this week 211 is about eyelashes, it amazes me how much the lashes do and their importance, through the years. I have worked with them and learned how much they add to the whole look of our face not to mention the dressing, protecting, and beautifying that they do for our eyes. Nowadays if you don't have long luscious lashes you can add individual ones, strip ones and eyelash extensions all in the name of vanity and finally beauty. I love working with eyelashes and even on main actors I have used tricks to enhance and open the look of the eyes, with that said welcome to eyelashes!!!

Thank you once again for all your support likes and shares we really appreciate it.

Eyelashes

from:

<https://www.blissplan.com/beauty/how-do-eyelashes-protect-your-eyes/>

The eyelashes are the hairs that are located at the edge of the eyelids. Humans are not the only ones who have eyelashes. Other animals, especially mammals, have eyelashes to serve various purposes. The eyelashes can grow as long as one inch. Normally, an embryo in the womb of a mother will start to grow eyelashes during the 22nd to 26th week of gestation. According to a study, the eyelashes will take about seven to eight weeks to grow back if pulled out. The color of the eyelashes tends to imitate the color of the hair but for people who have dark hair, their eyelashes are darker. The same goes with people who have light hair color and vice versa for those with very light hair.

What The Eyelashes Do

The functions of the eyelashes are more on protection of the eyes. The eye is considered to be an extension of the brain, though few people realize this. The eyes are delicate and fragile. They need all the protection that they can get. The eyelash is just one of the other structures that protect the eyes. Along with the eyebrow, tears and orbital bones, the eyelash protects the eye from many external harmful elements.

The eyelashes defend the eyes from foreign materials, small particles, excessive sunlight and sweat. They are also sensitive. They send signals to the brain that something is getting close to the eyes. The blink reflex will then set in to evade an in-coming particle. Since our eyes should remain moist, the eyelash filters and distributes the light of the sun evenly throughout the eye. The eyelashes also decrease the heat impact of sunlight to the eyes and help with light accommodation.

Another function of the eyelashes is to serve as a warning sign of an actual disease process. People who lose their eyelashes might be showing a compromised level of immunity and slowed cell regeneration. Diseases or disorders that involve the eyelashes may include demodicid, sty (external hordeolum), trichiasis, distichiasis, trichotillomania, blepharitis, and madarosis.

The importance of the eyelashes should never be underestimated. They serve protective functions, as well as aesthetic purposes. It is not enough for us to know how vital eyelashes can be in the health of our eyes. We also should perform the necessary steps to take good care of them.

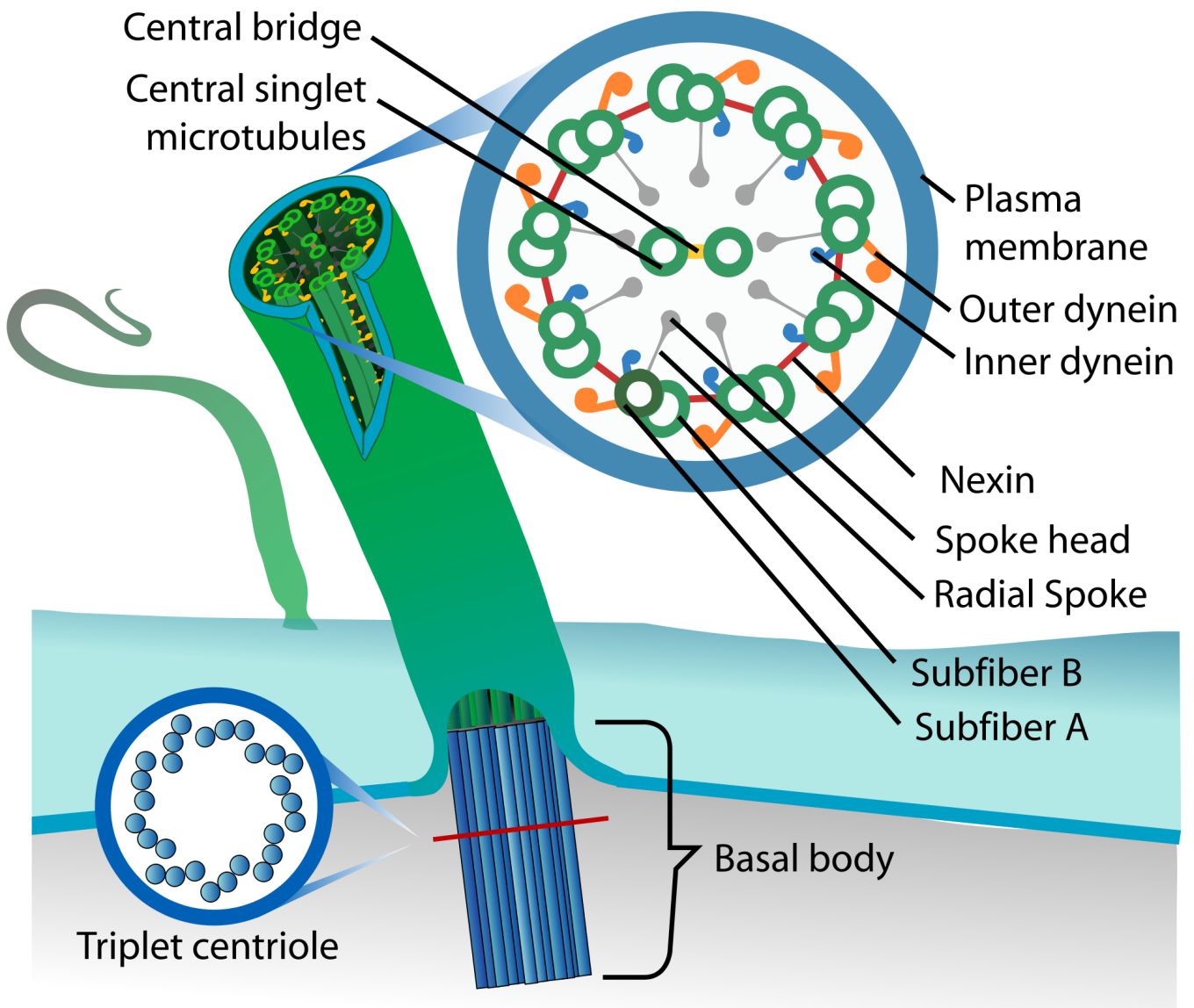
from:

<https://www.consumerhealthdigest.com/eyelash-care/importance-of-eyelashes.html>

Defined in Gray's Anatomy as short, thick, curved hairs,

arranged in a double or triple row attached to the free edges of the eyelids, the “cilia” more commonly known as “eyelashes” have a mainly protective function to the human eye. In the female eye however, these accessory organs of the eye function doubly as a way to increase and emphasize one’s femininity and attractiveness.

Cilia Estructure



Importance of Eyelashes

The eyelashes that are connected to the upper eyelid are longer, and can reach up to an average of 8mm in length. They are also more numerous than those that are connected to the lower eyelid. An average of 110 hairs on the upper eyelid and an average of 70 hairs on the lower lash line. Another notable difference would be that eyelashes on the upper eyelid curve upward, while those on the lower eyelid curve the opposite way. This prevents the eyelashes from interlacing when you close your lids.

How do Eyelashes Grow?

Eyelashes are derived from the ectoderm, as with all hair. They are made from biological polymers and are made up of 10% water and 90% proteins. The pigmentation on these hairs will be similar to the other hairs in a person's body; meaning, dark eyelashes for dark haired people and lighter colored eyelashes for lighter haired people.

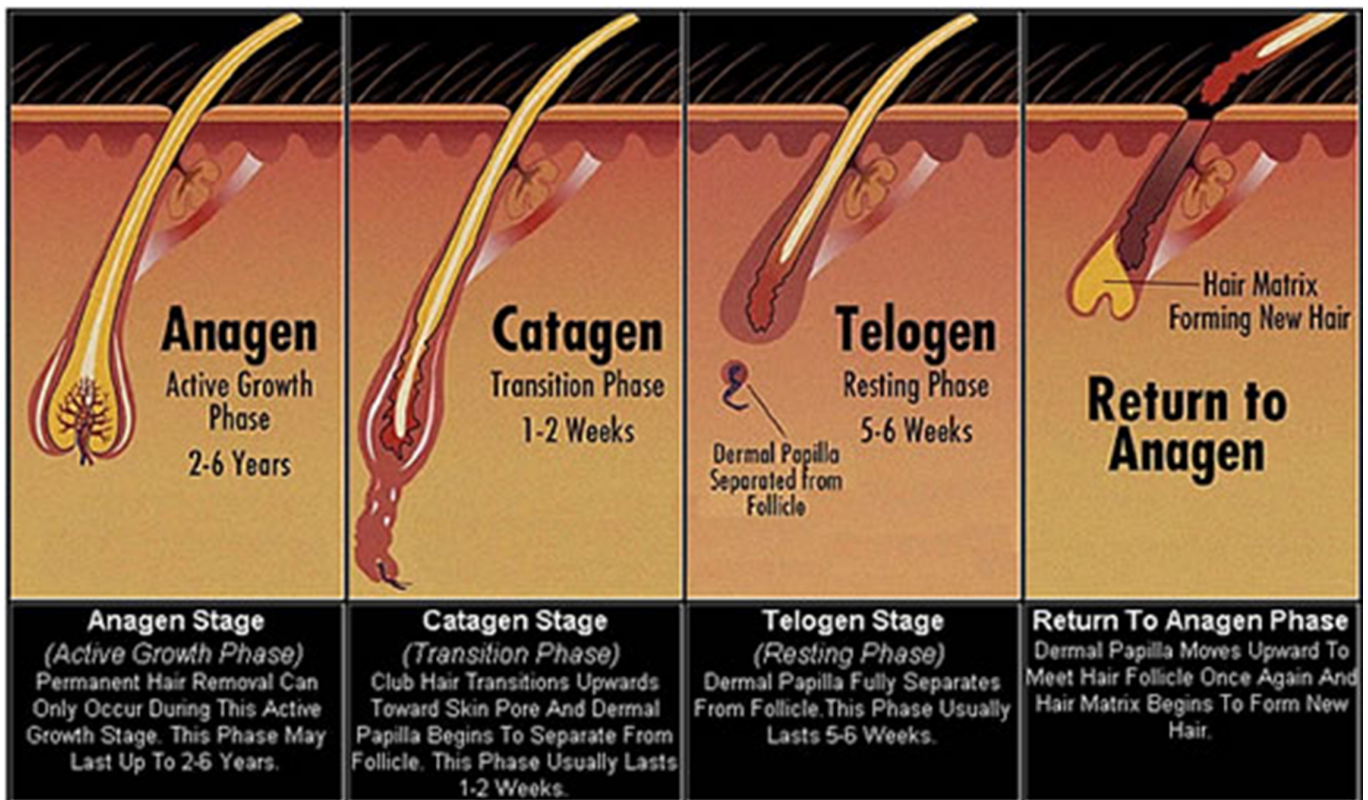
As with all human hair, eyelashes grow from follicles that are located below the skin on the dermal layer [dermis]. Follicles have three phases of growth:

Anagen phase or the Growth Phase: Lasts is about 45 days, during this which the hair cells are dividing rapidly and adding to the hair shaft.

Catagen phase or the Declination Phase: This phase lasts about three weeks and signals the end of the active growth of a hair after that comes Telogen period. The hair, in the case the eyelash, undergoes a process of being cut off from its blood

supply and from the cells that produce new hair.

Telogen phase is the Shedding Phase: Is when the hair becomes fully keratinized and dead in a sense that no more new cells are added to it. This phase is characterized by the falling off of hair which begins the resting phase of the hair follicle.



When eyelashes either fall off naturally, as in the shedding phase, or when they are pulled out that is the negative part when people just pull the lashes by either nervous habit or trying to remove the mascara instead of using a gentle make up remover; it will take about 7-8 weeks for the hair to be regenerated.

Nowadays, eyelashes receive more cosmetic, rather than

anatomic, attention. The amount of product available on the market that enhance, lengthen, curl, darkens, thickens etc. the appearance of the eyelashes provided by nature is evidence enough that these hairs have taken on a more cosmetic function. To illustrate, here are some fun facts regarding our eyelashes

65% of women report using mascara, which is the safest and easiest way to give the appearance of longer fuller lashes.

62% of women also report using eye liner, a product that is design to make the base where your eyelids connects with the lashes look darker, giving the illusion of fuller lashes

From 2008-2010 hair restoration procedures performed on the eyelash, eyebrow and face has increased 14.2%

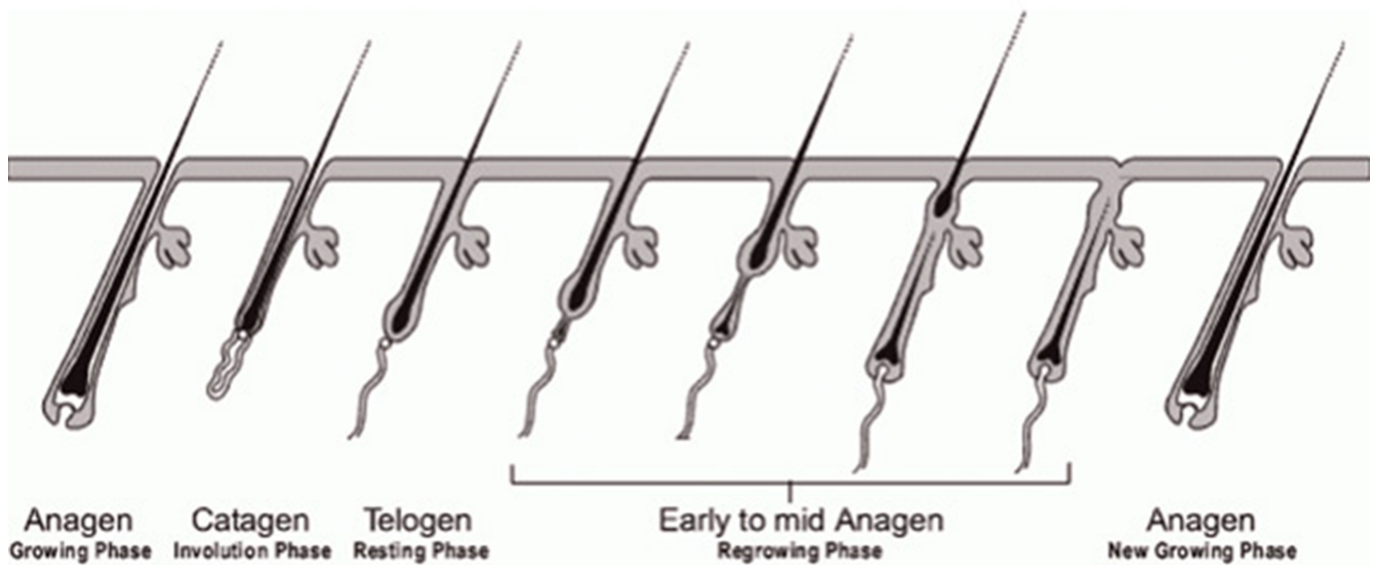
Eyelashes have always been regarded as a source of beauty in most cultures. From Egypt to 19th century London, these seemingly unassuming parts of our anatomy have received great deal of attention and enhancement. Women, and sometimes men, who have exceptionally long, thick, curled lashes have always been regarded as very attractive. This is probably why as early as the 4th Century, ancient Indians have been smearing their eyelashes with "Kajal" or khol to make a person look more "lovable" according the Kama Sutra.



And on an evolutionary stand point, having long and thick lashes translates to youth and healthy body which then translates to fertility according to long term tradition. Long and thick eyelashes also have a way of making eyes look larger and lively which again translates to youth and a woman's ability to bear children interesting concept don't you agree?.

Therefore, making her look more attractive to the opposite sex.

For hair that's not even a centimeter long and comprises less than 500 of the total amount of hair we have in our bodies, eyelashes sure do make a huge impact. Serving as curtains to the windows that are a person's eyes they either protect or enhance the natural beauty of the eyes.



From: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3036812/>

Most people generally have between 100 and 150 lashes emanating from each of their upper eyelids. Lower eyelashes are half as numerous as upper eyelashes. The upper eyelashes are arranged in two to three rows. Similar to scalp hair, eyelashes are considered terminal hairs, and as such are coarser, longer, and more pigmented than our other hair types (i.e., vellus and intermediate). Eyelashes are wider than

scalp hairs and, unlike other hair types, do not typically lose pigmentation and become gray with age. Eyelashes are distinct from all other hairs on the body in that they lack an accompanying arrector pili muscle, and, unlike many other hairs, are not influenced by androgens., basically they don't do the goosebumps effect that other hair in our body does.



As is true for all hair follicles on the body, all eyelash follicles are present at birth and their numbers do not increase during life. The hair follicles of many mammals exhibit synchronous hair cycles, but in humans the hair cycle is asynchronous such that some hair follicles are growing while others are dormant. The hair cycle for all hair types is divided into the phases of anagen, catagen, and telogen, but the average length of the cycle and the individual phases varies by body location.

Though variable, the normal eyelash cycle is estimated to last from 5 to 11 months. The growth phase of eyelash follicles, anagen, lasts approximately 1–2 months. During anagen, in addition to growth, melanogenesis and the subsequent transfer of pigment to the hair shaft also occurs. The duration of anagen crucially impacts hair length. Anagen is a period of rapid cell proliferation and differentiation. Following anagen, eyelash follicles enter catagen, a transition phase, which lasts approximately 15 days and is the time during which epithelial elements of the follicle undergo apoptosis or programmed cell death. The longest phase of the normal eyelash cycle, telogen or the resting phase, lasts approximately 4–9 months. Throughout telogen, no significant cell differentiation, proliferation, or apoptosis occurs. Expulsion of the previous hair (i.e., exogen) takes place during the transition between telogen and anagen.

In contrast to eyelashes, scalp follicles have a much longer cycle, lasting several years. Anagen alone can last up to 6–7 years for scalp hairs. Relative differences in the lengths of the hair cycle phases of eyelashes and scalp hair result in approximately 50% of upper eyelash follicles being in telogen at any given time compared with only 5% to 15% of scalp follicles. Furthermore, eyelashes are typically slow-growing

hairs, growing at a rate of approximately 0.15 mm/day compared with 0.3–0.4 mm/day for scalp hair. The unique properties of the eyelash cycle differentiate eyelashes from other body hairs and may cause drugs that affect hair growth in one location to enhance eyelash prominence.

Is it normal for my eyelashes to thin as I age?

from: <http://www.healthywomen.org/content/article/your-eyelashes-you-age?context=healthcenter/52>

Unfortunately, thinning eyelashes are part of the aging process. So, if your lashes don't seem to have the same length and fullness they once did, don't worry, in most cases, there's no reason for alarm. Still, you should share any concerns with your health care provider.

Eyelash growth has four stages: growth, resting, shedding and re-growth. Your lashes continuously cycle through these four stages. As we age, eyelash follicles (the openings in the skin through which the lash grows) can slow or stop producing new lashes altogether.

Aside from age, there are other reasons someone might not have enough lashes. These may include:

- Scrubbing or rubbing eyelashes too hard, which can damage the skin and cause delicate eyelashes to fall out
- Heredity
- Medical conditions
- Some medications and treatments

Talk with your health care provider about your concerns; he or

she can help get to the root of the problem.



Is there anything I can do about it?

The good news is there are a number of options to help give the appearance of fuller, longer lashes. Many of them are temporary fixes, but they can help you feel better about your appearance. And let's face it, aside from helping to protect our eyes from debris, wind and sunlight, long thick lashes have always been a sign of beauty.

