Henna Tips, Tutorials, Videos and History

Henna History Tips, Tutorials, and Video

This week 246 we have a really fun post with lots of very reliable information about a form of art that is used in many countries including the USA. It is lots of fun and beautiful when it is well done and it lasts. So here we go, we did extensive research on it and we wish for you to enjoy it, please share so other people can have fun also.

We would like to thank you for all your faithful visits and appreciation we truly are grateful for it without it wouldn’t be a blog, from all of us at Isabel’s Beauty Blog.



WHAT IS HENNA?

Henna (Lawsonia inermis), also called henna tree is a flowering plant.
The English name “henna” comes from the Arabic حِنَّـــاء (ALA-LC: ḥinnāʾ) or colloquially حنـــا, loosely pronounced /ħinna/.

Henna is a tall shrub or small tree, 2.6 m high. It is glabrous, multi-branched with spine-tipped branchlets. Leaves are opposite, entire, glabrous, subsessile, elliptical, and broadly lanceolate (1.5–5.0 cm x 0.5–2 cm), acuminate, having depressed veins on the dorsal surface. Henna flowers have four sepals and a 2 mm calyx tube with 3 mm spread lobes. Petals are obovate, white or red stamens inserted in pairs on the rim of the calyx tube. an Ovary is four-celled, style up to 5 mm long and erect. Fruits are small, brownish capsules, 4–8 mm in diameter, with 32–49 seeds per fruit, and open irregularly into four splits.

The henna plant is native to tropical and subtropical regions of Africa, southern Asia, and northern Australasia in semi-arid zones. Henna’s indigenous zone is the tropical savannah and tropical arid zone, in latitudes between 15° and 25° N and S from Africa to the western Pacific rim, and produces highest dye content in temperatures between 35 °C and 45 °C. During the onset of precipitation intervals, the plant grows rapidly; putting out new shoots, then growth slows. The leaves gradually yellow and fall during prolonged dry or cool intervals. It does not thrive where minimum temperatures are below 11 °C. Temperatures below 5 °C will kill the henna plant. Henna is commercially cultivated in Morocco,Algeria, Yemen, Tunisia, Libya, Saudi Arabia, Egypt, India, Iraq, Iran, Pakistan, Bangladesh, Afghanistan, Turkey, Somalia, and Sudan. Presently the Pali district of Rajasthan is the most heavily cultivated henna production area in India, with over 100 henna processors operating in Sojat City.

The Origin of Henna



http://hennacolorlab.com/what-is-henna/

The name henna also refers to the dye prepared from the henna plant and the art of temporary tattooing based on those dyes. Henna has been used for centuries to dye skin, hair, and fingernails, as well as fabrics including silk, wool, and leather.
Henna was used for cosmetic purposes in the Roman Empire, Convivencia-period Iberia, and Ancient Egypt, as well as other parts of North Africa, the Horn of Africa, the Arabian Peninsula, the Near East and South Asia. It can be found in other hot climates like Pakistan, India, and Australia. There is very persuasive evidence that the Neolithic people in Catal Huyuk, in the 7th millennium BC, used henna to ornament their hands in connection with their fertility goddess.
The use of Henna in the 4th-5th centuries in the Deccan of western India is clearly illustrated on Bodhisattvas and deities of cave wall murals at Ajanta, and in similar cave paintings in Sri Lanka. The evidence proves henna usage in India seven centuries before the Moghul invasion, and hundreds of years before the inception of the Islamic religion, which began in the mid-7th century AD. – in southern China and has been associated with erotic rituals for at least three thousand years, during the ancient Goddess cultures.

See more at: http://hennaartconnection.com/history-of-henna#sthash.NHWOpNle.dpuf

The plant grows best in heat up to 120F degrees and contains more dye at these temperatures. It wilts in temperatures

below 50F degrees. It also grows better in dry soil than damp soil. The leaves are in opposite decussate pairs and vary in sizes from approximately 2-4 cm. long. The flowers are fragrant, produced in conical panicles 1040 cm long, each flower 5 mm diameter, with four white petals. The fruit is a dry capsule 68 mm diameter, containing numerous 12.5 mm seeds. The henna plant contains lawsone which is a reddish-orange dye that binds to the keratin (a protein) in our skin and safely stains the skin. The stain can be from pale orange to nearly black depending on the quality of the henna and how well one's skin takes it. A good henna, fresh from hot & dry climates, will stain the darkest.

There are several places where you can look for henna: Indian, Islamic, Middle Eastern, or Moroccan aromatherapy or specialty body care shops, some organic and natural pigment supply companies carry it. When you wish to buy Henna several things you should check for the first one is to make sure that the product is for the skin not for the hair.Henna for hair is often chemically treated and includes tiny bits of leaves instead of the fine powder that is needed to pass through the small tip of a mehndi applicator.You must not grind the Henna or sift it you lose a great percentage of your product is a waste of time and money.
Quality control is crucial in this search due to some products can fail to leave any stain at all, some products that were opened, expired, half used or not even in the container!

Here is what to look for:

That the bag is not open at all, check the expiration date on the box and that has not been corrected (that actually happens, or if the box says Black Henna that product is not what you want. even if the pictures on the container are black

that doesn’t mean that the Henna is black.
If you want to purchase Henna in bulk, this product sold like this way usually comes in three colors: Black which usually is for the hair, and will not leave any mark on the skin, neutral,which is made to leave as little as color possible is not intended for Mehndi; Red, which is what is what you want, usually the store will tell you that all of it is fine, not so much at all.
The Henna powder for Mehendi should be as fine as talc powder, sometimes maybe little twigs or bits of leaves if your intention is to do fine delicate designs get the best fine quality. The Bulk Henna sold, for the most part, has got 30% to sometimes 60% of products that will have to discard or use to dye the hair. Bulk Henna quality vary dramatically.

TIP:

In a Hindu store, the advantage is that is used for common ailments as well as cosmetic purposes. Get a small amount and test it at home.

A fresh top quality Henna will be very fragrant, like a fresh herb. The color will be green and sometimes umber or brown. This should not be mistaken for neutral Henna, which is always pale brown in color. There is no such a thing as truly black Henna. Sometimes Henna stains from pale orange to deep rust or sienna.
Henna paste drys black as it is drying the skin and the paste still on, so the photographs you see are taken before the paste was removed, if you happened to get a very strong henna it will stain a blackish color the reason for that is the red color deepens to black but soon enough you will see the blackish color fading to red. The fine detail is more likely to keep the black shade and that is usually due to multiple applications or leaving the paste on the skin longer time with the proper heat, anything else involves harsh chemicals added

to the Henna.
Henna comes in different shades but not in different colors, in if you find that in the market the product you are seeing got substances added to the recipe, by Loretta Roome recommends to find a strong natural Henna begin learning recipes and application techniques.
Most Henna that is readily available on the market is treated, on the box it may say 100% pure Henna, read the ingredients, because they do not specify what happened to it before it was packaged. This kind of product will have a very strong artificial odor and will look gray they usually contain turpentine, kerosene, or clove oil which for most people is too strong and can cause a skin reaction, is always recommended to do a small patch test.Most of the products manufactured in the States are extremely overpriced and filled with unnecessary fillers, with cheap applicators, stencils, oils, and clutter, and some cases is no Henna at all !!! great.
A decent 1 pound costs about $12.00 so if you are paying more than that for three ounces you are over paying.
I several ingredients that are used to make Mehndi paste one of them is black tea, like Ceylon black, works great, dark coffee to like the kind that you find in Middle Eastern stores, do not purchase flavored coffee or light beans it won’t work, Tamarind, is very popular in Indian , Latin, and Asian stores, is a fruit and usually sold dried, the cost is usually about $3 dollars a pound, (use it for skin masks due to the fact that contains natural AHA which renews skin in an amazing way and way cheaper than the products sold in a bottle with no so pure AHA), the fruit from the Dominican Republic is too light in color. Tamarind also comes in concentrate form which is good to use too. In these stores, you can find clove, mustard oil, and eucalyptus oil. Make sure that they are essential oils in tinted glass bottles.

The same with pre-made pastes sold in cones or tubes, the reality is that real quality Henna only last fresh two to four

days premixed, the premixed have very harsh preservatives that can react on your skin very different than real pure Henna, you can order Henna that is already mixed you have to be prepared to pay more for overnight shipping, is a number of reliable places that you can order from Loretta Roome shares these reliable sources.

Let’s talk tools from Loretta Roome suggestions:

She suggested the Jacquard bottle for the applicator and you can locate it in an art supply store along with items used for dyeing or batik. They are half ounce plastic bottles, with metal tips sold separately in three sizes with .09, .07, .o5 centimeters opening, you will need to make cones to fill your Jacquard bottles. she shares other ways to do this in her book The Timeless Art of Henna Painting

Jacquard bottles



Cone applicators for Mehndi


Beachcomber

Basic ingredients:

Henna
Tea
Coffee
Spring Water or Distilled Water
Lemons
Sugar

Optional Ingredients

Eucalyptus Oil
Mustard Oil
Cloves
Okra
Tamarind
Garlic
Pepper
Orange Blossom Water
Cardamom
Black Walnut Hulls (Ground)
Fenugreek Seeds
Pomegranate

Basic Tools

Cone or Bottle (with tip)
Scissors
Scotch Tape
Tea Strainer with handle
Ceramic, Glass, or Wooden Bowl
Wooden or Plastic Spoon
Lemon Squeezer or Reamer
Flat Toothpicks
Cotton in balls or strips
Heavy duty clear plastic drop cloth or freezer bags

Cotton swabs

Miscellaneous Items Loretta Roome recommends

Coal
Incense
Cosmetic Makeup Applicators
Pumice Stone
Loofah, fiber cloth or Mitt
Candles
Heating Pad or Hair dryer
Plastic wrap
Gauze

Here Loretta Roome shares Resource Guide:

Color Trends
5129 Ballard Ave. NW
Seattle, Washington 98107
206-789-1065

Reshma Henna

Shelly Mehndi powder Kaveri Enterprises

Sada Bahar Dulhan Mehndi red

Green color Henna

Amber color Henna

Different color Hennas

Green Henna most used:



Amber Henna:



For body decorations, the leaves of the henna plant are dried, crushed into a fine powder, and made into a creamy paste using a variety of techniques. This paste is then applied to the skin, staining the top layer of skin only. In its natural state, it will dye the skin an orange or brown color.

Although it looks dark green (or dark brown depending on the henna) when applied, this green paste will flake off revealing an orange stain. The stain becomes a reddish-brown color after 1-3 days of application. The palms and the soles of the feet stain the darkest because the skin is the thickest in these areas & contain the most keratin. The farther away from hands and feet, the henna is applied, the lesser the color. The face area usually stains the lightest. The designs generally last from 1-4 weeks on the skin surface depending on the henna, care and skin type.

Henna works on all skin types and colors. It looks just as beautiful on dark skin as light skin but because some people skin may take the dye better than others, it can look more prominent on one and not as much on another (even lighter skin). But nevertheless, henna is a symbol of beauty, art, and happiness and is meant for EVERYONE!



Because henna acts as a sunblock, there is an added benefit to having henna designs in the summer. For those who love to get a tan It leaves tan lines! In order to benefit from this, it is best to get a henna design, let its natural color stay on for 3-5 days and then go and get a tan. This way you can

enjoy the natural henna color on your body, the henna color with the tan, and then tan lines in the shapes of the design (once the henna fades away)! The tan lines last as long as the actual tan!

Various shades are procured by mixing henna with the leaves and fruit of other plants, such as indigo, tea, coffee, cloves and lemon. The resulting paste is often used as a hair dye.
When used in decorative body art, sugar and oil are also added to the mixture to strengthen the color and longevity of design.
The earliest civilizations to have used henna include the Babylonians, Assyrians, Sumerians, Semites, Ugaritics, and Canaanites. The earliest written evidence that mentions henna specifically used as an adornment for a bride or woman's special occasion is in the Ugaritic legend of Baal and Anath, inscribed on a tablet dating back to 2100 BC, found in northwest Syria. Henna has also been used extensively in southern China and has been associated with erotic rituals for at least three thousand years, during the ancient Goddess cultures.

Because henna has natural cooling properties, people of the desert, for centuries, have been using henna to cool down their bodies. They make a paste of henna and soak their palms and soles of the feet in it to get an air conditioning effect. They feel its cooling sensation throughout the body for as long as the henna stain remains on their skin. Initially, as the stain faded away, it left patterns on the skin surface which led to ideas to make designs for decorative purposes. In the ancient Egyptian time, mummies wore henna designs and it is documented that Cleopatra herself used henna for decorative purposes.
Henna was not only a popular adornment for the rich but the poor, who could not afford jewelry, used it to decorate their bodies as well.
From the deserts of North Africa of northern India,

magnificent designs blossom and vanish upon hands and feet of women. Most commonly associated with romantic love and the ritual of marriage, henna designs are an integral part of bridal adornment in Hindu, Moslem, and Sephardic traditions now.

HENNA IN THE WEST





HENNA IN THE WEST

Today people all over the world have adopted the ancient traditions of adorning their bodies with the beautiful natural artwork created from the henna plant. It became a very popular form of temporary body decoration in the 90’s in the US and has become a growing trend ever since. Celebrities like Madonna, Gwen Stefani, Yasmine Bleeth, Liv Tyler, Rihanna, and many others proudly adorn their bodies with henna and show them off in public, movies, videos, etc. People throughout the west have adopted the eastern tradition in their lives by having their hands and feet painted for weddings, bellies painted while in pregnancy, heads adorned with henna while going through chemotherapy, scars camouflaged to make them unnoticeable, etc. Most commonly associated with romantic love and the ritual of marriage, Henna designs are an integral part of bridal adornment.

Mehndi is and art form that traditionally has been practiced exclusively by women. In North Africa, Asia,the Middle East, or any Indian or Moslem community, you will find women who decorate themselves with Henna. It is taught and practiced largely in the oral tradition, with recipes and patterns passed from one generation to the next.But while Mehndi retains an aura of festivity and wellbeing, it remains a sacred practice intended not just to beautify the body but to invite grace and good fortune into one’s home,one’s marriage, and one’s family. It is a kind of Talisman, a blessing upon the skin.


www.KellyCaroline.com

CULTURAL

Henna is used for many reasons including self-expression; a celebration of special occasions like weddings, holidays & birthdays; inspiration; reminders; beauty; cosmetic treatments; medicinal uses; blessings & well-being; to be part of an ancient tradition; and an alternative or precursor to a tattoo.
Henna painting in its purest form is largely improvisational and intuitive. Ancient symbols and motifs are subject to the whim and imagination of the artist, and great emphasis is put on the singularity and originality of each interpretation.

This art has always involved a relationship of the personal and the traditional, spreading slowly from one culture to another over thousands of years and taking on a new meaning with each rebirth. Now we become a part of this new evolution and we can discover for ourselves what Mehndi brings to our lives today, I am grateful for the opportunity, to leave something this old with my contribution.
Today, brides prefer to have their henna done prior to the Mehndi night so that they can enjoy the festivities and also have a deeper stain by the wedding day.
Tradition holds that for as long as the henna stain appears on the bride, she doesn’t have to do any housework! Also, the darker the stain the better the marriage and the better the mother-in-law will be! So you can imagine why the bride would want the stain to come out dark and last as long as possible! How about that ladies? something to play with aside from the Henna.

Traditional Wedding Henna



White wedding Henna



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parts of North Africa, the Horn of Africa, the Arabian Peninsula, the Near East and South Asia. It can be found in other hot climates like Pakistan, India, and Australia. The plant grows best in heat up to 120F degrees and contains more dye at these temperatures. It wilts in temperatures below 50F degrees. It also grows better in dry soil than damp soil. The leaves are in opposite decussate pairs and vary in sizes from approximately 2-4 cm. long. The flowers are fragrant, produced in conical panicles 1040 cm long, each flower 5 mm diameter, with four white petals. The fruit is a dry capsule 68 mm diameter, containing numerous 12.5 mm seeds.

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While henna is known by many names including Henne, Al-Khanna, Jamaica Mignonette, Egyptian Privet and Smooth Lawsonia, the art of its application is referred to as Henna (Arabic) or Mendhi (Hindu).
Acording to:http://www.islamicmedicine.org/henna.html

MEDICINAL PROPERTIES

Henna is considered an herb, and has long been known to have healing qualities. It is used topically and usually not ingested or inhaled. In ancient times it has been applied to the skin surface for such ailments as headaches, stomach pains, burns applied to a burn area for first and second degree burns decreases pain and fluid loss from the burn site (including sunburns), open wounds and ulcers, warts especially on the warts which are resistant to cryo (Nitrogen liquid) It

help to heals fissures and cracks in the foot and reduce foot infection., as a fever reducer, athlete's foot and even the prevention of hair loss Herpes Simplex it dries the vesicles at the site early. It is also a sunblock and has been used on the noses of animals to prevent sunburn. Another use of henna would be to apply it to goat skin bags, after they have been salt-cured. It "insect-proofs" or "moth-proofs" the bags by making the skin poisoned or inedible.
Used as an antiseptic and as an astringent, it is often applied to bruises and sprains, as well as boils, burns, and even open wounds!!! caution is suggested here consult your health provider.It is used to treat ringworm and headaches, sweaty hands, burning feet, and athlete's foot. Because of the cooling effect, it has on the skin, a ball of Henna paste is placed i the hand of a fevered child in order to bring the temperature down. An extract derived from putting Henna leaves in boiling water is used as a gargle to alleviate ad get rid of a sore throat, and taken internally to act as a tonic and to help stomach pains.
The Bark of the Henna plant is used to treat jaundice, enlargement of the Spleen and various skin diseases.It is also used as a deodorant since its cooling effect prevents perspiration.

http://www.islamicmedicine.org/henna.html

TRADITIONS

Henna is traditionally used for special occasions like holidays,
birthdays and weddings in Africa, Pakistan, India, and the Middle East. The most popular of the traditions is the Mehndi

(henna) Night where the bride, her family, relatives, and friends get together to celebrate the wedding to come. The night is filled with games, music and dance performances that may have been rehearsed for months prior to the event by those closest to the bride while the bride gets extensive henna patterns done on her hands and feet that go to her elbows and sometimes, knees. The bridal patterns can take hours and are often done by multiple henna artists. The guests will usually receive small designs (tattoos) on the backs of their hands as well.

Today, brides prefer to have their henna done prior to the Mehndi night so that they can enjoy the festivities and also have a deeper stain by the wedding day.

Tradition holds that for as long as the henna stain appears on the bride, she doesn't have to do any housework! Also, the darker the stain the better the marriage and the better the mother-in-law will be! So you can imagine why the bride would want the stain to come our dark and last as long as possible!

Another link can be found in the poetry and folklore of India, where Mehndi is often referred to as love juice.

Mehndi marks a samskara, or rite of passage, in a woman's life. In classical Indian tradition, there is no formal ceremony at the time of puberty to celebrate the young girl's coming of age Mehndi is there for associated with the sexual initiation into womanhood, as well as the union of husband and wife.

It is associated with transformation and transcendence.