Some of the possible options include:

- **Make-up**. Many women turn to make-up, most commonly mascara, which comes in lash extending or thickening formulations. Be sure to replace your mascara every three months to avoid infection.
- **Over-the-counter cosmetic products and lash-boosting serums**. These have vitamins and moisturizers to enhance lashes.
- **False eyelashes**. Available as long strips to be placed on your eyelid or as single hairs, these are often affixed with glue to supplement existing lashes and can often cause trauma to the eyelashes that can result in even thinner lashes.
- **Speak with your dermatologist**. If you've noticed that your eyelashes have thinned over time, talk to your dermatologist to see which treatments might be right for you.
- **Eyelash transplants**. This surgical procedure actually transfers scalp follicles onto the eyelid, and is generally used in extreme cases.

Eyelash Extensions



False Eyelashes

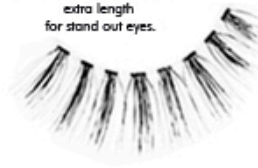
PERSIAN
Adds some serious volume and length for a thick, multi-lash effect!



SPHYNX
Add extra length and volume at separate intervals of the lashes for the ultimate cat eyed effect, meow!



SIAMESE
Full, elongated lashes with extra length for stand out eyes.



BENGAL
Angled, separated lashes, perfect for a wide eyed look.



RUSSIAN BLUE
Thick, separated lashes for a glamorous, show girl effect.



BURMILLA
Best for a natural look, with length and volume for a fluttery, flirty finish.



RAG DOLL
Angled, criss-cross effect lashes for an edgy, intense finish.



SAVANNAH
Full, elongated lashes with extra length for stand out eyes.



Choosing Products Carefully



To save your lashes, always use hypoallergenic makeup. If you notice your lashes thinning right after you try a new product, stop using it immediately as you are likely allergic to it. Be as gentle as possible when removing your makeup at night to avoid rubbing, pulling and tugging on your lashes. Avoid wearing waterproof mascara and false eyelashes as both are very difficult to remove and require much pulling on your

natural lashes during removal. When you do wear mascara, apply it sparingly as the weight of heavy mascara applications puts stress on your eyelashes. Eyelash curlers are, in fact, as scary as they look and should be avoided. They pull on your eyelashes and can inadvertently pluck them out.

Eyelash Health

Make a conscious effort to keep your hands away from your face – many people rub their eyes or absentmindedly tug on their lashes when lost in thought. Eyelid infections, thyroid problems and autoimmune disorders can also cause your eyelashes to fall out, so consider consulting a doctor to make sure your thin lashes aren't telling you about an important health issue.

Warnings

- See your doctor immediately if you notice crusting around your eyelashes or if your eyelids burn or appear red and swollen. Blepharitis, a bacterial infection of the eyelash follicles may be to blame. A topical antibiotic may be necessary to clear up the infection.
- Never tug or pull on your eyelashes. This can damage the hair follicle, hindering regrowth. It can also cause your eyelashes to break-off.

Eye Cleanliness

To have healthy eyelashes, you need to clean your hands and face on a regular basis and avoid rubbing your eyes with your fingers – especially when your hands are dirty. The Cleveland Clinic notes that excess eyedrops or tears should be wiped from the eyelashes, and every trace of eye makeup should be removed before going to bed. Failure to follow these steps may

lead to blepharitis, a condition caused by excess bacteria in the eyelids. Blepharitis causes crusty eyelids and itchy and red eyes and can cause eyelashes to either fall out or to grow abnormally.

Mascara Hygiene

Use water-resistant mascara – not to be confused with waterproof mascara – since this is easier to remove. Never lay the bare mascara wand down on a countertop or table, since it can become contaminated through this process. Never share mascara or eye makeup with anyone, and don't use "testers" at cosmetic counters unless they include single-use applicators. The FDA strongly advises against dyeing or tinting eyelashes, noting that permanent dye has led to documented cases of eye problems.

Medical Conditions

A number of medical problems can inhibit the growth of healthy eyelashes. For example, hair disorders such as nonscarring alopecia can cause a loss of eyelashes. The condition also causes the loss of eyebrows and pubic hair, in addition to a receding hairline. Hormonal imbalances and thyroid problems can also prevent the development of healthy eyelashes, according to New York optometrist Dr. Susan Resnick. Consult your primary physician to rule out medical conditions that may negatively affect eyelash health.

There are numerous terms used to describe the isolated loss of eyelashes. *Milphosis* refers to the falling out of eyelashes. Although a synonymous term often used to describe eyelash loss from any cause, *madarosis* was originally used to describe eyelash loss resulting from a destructive process. Madarosis may also be used to describe loss of brow hairs. *Alopecia* is a more general term used to describe the

absence or loss of hair from any skin area where it is normally present. Alopecia areata is a relatively common condition of undetermined etiology that involves a circumscribed patchy loss of hair in several areas including the scalp, brows, eyelashes, and bearded portion of the face. Alopecia adnata has been used to describe eyelash loss but more appropriately refers to an underdevelopment of the eyelashes rather than a falling out or loss of the eyelashes as in trichotillomania or madarosis. The term *trichotillomania* refers to a rare form of hair/eyelash loss resulting from avulsion of hairs by the patient. There is a compulsive pulling out of one's hair, associated with tension or an irresistible urge before pulling followed by pleasure or relief.

Eyelash Loss (Madarosis)

from: http://www.paulaschoice.com/expert-advice/eye-care/_/madarosis-eylash-loss

Eyelash loss isn't life threatening in any way, but it is very frustrating and distressing. Adding to the frustration is that there is no one cause of madarosis, and so no one solution, either. It's enough to drive someone to despair, but there are options for stopping eyelash loss and possibly even getting back the enviable lashes you used to have!

Causes of Eyelash Loss



Before you decide that you have madarosis, you should know that in the same way that hair on your head regularly falls out and is replaced, all of us regularly lose and regrow eyelashes, too—usually without even noticing it.

In the case of madarosis, however, there is profuse lash loss – some people wind up having no lashes at all. You probably won't even know why it's happening. As it turns out, there are various causes behind eyelash loss, the major ones of which are:

- **Ophthalmic Conditions:** These include inflammation and infections of the eye. The most common condition associated with madarosis is chronic blepharitis – a recurring inflammation of the eyelid which has a variety of causes. They include bacterial infections, gland dysfunction, and even [rosacea](#). In some cases, eyelash loss results from repeated inflammation destroying the hair follicles; in other cases, lashes are lost when a person continues to rub their eyes because of the irritation they're experiencing.
- **Dermatologic Conditions:** Among the skin problems associated with madarosis are atopic dermatitis (also known as [eczema](#)), [seborrheic dermatitis](#), [psoriasis](#), and post-menopausal frontal fibrosing alopecia (a form of female pattern baldness). In almost all these cases, eyelash loss results from the constant scratching and rubbing in response to the itching sensation brought on by these conditions.
- **Menopause:** Diffuse hair loss on the scalp, eyebrows, and eyelashes is typical during and after menopause. The loss of estrogen stunts hair growth and can actually cause the destruction of hair follicles, leading to thinner, wispier hairs and lashes.
- **Systemic and Endocrine Disorders:** Disorders of the thyroid gland – hyperthyroidism and hypothyroidism – affect hair follicles, causing eyelashes to fall out. An autoimmune disorder called alopecia areata, which is associated with patchy loss of hair, also can lead to lash loss.
- **Medications:** Unfortunately, some medications designed to improve other conditions can cause lashes to fall out.

Research shows that oral anti-acne drugs such as isotretinoin, some anti-clotting medications, anti-cholesterol drugs, thyroid balancing drugs, and blood pressure medications have all been connected to madarosis, although in some cases lashes grow back once the medication has been stopped. A special case of eyelash loss occurs during chemotherapy treatment for cancer. Many patients suffer complete loss of all body hair, eyelashes and eyebrows included, but once the chemotherapy is completed, the hair begins to grow back.

Eyelash Disorders

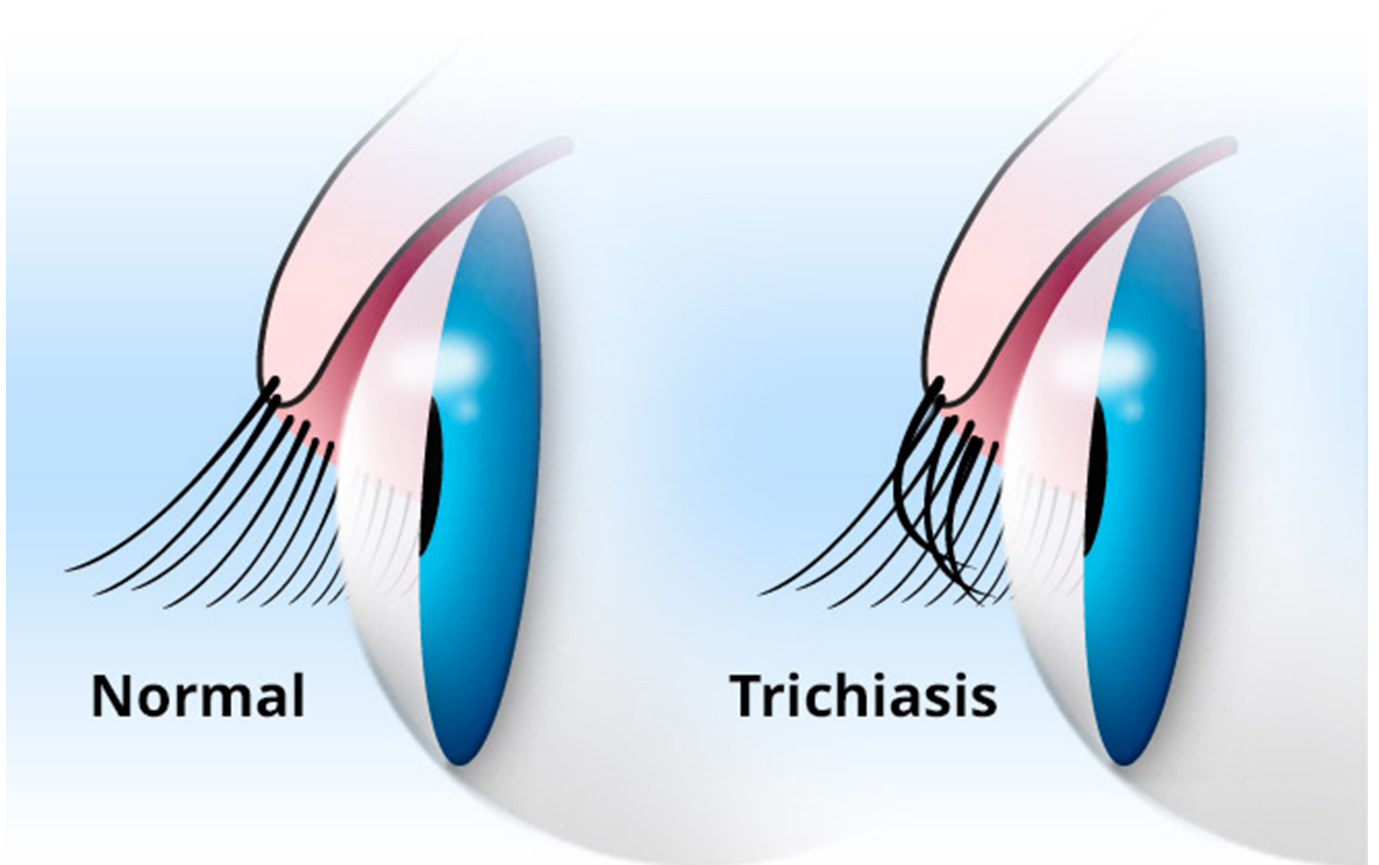
MADAROSIS

Also known as madarosis, is the abnormal loss of eyelashes (Ciliary Madarosis). It could be caused by inflammation (blepharitis), alopecia, tumors, endocrine disorders, congenital disorders, drugs and toxins, or wrong applied make up or extensions

BLEPHARITIS

Is the chronic inflammation of the eyelids. It can be due to infection (staphylococcus, herpes, fungus, and others), seborrhea, trauma (plucking, rubbing, bad applied extensions), or allergy (specially to cosmetics).

TRICHIASIS



In this condition the eyelashes are reversed positioned, growing back to the ocular globe. Causes could be infections, inflammations, autoimmune conditions, congenital defects, and trauma (burns or injury).

DEMOEX FOLLICULORUM

These are parasites, face mites, who lives in the eyelashes follicles. They eat sebaceous secretions and dead cells, and they reproduce inside the follicle. With a length of 0.1 to 0.4 mm., they can infest the eyelids.

CRAB LICE

These are parasitic insects which infest pubic zones and other areas, including eyelashes. They use to feed with human blood, and the treatment with Permethrin and Pyrethrins is hard, and should be completed with fine-teeth combs and washings.

STYE

It could be an infection of sebaceous glands at the base of the eyelashes or an infection of the sweat glands. It's not a chronic condition, and usually disappears in one week without treatment, or 4 days with antibiotics.

TRICHOTILLOMANIA

It is a psychological disorder based in the compulsion of pulling out one's hair, and results in hair loss and skin damages. It's a chronic condition very difficult to treat.

TRICHOPHAGIA

Around a 15% of sufferers of trichotillomania eat their hair. This is a serious psychological disorder, which could lead to the complete loss of eyelashes and serious digestive problems.

Treatments for Eyelash Loss

As you might imagine, with all the various causes of eyelash loss, determining how to treat this condition can be challenging because one solution isn't right for everyone. If you start to notice your eyelashes falling out more than normal, it's time to see your physician. It's almost always an indication that something else is physically wrong and needs to be treated to keep things (other than eyelash loss) from

getting worse.

A doctor can help find the underlying cause of your eyelash loss and come up with a treatment plan based on the findings. For example:

1. If a chronic eye infection is the cause, taking appropriate antibiotics can solve the problem.
2. In the case of dermatologic conditions, treatments to reduce their effects and stop the itching can be helpful; in other cases treating the infection that's causing the loss of lashes is effective.
3. If menopause is the underlying cause, hormone replacement therapy can make all the difference in the world.
4. Sometimes just changing to a different but equally effective medication for a condition can lead to getting your eyelashes back.
5. Don't waste time switching mascaras because a mascara isn't the cause of eyelash loss. Pulling and tugging at lashes to remove waterproof mascara can result in lash loss, but if you don't have madarosis, this stops as soon as you go back to regular mascara or use a better eye makeup remover (always gently).

There also are some solutions for treating eyelash loss directly, as opposed to treating the underlying problem. We explain in the article [Lash Growth Products That Work](#) exactly which topically applied products, such as prescription Latisse and over-the-counter [RapidLash](#) or [RevitaLash](#), actually work to grow lashes. These products take time to work and you must commit to applying them every day, but many people are impressed (if not overjoyed) by the results.

6 Steps to Better Eyelashes



from:

<http://www.webmd.com/beauty/eyes/eyelash-length-growth-extensions>

1. Take it easy. Never tug at your lashes, and avoid rubbing your eyes. “The lash root is very delicate and lashes can easily break due to our daily habits,” says dermatologist Jeannette Graf, MD, of Great Neck, N.Y.

2. When using a lash curler, don’t pull on your eyelids.

3. Remove your mascara before you go to sleep. (The stiffness from the mascara can break lashes.) Use a gentle makeup remover. Pat or dab at your lids – don't rub or pull.
4. Remove clumps from mascara when the mascara is still wet and easy to comb through.
5. Tossing your old mascara also helps keep lashes and eyes healthy. Get a new tube every three to six months, says New York optometrist Susan Resnick, MD. That will help your mascara stay free of germs that can lead to infection.
6. If you get pink eye or another eye illness, replace any makeup that went near your eye area.

What food to eat for healthy eyelashes.

from: <http://fysikolashes.com/what-food-to-eat-for-healthy-hair-nails-and-eyelashes/>

Proper nutrition is essential for the whole human body, it supplies oxygen, amino acids, vitamins and protein to build new healthy cells. Proper nutrition is very important for healthy hair, as hair, nails and eyelashes are last in the supply chain. Without adequate nutrition, hair, nails and eyelashes are more likely to be dull, to be thin, to break easy and to turn gray. A change in diet and vitamin intake can improve the health and appearance of your hair, skin, nails and eyelashes.

Protein

Proteins are building blocks for human body. They are made up of amino acids, and help build muscles, blood, skin, hair, nails and internal organs. Next to water, protein is the most plentiful substance in the body. Proteins could be complete and incomplete. Complete proteins have all essential amino acids. Complete proteins are beef, chicken, fish, eggs, milk, feta cheese, etc. Incomplete proteins don't have all of the essential amino acids, like vegetables, fruits, grains, seeds and nuts. Research, published in The Journal of Nutrition by L. C. SEIER, T. J. DEVLIN AND R. J. PARKER about protein effect for hair growth in rats, suggests, that protein plays important, if not main, role in quality and quantity of hair as well as the length of hair growth cycle.

Biotin, AKA Vitamin H, AKA Vitamin B7

Biotin is an important component of enzymes in the body that break down certain substances like fats, carbohydrates, and others. Biotin promotes cell growth and metabolism that helps in hair, nails and eyelashes growth and prevents brittle, fragile hair. Severe biotin deficiency can lead to loss of hair, eyelashes, and eyebrows, broken and fragile nails.

There is no sufficient blood test to determine biotin deficiency. The signs and symptoms of biotin deficiency include hair loss which progresses in severity to include loss of eyelashes and eyebrows in severely deficient subjects, as well as nails that break, chip, or flake easily. Pregnant women tend to have a high risk of biotin deficiency. Research has shown that nearly half of pregnant women have an abnormal increase of 3-hydroxyisovaleric acid, which reflects reduced status of biotin. Biotin deficiency can affect baby growth; mice, deprived in biotin, had 100% of infant malnourishment. Foods, that contain Biotin. Vegetables: swiss chard (most amount of biotin), carrots, onions, cucumbers and cauliflower.

Nuts: almonds, walnuts. Chicken Eggs, be careful not to eat too many egg whites as it binds biotin. Goat's Milk and Cow's Milk. Berries and Fruits: strawberries and raspberries. Fish: Halibut. Suggested Biotin supplement dosage. The University of Michigan Health System reports one study that found 16,000 mcg of biotin daily reduced blood sugar levels 50 percent in type 1 diabetics. Another found 9,000 mcg daily reduced blood sugar levels and pain from diabetic neuropathy in type 2 diabetics; the University of Michigan Health System notes doctors sometimes use a dose anywhere from 9,000 mcg to 16,000 mcg in this instance. The Beth Israel Deaconess Medical Center reports a suggested dosage of 6,000 mcg daily – consumed by a nursing mother – to treat infant seborrheic dermatitis and 3,000 mcg daily for brittle nails.

Iron

Foods high in iron include ***liver; whole grains; dark green, leafy vegetables; eggs and raisins.***

Vitamin E

Vitamin E provides good blood circulation, which includes the blood flow near the scalp. Foods high in vitamin E include ***avocados, nuts and olive oil.***

Fatty Acids

When hair is dry and brittle it breaks easily and also falls out easier. Foods high in fatty acids are nuts, especially ***walnuts, fish and soy.***

Folic Acid and Vitamin B

Vitamin B5 or Pantothenic Acid prevents graying, hair loss, eyelash loss and nail breakage. Hair follicle starts to fall due to lack of this vitamin in our body, nails become fragile and eyelashes get thin. Good sources of Vitamin B5 are ***whole grain cereals, brewer's yeast, organ meats, egg yolks, milk, peanuts and legumes.***

Vitamin B6 or Pyridoxine helps in preventing hair loss. It also helps in creating melanin that gives hair its color. Some of the food sources for Vitamin B6 are ***yeast, liver, whole grain cereals, vegetables, organ meats and egg yolk.***

Vitamin B9 or folic acid is required for cell growth and helps improve mental health. Good sources of folic acid are ***green leafy vegetables, legumes, seeds, liver, poultry, eggs, cereals and citrus fruits.***

Vitamins C, A

Vitamin C is an essential nutrient for the treatment and prevention of a variety of hair disorders, which can damage your hair and affect normal hair growth. A diet containing significant levels of vitamin C can help combat alopecia, hirsutism or male pattern baldness. The University of Maryland Medical Center recommends consuming 500 to 1,000mg of vitamin C at least two times daily for antioxidant support.

Food rich in Vitamin C are ***mango, pineapples, raspberries, sweet potatoes, strawberries, turnip greens and cantaloupe.***

Vitamin A is good for hair because it helps to produce sebum. The oily substance, secreted by your hair follicles, is the body's natural hair conditioner.

Vitamin A rich foods: ***butter, egg yolks, fish, fortified milk, organ meats (such as liver), and dark green, orange, red (pomegranate), and yellow fruits (persimmons, mangoes) and vegetables, which all contain beta-carotene.***

Naturally Longer Lashes



from: <http://wellnessmama.com/2028/eyelash-growth-serum/>

Of course, there is a genetic aspect to long eyelashes, but that doesn't mean that those without the lucky genes can't increase their eyelash length.

I have a cousin who naturally has super-long dark eyelashes that look like extensions. My eyelashes are decently long but definitely not that dramatic, so I have been experimenting with natural ways to increase my eyelash length and thickness.

There does seem to be a connection between nutrition and hair health, so if a person isn't getting enough fat soluble vitamins, b-vitamins, vitamin C and collagen, eyelashes (and hair) can suffer.

Overuse of eye products, especially long-lasting mascaras or fake lashes can weaken lashes or lead to lash loss.

Natural Eyelash Extensions?

After publishing [my homemade mascara](#), many people asked if there was a natural way to make fiber lash mascara or eyelash extensions. I'm yet to find a natural version of false eyelashes since most glues contain formaldehyde. Most fiber lash products also contain questionable ingredients.

What I did find, however, was a natural way to make lashes look as long as fake lashes using only natural ingredients.

These natural "eyelash extensions" use:

- [Castor oil](#)– Natural source of Omega-6 fats, proteins and vitamins that helps encourage [dramatic hair growth](#)
- [Coconut oil](#)–
- [Vitamin E oil](#) (optional)

Castor oil alone would give noticeable results, as [it has been extremely helpful for lengthening and thickening my hair](#), but the coconut oil and vitamin E give this serum a wider range of fatty acids and nutrients to help speed eyelash growth.

TIP: [Christa of The Whole Journey](#) recommends adding 1 drop of lavender essential oil to mascara to speed eyelash growth. I haven't tried this yet, but it could be added to this serum for additional benefit ([just always use caution and do your own research when using essential oils!](#))

Eyelash Growth Serum Ingredients:

- 1 teaspoon castor oil
- 1/2 teaspoon coconut oil
- 2 capsules Vitamin E oil (optional)

How to Make It:

1. Mix all ingredients and store in a small dropper bottle.
2. To use, squeeze one drop on to your finger or a cotton swab and gently massage into lash line. I prefer to do this at night to let it work overnight before washing my face in the morning.
3. Use daily for best results.

TIP: This can also be used on eyebrows to help with thinning eyebrows.

This will last up to a year as long as it is kept in an air tight container and not contaminated with a liquid since it contains water, aloe or other liquid ingredients that will spoil.



B. Kamins Eyelash Fortifier

An advanced eyelash and eyebrow conditioner that contains a powerful revitalizing complex which gets right to the root of the problem of thinning lashes and brows. Results: lashes

are strengthened to resist environmental damage which can cause loss and breakage, and are fortified to appear thicker, fuller and more youthful-looking, even without makeup.



Chella Hello, Luscious Lashes Eyelash Treatment Kit

Chella Lash Full-Fillment Eyelash Treatment starts giving you thicker, lusher looking lashes in just 4 weeks.



LASHFOOD Original Natural Eyelash Conditioner

Order now for Purchase and 20% off! For sensitive skin. This formulation is packed with over 16 different types of

performance herb extracts, copper complex, and essential provitamins to safely and drastically lengthen, thicken, and strengthen lashes within just 4-8 weeks.



[Chella Heated Eyelash Curler](#)

Say Goodbye to the crimping and pinching caused by traditional lash curlers. This sleek, safe, and gentle heating wand is essential to enhance the appearance of your lashes. Designed to be used after mascara application, this curler gently warms lashes to deliver long lasting curl.

**Would you like to know what a
skin micro needling pen does?**

INNOPen



Hello again we wish to thank you for your support, on week 210 we are sharing information about resurfacing with Derma pen procedures, a way of resurfacing our skin with a small amount of invasion and remarkable results. I have seen the results on myself and many other clients and all are just amazing. There are a few companies that sell and provide procedures with the derma pens, not all good, it is very important to have the procedures done by a Dr. There are many side effects that can happen when done by a non qualified

professional and with a certified Derma pen. On the internet there are many derma pens on the market, I personally wouldn't touch them due to wrong metals, needle alignment etc so here we go, lets take a look at our research and why you the reader must check the pros and cons before there is a serious consequence that can be avoided, here we will take you to the research we did on one Derma pen that we like. The reason being is well design, safe and backed up by a lot of scientific proof, enjoy, share and please don't forget to like and share. This is what helps us stay in the upper ranks, aside for the amazingly well researched information we share, we feel pretty confident of this statement.

BACKGROUND OF PERCUTANEOUS COLLAGEN INDUCTION THERAPY

Facial skin resurfacing can be traced to ancient Egyptian times and the application of abrasive masks of alabaster particles. For millennia, various substances have been used to peel, exfoliate, and rejuvenate the skin. These substances include acids, poultices of minerals and plants, and direct irritants such as fire and sandpaperlike materials.

The Early Stage

The evolution of chemical peeling and skin abrasion into the procedures in common use today began in the early 20th century. In 1905, a German dermatologist Kromayer first reported controlled resurfacing abrasion of the skin. His technique involved the use of rotating wheels and rasps and, except for technical improvements of the equipment, differed very little from present-day skin abrasion. He treated acne scars, keratoses, and areas of hyperpigmentation.

Despite this early report of the use of surgical planing, skin abrasion did not gain widespread popularity until the early 1950s, when Kurtin, McEvitt, and others published numerous articles on skin abrasion, leading to a rediscovery of the technique. Kurtin presented the first series of patients who underwent skin abrasion to Mount Sinai Hospital in 1953. Kurtin described the use of high-speed rotary abraders, intraoperative freezing, and a variety of abrasive end pieces. Moderate skin abrasion technique was developed in Italy in early 1980's by Swissfrench dermatologist, Dr. Philippe Simonin utilizing electroridopuncture technique with microcurrent and acupuncture needling; its use was widespread in European countries prior to its introduction and popularity in the United States.

Subcision

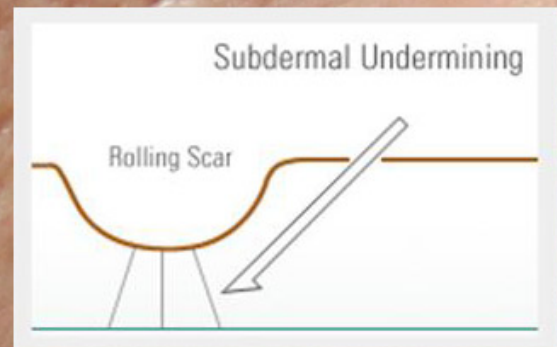
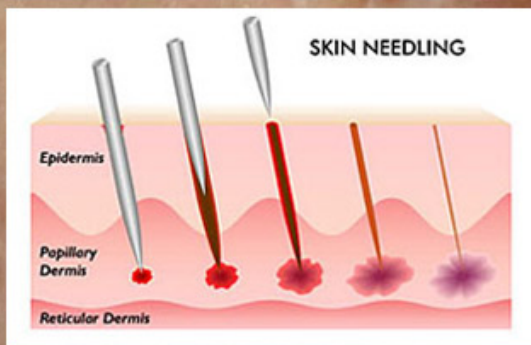
The first to notice the major advantages of skin needling were Orentreich et al in 1995. They were the first to introduce the term Subcision® from the contraction of the term "Subcutaneous Incisionless" surgery. It is a method of cutting under a depressed scar, wrinkle or contour using a tri-beveled hypodermic needle inserted under the skin through a needle puncture, adjacent to the scar. The procedure attempts to raise the base of the defect to the level of the surrounding skin surface by 2 distinct mechanisms:

The act of surgically releasing the skin from its attachment to deeper tissues results in skin elevation.

The introduction of a controlled trauma initiates wound healing with consequent formation of connective tissue that augments the depressed scar.

Mini subcision

Subcision



The technique involves 3 different approaches:

simple linear inserting-withdrawing movement of the needle under the scar.

fanning horizontal movement of the needle under the scar.

vertical movement of the needle under the scar.

Advanced Needle Abrasion

The next important publication concerning skin needling was reported by Dr. Andre Camirand et al. who in his article in 1997 described his experience with this method. On a number of his patients with facial hypochromic scars, he tattooed the scars with a skin-color pigment. After 1-2 years, they noticed that even though the pigment was long gone, it was replaced by actual melanin, while the scars were immensely improved in texture, appearance and color. This gave the idea that trepanation (coming from the Greek word –Trepanon: to bore) of scars with the tattoo gun was responsible for the improvement and the repigmentation of the scar. They came up with the idea that puncturing of the scar with a tattoo gun alone, without pigment, would in a way break down the scar collagen, cause realignment and stimulate melanogenesis. The results of repetitive sessions on scars were reported by Camirand et al. to be more than good and typically consistent, since all of his patients profited aesthetically from this type of treatment.

Following to Dr Camirand's development, Dr. Des Fernandes introduced needling device, a small needle stamp, to induce collagen and used as a regular treatment in his surgical practice. He delivered his first paper on skin needling of the upper lips to the ISAPS congress in Taipei 1996.

Development of Advanced Needle Device

After extensive research and further development of the skin needle abrasion technology, Clinical Resolution Laboratory, a California Company in U.S.A., re-invented new pattern of the device, called Derma Needling, and released the instrument to the outside US.

Why INN0Pen?

INNO Pen™



Why INNOPen?

To purchase or for more information
contact **Clinical Resolution**
Lab call 213-384-0500

The **INNOPen** microneedling pen is the world's most revolutionary micro-needling device perfected by the distinguished leader and pioneer of dermal needling technology, [Clinical Resolution Lab, Inc.](#)

Choose INNOPen and INNOTip because quality & safety matters!

Made in the USA

Doesn't overheat

Fully adjustable needle depth (1 mm) and speed

Patented high speed motor design with accurate power control

Ergonomic design for effortless handling

Yields consistent results

INNOPen is Safety:

Patented disposable needle cartridge, INNOTip

Double protective tip system

On/Off needle motion control at the tip

No tearing, no scratching of skin

No cross contamination

100% contaminant free, all medical components

Surgical stainless needles, GE Lexan Polycarbonate Resin
Plastic

INNOPEN™

NEW WAVE OF AESTHETIC INNOVATION

Features

INNOTip™
Disposable Needle Cartridge

Needle Length/Depth Scale

Needle Length/Depth Indicator

Adjustable Depth Ring

Benefits

Trans-Dermal Delivery •
(of Therapeutic Solutions)

Scar Revision •

Dermatoheliosis / Photo-Aging •

Anti-Aging •

Acne Scars •

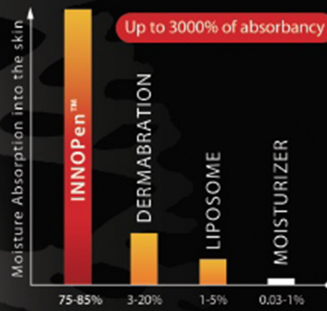
• Platelet-Rich Plasma (PRP) •

Hair Loss •

Power Button

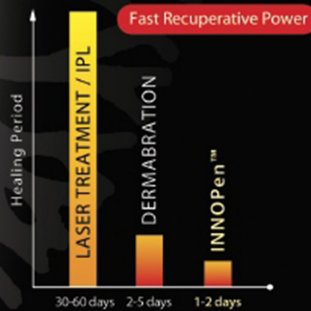
Adjustable Speed Dial

A/C Power Connector



ABSOLUTE ABSORBENCY

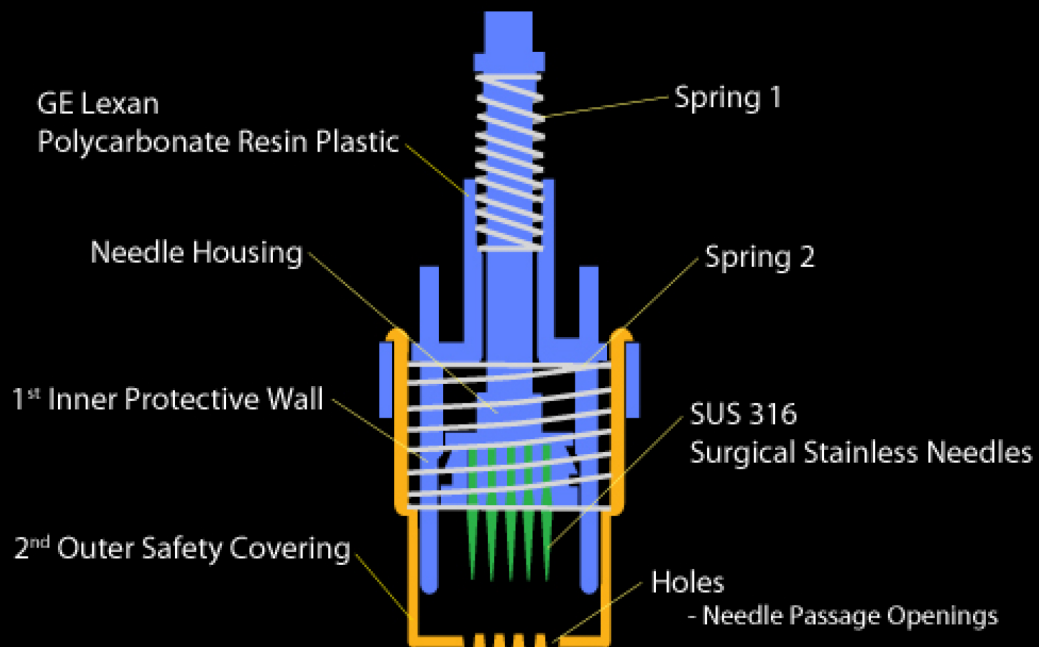
Patented High Speed Quiet Motor with Speed Reducer Technology for Accurate Power Control and Precision Depth Penetration



FAST RECUPERATIVE POWER

INNOPen is an aesthetic precision tool with a unique, dual spring-loaded disposable needle cartridge (INNOTip) that uses an automated, vibrating stamp-like motion to cause micro injury to the skin. The gentle stimulation of fibroblast promotes natural induction of collagen and elastin without the stress of pain and lengthy down time associated with ablative treatments. Micro channels resulting from the needles piercing through the skin layers aid in infusing therapeutic serums for greater penetration and enhancement of overall efficacy. INNOPen is an ideal choice for non-surgical and non-ablative treatment of various skin conditions.

INTRODUCING
INNOTip™
Double Protective Tip System



INNOTip

At the heart of INNOPen is its revolutionary, patented disposable needle cartridge called INNOTip. Distinctively engineered by Clinical Resolutions Lab, Inc., INNOTip delivers the safest method of treatment with innovative technology that eliminates the negative risks inherent in all automated micro-needling pens or devices with open tip needle cartridges. INNOTip is a precision apparatus designed with Double Protective Tip System that consists of an inner protective wall and the outer safety covering made of sterile, medical grade GE Lexan polycarbonate resin. These protective layers allow 0% tolerance for error; requiring perfect centering, precise spacing and meticulous uniformity in vertical lining of the needles.

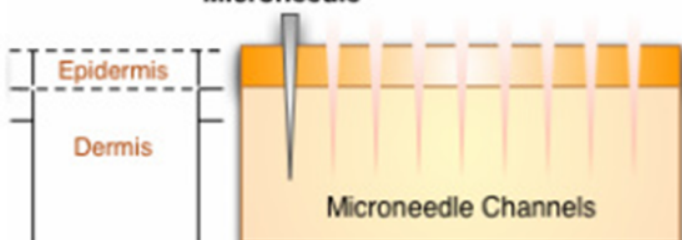
The first 'inner' protective wall is built-in tightly around the needle housing that holds thirteen SUS 316 surgical stainless needles. It serves to prevent the needle housing from shaking and becoming off-centered due to flux of vibration caused by the device's motor exerting power during the stamping motion. A common attribute of the needling housing found in all single-walled needle cartridges is that it is loosely suspended in between the wall. Hence lacking the support to hold it firmly to prevent from shaking or vibrating as the needles pierce through the skin layers in fast stamping motion. Consequently, it leads to slanted needle insertion which induces micro-tearing of skin's inner layers and epidermal scratching.

The second 'outer' safety covering is unlike any of the open tip needle cartridges available in the market today. It is completely enclosed with only the thirteen passage-openings. All needles must pass through these tiny holes before they perforate the skin. The outer tip is designed to detect any deformity and/or misalignment of the needles. If the needle is bent or out of position, it will lock up and the INNOTip stops operating. This ensures accurate 90 degree vertical needle penetration with every stamping motion, but more importantly,

ensures client safety.

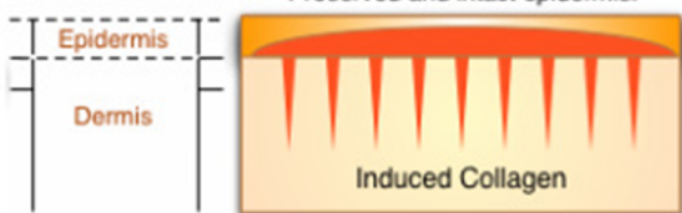
MICRONEEDLE THERAPY

Microneedle



The penetration channels are closed within minutes and hours.

Preserved and intact epidermis.



The induced collagen forms a new confluent layer.

Fast healing and minimal risks.

Epidermis level is thickened.



Duration for healing and formation of a new collagen layer:

Maximum 2 months

In addition, the outer safety tip also enables even distribution of pressure applied to the needling area. The enclosed cover keeps the skin taut and even-leveled during the treatment to allow consistent accuracy in needle penetration depth. In comparison, the open needed tip causes the skin to 'bulge up' as it presses downward onto the skin. As a result, the needles are inserted at an uneven height. Open needle tip forces the user to manually manipulate the hand pressure applied to the device during the procedure, which can lead to considerable variance between the desired depth versus the actual depth of penetration.

The dual-spring system is another unique feature of INNOTip that allows the user to have full control over the needle motion. In contrast to competitor's devices where the only way to stop the needle insertion is by completely shutting off the device, INNOTip offers On/Off control right at the tip. No need to push any buttons or twist anything; simply release the hand pressure applied to INNOTip and the skin needling stops immediately. To turn on, gently press down and the needle will resume it's stamping action. The ability to control needle movement throughout the course of treatment eradicates potential risks associated with common disposable tips. On the contrary, the erroneous practice of dragging the open tip while the needles are still in motion results in epidermal scratching. Micro-tearing of the skin's inner layers is a direct consequence of jerking when the device is pulled whilst the needles are still inserted in the skin.

Epidermal scratching and micro-tearing of skin contribute to many post treatment complications and/or side effects such as hyperpigmentation, excessive inflammatory response, skin irritation and discomfort. Such conditions downgrade the overall enjoyment and depreciate the integrity of the micro-needling treatment.