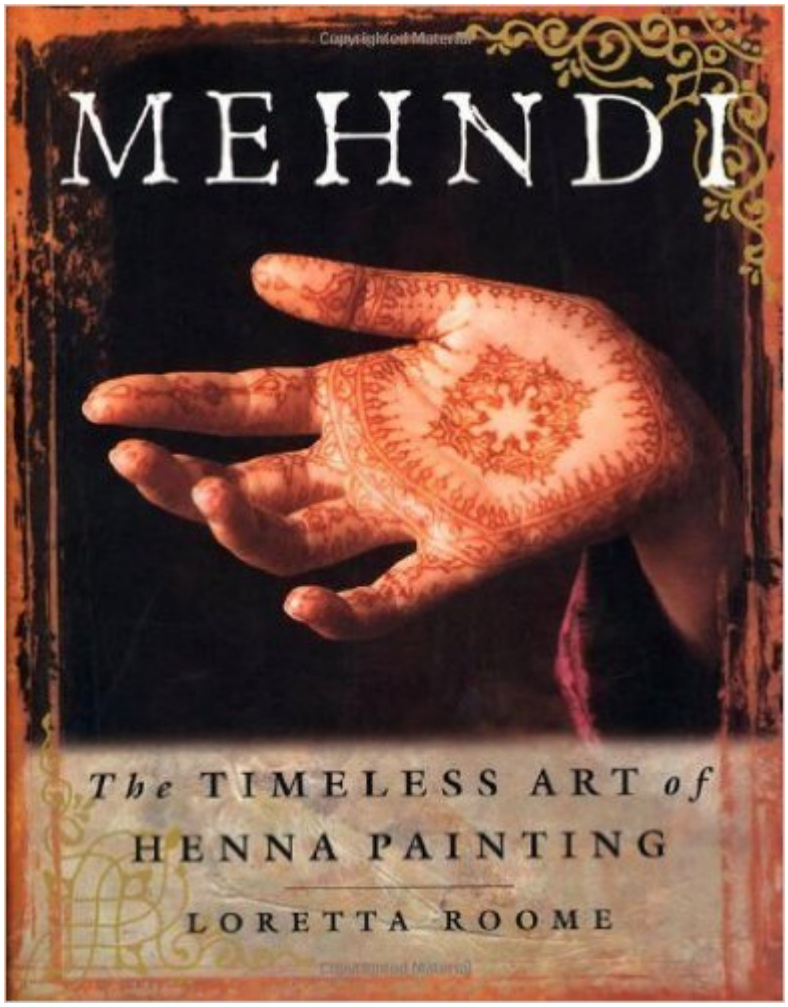
Ceremonial painting is considered sacred work, and beautification a form of worship.

Mehndi is a language. In India, there is a special term Shringar, that is used to describe the beauty of a woman's creativity and Shringar is the power of beauty beneath the surface, and Mehndi is also included in the Kama Sutra as one of the sixty-four arts of women.

Adornment in India is usually motivated by religious beliefs and has none of the stigmas of vanity and materialism that it has in the west.

One of the most common superstitions about Mehndi has to do with the color of the Henna, if the color is deep red for example, it is said that love between the husband and wife will be strong and long lasting.
In Morocco, there is a very clear understanding that symbols of protection are the only action a human can take in the face of MEKTOUB (destiny), the determining force behind every individual’s life. Often Henna is used to guard against misfortune put on the forehead to determine the fortune of the woman or the man.

Here we share some videos of authority Mehndi application and facts these are very informative and a must if you wish to do Mehndi at home.

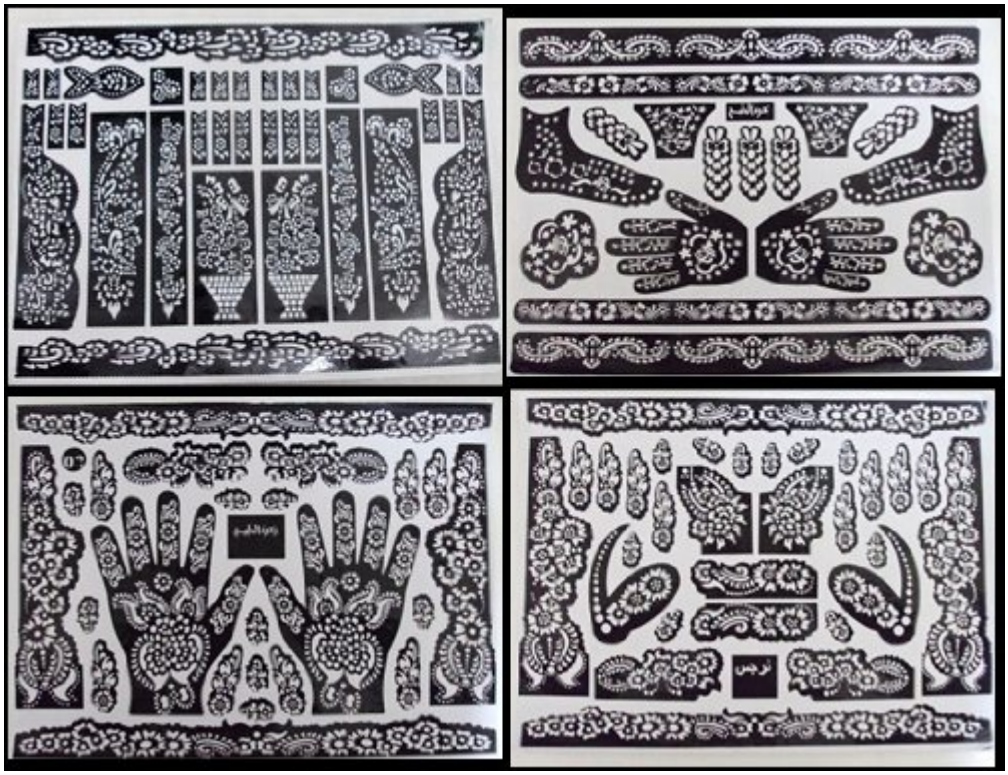


Mehndi : The Timeless Art of Henna Painting by Roome, Loretta

Mehndi, the ancient art of painting on the skin with henna, beautifies the body, rejuvenates the spirit, and celebrates the joys of creativity and self-expression. More than just a temporary tattoo, mehndi offers us a way to participate in a centuries-old tradition still practiced in India, Africa, and

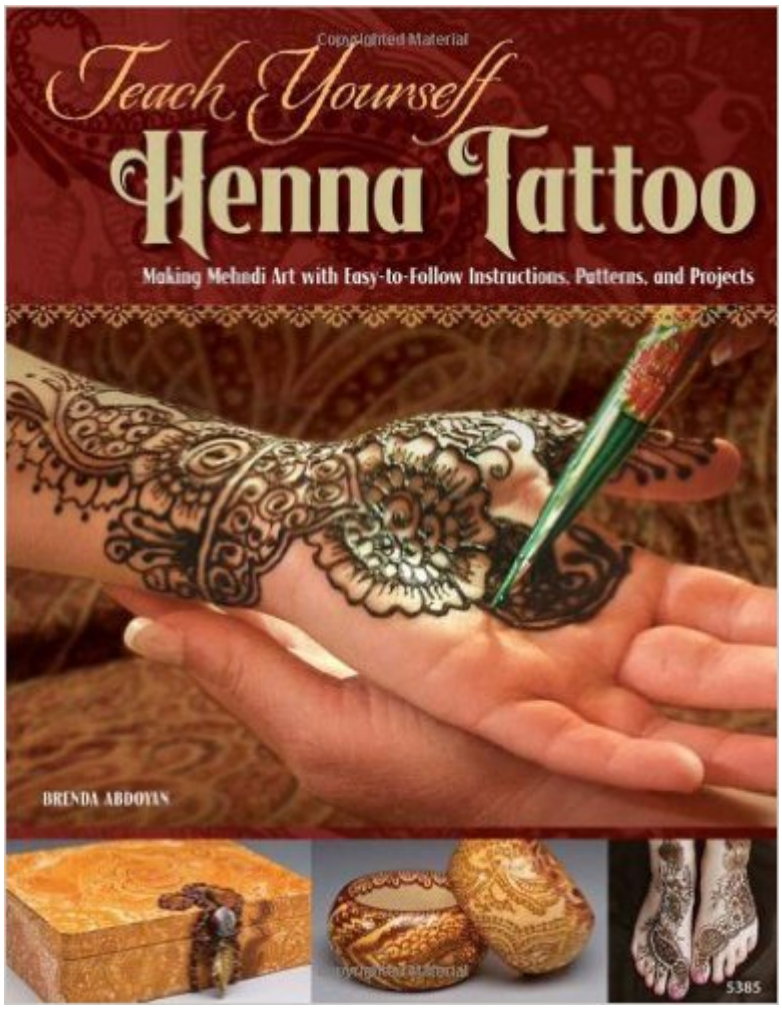
the Middle East.

In this stunning and authoritative book, Loretta Roome traces the origins and meanings of traditional designs, demonstrates how to create them on the skin, and reveals the recipes, tools, and techniques needed to paint designs that range from simple to complex. The result of years of research and the author’s experience as one of the nation’s foremost mehndi artists, Roome’s book offers practical information, creative inspiration, and many suggestions for enhancing the playful, intimate, sensual, erotic, and spiritual aspects of the ancient and amazing art of mehndi.



10 A3 SHEETS Self Adhesive Decal Stencils

For Henna Temporary Tattoo Reusable DIY



Teach Yourself Henna Tattoo: Making Mehndi Art with Easy-to-Follow Instructions, Patterns, and Projects

Color your world with the fabulous art of henna tattoo with this book of patterns and instructions for the body and even home decor objects! Learn how to combine the 5 basic henna shapes into a variety of exotic mendhi designs.



[Silk & Stone 100% Pure & Natural Henna Powder]

Spider Veins what are they and what to do about them



Thanks, all of you from all of us at Isabel’s beauty blog, you’re a great part of our success with the likes and visits, without it there is no blog.

This week 244 we are sharing information and valuable research from authorities in the field of vein wellness, this subject is a very concerning one for thousands of people across the world and in general not much information readily available on the cause and how to modify our lifestyle to correct this

challenge, we said this due to the fact that this condition can get out of hand and really place us in a position of desperation and make a decision that will only address the symptom but not the cause. Like everything in life we must take responsibility personally to learn how our body, mind, and spirit works so we can live a life of full wellness across the board, before we face a chronic state and that will really take work, so lets start and connect with the reality of what causes this issues, here we go, we wish you wellness.

According to http://www.acupuncture.com/newsletters/m_aug10/varicoseveins.htm

The color of the veins is usually blue to dark purple and this color is very significant according to traditional Chinese medicine diagnosis.

Purple and bluish veins indicate that the body system is being affected by a traditional diagnostic concept known as “Blood Stasis”.