In essence, INNOTip offers effortless perfection that truly surpasses all limits by taking micro-needling technology to

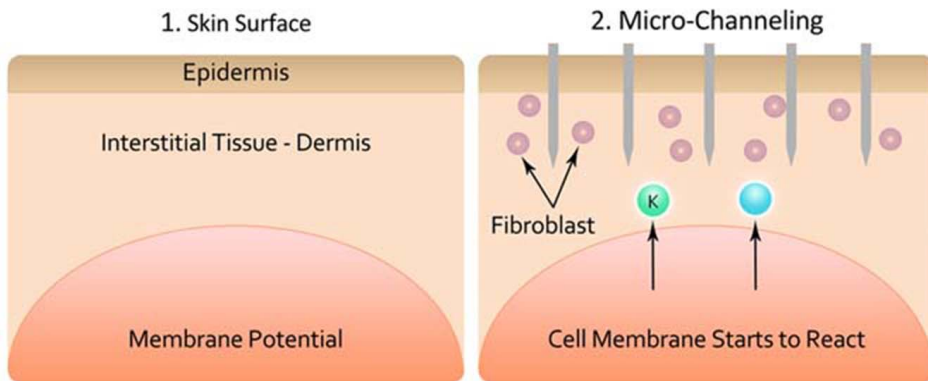
another dimension.

Micro needling

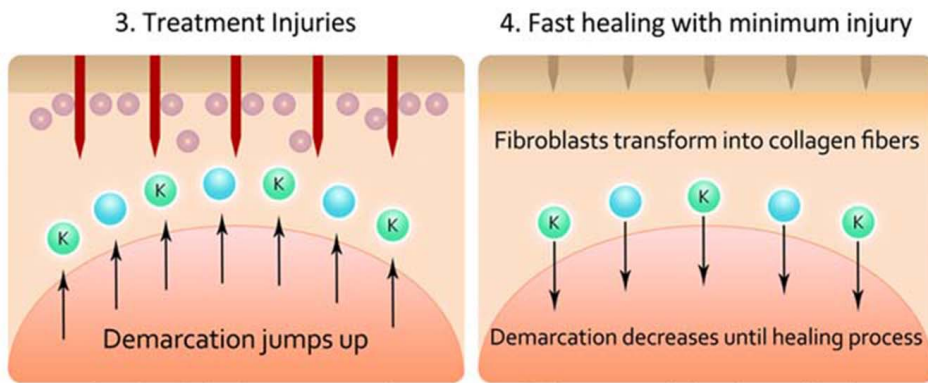


Micro needling is a non-surgical skin care treatment that causes microinjections/micro injuries in your skin so that growth factors are released to elicit collagen and elastin growth. This is a natural form of skin rejuvenation that can be more cost effective than plastic surgery and can get much better results than other ablative procedures such as laser treatments. The results with microneedling are AMAZING and gives you YOUTHFUL looking skin at a fraction of the cost.

Principle of micro needling

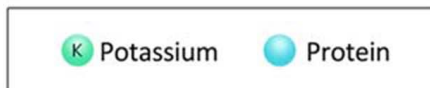


Micro-Channel penetration activates regeneration of fibroblasts and causes membrane potential to release Potassium and Protein.



Conductivity increases and skin resistance decreases.
 Fibroblast growth factor
 Transforming growth factor
 Platelet derived growth factor

Collagen and elastin production.
 Collagen III (acute phase)
 Collagen I (several years)



Micro needling relies on the principle of neocollagenesis and neovascularisation that occurs as a result of the release of growth factors following needle piercing of the stratum corneum. These growth factors are believed to be responsible for the beneficial effects of the procedure in the treatment of scars and photoageing. Two hypotheses have been proposed to explain the mechanism of action of micro needling:

Formation of microchannels with resultant healing response:

previously, it was proposed that following micro needling, thousands of microchannels or tiny wounds are produced through the epidermis into the papillary dermis of treated skin. These microchannels create a confluent zone of superficial bleeding that acts as a powerful stimulus for the release of various growth factors such as platelet derived growth factor (PGF), transforming growth factor alpha and beta (TGF- α and TGF- β), and fibroblast growth factor (FGF), which initiate the normal process of wound healing by stimulating the migration and proliferation of fibroblasts that promote collagen deposition

Production of a demarcation current: it has been hypothesised by Liebl that when the microneedles penetrate the skin, a demarcation current is produced among cells rather than wounds. It is the demarcation current that triggers a cascade of growth factors that stimulate the healing phase. This hypothesis, based on the generation of bioelectricity, was proven by Jaffe. In resting state, the interior of epidermal cells have a negative electric potential of -70 mV whereas interstitium and epidermal surfaces have a positive potential. Epidermal injury causes the release of potassium and proteins into the interior of epidermal cells, further decreasing the electric potential to -120 mV or less. This leads to an

increase in the potential difference between the interior of the cell and the exterior environment. It is claimed that this potential difference triggers the migration of fibroblasts to the site of injury where they proliferate and lay down collagen.

INNOPen™

DELIVERS RESULTS!



• BURN SCAR •



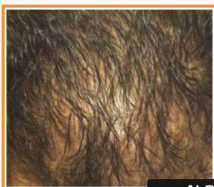
• ACNE SCAR •



• WRINKLE •



• STRECH MARK •



• ALOPECIA •

Frequently Asked Questions

What are the Benefits of Innopen Collagen Induction Therapy?

The benefits of micro-needling are a reduction in the appearance of fine lines and wrinkles, younger-looking skin with fewer signs of aging. Innopen also has a positive effect on hyper-pigmentation as well as on hypo-pigmentation, acne scars, traumatic scars and stretch marks and generally creates a fresher appearance or glow to the skin.

What areas of the body can I treat with Innopen?

Innopen can be used on all parts of the body; Face, neck, décolleté, arms, hands, legs, abdomen and back.

What does it Feel Like?

The feeling associated with the Innopen is similar to light sandpaper being moved across the skin. While some areas are more sensitive than others, the speed of the reciprocating needle tip reduces discomfort while the applied hydrating gel also makes the treatment more tolerable.

How long does the Innopen procedure take?

The procedure takes 15-30 minutes depending on the size of the area treated.

What is the downtime?

Immediately after the treatment you will notice a bright redness to the skin.

The total healing time depends on the depth of needles used and the number of overlapping passes your skincare

professional performs. On average, patients are red up to 2 to 4 days. Some patients heal completely in as little as 24 hours.

When will I see the results?

Patients notice an immediate “glow” to their skin. Visible changes to the skin develop over the course of several days and weeks. Results continue to improve up to 6 months after the treatment as collagen production continues.

How many treatments will I need?

Some patients only require a single treatment, once per year to achieve optimal results. However, it is recommended for most patients to receive a series of 2-3 treatments spaced about 6-8 weeks apart. For patients with deep wrinkles, advanced photo-aging, stretch marks or acne scars it is recommended to receive 6-8 sessions at 6 week intervals.



100% Pure Red Wine Resveratrol Antioxidant Serum

Quench your skin's thirst with this deeply hydrating, antioxidant packed serum to rehydrate and nourish your skin



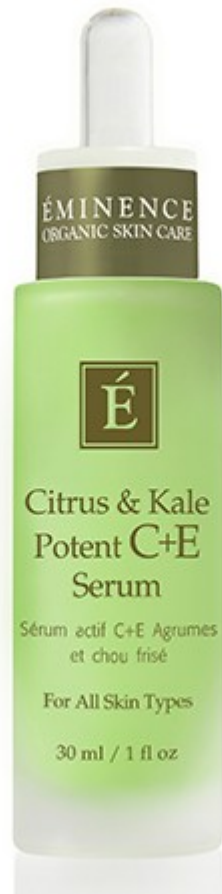
100% Pure Acai Berry Antioxidant Face Cream

This nourishing all natural facial cream immediately moisturizes and feeds your skin with vitamins and antioxidants.



Cosmedica Hyaluronic Acid Promotion BUY ONE 8oz /GET ONE FREE 1oz

Pure Hyaluronic Acid Serum Offers Effective Hydration and Anti-Aging Benefits For a Youthful Appearance to Skin.



Eminence Organics Citrus & Kale Potent C+E Serum

Fast-absorbing, advanced serum for all skin types. This potent dose of non-irritating Vitamin C is stabilized by botanically-derived ferulic acid to deliver optimal antioxidant benefits and improve the appearance of skin.



Eminence Organics Strawberry Rhubarb Hyaluronic Serum

Reawaken your skin with the hydrating power of Strawberry Rhubarb Hyaluronic Serum from Eminence Organics. This replenishing and rehydrating serum includes potent moisturizers, soothing factors, and gentle exfoliants that work together to give your skin the royal treatment.



Eminence Organics Soothing Chamomile Tonique

You'll love the way Eminence Organics Soothing Chamomile Tonique (4.2oz) feels when the refreshing mist hits your face! Perfect as a daily soothing toner or pairs with more invasive dermatologic procedures, this facial treatment calms irritated skin and promotes the healing process



Eminence Organics Rosehip Tonique

Eminence Organics Rosehip Tonique balances oily, problematic skin with an infusion of nourishing nutrients. Revive your skin with this rejuvenating spritz. Deliciously aromatic and immediately soothing, Rosehip Tonique will add a radiance to your skin while removing and regulating oil production.

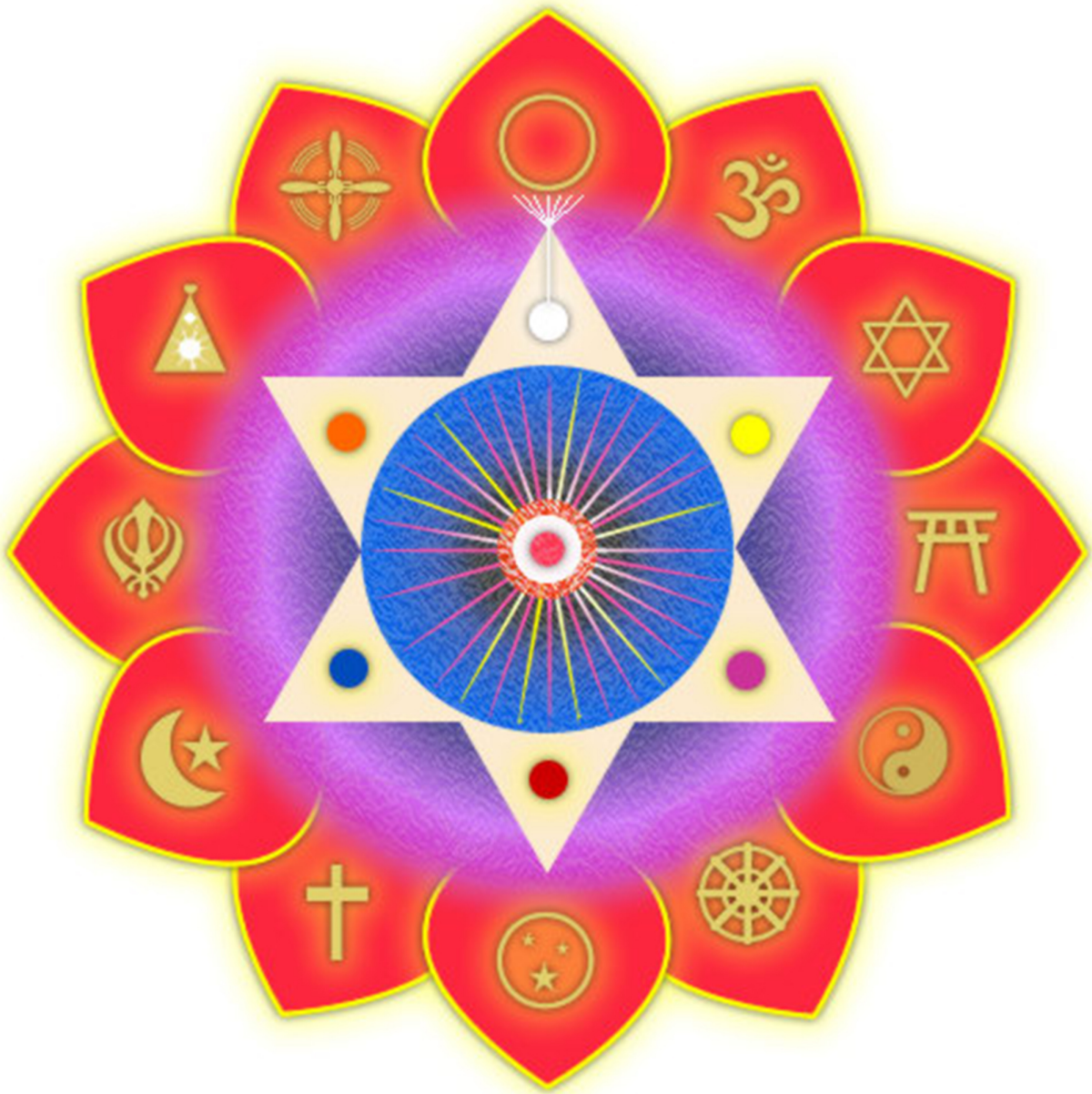


Eminence Organics Calm Skin Arnica Booster-Serum

Calm Skin Arnica Booster-Serum from Eminence Organics is a super-soothing skin treatment that uses natural botanicals to soothe inflammation, reduce redness, and eliminate irritation. This amazing treatment brings balance to the skin, restoring a youthful glow.

**Ayurveda the consciousness
way to heal**

Ayurveda



This week 209 we are sharing the Ayurvedic system for beauty and total wellness. This amazing system has been around for thousands of years with tremendous success all the way through. We would like to take a moment to thank all the followers for their support. Without your Likes and shares the blog wouldn't be here. We are so grateful!! Thank you from all of us at Isabel's Beauty Blog.

I personally love the system and as we speak I am going to the [Chopra center](#) for the full wellness program. Many people when they are approached to find their type on ayurveda don't like it, and hey, I understand that for most part people like to be individuals, never the less we can go through what the system is and make a common denominator don't you agree? If this still doesn't agree with you at least now you have the knowledge no matter what adds to your cultural library, is that better?

Please enjoy the post and like and share, please it is so important for social media, Thank you ahead of time for doing so, from all of us.

From: <http://www.chopra.com/our-services/ayurveda>

Ayurveda is a 5,000-year-old system of natural healing that has its origins in the Vedic culture of India. Although suppressed during years of foreign occupation, Ayurveda has been enjoying a major resurgence in both its native land and throughout the world. Tibetan medicine and Traditional Chinese Medicine both have their roots in Ayurveda. Early Greek medicine also embraced many concepts originally described in the classical ayurvedic medical texts dating back thousands of years.

More than a mere system of treating illness, Ayurveda is a science of life (Ayur = life, Veda = science or knowledge). It offers a body of wisdom designed to help people stay vital while realizing their full human potential. Providing guidelines on ideal daily and seasonal routines, diet, behavior and the proper use of our senses, Ayurveda reminds us that health is the balanced and dynamic integration between our environment, body, mind, and spirit.



Recognizing that human beings are part of nature, Ayurveda describes three fundamental energies that govern our inner and outer environments: movement, transformation, and structure. Known in Sanskrit as Vata (Wind), Pitta (Fire), and Kapha

(Earth), these primary forces are responsible for the characteristics of our mind and body. Each of us has a unique proportion of these three forces that shapes our nature. If Vata is dominant in our system, we tend to be thin, light, enthusiastic, energetic, and changeable. If Pitta predominates in our nature, we tend to be intense, intelligent, and goal-oriented and we have a strong appetite for life. When Kapha prevails, we tend to be easy-going, methodical, and nurturing. Although each of us has all three forces, most people have one or two elements that predominate.

For each element, there is a balanced and imbalance expression. When Vata is balanced, a person is lively and creative, but when there is too much movement in the system, a person tends to experience anxiety, insomnia, dry skin, constipation, and difficulty focusing as some of the main discomfort. When Pitta is functioning in a balanced manner, a person is warm, friendly, disciplined, a good leader, and a good speaker. When Pitta is out of balance, a person tends to be compulsive and irritable and may suffer from indigestion or an inflammatory condition. When Kapha is balanced, a person is sweet, supportive, and stable but when Kapha is out of balance, a person may experience sluggishness, weight gain, and sinus congestion.

An important goal of Ayurveda is to identify a person's ideal state of balance, determine where they are out of balance, and offer aid using diet, herbs, aromatherapy, massage treatments, music, and **Meditation** to reestablish balance.

According to Ayurvedic theory, everything in the universe – living or not – is connected. Good health is achieved when your mind, body, and spirit are in harmony with the universe. A disruption of this harmony can lead to poor health and emotional invariance.

For followers of Ayurveda, anything that affects your physical, spiritual, or emotional well-being can cause you to be out of balance with the universe. Some things that can cause a disruption include:

- genetic or birth defects
- injuries
- climate and seasonal changes
- age
- emotions

How your body works to keep you healthy and your unique physical and psychological characteristics combine to form your body's constitution, or prakriti. Your prakriti is believed to stay the same for your entire life. However, how you digest food and eliminate waste can influence it.



Every person is made of a combination of five basic elements found in the universe:

- space
- air
- fire

- water
- earth

These elements combine in the human body to form three life forces or energies, called doshas. They control how your body works. The three doshas are:

- vata dosha (space and air)
- pitta dosha (fire and water)
- kapha dosha (water and earth)

Everyone inherits a unique mix of the three doshas. One dosha is usually more dominant. Each dosha controls a different body function. It is believed that your chances of getting sick are linked to the balance of your doshas.

Body Types in Ayurveda



Don't know your dosha?

[Learn your dosha here](#)

Vata: Movement and Change

If Vata dosha predominates, movement and change are characteristic of your nature. You will tend to always be on the go, with an energetic and creative mind. As long as Vata is in balance, you will be lively and enthusiastic, with a lean body.

If excessive stress in your life leads to your Vata force becoming imbalanced, your activity will start to feel out of control. Your mind may race, contributing to anxiety and insomnia. You may start skipping meals, resulting in unintended weight loss, and your digestion may become irregular. If you notice these early symptoms of a Vata imbalance, slow down, take time to meditate, don't skip meals, and get to bed earlier. A regular lifestyle routine helps ground Vata so you are not carried away into the ethers.

Understanding Vata: Minimize Stress and Feed Your Creativity

Vata governs movement in the body, the activities of the nervous system, and the process of elimination.

Qualities of Vata:

- Cold
- Light
- Dry
- Irregular
- Rough
- Moving
- Quick
- Changeable

Physical Characteristics

Those with a predominance of Vata dosha usually have a thin, light frame and excellent agility. Their energy comes in bursts and they are likely to experience sudden bouts of fatigue. Vatas typically have dry skin and hair and cold hands and feet. They sleep lightly and their digestion can be sensitive. When the Vata dosha becomes imbalanced, it manifests in the body as weight loss, constipation,

hypertension, arthritis, weakness, restlessness, and digestive challenges.

Emotional Characteristics

Vatas love excitement and new experiences. They are quick to anger but also to forgive. When Vatas are in balance, they are energetic, creative, and flexible. They also take initiative and are lively conversationalists. When unbalanced, they are prone to worry and anxiousness and often suffer from insomnia. When they feel overwhelmed or stressed, their response is, "What did I do wrong?"

How to Balance Vata

If excessive stress in your life leads to your Vata force becoming imbalanced, your activity will start to feel out of control. Your mind may race, contributing to anxiety and insomnia. You may start skipping meals, resulting in unintended weight loss, and your digestion may become irregular. If you notice these early symptoms of a Vata imbalance, slow down, take time to [meditate](#), don't skip meals, and get to bed earlier. A regular lifestyle routine helps ground Vata so you're not carried away into the ethers.