The term blood stasis includes symptoms like varicose veins, spider veins and thick dry skin such as on the heel as well as fixed stabbing pains that could be anywhere in the body. Ancient Chinese physicians understood the concept of blood flow and the relationship of blood vessels to the heart hundreds of years before the US medical physician William Harvey wrote about blood circulation.

Individuals with varicose veins have a decreased ability to break down fibrin, a compound involved in clot and scar formation. When fibrin is deposited in the tissue near the varicose veins, the skin becomes hard and lumpy due to the presence of fibrin and fat

The Chinese perspective

Varicose veins, in the Chinese medical tradition, are due to a weakness of the muscles and connective tissues of the body, which are governed by the spleen network of the digestive system. With chronic weakness comes the pooling of blood and energy, leading to these spider veins.Treatments focus on strengthening the spleen network, supporting healthy digestive function, toning the muscles and activating movement of blood and energy. You can use acupuncture, acupressure, and massage to stimulate blood circulation and target certain veins; topical and herbal remedies will help reduce swelling and discoloration. Take these tips!

From: http://www.mysticmedicine.com

According to the Chinese model, yang is a specialized energy within the body that serves a number of functions, one of them being to send energy higher up in the body. This energy is usually higher in men. Yin energy, on the other hand, is energy that is lower in nature and thus assists in sending nourishment to the lower parts of the body. Yin, as you may have guessed, is higher in women. Varicose veins are seen as a result of decreased yang energies in the body, thus affecting more women, so they do not hold the veins as high and tight to the skin as they should. Instead, the excess yin energy is dragging them down.

That underlying reason is a deficiency of the Spleen energy. The Spleen, according to Chinese Energetics, has a tendency to retain heavy, damp energy, which inhibits it from producing healthy upward energy. As a result, the body suffers from being dragged down and heavy. That persistent heaviness in the veins results in them hanging down further and further the longer the spleen remains deficient. One way the Spleen becomes deficient is by excessive worrying, consuming cold foods, and cold drinks, and excessive amounts of raw wet foods like lettuce salads.

TIP

Massage lightly do not press on a vein, especially if it is painful, always consult your health practitioner

Press st 36 to restore blood flow



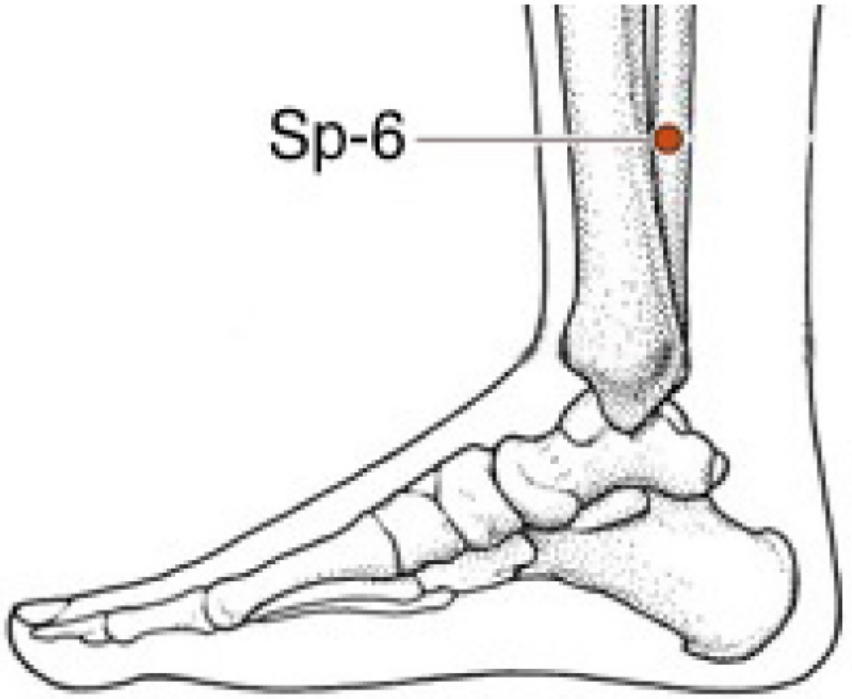
Dr. Ni shares: In my clinical practice, I have had success using acupuncture with electrical stimulation along the vein to help restore valve function. But you can use acupressure to help yourself.

Find the acupoint Foot Three Mile (St 36), located four

finger-widths below the kneecap on the right leg. Apply moderate pressure with your thumb until you feel soreness. Hold for 5 minutes. Repeat on the left leg.

Spleen 6





Find the acupoint Three Yin Crossing (Sp 6). It’s located four finger-widths above the inner anklebone, in the depression near the bone, on the right leg. Apply steady pressure(steady not hard) with your thumb until you feel soreness. Hold for 3 minutes. Repeat on the left leg.

Other acupuncture points on the leg such as the one called “sea of blood”, Spleen 10, is used to increase circulation of

blood when it is suspected of being “stuck” as in blood stasis. Dr. Ni, a licensed acupuncture physician, recommends electro-acupuncture alongside the varicose vein to enhance vein valve restoration.

Exercising every day keeps the varicose veins away

Dr. Ni also recommends specific lower-leg exercises to keep the muscles and veins strong. Swimming and biking (a stationary bike also works) are effective ways to strengthen your leg muscles without putting weight on your legs. Try to fit in at least 30 minutes a day, taking walks for at least half an hour. Also, a morning daily stretching program can help.

Veins must rely on the expansion and contraction of surrounding muscles to push returning blood along.

One sure way to exacerbate this is by standing for long hours in one spot without much movement of the lower limbs. This can increase pressure in the legs up to 10 times!

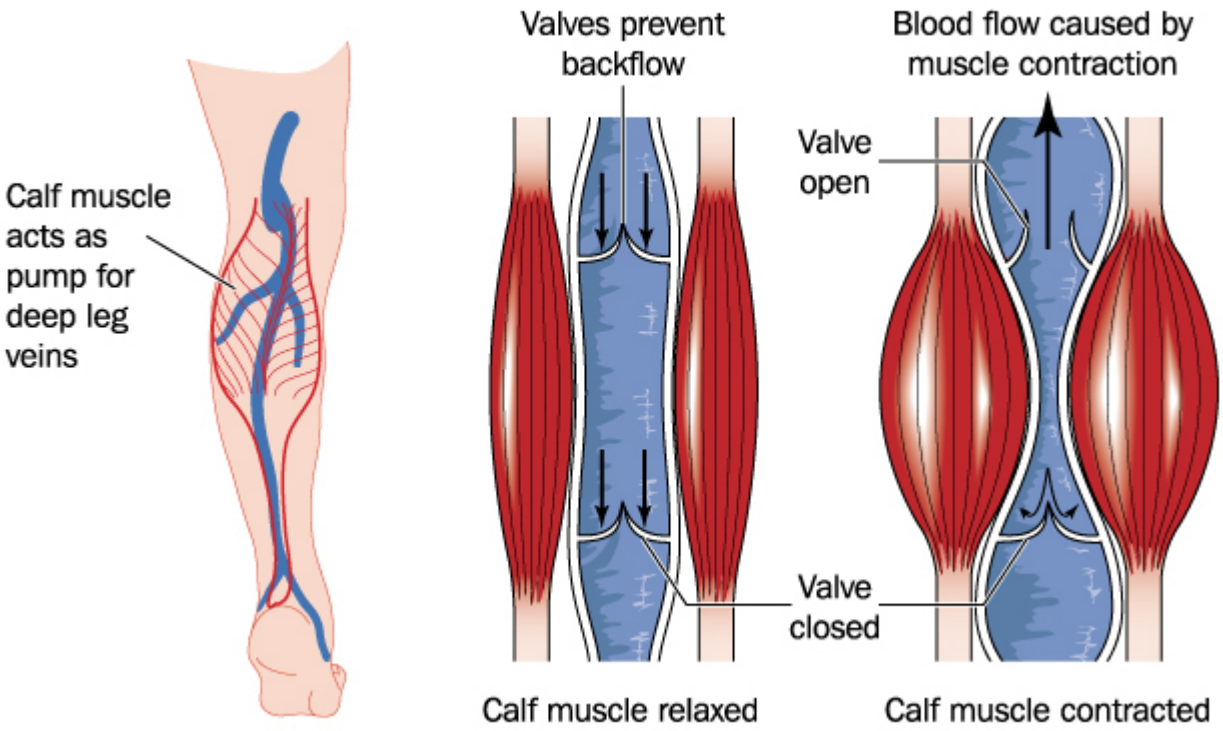


Immortal Straightening the Leg:

This is a Dao In qigong exercise that I recommend to my patients. When performed for 10 minutes twice a day, it helps

strengthen the muscles and promote blood circulation in your legs.

1. Lying on your back with your legs straight, feet apart and arms straight alongside the body with palms turned up.
2. Inhale and bend your left knee, folding your left leg into your chest. Interlace and clasp your fingers around the leg. Keep the rest of your body relaxed with your head on the floor.
3. Exhale and make a circle with your foot at your ankle. Do this 5 times clockwise and 5 times counterclockwise.
4. Inhale and straighten your knee so your leg is straight up, perpendicular to the floor.
5. Exhale and slowly lower your straight leg to the floor, returning to the beginning posture.
6. Repeat with your right leg.



Herbal recommendations for varicose veins

Another strategy is to target the local varicose veins with topical and oral herbal therapy to help reduce the swelling and discoloration of the veins.

- **Witch hazel** used topically is a traditional remedy. Massage witch hazel cream twice a day into the affected

area, which can help reduce the expression of spider and varicose veins.

- The herb **horse chestnut** (Aesculus hippocastanum) is helpful in reducing varicose veins. Available in capsule form, a typical dosage of horse chestnut is up to 600 mg daily, but I recommend you consult your acupuncturist for a more precise dosage.
- **Hawthorn berry** helps tone the cardiovascular system. Boil 1 cup of hawthorn berries in 4 cups of water for 20 minutes, then strain and drink 3 cups a day for one month.
- You can also find tea bags with hawthorn berry in it, all ready for the teacup. Internal Cleanse is an herbal tea blend, including hawthorn, which is formulated to help cleanse and purify the body.
- **Grapeseed extract** contains bioflavonoids called procyanidolic oligomers (PCOs), which are the most powerful natural antioxidants and free radical scavengers ever found. These PCOs benefit the circulatory system by enhancing capillary and vein function, which helps the heart; they also reduce bruising, edema from injury or trauma, varicose veins, and leg swelling. The only practical way to obtain enough grapeseed is by taking in a supplement.

Dietary tips for varicose veins

Buckwheat contains the bioflavonoid ***Rutin***. Rutin reduces capillary fragility, increases the integrity of the venous wall, inhibits the breakdown of the compounds composing the ground substance, and increases the muscular tone of the vein.

Consume a high-fiber diet

-Increase consumption of blue-red berries such as

blackberries, cherries, and blueberries. These berries strengthen and support the structures of veins as well as the vascular system as a whole. They are rich in R*utin,* as described under buckwheat above, *proanthocyanidins* and *anthocyanidins.* which are flavonoid compounds.

-Consume onions, ginger, and cayenne frequently and liberally because they can help fibrin to break down. A decreased ability to break down fibrin, a protein involved in blood clotting and scar formation, causes increased depositing of near varicose veins. This results in a condition called *lipodermatosclerosis,* where the skin becomes hard and lumpy.

Nutritional supplements

-Vitamin C: The healthy production of *collagen,* the most abundant protein in the body that forms all types of tissues in the body, is necessary for the production of blood vessels as well. Vitamin C strengthens the collagen structures of the veins. Another side benefit of Vitamin C is that it inhibits platelet aggregation, and regenerates oxidized vitamin E, enabling it to resume its protective activities.

–Bioflavonoids: If one cannot get enough of the bioflavonoids from the foods mentioned above, supplementation is important, particularly with the *anthocyanosides* (the blue-red pigments found in berries). This pigment enhances the effects of vitamin C, stabilizes the collagen matrix by preventing free-radical damage, inhibiting enzymes from cleaving the collagen matrix, and directly cross-linking with collagen fibers to form a more stable collagen matrix, and increases the muscular tone of the vein.

–Fish Oils: Fish oils have blood thinning effects, improving circulation and reducing the pain caused by varicose veins.

Rutin

from: https://www.truthinaging.com/review/rutin-is-a-treatment-for-broken-veins

First of all, what is rutin? It is a flavonoid that is found in some fruits and vegetables and, in particular, the rind of citrus fruit. Flavonoids are multi-active components used in common cosmetics primarily for antioxidant and soothing actions. However, they also have a “strengthening” effect on blood vessel walls.

Spider veins and varicose veins occur as a result of the gradual weakening and deterioration of capillaries. which, being so small, are extremely susceptible to damage from free-radical assault. This can lead to rupturing and bleeding that is visible as “broken veins” on the surface of the skin.

How rutin works on blood vessels is complex. According to a Polish scientist, there are three main mechanisms: protection of the blood vessel, the prevention of platelets from aggregating and decrease in capillary permeability (source).

There’s another mechanism that I find pretty cool. Rutin has the capacity to regenerate vitamin C after it neutralizes a free radical, thus helping to restore its antioxidant potential. Because vitamin C plays a critical role in the manufacture of collagen, an important component of capillary walls as well skin.

Rutin may even work on varicose veins (enlarged, twisted veins that are not moving blood effectively), according to the University of Maryland. In particular, there are oxerutins, a group of chemicals in rutin, that have been studied on women with varicose veins in their legs.

Given how amazing Rutin is and that it may really be one of the few things that work for broken veins, it’s frustrating that it isn’t used in more skincare products. Perhaps, we can help change that… Altogether now! Let’s start rooting for Rutin!

Herbal medicinals

Certain herbs are known as having venotonic activity. Venotonics are herbs that enhance the structure, function, and tone of veins. Further, according to the Chinese energetics, some of these herbs help to tonify and the yang energy in the body. The most widely used of the herbs below are grape seed and pine bark, and they are possibly most effective. Some prominent herbal tonics include:

***-Aesculus hippocastanum* (horse chestnut)**

***-Vaccinium myrtillus* (bilberry):**

***-Vitis vinifera* (grape seed)**

***-Pinus maritima* (pine bark)**

According to Dr. Paul Nassif from EPION Beverly Hills

Laser vein therapy is a revolutionary medical technique which uses patented technology to eliminate benign vascular and

pigmented lesions non-invasively from the face and body. Facial Spider Vein Treatment is one of the more cutting edge treatments currently available. At Epione, we strive continuously to offer the most cutting edge techniques available to patients for medical treatment.

The principle procedure is that a laser penetrates the facial skin to raise the temperature of the blood vessel and safely coagulate it. Over time the vessel in the face fades and slowly disappears. It is highly recommended that large to mid-size veins be treated with an injection, and small to mid-size veins be treated by lasers.
Alternatives to Facial Spider Vein Treatment would be Sclerotherapy, which is an injection of sclerosing solution.

For more information on Dr. Nassif expert treatments and Discount coupons go to :

https://www.epionebh.com/treatments/treatments-skin/vein-treatment/

Homemade Recipes For Spider Veins

from http://www.findhomeremedy.com



Oranges

The vitamin C present in oranges is very crucial in the treatment of spider veins. Vitamin C is required to strengthen the blood vessels and improve the circulation of blood. It is also an excellent antioxidant which protects the tissues from damage. Eat oranges on a regular basis.





Castor Oil

Castor oil has anti-inflammatory and stimulating properties. It stimulates the blood circulation and increases the flow of blood to the blood-starved tissues. It prevents the blood from clotting in the veins and reduces their swelling. Massage the affected areas with warm castor oil twice a day.



Guava

Eating guavas can improve spider veins considerably. Guava is rich in vitamin C which is essential for the strength of the blood vessels and it has large quantities of vitamin K which

improves blood flow to the tissues and prevents discoloration.

It also contains lycopene which is an antioxidant that protects the cells and tissues from toxic damage. Eat guavas as much as you can to strengthen the capillaries and veins and to improve the blood flow. If the circulation of the blood increases, it will not stagnate in the blood vessels and cause further harm.



Apple Cider Vinegar

Apple cider vinegar is the most common home remedy for spider veins. It improves the appearance of the veins by reducing the

swelling and increasing the blood circulation to the affected areas.

Soak a clean cloth in apple cider vinegar and apply as a compress on the spider veins. Keep the compress for half an hour. Repeat this twice a day until the veins regain their normal appearance.



Mustard Oil

Mustard oil is very good in stimulating the blood circulation and in strengthening the valves. Massage twice a day all the affected areas. You will notice a difference in the spider veins very soon.

How to Get Rid of Varicose Veins : Circulation Part 2 : Home Remedies – VitaLife Show

How to Get Rid of Varicose Veins Naturally

Fade Spider Veins

Click on the images below to find out more about any of these products



Nutraluxe MD Blue Nutra Light Acne Solution



M’lis VANISH Spider Vein Cream 2oz

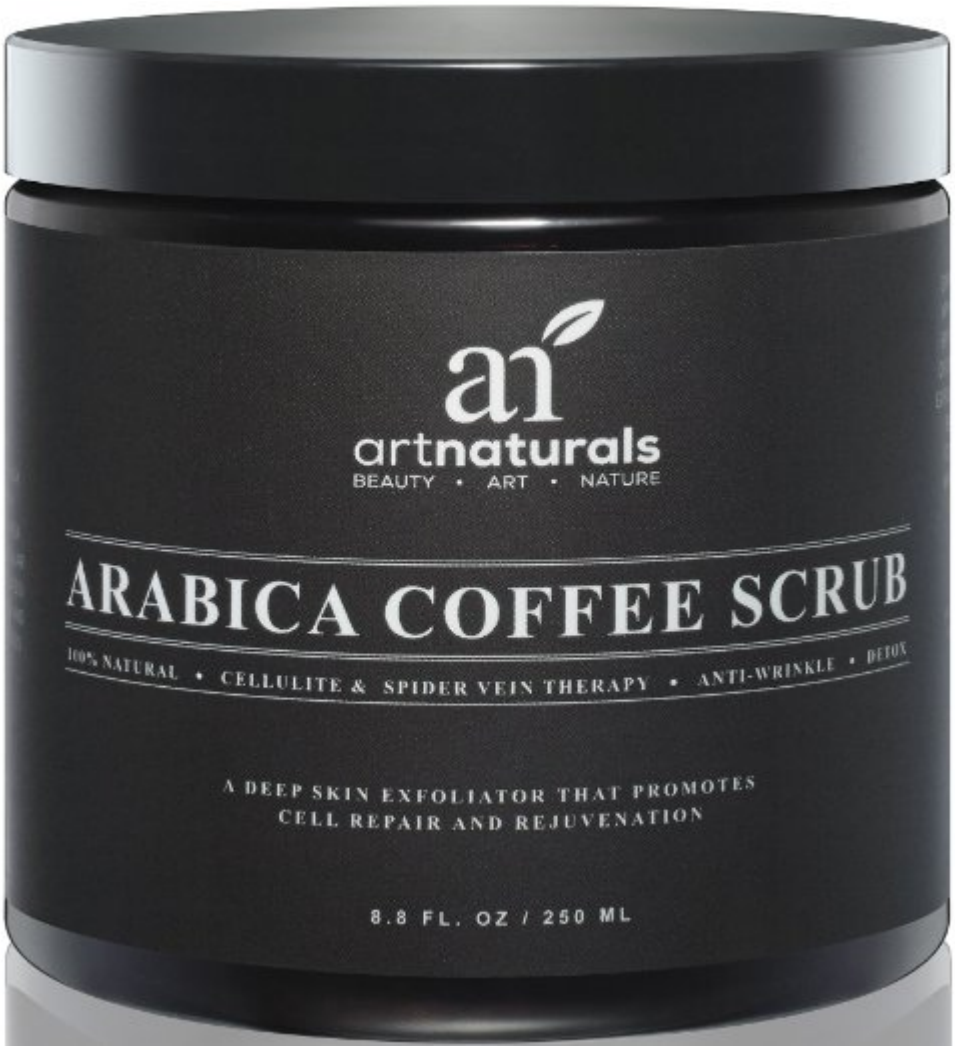


Clinicians Complex Varicose Vein Lotion


JAMBES
LEGERES
GEL ULTRA FRAIS
Tonifiant - Apaisant
SOOTHING LEG GEL
Toning-draining - Refreshing
HÉLIABRINE
150 ml - 5 Fl Oz

Heliabrine Refreshing Leg Gel 150ml. Top Rated Varicose Veins Treatment With 100% Natural Ingredients

HIGH QUALITY-Refreshing Leg Gel formulated by Pharmacists and Tested under Dermatological control, This Varicose Veins Treatment contain Natural Active Ingredients carefully selected to offer every Woman a Treatment in perfect Harmony with her Skin’s Needs. Get rid of Thread Veins, Burning Feet, Burning Leg Pain, Legs Burning. It will leave you with Satin Smooth Skin.