Vata is cold, light, irregular, dry, and always changing. To balance Vata, make choices that bring warmth, stability, and consistency to your life. Try to get to bed before 10 p.m., wake up by 6 a.m., and eat your meals at regular times.

Avoid becoming chilled. Wear adequate clothing appropriate for the season and keep your head covered when the weather is cold.

Perform a daily [self-Abhy massage](#) using warmer, heavier oils like sesame and almond.

Stick with light exercise that enhances balance and

flexibility. Take care not to push yourself too far and exceed the limits of your energy. Beneficial activities for Vatas include:

- Yoga
- Qi Gong
- Tai Chi
- Walking
- Short hikes
- Light bicycling
- Light tennis
- Golf
- Dance
- Aerobics

Drink ginger tea. Fresh ginger root is beneficial and can be used frequently. During the cool weather, sip ginger tea throughout the day.

Be certain that your bowels move regularly on a daily basis.

Favor soothing, calming music.

Touch and be touched regularly by the people you love, and schedule regular massage treatments.

Favor warm colors in your clothing and environment such as earth colors, pastels, browns, and warm yellows.

Favor aromas that are sweet, heavy, and warm. Examples include basil, bay, cinnamon, citrus, cloves, frankincense, lavender, pine, sage, and vanilla.

Nutritional Guidelines for Vata



According to Ayurveda, it's important to eat foods that have a balancing effect on the dominant dosha, or that will pacify (stabilize) a dosha that has become excessive or aggravated. Since Vata is drying, cooling and light, you should favor foods that are oily, warming, or heavy. The best tastes to pacify Vata are sweet, salty, and sour. Minimize foods that are pungent, bitter, or astringent.

Recommendations:

Eat larger quantities, but don't overeat. This helps to balance the lightness of Vata.

Take sweeteners in moderation. They all help to pacify Vata.

Fats and oils are beneficial in the digestive system and help reduce Vata. Use up to three teaspoons daily of ghee or extra virgin olive oil.

All low-fat dairy products are recommended. Milk is easier to

digest when warm or heated.

Rice and wheat are the best grains for balancing Vata. Reduce the amount of barley, corn, millet, buckwheat, and rye that you consume. (take in consideration GMOS and choose Organic)

Favor sweet, heavy fruits such as bananas, avocados, mangoes, apricots, plums, berries, coconut, figs, grapefruit, oranges, lemons, melons, papaya, peaches, pineapples, rhubarb, kiwi, dates, nectarines, and dried fruits.

Eat fewer dry or light fruits such as apples, cranberries, pears, and pomegranates. To ease digestion, fruits are best eaten lightly cooked or sautéed, or eaten alone.

Cooked vegetables are best. Raw vegetables should be minimized. Favor Asparagus, beets, and carrots. Other vegetables may be taken in moderation if cooked in ghee or extra virgin olive oil, including peas, broccoli, cauliflower, zucchini, and sweet potatoes. Sprouts and cabbage tend to produce gas and should be minimized.

Dairy products pacify Vata. For optimal digestion, boil milk before drinking it and consume it while warm.

Use spices that pacify Vata including cardamom, cumin, ginger, cinnamon, salt, cloves, mustard seed, basil, asafetida, cilantro, fennel, oregano, sage, tarragon, thyme, and black pepper.

All varieties of nuts are recommended. Make sure to soak them for 12 hrs before consumption!!

Beans can aggravate Vata. Minimize your consumption of beans, with the exception of tofu and mung bean dahl.

For non-vegetarians or non-vegan, use fresh, organic chicken, turkey, seafood, and eggs.

Note: Favoring heavy foods such as sweets, oils, and richer

foods may contribute to weight gain. Focus on natural grains, and heavy, moist fruits and vegetables. Keep your sweets to a minimum and use low-fat milk products. Cook your food for easy digestion.



How to Remedy Common Vata Imbalances

Vata Pacifying Guidelines

Daily Regime	Daily Meals	Legumes	Veggies
Rise daily by 6:00am	Breakfast by 8:00am	Mung beans	Asparagus
Daily bowel movement	Lunch noon – 1:00pm	Red lentils	Zucchini
Abhyanga wt. sesame oil	Dinner by 7:00pm	Tofu/Tempeh	Carrot/ Beets
Shower & pray/meditate	Warm, freshly cooked	Grains	Fruits
Rest & relaxation	Favor sweet-sour-salty	Quinoa	Avocado/Figs
Yoga/walking/short hike	Minimize raw foods	Rice	Banana/Berries
Listen to soothing music	Avoid cold drinks/food	Wheat	Apricot/Lemons
Keep warm	Sip ginger tea all day	Cooked oatmeal	Fats/Oils
Enough sleep 7- 8 hours	Hydrate well	Spices	Sesame oil
Spend time wt. family	Include more nuts	Cumin/Fennel	Coconut oil
Meditate at night	Eat healthy desserts	Ginger/Cinnamon	Olive Oil
Bed by 10:00pm	Don't overeat	Cardamom/Pepper	Soaked nuts/seeds

Pitta: Transformation and Metabolism

A healthy Pitta constitution results in strong appetites and strong digestion of both information and experience. When Pitta becomes imbalanced, heat begins to rise in the body and mind. Heartburn, ulcers, hypertension, and inflammatory conditions reflect excessive accumulation of the fire element.

Mentally, too much Pitta manifests as irritability and anger. These symptoms are signals to “chill.” Stop packing in too many things to do in too little time. Reduce your competitive activities, decrease your consumption of alcohol (fire water), and go for a walk in a natural setting where you can be surrounded with abundant blue (water) and green (plants).

Understanding Pitta: How to Feed Your Inner Fire

The Pitta dosha controls digestion, metabolism, and energy production. The primary function of Pitta is transformation. Those with a predominance of the Pitta principle have a fiery nature that manifests in both body and mind.

Qualities of Pitta:

- Hot
- Light

- Intense
- Penetrating
- Pungent
- Sharp
- Acidic

Physical Characteristics

Pittas are usually of medium size and weight. They sometimes have bright red hair, but baldness or thinning hair is also common in a Pitta. They have excellent digestion, which sometimes leads them to believe they can eat anything. They have a warm body temperature. They sleep soundly for short periods of time and have a strong sex drive. When in balance, Pittas have a lustrous complexion, perfect digestion, abundant energy, and a strong appetite. When out of balance, Pittas may suffer from skin rashes, burning sensations, peptic ulcers, excessive body heat, heartburn, and indigestion.

Emotional Characteristics

Pittas have a powerful intellect and a strong ability to concentrate. When they're in balance, they are good decision makers, teachers, and speakers. They are precise, sharp-witted, direct, and often outspoken. Out-of-balance pittas can be short-tempered and argumentative.

When pittas are overstressed their typical response is, "What did you do wrong?"

How to Balance Pitta

Pitta is hot, sharp, sour, pungent, and penetrating. To balance pitta, make choices that are cooling, sweet, and

stabilizing.

Balance rest and activity, allowing some free time everyday. Be careful not to create unnecessary time pressures for yourself.

Do not skip meals and do not wait until you are famished to eat.

Favor foods that are sweet, bitter and astringent. Also eat more cooling foods such as cucumbers, sweet fruits, and melons.

Regularly spend time in nature. Take walks in the woods and along natural bodies of water. Keep plants and fresh flowers in your home and office. Walk in the moonlight.

Perform a daily massage using cooler oils such as coconut or olive.

Favor cooler colors in your clothing and environment such as blues, greens, and silver.

Laugh a lot, every day.

Favor aromas that are cooling and sweet. Sandalwood, rose, jasmine, mint, lavender, fennel, and chamomile are recommended.



Nutritional Guidelines for Pitta

Since an excess of Pitta dosha overheats the mind and body, favor cool foods and liquids. Foods with sweet, bitter, and astringent tastes are best. Reduce foods that are pungent, salty, and sour.

Recommendations:

Dairy can help balance the heat of Pitta. This includes milk, butter, and ghee. Sour, fermented products such as yogurt, sour cream, and cheese should be used sparingly as sour tastes aggravate Pitta.

All sweeteners may be taken in moderation except molasses and honey.

The best oils to pacify Pitta are olive, sunflower, and coconut. Use less sesame, almond, and corn oil, which are more

heating.

Wheat, rice, barley, and oats are the best grains to reduce Pitta. Eat less corn, rye, millet, and brown rice. (keep in mind GMOS favor Organic)

Stick to sweeter fruits such as grapes, melons, cherries, coconuts, avocados, mangoes, pomegranates, fully ripe pineapples, oranges, and plums.

Reduce sour fruits such as grapefruits, apricots, and berries.

The vegetables to favor are asparagus, cucumbers, potatoes, sweet potatoes, green leafy vegetables, pumpkins, broccoli, cauliflower, celery, okra, lettuce, green beans, and zucchini.

The vegetables to avoid include tomatoes, hot peppers, carrots, beets, eggplant, onions, garlic, radishes, and spinach.

Pitta types should use seasonings that are soothing and cooling. These include coriander, cilantro, cardamom, saffron, and fennel. Hotter spices such as ginger, cumin, black pepper, fenugreek, clove, salt, and mustard seed should be used sparingly. Very hot seasonings such as chili peppers, and cayenne are best avoided. Chew on fennel seeds after meals to cool down acid in the stomach.

For non-vegetarians and non-Vegan, chicken, pheasant and turkey are preferable while beef, seafood, and eggs increase Pitta and should be minimized.

pitta BALANCING diet
fruits & vegetables

General rule: Choose bitter, sweet, and astringent tastes and cool, raw and dry foods. Reduce pungent (spicy and oily), salty and sour tastes, they increase Pitta. Avoid foods that are too spicy or hot.

fruits - to eat more of



fruits to avoid - sour, unripe, high water content fruits



vegetables to eat more of - specially sweet & bitter



vegetables to avoid - pungent (spicy & oily), salty, sour



For optimal digestion: - fruits and fruit juices; are best enjoyed alone -30 minutes before and ideally at least 1 hour after any other food
- vegetables; avoid eating raw, easier to digest when cooked.
- avoid genetically modified foods, choose organically grown produce.

– See more at:
<http://www.chopra.com/ccl/understanding-pitta-how-to-feed-your-inner-fire#sthash.TqHEoql9.dpuf>



Kapha: Structure and Fluidity

People with a predominance of Kapha in their nature are solid, reliable, contented souls. But when Kapha builds to excess, weight gain, fluid retention, and allergies manifest in the body. Excess Kapha in the mind manifests as resistance to change and stubbornness. People with an excess of Kapha tend to hold on to things, jobs, and relationships long after they are no longer nourishing or necessary.

To lighten the heaviness of Kapha, get yourself moving and start exercising today. Eat lighter, spicy foods, and give away things you have been accumulating that you know you'll never use.

Understanding Kapha: How to Stay Healthy and Energized

Kapha governs the structure of the body. It is the principle that holds the cells together and forms the muscle, fat, bone, and sinew. The primary function of Kapha is protection.

Qualities of Kapha:

- Heavy
- Slow
- Steady
- Solid
- Cold
- Soft
- Oily

Physical Characteristics

Kapha types have a strong build and excellent stamina. Large, soft eyes; smooth, radiant skin; and thick hair are also important Kapha characteristics. Those who are predominantly Kapha sleep soundly and have regular digestion. But when Kapha builds to excess, weight gain, fluid retention, and allergies manifest in the body. When they're out of balance, Kapha types may become overweight, sleep excessively, and suffer from asthma, diabetes, and depression.

Emotional Characteristics

Kaphas are naturally calm, thoughtful, and loving. They have an inherent ability to enjoy life and are comfortable with routine. When in balance, Kaphas are strong, loyal, patient, steady, and supportive. People with an excess of Kapha tend to hold on to things, jobs, and relationships long after they are no longer nourishing or necessary. Excess Kapha in the mind manifests as resistance to change and stubbornness. In the face of stress, the typical Kapha response is, “I don’t want to deal with it.”

How to Balance Kapha

Seek stimulation. Since Kapha is inherently cold, heavy, and dense, the key to balancing Kapha is stimulation. Kaphas tend to cling to the status quo and routine, so they need the stimulation of new sights, sounds, and experiences.

Follow a regular daily routine, ideally awakening before 6 a.m. each morning. Avoid taking naps during the day.

Stay warm and avoid dampness. Kaphas are particularly sensitive to cold, damp conditions and benefit from heat. Use dry heat if you are congested—a common Kapha complaint. Using a heating pad under your back or a sunlamp at your chest is often helpful. Avoid exposing your nose, throat, and lungs to cold winter air if you aren’t feeling well.

Perform a daily Garshana (dry massage) on your body to stimulate circulation.

Use an Ayurvedic neti pot to help prevent congestion. The neti pot is powerful tool for nasal cleansing.

Clear your space. To avoid clutter from accumulating in your home, office, car, and other physical spaces, regularly clean out and give away things that you know you'll never use.

Get regular exercise. This is the best way to avoid stagnation and the accumulation of toxins in the body. Focus on building endurance. Favor running, bicycling, swimming, aerobics, and competitive sports. You can also dance to energizing rhythmic music.

Use warm, stimulating aromas including cloves, camphor, cinnamon, eucalyptus, juniper, and marjoram.

Favor colors that are warm and bright, including yellow, orange, and red.

Nutritional Guidelines for Kapha

According to Ayurveda, it's important to eat foods that have a balancing effect on the dominant dosha or that will pacify (stabilize) a dosha that has become excessive or aggravated. Because Kapha is heavy, oily, and cold, favor foods that are light, dry, or warm. Foods with pungent, bitter, and astringent tastes are most beneficial for pacifying Kapha. Reduce foods with sweet, sour, and salty tastes.

Recommendations:

Try a liquid fast one day per week, ingesting only fresh vegetable and fruit juices, and pureed vegetable soup.

Reduce the intake of dairy, which tends to increase Kapha. You can use small amounts of ghee, low-fat milk, and low-fat

yogurt.

Avoid most sweeteners. Honey is one sweetener that can best pacify Kapha. Other sweeteners, however, should be avoided because they increase the Kapha dosha, contributing to problems such as blocked sinuses, allergies, colds, and lethargy. Take a tablespoon or two (but no more) of raw honey every day can help release excess Kapha. Do not cook with honey though.

Drink hot ginger tea with meals to help stimulate slow digestion and sharpen dull taste buds. Drink 2 to 3 cups of ginger tea daily.

Eat beans. All beans are good for Kapha types except for soybeans and soybean-based foods such as tofu, which should be eaten in moderation.

Favor lighter fruits such as apples, pears, pomegranates, cranberries, and apricots. Reduce heavier fruits like bananas, avocados, pineapples, oranges, peaches, coconuts, melons, dates, and figs.

Eat lots of vegetables. In general, all vegetables are recommended but you should reduce consumption of sweet and juicy vegetables such as sweet potatoes, tomatoes, and zucchini.

All spices except salt are pacifying to Kapha. Use pungent spices like pepper, cayenne, mustard seed, and ginger freely in your diet.

Reduce intake of all nuts and seeds. Favor pumpkin seeds and sunflower seeds.

Limit consumption of red meat. For non-vegetarians, fresh, organic white meat chicken, turkey, eggs, and seafood are acceptable.

Use small amounts of fats and oils. Try extra virgin olive

oil, ghee, almond oil, corn oil, sunflower oil, mustard oil, or safflower oil.

For grains, favor barley, corn, millet, buckwheat, rye. Reduce intake of oats, rice, and wheat.

In general, a Kapha diet should be lively and full of energy to help spark the digestive and metabolic systems. Eat your largest meal at lunchtime and a smaller meal at dinnertime. Allow at least three hours for digestion before bedtime.



Winter is the beginning of Kapha Season

Kapha supplies the “liquid prana” to all our body cells. Responsible for the lymphatic and immune system. The key to balancing Kapha dosha is **Motivation**.

Ayurvedic Kapha Balancing Diet

Kapha Rasa

Favor –
 Astringent
 Bitter
 Pungent

Spices –
 Cayenne
 Fennel
 Ginger
 Turmeric

Kapha Diet

Breakfast (optional) –
 Warm Fruit Stew
 Multi grain Muffins

Heavy Lunch –
 Veggie Quinoa Pilaf
 Mung Kitchari

Light Dinner –
 Spicy Legume Soup
 Steamed Veggies

Balancing Kapha

Stay Motivated
 Rigorous Exercise
 Do Pranayama
 Dry Brush Massage
 Avoid Snacking
 Warm Spicy Foods
 Sip Hot Ginger Tea
 Less Nuts & Seeds
 Regular Detox





BASIC AYURVEDIC DIET EATING PRINCIPLES

Three Ayurvedic Body Types with Reducing Impression and Aggravating Foods to Eat



- * Thin with prominent bony structures;
- * Tend to be cold all the time;
- * Have dry skin and hair;
- * Have little muscle tone
- * They learn fast and forget fast, enjoy change, and are very creative
- * Vata types are excitable, enthusiastic, but can become easily anxious.

VATA

Qualities reflecting the elements of Space and Air.



- * Calming music
- * Gentle ayurvedic massage with sesame or almond oil
- * Bright colors such as gold, orange, blue, green, white
- * More use of organic herbs like asafetida, basil, caraway, clove, sage, garlic, onion, ginger and nutmeg
- * Sweet fragrances of jasmine, rose, sandalwood
- * Gentle exercise, tai chi, swimming, hot tubs
- * Support of friends and family, cultivating patience
- * Mantras: Ram, Hreen, Shreem
- * Meditation on happy, peaceful deities

Vata Aggravating Foods



Avoid Foods That Are:

- COLD
- CLEAR
- DRY
- LIGHT
- PUNGENT
- BITTER

- * Typically of medium build
- * They have good muscle tone;
- * Have a tendency to always feel warm;
- * Have premature graying hair or balding;
- * Have reddish complexions;
- * enjoy high energy levels; and have really strong digestion -- they can eat almost anything
- * They are extremely intelligent, focused, ambitious people
- * They are passionate about life, have a tendency to be perfectionists, and can become easily irritated.

PITTA

Qualities reflecting the elements of Fire and Water.



- * Soft music, preferably flute
- * Soft ayurvedic massage of coconut or sunflower oil
- * Cool colors such as white, blue and green
- * More use of organic herbs and spices like cardamom, coriander, cumin, dill, fennel, lemongrass, mint, rose and turmeric
- * Cool and sweet fragrances: champak, gardenia
- * Walking, swimming
- * Releasing anger, resentment
- * Mantras: Shreem, Sham, Ma
- * Practicing non-judgment, listening to others
- * Meditation on peaceful forms

Pitta Aggravating Foods



Avoid Foods That Are:

- HOT
- LIGHT
- LIQUID
- OILY
- PUNGENT
- SALTY
- SOUR

- * Typically largest of the body types
- * They have wide hips/shoulders;
- * Thick wavy hair;
- * Good physical stamina.
- * Tend to be slow to learn, but they have great memories
- * Tend to be very loyal, stable, and reliable

KAPHA

Qualities reflecting the elements of Water and Earth.