Art Naturals Organic Arabica Coffee Scrub 8.8 oz – The Most Powerful Remedy for Varicose Veins, Cellulite, Stretch Marks, Eczema & Acne – Deep Skin Exfoliator

ARTNATURALS DEAD SEA SALT & COFFEE BODY SCRUB, 100% SATISFACTION GUARANTEED: Your satisfaction is what drives us

to provide the highest quality all natural and organic health and beauty products on the market. If at any time you are not completely satisfied with your purchase feel free to return it to us for a full and prompt refund. At ArtNaturals we are committed to the fair and honest treatment of our global growers and partners. This is why our Dead Sea Salt Coffee Scrub is certified fair trade. This level of dignity and respect stretches beyond our workforce to include all of nature. We stand committed to the production of paraben free and cruelty free goods. Building relationships of trust with those committed to an organic and natural lifestyle is what we do.


KERNEL

Joint pain LED Light Therapy Red Handheld Pdt Machine Infrared Light Therapy for Wound Healing,pain Relief, Skin Repair, Joint and Muscle Relief

- ombination Near infrared light and red light for joint and muscle pain relief no side effect
- Red Light therapy for skin repair, wound healing, muscle healing
- 48 pc double chip high intensity LED light, short treatment time.
- Handheld type, small and light ,easy to carry,USB port and build in rechargeble battery ,make the treatment convenient
- Interchargeble treatment head, with pulse and timer function



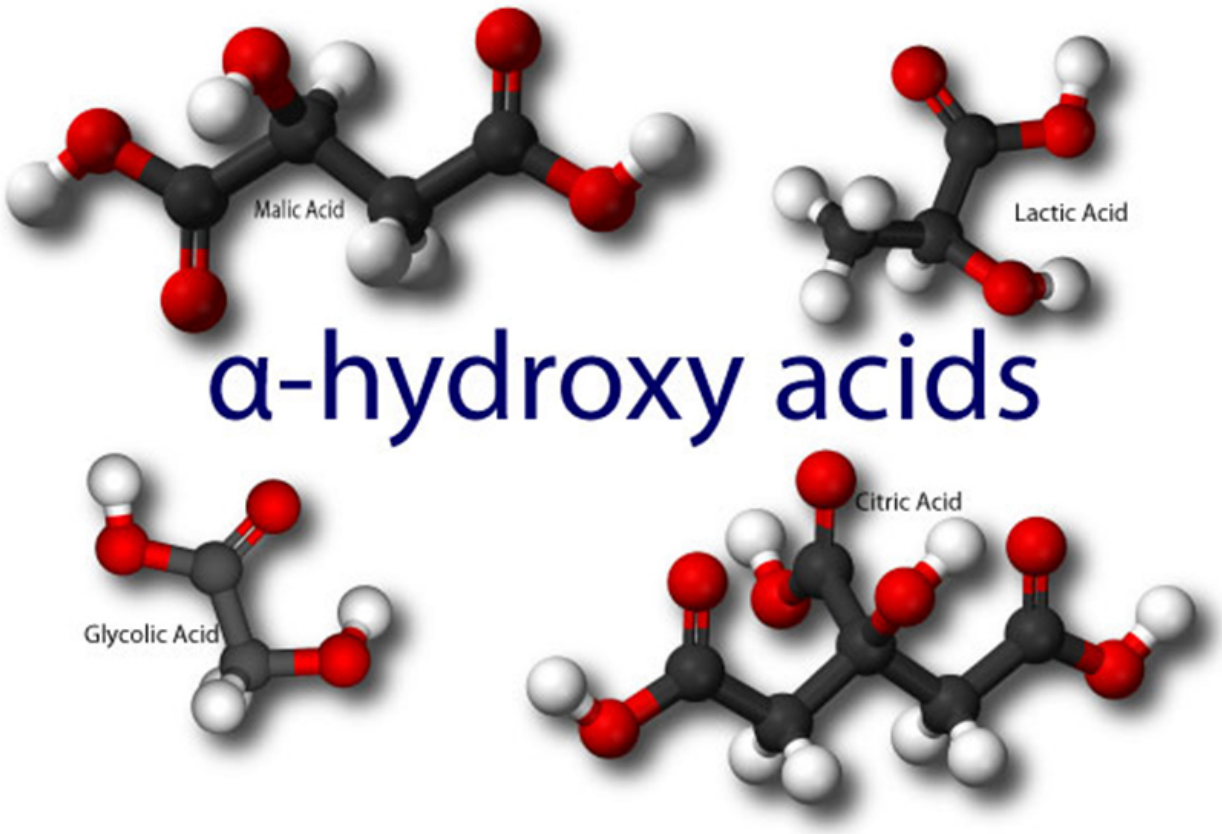
Traxandco LW-007 skin tightening device home use rechargeable skin rejuvenation beauty facial instrument

- 1.8 Degree for cold therapy
- Portable and easily control
- Make face skin tight, smooth and delicated
- Enhance to help blood circulation, metabolism and relaxation

- Strengthens collagen; enhances elasticity

What are Alpha Hydroxy Acid (AHA’s) and their use in skin care

Alpha hydroxy acids (AHAs)



Hello and welcome to week 243. Thank you for all your likes and visits we appreciate your time and the attention that you invest in the post. It is yours as much as ours, please share and like if you do so other people can benefit from it also, a

big thank you again for your faithful support from all of us at Isabel’s Beauty Blog.

Do you know what Alpha hydroxy acid (AHA) means? We are all exposed to many products in the market that have AHA in them, but for the most part, most people don’t know what this means. The name refers to a class of chemical compounds that consist of a carboxylic acid substituted with a hydroxyl group on the adjacent carbon WOW! that is a lot of names, isn’t it ? They may be either naturally occurring or synthetic. AHA’s are well known for their use in the cosmetics industry. They are often found in products implying to reduce creases and flaws or the signs of mature skin and improve the overall look and feel of the skin by basically activating the body’s response to the AHA’s. In other words aiding the bodies natural resources to renew the skin is a lot like what dermabrasion and Skin resurfacing do. As a matter of fact, it is a form of skin resurfacing.

Here in our blog post what we researched will explain to a very large extent what these chemical compounds do and how to use them, their qualities and their drawbacks when not used properly.

According to https://en.wikipedia.org/wiki/Alpha_hydroxy_acid

A-Hydroxy acids, or **alpha hydroxy acids** (**AHAs**), They may be either naturally occurring or synthetic. AHAs are well known for their use in the cosmetics industry. They are also used as chemical peels available in a dermatologist’s office, beauty, and health spas and in home kits, which usually contain a much lower concentration of around 4%. Although there is evidence for their effectiveness,cosmetic manufacturers have made exaggerated claims of performance and oftentimes the source AHA is not of real quality or the right concentration Many

well-known (AHAS) α-hydroxy acids are useful building blocks in organic synthesis: the most common and simple are glycolic acid, lactic acid, citric acid, mandolin acid.You can check the pink links for the complete definition of the different acids.

Cosmetic applications



Understanding skin structure and cutaneous aging and oxidation are helpful to the description of the topical action of **alpha**

hydroxy acids(AHAs). Human skin has two principal components, the avascular epidermis, and the underlying vascular dermis. Natural Cutaneous aging, while having epidermal concomitants, seems to involve primarily the dermis and is caused by intrinsic and extrinsic aging factors and that is how is determined by science at this time.



AHAs are a group of organic carboxylic compounds. AHAs most commonly used in cosmetic applications are typically derived from food products including glycolic acid (from sugar cane), lactic acid (from sour milk), malic acid (from apples), citric acid (from citrus fruits) and tartaric acid (from grape wine) so as you see these are very reliable sources. For any topical compound to be effective, including AHA, it must penetrate into the skin where it can act on living cells so with that said AHA's are great used with the Needle pen or other mechanical exfoliation procedures that penetrate the first layer of the Skin we will talk about the process further in the Post. Bioavailability (influenced primarily by small molecular size) is an important factor in a compound's ability to penetrate the top layer of the skin. Glycolic acid, having the smallest molecular size, is the AHA with the greatest

bioavailability and penetrates the skin most easily; this largely accounts for the popularity of this product in cosmetic applications, is important to do research and check the percentage and what the other ingredients are that can counter act the potency and effectiveness of the AHA’s work, when in doubt do a patch test or consult your beauty expert or if you happend to have more serious issues with your skin please consult your Dermatologist before using AHA’s.

Natural sources of AHA’s

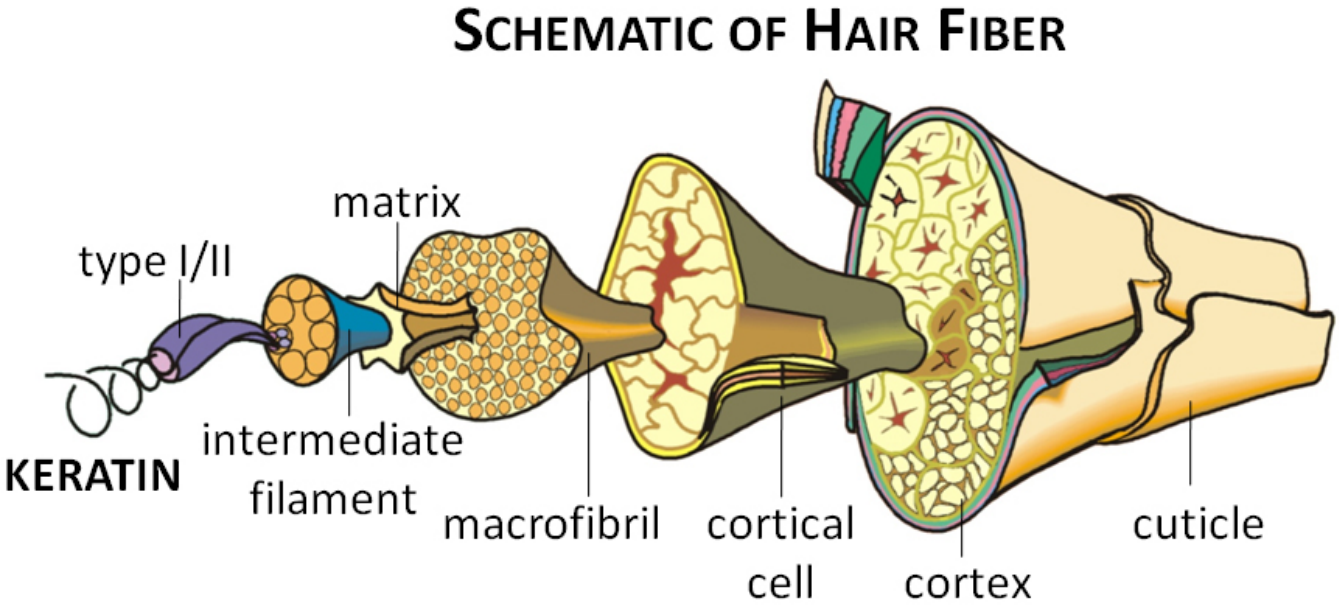


Epidermal effect



AHA’s have a profound effect on keratinization; which is clinically detectable by the formation of a new stratum corneum. It appears that AHAs modulate this formation through diminished cellular cohesion between corneocytes at the lowest levels of the stratum corneum.

Keratin



kɛrətɪn is a family of fibrous structural proteins. Keratin is the protein that protects epithelial cells from damage or stress that has potential to kill the cell. It is the key structural material making up the outer layer of human skin. It is the key structural component of hair and nails, and it provides the necessary strength and toughness for masticatory organs, such as the tongue and the hard palate, is pretty strong!. Keratin monomers assemble into bundles to form intermediate filaments, which are tough and form strong unmineralized tissues found in reptiles, birds, amphibians, and mammals, Wow!. The only other biological matter known to

approximate the toughness of keratinized tissue is chitin.

Chitin: A tough, semitransparent substance that is the main component of the exoskeletons of arthropods, such as the shells of crustaceans and the outer coverings of insects. Chitin is also found in the cell walls of certain fungi and algae.

Keratin filaments are abundant in keratinocytes in the cornified layer of the epidermis; these are cells which have undergone keratinization.

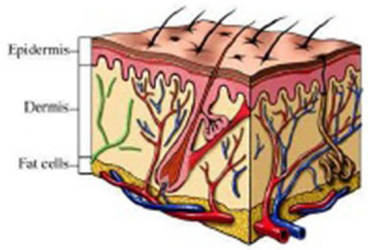
•Like the *α-keratins* in the hair (including wool), horns, nails, claws and hooves of mammals.

•In the harder *β-keratins* found in nails and in the scales and claws of reptiles, their shells (Testudines, such as tortoise, turtle, terrapin), and in the feathers, beaks, claws of birds and quills of porcupines.

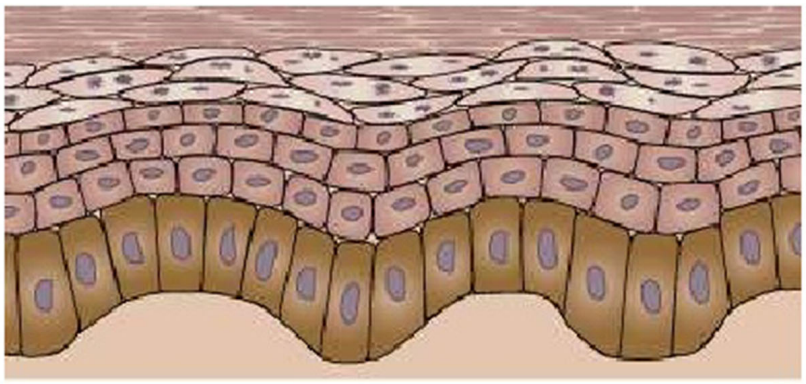
Skin Structure and function

Epidermis layers (4 main + 2)

1. Stratum corneum: *horny layer;* tightly packed, scale-like cells, continuously shed & replaced
2. Stratum lucidum: clear layer; small, transparent cells through which light can pass (only on hands and feet; not present where there are hair follicles); horny zone
3. Stratum granulosum: *granular layer;* cells that look like distinct granuals; these cells are dying; horny zone
4. Stratum spinosum: **basal layer -** *prickle cell layer;* as cells undergo mitosis below, they are pushed upward into this layer; begins basal layer
5. Stratum mucosum: **basal layer -** also called *stratum germinativum*, but stratum germinativum refers to lowest row of cells to make up basal layer; basal zone (living stratum)
6. Stratum Germinativum: **basal layer -** composed of single layer of cells, lowest layer of cells to make up living stratum or basal layer; mitosis happens here and cells begin journey to surface, to replace older cells that are shed; approximately 28 days for journey; pigment granules produced here (melanocytes) to give skin color



1.
2.
3.
4.
5.
6.



Stratum corneum

The ***stratum corneum*** Latin for ‘horny layer’ is the outermost layer of the epidermis, consisting for the most part of dead cells (corneocytes). This layer is composed of 15-20 layers of flattened cells with no nuclei and cell organelles.,as per wikipedia. The stratum corneum is composed of three lipid components: ceramides, cholesterol, and fatty acids.

The purpose of the *stratum corneum* is to form a barrier to protect underlying tissue from infection, dehydration, chemicals and mechanical stress so consequently the layer that is most exposed to exterior damage and oxidation and other common intruders. Desquamation, the process of cell shedding from the surface of the *stratum corneum*, balances proliferating keratinocytes that form in the *stratum basale*. These cells migrate through the epidermis towards the surface in a journey that takes in general approximately fourteen days, we should keep in mind that everybody is different so this count is a general estimate.

During cornification, the process whereby living keratinocytes are transformed into non-living corneocytes, the cell membrane is replaced by a layer of ceramides which become covalently linked to an envelope of structural proteins (the cornified envelope) did you know that? I just learned it myself. This complex surrounds cells in the *stratum corneum* and contributes to the skin’s barrier function.

Dermal effects

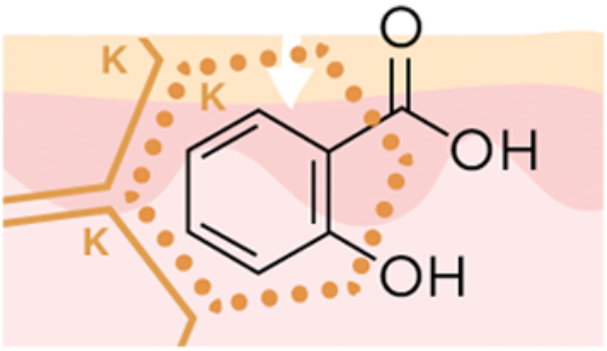
GLYCOLIC ACID

VERSUS

LACTIC ACID

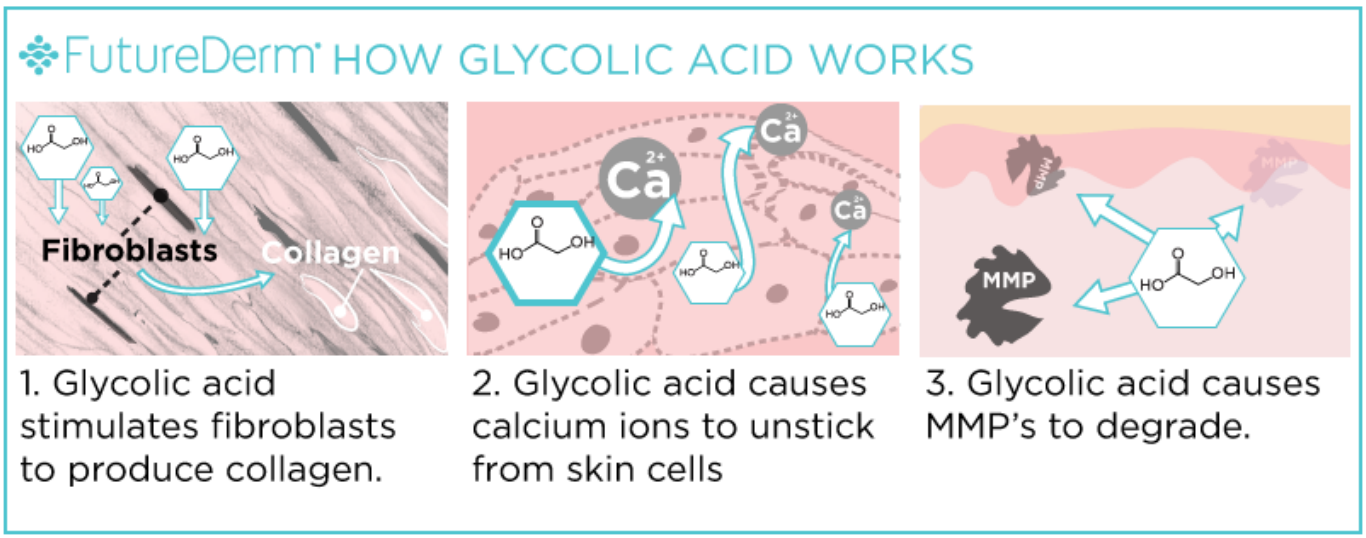
GLYCOLIC ACID	LACTIC ACID
Smaller molecular size, penetrates skin more easily	Larger molecular size, doesn't penetrate skin as well
Best for sun-damaged skin: boosts collagen production and thickens skin	Best for dry and sensitive skin: more moisturizing and less irritating
Although it can increase overall skin thickness, it also temporarily thins skin	OTC concentrations don't affect skin thickness

HOW SALICYLIC ACID WORKS



SALICYLIC ACID
penetrates and softens keratin, a protein that forms part of the skin's structure.