- * Stimulating music, strong and energizing sounds
- * Deep body ayurvedic massage with dry powders or stimulating oils such as mustard
- * Bright and stimulating colors such as yellow, orange, gold and red
- * Light food with use of most organic herbs and occasional fasting
- * Light, warm, stimulating and penetrating fragrances such as musk, cedar, myrrh, camphor
- * Active strong exercises, jogging, sunbathing, saunas, reducing sleep
- * Mantras: Aum, Kreem, Hum
- * Breaking with the past
- * Meditation on active forms

Kapha Aggravating Foods



Avoid Foods That Are:

- COLD
- GOOEY
- LIQUID
- OILY
- HEAVY
- SALTY
- SOUR
- SWEET

Sources: www.joyfulbelly.com
www.doctoroz.com

Ayurvedic Skin Care Recipes

from: <http://lifespas.com/ayurvedic-home-skin-care-recipes-part-one/>

Ayurvedic Mask

- 2 tablespoons chickpea flour
- 1/4 teaspoon Triphala powder
- 1/8 teaspoon Turmeric
- 1/4 teaspoon of dried Neem or mint leaves (if using fresh leaves – use 1/2 tablespoon of mashed leaves and mix into your paste)

Mix the above ingredients into a paste and apply to the skin 1-2 times per week for 5-10 minutes, and rinse.

Vata Skin Types:

Mash 1-2 tablespoons of ripe avocado and mix into your base mask paste.*

Pitta Skin Types:

Mash 1-2 tablespoons of cucumber and mix into your base mask paste.*

Kapha Skin Types:

Mash 1-2 tablespoons of ripe papaya and mix into your base mask paste.*

* Use 1 tablespoon for regular skin and 2 tablespoons for sensitive skin.

Ayurvedic Cleanser-Toner

- 1 tablespoon chickpea flour
- 1/4 teaspoon Triphala powder

Mix into a paste with rose water and apply with circular strokes or a rotating brush as a cleanser-toner.

Vata Skin Types:



Add 1 teaspoon of raw honey.

Pitta Skin Types:



Add 1/4 teaspoon of dried Neem or mint leaves (if using fresh leaves, use 1/2 tablespoon of mashed leaves and mix into your paste).

Kapha Skin Types:

Add 1 teaspoon of raw honey with $\frac{1}{2}$ teaspoon lemon juice.

Moisturizers:

Use a dosha appropriate oil. The right technique to apply the oil is important. A little oil goes a long way. Your face should be slightly damp before applying the oil. Apply only a few drops of oil to your fingertips. Massage the oil with your fingertips, and then apply lightly over the skin. I have included oils for moisturizing that will not block the pores.

Vata: Avocado



Pitta: Coconut



Kapha: Safflower or Grape seed



Scrubs:

Use a dosha appropriate scrub ingredient (dry) and binder (liquid) ingredient. Exfoliate 3-4 times during fall and winter and 1-2 times in the summer.

Vata: Sea Salt + Oil

Use 2 teaspoons of fine sea salt with enough oil to make a spread. Mix and apply in circular movements. Rinse off with warm water.



Pitta: Powdered Milk/Oatmeal + Water

Use 2 teaspoons of powdered milk or oatmeal. Add enough water to make a paste. Let thicken for 1 minute and apply to skin in circular movements. Rinse off with warm water.



Kapha: Cornmeal + Honey

Use 2 teaspoons of cornmeal, with enough raw honey to make a spread. Mix and apply with circular movements. Rinse off with warm water.



The Chopra Center



THE
**CHOPRA
CENTER**

balance. heal. transform.



Banyan Botanicals Beauty Balm – Certified Organic

Shatavari & Rose Geranium to Moisturize & Soften Skin. Firms and rejuvenates the tissues, Moisturizes and softens the skin, Assists in gentle detoxification, Supports breast health, Nourishing and building formula.



Kama Ayurveda Nalpamaradi Skin Brightening Treatment

Natural skin Illuminator, De-tanning oil, and bridal beauty treatment



Bio-Science 30ml 100% all Natural

Ayurvedic Organic Matrixyl Argireline
Anti Wrinkle Anti-Aging Facial peptide
Serum sustainable wild crafted DHEA ALA
Hyaluronic Acid

Revolutionary 100% Organic Peptide Anti-Aging Serum, Amino Argireline & Matrixyl Peptides in 10/15% concentration, DHEA, ALA, Hyaluronic Acid, COQ10, EGF, Vitamin C, A & E, No parabens, No petroleum, No fillers, No WATER, No perfumes or dyes, and Voted "Best New Organic Brands of 2013 by Organic Spa Magazine".



Kama Ayurveda Eladi Hydrating Ayurvedic Face Cream with Pure Essential Oils of Rose and Jasmine

Prevents acne, Reduces fine lines, and Deeply moisturizing



Brigitte Bailey Kaylee Poncho

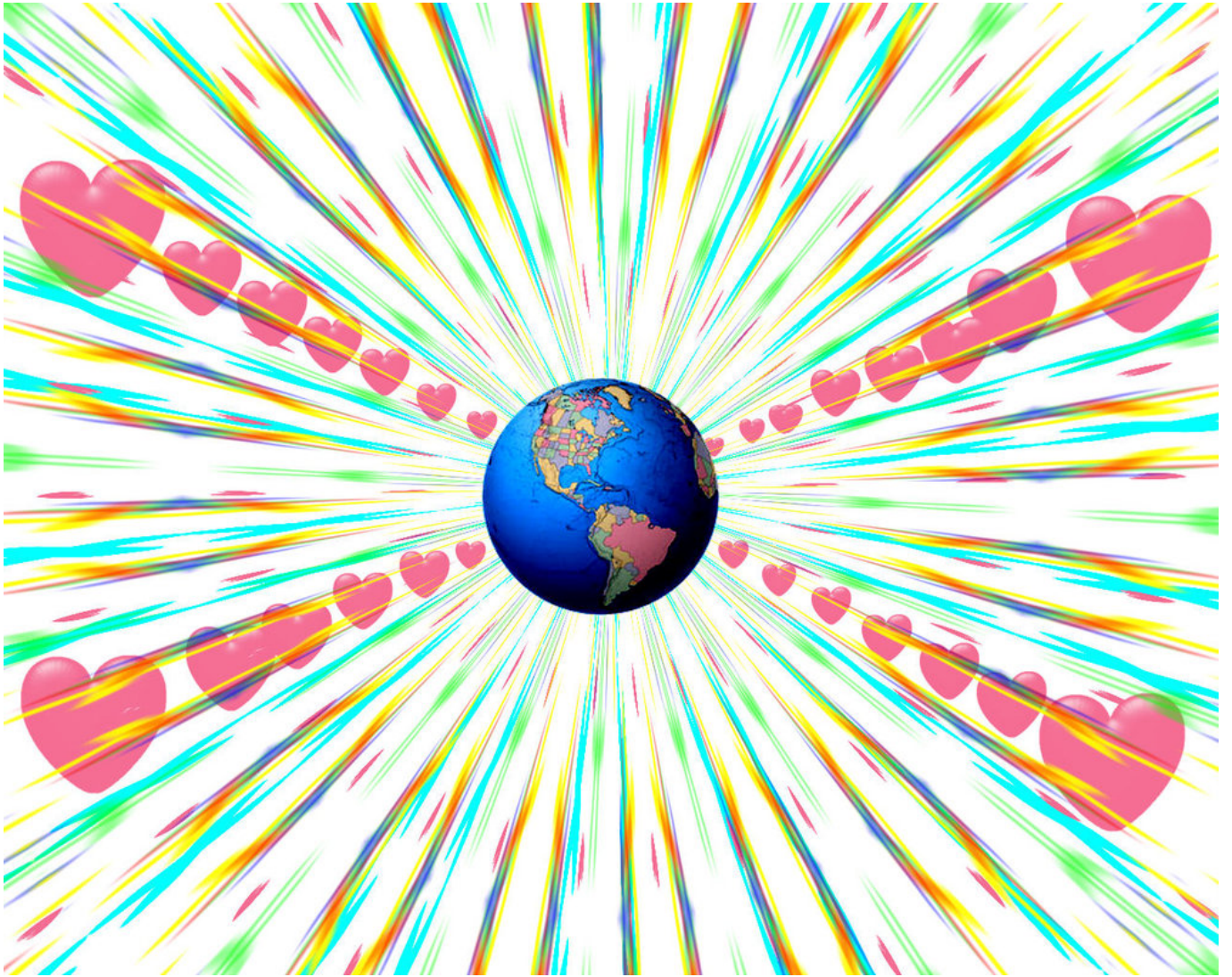
Slip on the Kaylee Poncho and take your ensemble to a whole new level!



MICHAEL Michael Kors Bromley Flat Boot

Draw out some elegant drama when you enhance your wardrobe with this leg-lengthening style.

**Valentine's celebrations from
around the world**



Happy Valentine's Day to the world!!!!!!, we wish you all the

LOVE that you deserve. Enjoy the day or the amount of time you are going to spend in Valentine's day celebration. We thank you again for the support, the likes and shares. We are very grateful of them.

When I think of any celebrations I am always curious about the customs of people all over the world, so for that reason we did this post in honor of many cultures. We would like to include every culture of the world, but for obvious reasons it is not a true possibility due to the fact that not all cultures celebrate Valentines day for one, and the other reason we discover along the years of sharing posts is that peoples attention span is short, so we decide to keep the posts to a certain length, so if we skip your culture celebration please contact us through email and we will be glad add it, it feels right. Many people have commented in how much they have learned in past years about different traditions and many are mixing theirs with the new information of other cultures and now they have a whole different unique way to celebrate their Valentine day. We love it being the fact that it should be unique, thats what love is about. We all have different perceptions and needs, that is why we are INDIVIDUALS, right? Any way we love to share these different cultures and their celebrations with you, and please share and like if you do.

When we look at the history of Valentine's Day we see is obscure, and further clouded by various fanciful legends. Research shows that the holiday's roots are in the ancient Roman festival of **Lupercalia**, a fertility celebration commemorated annually on February 15. Pope Gelasius I recast this pagan festival as a Christian feast day circa 496, declaring February 14 to be St. Valentine's Day.

Most scholars believe that the St. Valentine of the holiday was a priest who attracted the disfavor of Roman emperor Claudius II around 270. And at this stage, the facts ends and the mythic begins. So according to one legend, Claudius II had

prohibited marriage for young men, claiming that bachelors made better soldiers, how about that for control! Valentine continued to secretly perform marriage ceremonies but was eventually apprehended by the Romans and put to death. Another legend has it that Valentine, imprisoned by Claudius, fell in love with the daughter of his jailer. And before he was executed, he allegedly sent her a letter signed "from your Valentine." Probably the most plausible story surrounding St. Valentine is one not focused on [Eros](#) (passionate love) but on [agape](#) (Christian love): he was martyred for refusing to renounce his religion.

In the year 1969, the Catholic Church revised its liturgical calendar, removing the feast days of saints whose historical origins were questionable. St. Valentine was one of the casualties and that is one of many stories about St. Valentine that we came across.

<http://www.infoplease.com/spot/valentinesdayhistory.html>

Valentines Day in Middle Ages

Valentines Day festival gained much popularity during the Middle Ages. It is said that lovers began to celebrate the day by exchanging love notes and simple gifts such as flowers. The idea of linking Valentine's Day with love in Middle Ages was strengthened by the notion that birds began to look for mate during this time interesting comparison wouldn't you say?. Various legends related to the festival including that of Feast of Lupercalia and martyrdom of Saint Valentine further lead to the increase in the popularity of Valentine's Day festival.

Beginning of Birds Mating Season

During the Middle Ages, it was commonly believed in France and

England that birds mating season began from February 14. This popular notion added to the idea that the middle of the February celebration of Valentine's Day should be celebrated as a day of love and romance. Fourteenth and fifteenth centuries English and French poets and litterateurs through their romantic verses further promoted the concept of linking Valentine's day with romantic love. For instance, a verse by **Dame Elizabeth Brews** says,

And, cousin mine, upon Monday is Saint Valentine's Day and every bird chooses himself a mate, and if it like you to come on Thursday night, and make provision that you may abide till then, I trust to God that ye shall speak to my husband and I shall pray that we may bring the matter to a conclusion.

Geoffrey Chaucer in the 14th century, "**Parlement of Foules**" writes

"For this was sent on Seynt Valentyne's day'

Whan every foul cometh ther to choose his mate"

These popular verses further helped to create a romantic image of Valentine's Day festival during the Middle Ages. Lovers, therefore, began to celebrate Valentine's Day by expressing love to their sweethearts with an exchange of love notes and simple gifts such as flowers and the gifts of the heart.

The First Valentine's Day Card

I have thought that I should write you
 some words of love and comfort
 and to let you know that I am
 still your true lover and
 will be so as long as I live
 and will do all that I can
 to please you and to make
 you happy. I am your
 true and constant lover
 Charles Duke of Orleans

Topcroft
 1476

Charles Duke of Orleans
 1476

The first known Valentine card is said to have been written in 1415 by Charles, Duke of Orleans to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. The greeting is part of the manuscript collection of the British Library in London, England.

Historians also say that Saint Valentine of Rome also sent a letter signed "From your Valentine", to his sweetheart who was the jailers daughter a day before he was to be executed. This phrase is still popular amongst lovers and it continues to live through the centuries.

Legends influencing Valentines Day Celebration in Middle Ages

One very popular legend of Valentine's Day states that the festival originated from the Feast of Lupercalia – a fertility festival celebrated in mid February by ancient Roman during pagan times. The festival paired young boys and girls through a lottery system who would fall in love and marry.

Another legend states that a priest called St Valentine lived in Rome during the reign of Emperor Claudius II. Valentine defied the orders of Claudius order that banned engagements and marriages in Rome and secretly married young boys and girls. Saint Valentine was executed by Claudius on February 14, 498 AD. Over the period of time St Valentine became the patron saint of lovers and they began to celebrate his martyrdom by expressing love for their beloved and exchanging love notes, so many legends .



The Meaning of Cupid

from: <http://www.romanceclass.com>

While Cupid is not believed to be a real person, Cupid was the cherub of Love to ancient Romans, and many Italians believed in his powers. Even in the modern world, references to Cupid and his bow and arrows of love are found everywhere on Valentine's Day's cards , candy, pastries and much more.

Cupid was not initially the cherubic, happy little angel that we think of today. In his original incarnation, he was a very mischievous, sometimes dark cherub of love and desire who enjoyed matching 'odd couples' and seeing how they worked out.

Cupid eventually fell under his own spell of odd matches. He fell in love with Psyche, a mortal. In the Greek language, Psyche means "butterfly" and also means "soul". In many ways, what Psyche goes through is symbolic of the path of each woman's soul in life.

Cupid had actually been sent by his mother, Venus, to punish Psyche for her beauty. Instead, he was captivated by her and fell deeply in love. He will arranged to have her brought to his mountain home to live with him, but he hid his identity from her, and only visit her at night. Their time together was so tender and full of gentle talk and loving moments that Psyche fell in love with Cupid.

Psyche's jealous sisters were angered by her wealth and love, and convinced Psyche that her lover must be a bad person to so hide himself. The sisters persuaded her to sneak up on him after he left her one evening, armed with a knife. He awoke and saw her there, and said sadly, "I inflict no other punishment on you than to leave you forever. Love cannot dwell with suspicion."Wow that is so true love never lives were is

suspicion, doubt or nay kind of negative feelings that contradict the concept of love, good lesson.

Psyche realized how foolish she'd been, and decided the only way to be with Cupid again was to go talk to Venus and ask for her blessing. Venus was delighted at having Psyche kneeling down before her, and set forth many tasks for Psyche to perform to prove her worthiness Humm! thats one way to get things done. Each task was more than Psyche thought she could manage, but in each case a God stepped in to assist her. Finally Psyche and Cupid were allowed to be married. They were very happy together, and had a child, named Pleasure., what a heart felt story.

From: <http://www.novareinna.com/festive/valworld.html>

Australia



It is said During the Australian gold rush period, miners who were suddenly in possession of money from the new-found wealth of the Ballarat Mines were willing to pay a princely sum for elaborate valentines and merchants in the country would ship orders amounting to thousands of pounds at a time. The most extravagant Australian valentines were made of a satin cushion, perfumed and decorated in an ornate manner with flowers and colored shells. Some might even be adorned with a taxidermied humming bird or bird of paradise. This treasure, contained within a neatly decorated box, was highly valued, being both fashionable and extremely expensive.

Austria



Austria celebrates the Valentine's Day in the way any other developed country enjoys it. The American influence on Austrian culture is profound and it's believed that Americans introduced the whole concept of Valentine's Day to Austria. Austria is famous for the dance to waltz and hotels offer three nights from Valentine's Day in Vienna with a fairytale ball thrown in. The fun will take place in a beautiful Italian renaissance building in Vienna's Stadtpark named `Wiener Kursalon', with holidaymakers dancing to famous waltzes of Johann Strauss' along with popular opera as well as modern pop music. Austria follows the popular customary rituals of

Valentine's Day such as greeting cards, flower bouquets and gift baskets.

It has become like a tradition in Austria for a young man to present his loved one with a bunch of red flowers on Valentine's Day. Red flowers are considered as the symbol of love from the ancient times. It still rules the valentine minds in Austria as it does in other part of the world. Lovers exchange flower bouquets on Valentine's Day in Austria. Red roses and red tulips are the most favorite flowers which make the most valentines' flower bouquets on Valentine's Day. As flowers, chocolate candies draw smiles on Austrian sweet hearts' faces. Austrian women give chocolate candies as Valentine's gifts. People prefer homemade chocolate cookies than the ones which they can purchase from the stores. Austria being a land of music, where Beethoven and Mozart breathed music, has a lot of musical concerts takes place on Valentine's Day.

Musicians of different bands and of different genre come to Vienna, the capital city of Austria to play the music of love on that day. Restaurants in Austria offer romantic valentine dinner arrangements on the day. These restaurants get decorated to make them look slicker for lovers. They offer delicious and exotic food menu on the day. Austrian food is almost a mixture of Bohemian, Hungarian and Austrian dishes, like goulash, different kinds of veal and beef and sweet dessert. This helps the lovers to enjoy the Valentine's evening with soft romantic music and nice food. When a lot of people are using the traditional gift methods of Valentine's Day while Austrian youngsters use email, SMS and E-cards to send their love messages. Austrian night life is rocking with umpteen number of beer pubs welcoming lovers on Valentine's Day. It is an exotic experience to celebrate Valentine's day in Austria.

Austria has some rather obscure courtship customs that may or may not be associated with Saint Valentine's Day. Nonetheless, it is customary for a young man to present his beloved with a bunch of flowers on February 14.

Bohemian, Hungarian and Austrian dishes, like goulash, different kinds of veal and beef and sweet dessert. This helps the lovers to enjoy the Valentine's evening with soft romantic music and nice food. When a lot of people are using the traditional gift methods of Valentine's Day while Austrian youngsters use email, SMS and E-cards to send their love messages. Austrian night life is rocking with umpteen number of beer pubs welcoming lovers on Valentine's Day. It is an exotic experience to celebrate Valentine's day in Austria.



United States

In the United States of America, there have been so many varieties of cards given over the course of the years. In the times of the Civil War, cards were flagged with rich colors

accompanied by patriotic political motifs. Early American valentine cards were especially lithographed and hand-colored, beautiful and very distinctive in design, they were produced with intricate lace paper and decorated with such ornaments as beads, sea shells, cones, berries twigs and all manner of seeds. Cards were also available decorated with seaweed or moss, in addition to dried artificial flowers, all of which were attached to a string which was pulled and could then be suspended, thereby creating a three-dimensional picture. For most part many early American cards were imported from abroad, given the poor quality of American paper at the time which was not particularly suitable for embossing.

In the United States and Canada, Valentine's Day is an extremely popular festival. Here, the day is observed as a holiday. Originally held to honor St Valentine and express love to sweethearts, the theme of the day has come to be so widened that it has now become an occasion to express gratitude and love to not only sweethearts and spouses, but also to teachers, parents or any other close relation or acquaintance. The modern celebrations of the day sees people complementing their dear ones with gifts that include popular items as cards, fresh flowers like rose, chocolates and candies jewelry and much more. Dinner and dance parties are specially organized all over the country to celebrate the occasion. Many couples hold private celebrations in homes or restaurants and gift flowers, a box of candy, or some other present to one another. Sending candies on Valentine's Day has been a very popular tradition and it still is.

In the US, children celebrate Valentine's Day with great enthusiasm. To keep with their interest, many schools hold Valentine's Day programs where little students perform songs, dance, skits and plays. Kids handcraft gifts and cards on this occasion and present them to their friends and teachers. In some schools, the children organize a classroom party and put all the valentines into a box they have decorated. In dos

cases the celebration culminates with a teacher or child distributing the cards. Older students construct candy baskets and gifts, and place on them cards trimmed with hearts, cherubs winged children called cupids. They also organize dances and parties. A collective endeavor is made to make the day a special one.

Canada



Valentines Day festival is celebrated with much enthusiasm in

Canada. Valentine's Day balls and parties are organized all over the country where people express love for their spouses and sweethearts and enjoy to the hilt. Roses, chocolates, candies and cards are the most popular gifts for the romantic occasion.

As a tradition, children in Canada exchange Valentine's Day gifts with their friends. In several schools, classroom Valentine's Day Parties are organized where children put all the valentines in a decorated box. Later, teacher or a child distributes the cards. Kids are encouraged to prepare handmade valentine as a school activity. Many children also gift fancy Valentines Day card to parents and teachers. Songs, skits, plays and concerts are also organized by schools and societies to celebrate Valentine's Day. Students in senior school hold Valentine's Day dance parties to cherish the joyful festival, how fun.

Britain



The poets of Britain have probably penned the majority of the best-loved romantic verses that are associated with Saint Valentine. Different regions of the nation celebrate their own customs to honor this day, although the sending of cards and gifts of flowers and chocolates is for most part the standard procedure throughout the entire country. One uniform custom is the singing of special songs by children, who then receive gifts of candy, fruit or money. In some areas, valentine buns

are baked with caraway seeds, plums or raisins.

In Britain, St Valentine's Day is celebrated with great fanfare and gaiety. Like in many other countries, the common celebrations of the day has people expressing love for their beloved with gifts like flowers, cards, chocolates and so many more special items. The traditions of the celebrations of Valentine's Day differs in different regions of the country but one uniform custom is the singing of special songs by children. All over Britain, children sing special songs related to the occassion and are rewarded with gifts like candy, fruit or money. Another popular tradition followed in some areas of England is the baking of valentine buns with caraway seeds, plums, or raisins. This is believed to be a way of celebrating agrarian productivity. This connection with fertility and the similar date of celebration are probably the reasons why many writers link the festival of Lupercalia with Valentine's Day.

Composing verses is another very well-known Valentine's Day custom of Britain. About a month earlier to Valentine's Day, leading tabloids and reputed magazines publish sonnets and verses to commemorate this occassion. The tradition owes its origin to the British poets who have penned some of the best love poems and the majority of the romantic verses associated with Saint Valentine.



Denmark



The Danish valentine card is known as a "lover's card." Older versions of this greeting came in the form of a transparency which, when held up to the light, depicted the image of a lover handing his beloved a gift and still you can find it. One custom in Denmark is for people to send pressed white flowers called Snowdrops to their friends. Danish men may also send a form of valentine known as a gaekkebrev (or "joking letter") leave it up to you guys right?. The sender of this gaekkebrev pens a rhyme but does not sign his name. Instead, he signs the message with dots...one dot for each letter in his name. If the lady who receives the card guesses the name of the sender, then she is rewarded with an Easter Egg later in the year, pretty playful I love it.

In Denmark, February 14 is mainly a day for the young. It's a time for romance and exchanging of love tokens. Here, the festival is celebrated in a very conventional manner. Young people send to their beloveds a valentine card on this occasion. The Danish valentine card is famously known as a "lover's card". Earlier, these came in the form of transparent cards which, when kept before light, reflected the picture of a lover handing over a wonderful present to his beloved. Nowadays, many newer varieties of lover's cards have come up and every year before Valentine's Day card shops all across the country are seen to be stacked up with colorful and musical lover's cards containing lovely Valentine messages. Another Danish Valentine's Day custom is to send pressed white flowers called Snowdrops to friends. The season of love is also a time for fun what with many Danish men sending to their ladylove a form of valentine known as a gaekkebrev (or "joking letter"). This gaekkebrev is a type of romantic letter that contains a rhyme penned by the sender himself. The fun part of this custom is that the letter doesn't have the name of the sender. Instead, the lover signs the message with dots...one dot for each letter in his name. If the lady whom he sends the gaekkebrev correctly guesses his name, he rewards her with an Easter egg during Eastertide.

France



In France, a custom known as “drawing for” once occurred. Unmarried individuals, both young and not so young, would go into houses facing each other and begin calling out across from one window to another, pairing-off with the chosen partner. If the young man failed to be particularly enthralled with his valentine, he would desert her. As a result, a

bonfire would be lit later where the ladies could burn images of the ungrateful sweetheart and verbally abuse him in a loud tone as the effigy burned. This ritual was eventually abandoned since it left much room for nastiness, ridicule or even outright malice and the French government finally handed-down a decree officially banning the custom. Elegant French greetings cards known as cartes d'amities, which contained tender messages, were given not totally as a Valentine but chiefly as a result of a fashion which was popular in England at the time.

Valentine's Day Festival is celebrated with joy and enthusiasm in France. People take opportunity of the occasion and express love to people close through them. Just as in several other countries people in France exchange Valentine's Day greetings through cards, fresh flowers and gifts of love.

History of Valentine's Day in France

History of Valentine's Day Festival has a strong association with France. It is said that during the Middle Ages, there was a popular belief in France and England that birds began to mate halfway through the second month of the year. For this reason lovers saw the day special and considered it auspicious to exchange love letters and tokens of love on Valentine's Day. During fourteenth and fifteenth centuries, French and English poets and litterateurs too stressed on this idea and created a romantic image of the day in the minds of the people.

Valentine's Day Cards too are said to have originated in France. A young Frenchman, Charles, Duke of Orleans is said to have written the first written Valentine's Day Cards. The Duke who was captured at the Battle of Agincourt in 1415 is said to have written a poem or 'Valentine' to his wife while imprisonment in the Tower of London.

Valentine's Day Custom in France

People in France once followed a peculiar Valentine's Day custom called "drawing for". Unmarried young and old people would go into houses facing each other and begin calling out across from one window to another and pair off with their chosen partner. If the young man failed to be particularly enthralled with his valentine, he would desert her. A bonfire would be lit later where ladies would burn images of their ungrateful lovers and hurl abuses at them. The ritual was eventually abandoned as it left much room for nastiness and ridicule. French government handed-down a decree and officially banned the custom.

There was also a custom in France to exchange elegant cards containing tender messages called *cartes d'amities*. These were not essentially Valentine and resulted chiefly due a trend popular in England.

Germany



In Germany, it has become customary for the young man of a courting couple to present his beloved with flowers on February 14. Valentine gifts in Germany are usually in the shape of love tokens, complete with endearing messages. However, these are not distributed solely on Valentine's Day,

but on any occasion. Even early German baptismal certificates or marriage certificates were considered at one time to have been valentines, but were more likely simply decorative and pictorial documents which contained lovely verses.

The German celebration of Valentine's Day is nearly the same as elsewhere in the world. For Germans, the festival is a celebration of love and a time to spend with their sweethearts. In Germany, it is customary for a young man to present his beloved with flowers on February 14. Valentine gifts in Germany are usually in the shape of love tokens, complete with lovely messages. But these are not entirely restricted to Valentine's Day celebrations, and can be gifted on any occasion of a joyous nature.

Italy



In Italy, Valentine's Day was once celebrated as a Spring Festival, held in the open air, where young people would gather in tree arbors or ornamental gardens to listen to music and the reading of poetry. However, over the course of the years, this custom steadily ceased and has not now been celebrated for centuries. In Turin, it was formerly the custom

for betrothed couples to announce their engagements on February 14. For several days ahead of time, the stores would be decorated and filled with all manner of bon-bons.

Romantic Festival of Valentine's Day is celebrated with enthusiasm in the beautiful country of Italy. Lovers take opportunity of the day to express love and affection for their beloved. Loads of Valentine's Day gifts are exchanged and everyone enjoys the day to the hilt.

History of Valentine's Day in Italy

Valentine's Day was initially celebrated as a Spring Festival in Italy. Celebration for the day was held in the open air. Young people would gather in tree arbors or ornamental gardens and enjoy listening to music and reading of poetry. Later they would stroll off with their Valentine into the gardens. The custom steadily ceased over the course of years and has not been celebrated for centuries.

Early Valentine's Day Tradition in Italy

In the Italian City of Turin, betrothed couple used to announce their engagement on the Valentine's Day. Several days ahead of February 14, stores were decorated and loaded with a huge variety of bon-bon. Some even sold china baskets and cups filled with delectable Valentine's Day candies and tied with a ribbon. These were to be presented as gifts to Valentine.

Another interesting Valentine's Day tradition followed in Italy and Britain made unmarried girls to wake up before sunrise. People strongly believed that the first man an unmarried girl sees on Valentine's Day, or someone who looks like him would marry her within a year. Girls therefore used to wake up early on Valentine's Day and stand by their window

to watch a man pass.

Valentine's Day Celebration in Italy

People of Italy see Valentine's Day as a holiday imported from US, just like Halloween and Mother's Day. For the love and lovers country of Italy, the major day for celebration of love is **il giorno della festa degli innamorati**. As lovers' exclusively celebrate this day family members and friends do not exchange gifts.

In recent times however, lovers in Italy celebrate Valentine's Day by expressing their love to sweethearts. Couples usually go out for dinners at pizzeria or ristorante. Just as in several other countries, the festival has been commercialized to a great extent. There is a strong tradition to exchange gifts like rose, perfume, chocolates and diamonds depending on the age and taste of person. Another popular Valentine's Day gift in Italy is Baci Perugina – a small, chocolate-covered hazelnuts containing a small slip of paper with a romantic poetic quote in four languages.

In Italy, Valentine's Day was once celebrated as a Spring Festival. It used to be held in the open air, where young people would gather in brightly decorated gardens to listen to music and the reading of poetry. This custom, however, steadily ceased with the passage of time, and has been out of practice for a long long time. In modern day Italy, Valentine's Day is mainly seen as a holiday imported from US, just like Halloween, Father's Day or Mother's Day. The day is celebrated mainly by the young people who take this opportunity to profess love to their sweethearts the American way with gifts like perfume, chocolates, flowers, cards or jewelleries. The day is seen here earmarked exclusively for lovers, and hence, family members and friends do not exchange gifts. Couples usually go out for dinners at pizzeria or

ristorante which ends with lovers' giving gifts to each other. A popular Valentine's Day gift in Italy is Baci Perugina – a small, chocolate-covered hazelnut containing a small slip of paper with a romantic poetic quote in four languages.

Japan



In Japan, Valentine's Day is celebrated on two different dates...February 14 and March 14. On the first date, the female gives a gift to the male and on the second date...known as White Day and supposedly introduced by a marshmallow company in the 1960s...the male has to return the gift he received on February 14. Thus, strictly speaking, a Japanese female has the luxury

of actually choosing her own gift. Chocolate is the most popular gift in Japan. However, since most Japanese females believe that store-bought chocolate is not a gift of true love, they tend to make the confection with their own hands.

In Japan, Valentine's Day is observed on February 14 but the celebration of love truly ends on March 14, known as the "White Day". On the first date, women present chocolates or gifts to the men they love to express their feelings for them. Gifting chocolates is a typical way to celebrate Valentine's day in Japan for chocolate is the most popular gift in the country. Hence, it is a must for Japanese Valentine's Day celebrations. Gift shops all over Japan pile their shelves with chocolate a month before Valentine's Day. Most Japanese females believe however, that store-bought chocolate is not a gift of true love. Hence, they tend to make the confection all by themselves.

But it's also common for women to give chocolates to any man close to them, such as co-workers and male friends, whom they don't actually love. This kind of chocolate-gift is called giri-choco which mean chocolates given because of obligations. Men who receive chocolates or gifts on Valentine's day are supposed to return the favour to the women on March 14, exactly a month after Valentine's Day. Also known as "White Day", this is the time when men are to give back a gift to the women who gave them gifts just a month before. The tradition is believed to have been introduced by a marshmallow company in the 1960s.

South Korea



The traditional gift of candy takes place in Korea on February 14, but only from females to males. There is another special day for males to give gifts to females and this is celebrated on March 14. Very similar to the custom in Japan, March 14 in

Korea is known as “White Day.” On “White Day,” many young men confess their love for the first time to their sweethearts. For those young people who have no particular romantic partners, the Koreans have set aside yet another date...April 14, also known as “Black Day.” On that date, such individuals get together and partake of Jajang noodles, which are black in color, hence the name of the day.

The Valentine’s Day celebrations in Korea is quite akin to the Japanese observance of the festival. As in Japan, Korea witnesses gifting of chocolates and candies from females to males. The favour is returned the same way by the men on March 14, which is referred to as “White Day” similar to the custom in Japan. But “White Day” here is a Valentine’s day in its own right as many young men confess their love for the first time to their sweethearts on this occasion.

And then there is April 14, also known as “Black Day”, which has been specially set aside for those young people who have no particular romantic partners. The curious name of the day probably comes from the fact that on this date, individuals who are not in any relationship get together and partake of Jajang noodles, which are black in color.

Scotland



In Scotland, Valentine's Day is celebrated with a festival. At this festival, there is an equal number of unmarried males and females, each of whom write their name (or a made-up name) on a piece of paper which is then folded and placed into a hat...one hat for the ladies and one for the men. The females then draw a name from the hat containing the men's names and vice versa. Of course, it is highly likely that the two drawn

names will not match, in which event, it is usually expected that the male partner with the female who selected his name. This rite having been completed, the company split up into couples and gifts are given to the ladies. The females would then pin the name of their partner over their hearts or on their sleeves. A dance often follows and, at the end of the festival, it is not unusual for marriages to take place. According to another Scottish custom, the first young man or woman encountered by chance on the street or elsewhere will become that individual's valentine. Valentine's Day gifts in Scotland are frequently given by both parties in the form of a love-token or true-love-knot.

Spain



In Spain, it is customary for courting couples to exchange gifts on Valentine's Day and for husbands to send their wives bouquets of roses.

Although not a traditional Spanish holiday, St. Valentine's Day in Spain is celebrated, like in most of the countries, with all kinds of sweet heart-shaped gifts, bouquets of flowers, cards and romantic dinners at fancy restaurants. Shop

windows are decorated with hearts in all shades of red and pink, bars and cafes are getting creative with Valentine-themed offerings, and many events are organized throughout the country. However, what's really interesting about St. Valentine's Day in Spain is that certain regions have their own versions of the holiday, usually celebrated with great fanfare and peculiar traditions.

1. For people from Valencia, the most romantic day of the year is the 9th of October, when they celebrate both the Day of the Valencian Community as well as the Day of Saint Dionysius (Sant Dionís), locally known as the patron saint of lovers. This is a public holiday marked by many festivities and colorful costume parades held in the main plaza of every town and village. A distinctive tradition on the Day of Saint Dionysius is the custom of offering ladies a Mocadora (Mocaorà) as a sign of love and appreciation. This traditional gift consists of a nice package of marzipan figurines handcrafted by local confectioners and then wrapped up in an elegant piece of silk.

2. In Barcelona and the whole Catalonia, couples rejoice their love on April 23, when the nation celebrates St. George's Day or La Diada de Sant Jordi – Catalonia's national day. This public holiday is also known as El Dia de la Rosa (The Day of the Rose) or El Dia del Llibre (The Day of the Book) and the main event is the exchange of gifts, usually roses and books, hence the Catalan saying *"A rose for love and a book forever"*. As expected, during this time of year, a myriad of stalls selling roses and books are set up all over the region, public squares are brought to life by all sorts of performers and most of the book stores and cafes organize readings. Moreover, this is the day when Barcelona's Palau de la Generalitat opens its doors to the public.

3. Convinced that this is a holiday invented to boost consumerism, Spaniards often refer to Valentine's Day as the Día de El Corte Inglés (Day of Corte Inglés), their main

department store.

La Diada de Sant Jordi

But Spain actually has another 'lovers day' that I think has a far better case for celebration. St. George's Day, the same day that is celebrated not nearly enough in England even though it is our patron saint too. But as I said, Spain loves a saint, and they do it properly here.

Many countries have Saint George as their patron saint and most celebrate it on April 23rd (the accepted date of Saint George's death in 303 AD).

Though Saint George was real and did some pretty gallant stuff, the story of him slaying the dragon and saving the princess is of course legend. But that still makes St. George's Day far more romantic. La Diada de Sant Jordi

In Catalonia it is called **La Diada de Sant Jordi**, also known as **El Dia de Rosa** (*The Day of the Rose*) or **El Dia del Llibre** (*The Day of the Book*) and is a public holiday. The main event is the exchange of gifts between loved ones. Roses have been associated with this day since medieval times but more recently the giving of books is the custom. This came about in the 20th century as some bright spark of a bookseller realised that Josep Pla (1897-1981), Miguel Cervantes (1547-1616) and William Shakespeare (1564-1616), all great proponents of the written word had all died on the same day, April 23rd. Again, far more valid a celebration in my opinion.

So, please do celebrate Valentine's Day if you so wish. I wouldn't want to be the reason for any break-ups. But let's make sure we celebrate St. Georges Day too. In my eyes a far more valid day for the celebration of love and literature. And

it will make up for the poor job they did of it in England when I was growing up.

Taiwan



Valentine's Day is celebrated in Taiwan on February 14, but there is also a special Valentine's Day on July 7 of the lunar calendar, based on an ancient Chinese folktale. Both dates are equally as important. Many men purchase expensive bouquets of roses and other flowers for their sweethearts on these days. According to Taiwan tradition, the color and number of the

roses holds much significance. For example, one red rose means "an only love," eleven roses means "a favorite," ninety-nine roses means "forever," and one hundred eight roses means "marry me."

Taiwan celebrates the idea of love three times a year by including the Valentine's Day of February 14th and the Japanese White Day in addition to the traditional seventh day of the seventh month when singletons go to temples to burn incense and pray to meet a lovely significant other. On the February 14th Valentine's Day, Taipei 101 lights up a heart and malls everywhere are dotted with sales for your sweetie (Really, the US should be so inclusive— we could have tried stimulating the economy with Lunar New Year withdrawals to give each other money in red envelopes). Taiwan has also adopted White Day from Japan.

The traditional 7-7 day is the once-a-year meeting of the weaving maid and the cowherd across a bridge of magpies. It always rains on the seventh day of the seventh lunar month, since the couple are said to be crying at their reunion. This past summer I got to visit a temple to observe the dances and sniff the incense celebrating 7-7 day.

In spite of all these modern celebrations of love, traditional Chinese love stories as far as my limited knowledge allows are rather grim. The love stories all end unhappily. An emperor falls for a mistress-spy from one of his conquered kingdoms, who costs him the empire. A fairy falls for a human and ends up forced to return to heaven alone. The one happy story was based on a real-life artist-poet who infiltrated a household so he could woo one of the daughters and make her his wife (in real life she was his ninth wife.) It is said that the abundance of sad stories is because people there love to cry at a good tragedy.

So people in Taiwan have three days to either feel bitter, depressed, and lonely, or nervous, warm and fuzzy.

Whether you're in a cosy couple or single and free, I hope you had a lovely Valentine's Day with lots of love.

South Africa



Valentine's Day in South Africa is celebrated with great passion and enthusiasm. The day is celebrated on 14th February every year. The craze and verve for the festival is like any other festival in South Africa. The geographical location of the country has made it one of the most romantic destinations. Thousands of tourists get attracted towards the beauty of the place when it comes to celebrate the festival of love. Large number of tourists throng the beaches and other romantic places of South Africa to celebrate Valentine's day.

Valentine's Tradition in South Africa

Most commonly observed tradition includes going out on a romantic date with one's Valentine. Young couples make it traditional to celebrate the day at a very romantic place. Also, young girls celebrate the occasion by following an old-age Roman festival of '**Lupercalia**'. According to this traditional festival, young girls pin their lovers name on their sleeves. At some places, men also follow this custom.

Valentine Celebrations in South Africa

Valentine's Day celebrations begin well in advance in South Africa. Shops and market places are beautifully adorned with fragrant flowers, love symbols like cupid, love birds, hearts and in traditional African style decorations. Week long parties and celebrations take place in various clubs and hotels. These activities highlight the tradition and South African culture. People totally indulge themselves in the African culture and art to celebrate the occasion of Valentine. Be it an old man of 60 or a young lass of 16, the joy of celebrating love is same in everybody.

Different events take place in various parts of South Africa. All the discotheques, pubs and restaurants are completely

booked. South Africans as well as tourists attend huge balls where they match their dancing steps and flow in the Valentine mood with different alcoholic beverages. People of South Africa like to visit wildlife parks and sanctuaries with their friends and families. Many other events like river rafting, mountaineering amidst the exotic islands of Cape Town and Johannesburg are main attraction of the day. Luxurious resorts gives the most enthralling view and rated as one of the best place to spend a romantic evening. Apart from this, a very popular small coastal village Hermanus is just the place to be. Grand festivities are marked in the city of Durban, where innumerable tourists flock in large numbers.

India



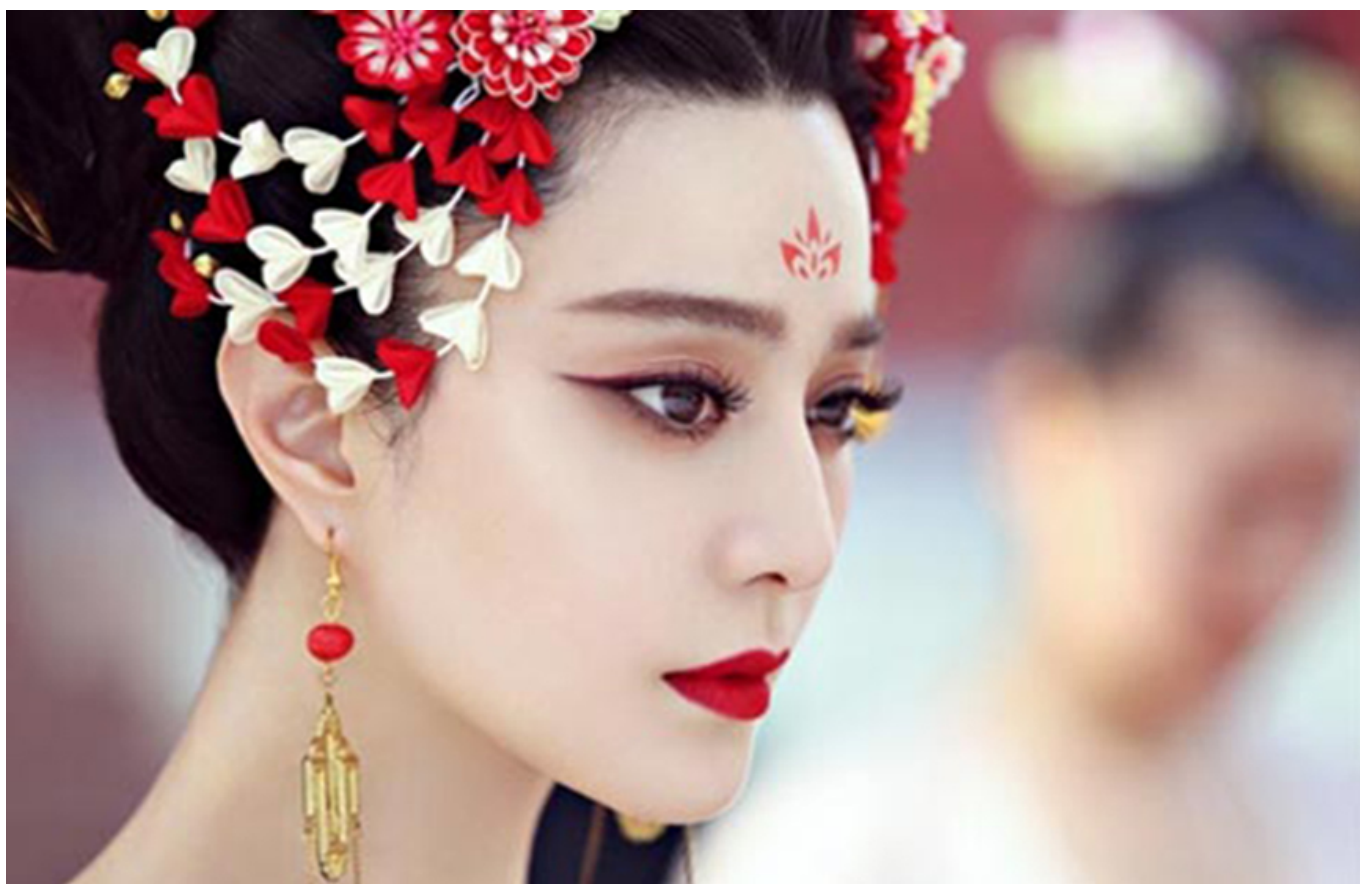
Valentine's Day celebration is a recent phenomenon in India but has caught the fancy of people to a great extent. Though some see it as a western import and hesitate to celebrate, there exist a large and growing number of those who love the feeling behind the beautiful and romantic festival. Especially to the Indian youth February 14 signifies love – a day when people express their affection for others. Just as several other countries, people in India too celebrate the Valentine's

Day by exchanging cards and gifts.

Euphoria of Valentine's Day festival can be experienced weeks before the festival. Television, radio and print media start creating hype about the festival by covering all facets of it. Gift marketers and card companies launch a rigorous campaign to lure the youngsters. Card and gift shops are interestingly decorated with symbols of Valentine's Day including roses, cupid and heart shaped balloons. Shopping malls in metropolitan cities organize fun-filled competitions and distribute discount coupons to lure the consumers.

On February 14, the Valentine's Day restaurants, discos, Cineplex, pubs and pizza parlors see a particularly busy time as couples celebrate the day in togetherness. Many boys and girls even propose to their sweetheart on this romantic day. People also express love to their friends, teachers, siblings and parents. Popular Valentine's Day gifts exchanged in India include chocolates, fresh flowers, cards, soft toys and candies. These are also clubbed with several other gifts to pamper sweethearts.

China



People in China too have a day devoted to love but it is quite different from Valentine's Day festival as seen in other parts of the world. Chinese Valentine's Day fall on the 7th day of the 7th lunar month in the Chinese Calendar. Hence the day is also called as **'Festival of the Double Sevens'** or **Qi Xi – 'The Night of Sevens'**. The other popular name for the Chinese

Valentine's Day is **'Seven Sister's Festival'** and **'Daughter's Festival'**.

Legend behind Chinese Valentine's Day

There is a very interesting legend behind the festival of Valentine's Day in China. The story goes that there once lived an orphaned poor boy called **Niu Lang** with his brother and sister-in-law. The handsome boy owned an old ox that he worked on the field everyday. The ox is said to be an immortal from the Paradise who was punished for mistakes in heaven and sent on earth as an ox. The ox liked the cowherd and one day he said to Niu Lang, "You are a nice person. If you want to get married, go to the river and your wish will come true."

When the Cowherd went to the stream he saw all the seven beautiful daughters of the Emperor who had come down from Heaven to take a bath. Niu Lang was captivated with the beauty of the youngest daughter **Zhi Nu** and secretly took away her fairy clothes. Without her fairy clothes the youngest daughter could not fly back to the heaven along with her sisters. The cowherd asked the fairy that he would return her clothes if she promised to marry him. The girl coyly agreed to marry the cowherd. They lived a happily married for several years and had two children.

One day, the ox felt that his last day was near. He told the cowherd that he should keep his hide for urgent situation after he dies. Meanwhile, Emperor began to miss his seventh daughter. He sent Zhi Nu's grandmother to bring her back from the earth. The grandmother succeeded in bringing Zhi Nu back to heaven. While the 7th Princess was being taken away to the heaven, the cowboy wore the ox hide and carried his two children in the two bamboo baskets with his wife's old fairy clothes and chased his wife in the sky. To keep the lovers

separated forever the grandmother created a Milky Way between them. The seventh princess was moved to the star **Vega** in the Lyra (Harp) constellation while the cowherd with his two children stayed in the star **Altair** (Flying one) in the Aquila (Eagle) constellation. The star Vega is therefore popularly known by the name of the **Weaving Maid Star** whereas the star Altair as the **Cowherd Star** in China. The mother took pity and two were allowed to meet only once a year on the 7th day of 7th lunar month. It is believed that on this specific day magpies form a bridge with their wings for Zhi Nu to cross to meet her husband.

Celebrations of Chinese Valentine's Day

The celebrations of Chinese Valentine's Day or Qi Qiao Jie – the seventh eve is quite different from usual Valentine's Day celebration we see in rest of the world. There are specific and colorful rituals for the day besides the usual exchange of flowers, cards and chocolates as tokens of love between lovers.

Following the tradition, lovers visit the **Temple of Matchmaker** on the Chinese Valentine's Day and pray for their love and happiness and their possible marriage. Singles too visit the temple on the day and ask for their luck in love.

The Chinese Valentine Day is also known as the Daughter's Festival. Chinese girls always wished to learn a good handcrafting skill like the weaving maid. On the night of the Chinese Valentine's Day, unmarried girls offer prayers to the Weaving Maid star and seek blessings to become smarter. When the star Vega is high up in the sky, girls perform a test by putting a needle on the water surface. If the needle doesn't sink, it's a sign of girl's maturity and smartness indicating she is eligible to find a husband. Girl who passes the test may ask for any one wish. It is also traditional for young

girls in China to demonstrate their domestic arts, especially melon carving, on this day. Chinese Valentine's Day is therefore also known as **The Festival to Plead for Skills, The Seventh Sister's Birthday and The Night of Skills.**

In some provinces of China, people decorate the ox's horn by flowers on the Chinese Valentine Day in a belief that the ritual will save them from catastrophe. Following the age old tradition women also wash hair to make them look fresh and shining. Children wash their face the next morning using the overnight water for a more natural and beautiful look.

Stargazers celebrate the festival by looking up at star Vega on the east of the Milky Way which represents Zhi Nu, and at the constellation Aquila, on the west side of the Milky Way, where Niu Lang waits for his lover to join him.

Israel



Tu B'Av, the Jewish Day of Love

Tu B'Av, the 15th Day of Av, is both an ancient and modern holiday. Originally a post-biblical day of joy, it served as a matchmaking day for unmarried women in the second Temple period (before the fall of Jerusalem in 70 C.E.). Tu B'Av was almost unnoticed in the Jewish calendar for many centuries but it has been rejuvenated in recent decades, especially in the

modern state of Israel. In its modern incarnation it is gradually becoming a Hebrew-Jewish Day of Love, slightly resembling Valentine's Day in English-speaking countries.

There is no way to know exactly how early Tu B'Av began. The first mention of this date is in the Mishnah (compiled and edited in the end of the second century), where Rabban Shimon ben Gamliel is quoted saying, "There were no better (i.e. happier) days for the people of Israel than the Fifteenth of Av and Yom Kippur, since on these days the daughters of Israel/Jerusalem go out dressed in white and dance in the vineyards. What were they saying: Young man, consider whom you choose (to be your wife)?"

The Gemara (the later, interpretive layer of the Talmud) attempts to find the origin of this date as a special joyous day, and offers several explanations. One of them is that on this day the Biblical "tribes of Israel were permitted to mingle with each other," namely: to marry women from other tribes (Talmud, Ta'anit 30b). This explanation is somewhat surprising, since nowhere in the Bible is there a prohibition on "intermarriage" among the 12 tribes of Israel. This Talmudic source probably is alluding to a story in the book of Judges (chapter 21): After a civil war between the tribe of Benjamin and other Israelite tribes, the tribes vowed not to intermarry with men of the tribe of Benjamin.

It should be noted that Tu B'Av, like several Jewish holidays (Passover, Sukkot, Tu Bishvat) begins on the night between the 14th and 15th day of the Hebrew month, since this is the night of a full moon in our lunar calendar. Linking the night of a full moon with romance, love, and fertility is not uncommon in ancient cultures.

I Love You in Different Languages

Afrikaans:

Ek is lief vir jou

Ek het jou lief

Albanian:

Te dua

Amharic:

Afekrishalehou

Arabic :

Ana Behibak (to a male)

Ana Behibek (to a female)

Basc :

Nere Maitea

Bavarian :

I mog di narrisch gern

Bengali :

Ami tomake bhalobashi

Berber :

Lakh tirikh

Bicol :

Namumutan ta ka

Bulgarian :

Obicham te

Cambodian :

kh_nhaum soro_lahn nhee_ah

Bon sro lanh oon

Cantonese :

Ngo oi ney

Catalan :

T'estim (mallorcan)

T'estime (valencian)

T'estimo (catalonian)

T'estim molt (I love you a lot)

Chinese :

Wo ie ni (Manderin)

Croatian :

Volim te (most common), or

Ja te volim (less common)

Czech :

miluji te

Danish :

Jeg elsker dig

Dutch :

Ik hou van jou

Estonian :

Mina armastan sind

Esperanto :

Mi amas vin

Persian (Farsi):

Tora dust midaram

Flemish :

Ik zie oe geerne

Finnish :

Mina" rakastan sinua

French :

Je t'aime

Friesian :

Ik bin fereale op dy

Ik ha^ld fan dy (Most commonly used phrase)

Gaelic :

Ta gra agam ort

German :

Ich liebe Dich

I mog Di ganz arg! (Suebian: South German dialekt.)

Greek :

S' ayapo

Gujarati:

Tane Prem Karoo Choo

Hausa :

Ina sonki

Hebrew :

aNEE oHEIVET oTKHA (female to male)

aNEE oHEIV otAKH (male to female)

Ani ohev at (man to woman)

Ani ohevet atah (woman to man)

Hindi:

Mein Tumse Pyar Karta Hoon (man to woman)

Mein Tumse Pyar Karti Hoon (woman to man)

Hokkien :

Wa ai lu

Hopi :

Nu' umi unangwa'ta

Hungarian :

Szeretlek te'ged

Icelandic :

?g elska þig

Indonesian :

Saya cinta padamu

Saya Cinta Kamu

Aku tjinta padamu

Saja kasih saudari

Italian :

Ti amo

Irish :

taim i' ngra leat

Japanese :

Kimi o ai shiteru

Sukiyo

Kannada:

Naanu ninnanu preethisuthene

Naanu ninnanu mohisuthene

Kazakh :

Men seny jaksy kuremyn

Kiswahili :

Nakupenda

Korean :

Tangsinul sarang ha yo

Kurdish :

Ez te hezdikhem

Latin :

Te amo

Vos amo

Lao :

Khoi huk chau

Latvian :

Es Tev milu

Lingala :

Nalingi yo

Lithuanian:

Ash miliu tave

Luo :

Aheri

Madrid lingo:

Me molas, tronca

Malay/Indonesian:

Saya cintakan awak(awak=kamu=you)

Aku sayang engkau (engkau=kamu=you)

Malay :

Saya cintamu

Saya sayangmu

Malayalam:

Ngan ninne snaehikkunnu

Njyaan ninne' preetikyunnu

Njyaan ninne' mohikyunnu

Marathi:

Mi tuzya var prem karato

Me tujhashi prem karto (male to female)

Me tujhashi prem karte (female to male)

Maltese:

Inhobbok

Mandarin :

Wo ai ni

Mohawk :

Konoronhkwa

Navajo :

Ayor anosh'ni

Ndebele :

Niyakutanda

Norwegian :

Jeg elsker deg (Bokmaal)

Eg elsker deg (Nynorsk)

Pakistani :

Mujhe tumse muhabbat hai

Persian :

Tora dost daram

Pilipino :

Mahal Kita

Iniibig Kita

Polish :

Ja Cie Kocham or Kocham Cie (Pronounced Yacha kocham)

Portuguese :

Eu te amo

Punjabi :

Main tainu pyar karna (male to female)

Mai taunu pyar kardi aan (female to male)

Romanian :

Te iu besc

Russian :

Ya lyublyu tebya

Ya vas lyublyu

Scot Gaelic :

Tha gra\dh agam ort

Serbian :

Volim te (most common), or

Ja te volim" (less common)

Shona :

Ndinokuda

Sioux :

Techihhila

Slovak :

Lubim ta

Slovene:

Ljubim te

Spanish :

Te amo

Swahili :

Nakupenda

Swedish :

Jag a"lskar dig

Swiss-German:

Ch'ha di ga"rn

Tagalog :

Mahal kita

Taiwanese :

Gwa ai lee

Tamil:

Naan Unnai Kadhalikiren

Telugu:

Ninnu premistunna

Neenu ninnu pra'mistu'nnanu

Nenu ninnu premistunna

Thai :

Phom Rak Khun

Ch'an Rak Khun

Tunisian :

Ha eh bak

Turkish :

Seni seviyorum!

Urdu :

Mujhe tumse muhabbat hai

Vietnamese :

Anh ye^u em (man to woman)

Em ye^u anh (woman to man)

Toi yeu em

Vlaams :

Ik hou van jou

Welsh :

'Rwy'n dy garu di.

Yr wyf i yn dy garu di (chwi)

Yiddish :

Ikh hob dikh lib

Zazi :

Ezhele hezdege (sp?)

Zuni :

Tom ho' ichema



Beats By Dre Studio™ 2.0 Over-Ear Headphone

Step out onto the busy streets of the city and slide on the Beats Studio™ Over-Ear Headphones from Beats by Dre®. From that moment on, you'll be in a musical trance taking on the crowded sidewalks and the buzzing traffic with ease.



Organic Spa Basket

A nourishing and complete spa experience awaits the body, mind and soul with this abundant and expertly curated basket of wholesome, all-natural, organic, dye-free bath and body essentials.



Engraved Bettoni Pen

This fine rollerball pen offered by Bettoni Peruzzi, one of the world's finest writing instrument makers, combines smooth rollerball style with distinctive, ergonomic comfort. Enhanced by your chosen name or message engraved on the pen, it's a thoughtful gift for congratulating, rewarding, thanking, or just because.



Tranquility Spa Collection

Fragranced lavender bathing salts, olive oil moisturizers, a rustic citrus basil candle and more make this hand selected gift the quintessential collection of an ultimate spa experience. Hand-tied with a satin robin's egg blue ribbon, it's the perfect gift to offer someone who deserves a little pampering.



The Royal Champagne Gift Basket

- Your selection of Moët & Chandon Imperial, Dom Pérignon Brut, or Louis Roederer Cristal.
- Gourmet Chocolates from Ghirardelli, Godiva and Lindt.
- Camembert Cheese, Sea Salt Roasted Almonds, Savory Popcorn.



Artisan Fruit and Cheese Hamper

Enjoy a picnic of orchard-fresh fruit, well-aged artisan cheeses, fresh nuts and so much more, presented in an elegant hamper. It's a perfectly delicious gift to celebrate any special occasion.



Traditional Teatime Basket

Overflowing with a wide assortment of organic teas, accompanying sweets, and their very own matching teapot and teacup set, this bestselling basket is perfect for delighting any tea-lover with a unique spin on traditional teatime.