BY SOFTENING KERATIN,
the skin is more easily turned over, and new skin cells more readily come to the surface.



AHAs with greater bioavailability appear to have deeper dermal effects. Glycolic acid, lactic acid,, and citric acid, on topical application to photodamaged skin, have been shown to produce increased amounts of mucopolysaccharides and collagen and increased skin thickness without detectable inflammation, as monitored by skin biopsies.

AHAs are derived naturally from various plant sources and from milk, but 99% of the AHAs used in cosmetics are synthetically derived. For most part in low concentrations (less than 3%) Drs and licensed estheticians may use different strenghts and they are train to recognize the different applications of it,is of great importance to fallow instructions so you don't harm your self. AHAs work as water-binding agents. At concentrations greater than 4% and in a base with an acid pH of 3 to 4 (crucial to test or know the PH you can do this

action with a PH strip abaliavle in any drugstore), these ingredients can exfoliate skin cells by breaking down the substance in skin that holds skin cells together.(Please follow instructions and remember more is not necessary better and do a patch test)

The “glue”per say,that hold together the cells of the skin and the other epithelial tissues of the body are the adherens junctions.

The most effective and well-researched AHAs are glycolic acid and lactic acid. Malic acid, citric acid, and tartaric acid may also be effective, but are considered less stable and less skin-friendly.

A word of caution:

AHAs may irritate mucous membranes and cause irritation so is important to do a patch test and consult your health provider. However, AHAs have been widely used for therapy of photodamaged skin, and also have been reported to normalize hyperkeratinization (over-thickened skin) and to increase viable epidermal thickness and dermal glycosaminoglycans content, all of which lead to radiant healthy skin.

There is a vast amount of research that substantially describes how the oxidation, stress and maturing process affects skin and demonstrates that many of the unwanted changes can be improved and many times erase by topical application of AHAs, including glycolic and lactic acids. Because AHAs exfoliate sun damaged cells from the surface of skin, and because this layer imparts some minimal sun protection for skin, there is a risk of increased sun sensitivity when using an AHA. However, wearing a sunscreen daily eliminates this risk and creates protective shield, read the ingredients on your Sun screen we prefer Organic.

Tip: AHAs are of little benefit when added to rinse-off products, as their contact with skin is too brief for them to function as exfoliants or absorb into the skin in such a small amount of time.

from: http://dermatology.about.com/cs/skincareproducts/a/aha_2.htm

Some guidelines to consider when trying to decide which alpha hydroxy acid formulation to use:

It is best to pick one product that contains the proper formulation of alpha hydroxy acid to use as your exfoliant, and then choose other skin care products or cosmetics that don't contain alpha hydroxy acids to reduce the risk of skin irritation.

Using an alpha hydroxy acid in a moisturizer base may be the best combination of products T the same time a serum before the moisturizer is another great source.

Cleansers that containing alpha hydroxy acids are not very effective because the alpha hydroxy acid must be absorbed into the skin to work. Cleansers are washed off before this absorption occurs doing so it defeats the purpose.

At this time there are no effective products that combine alpha hydroxy acid and sunscreen, because sunscreen is not stable at the pH required to make the alpha hydroxy acid effective, like we say before PH is very important in this.

Sunscreen MUST be applied liberally when using an alpha hydroxy acid product. The sunscreen should have an SPF of at least 15 for UVB protection and contain avobenzone, titanium

dioxide, or zinc oxide for UVA protection.

Alpha hydroxy acids work best in a concentration of 5% to 8% and at a pH of 3 to 4.

Unfortunately, cosmetic manufacturers are not required to provide concentration information on the label so this is a crucial information that you can research. As a general rule of thumb, having the alpha hydroxy acid listed as the second or third ingredient on the list makes it more likely it contains the proper concentration.

The only way to know for sure the pH of a product is to test with a pH strip. Paula Begoun has done this in her skin care product reviews found in her book “Don’t go to the Cosmetics Counter Without Me.” and her review site her you will find one of the most comprehensive reviews available.

http://www.paulaschoice.com/beautypedia-skin-care-reviews?N=4294966879+4294966153&Nr=AND%28Site%3Abeautypedia%2CLocale%3Aen_US%29

We recommend her AHA’s she truly does her homework with a very fine tooth comb.

Alpha hydroxy acid refers to a group of natural acids added to skin care products and recommended by dermatologists as a treatment for various skin problems including sun damaged and aging skin. There are several kinds of alpha hydroxy acids. They include glycolic acid, citric acid, lactic acid, tartaric acid, malic acid and mandelic acid, which are derived from natural sources such as sugar cane, milk, grapes and citrus fruits. Glycolic acid, from sugar cane, and lactic acid, from sour milk, are the most common alpha hydroxy acids used in skin products because they penetrate skin the best.

In skin care products research shows that alpha hydroxy acids are effective for treating signs of skin aging. The outermost layer of the epidermis called the stratum corneum is made up of skin cells called keratinocytes that are sloughed off meaning we shed it regularly to reveal new cells underneath and that looks and fells and looks like new skin. With maturing, this process slows down on people some more than others, causing skin to look dull, dry and lifeless . Alpha hydroxy acids help to speed up this process by dissolving the glue-like substance between the cells so that they're shed more easily, pretty amazing if you ask me. This increased rate of sloughing, called desquamation, thins out the outer layer of the skin so that it reflects light better and looks more radiant and healthy.

Research shows that alpha hydroxy acids help even out skin pigmentation and improve skin texture. With regular use of these AHAs, skin feels smoother and looks more healthy and new baby skin like. There's also evidence that alpha hydroxy acids boost production of collagen, a protein in the dermis that gives skin support and its ability to resist wrinkling and sagging aside from the evidence of oxidation. Alpha hydroxy acids are available in anti-aging skin care products at concentrations of 5% of 10% for home use.

Dermatologists and health care professionals use alpha hydroxy concentrations of 50% to 70% to do superficial chemical peels or "lunchtime peels." These peels provide faster improvements in skin appearance and texture, but they have the greatest benefits when they're done as a series a few weeks apart. These peels cause moderate amounts of skin redness, irritation and burning and give the face a flushed appearance that may last for several days.

So as you can see it is not always necessary to get a chemical peel to get results from alpha hydroxy acids. Lower concentrations of these acids available in skin care products for home use have skin revitalizing benefits when they're used

regularly over several months the minimum being two months at least. Alpha hydroxy acids also function as humectants, drawing water from the environment to keep skin moist so there we can use nature to help the results. Lactic acid is a particularly effective humectant and moisturizer.

Alpha hydroxy acids are also effective for treating acne, although another type of weak acid called beta hydroxy acids are a better choice for treating acne-prone skin more on that coming up in the Post for Acne. The reason for this is because beta hydroxy acids are lipid soluble. This means they’re better able to penetrate clogged sebaceous glands and exfoliate the dead skin cells inside that cause clogged pores and acne bumps better than other acids. Beta hydroxy acids are best for acne-prone skin, while alpha hydroxy acids are a better choice for rough, sun-damaged skin and that is the difference .

Keep in mind once again we want to reiterate who uses alpha hydroxy acids for facial rejuvenation and restoring radiance should always wear a sunblock for sun protection. Since alpha hydroxy acids thin the stratum corneum, they make skin more susceptible to sun damage so defeating the purpose in the first place in using AHAs, so we recommend starting at Fall and Winter when we don’t expose are selves to so much outdoor activities. Fortunately, a sunscreen with a high SPF (30 or greater) that blocks UVA and UVB rays, a hat and sunglasses provides some degree of protection against ultraviolet light.

Alpha hydroxy acids appear to be safe, but they can cause skin irritation, especially during the first few weeks, so remember more is not better let your Skin climate to it slowly and always do a patch test. The degree of irritation varies with the concentration of the acid and the vehicle it’s suspended in. People with sensitive skin may have more pronounced skin irritation sometimes when using alpha hydroxyl acids and will benefit by using a lower concentration or apply the product every other day to reduce irritation bellow we are sharing

products that can be use after the application of the AHAs to calm the skin down. and be patient. It takes time to see results in certain skins again everyone is different, that is way the term individual .

Tamarind



This tangy tropical fruit is a stockpile of essential antioxidants, AHAs, flavanoids and not to mention vitamin C and A. Because of its rich composition, this fruit is capable of fighting fight against the formation of free radicals. Apart from taking it as dietary supplement, when tamarind is applied on skin, it helps in reducing irritation and

inflammation. Besides, it also lightens the skin, by reducing dark spots and pigmentation.

Most of you know that **tamarind** is used for most part in culinary purposes, but it may be new for you to hear that it can do wonders for your skin on topical skin application. Yes and indeed its an amazing home remedy for making the skin glow. On regular basis use, it can lighten the skin and remove dark spots, blemishes and nourish the skin in many ways. This is probably because of the high **tartaric, citric , malic acid** levels present in it. It is probably a fruit with highest content of tartaric acid on earth!!!! how about that great peace of knowledge .

Tartaric acid is well known to the beauty and cosmetic and skin care industry. It is a most effective skin care ingredient used in many moisturizers, skin toners, shampoos, hair conditioners, sun protection products and anti-aging treatments. This alphahydroxy acid is a weak kind of acids just like the glycolic acid, with great exfoliating properties. Tartaric acid stimulates the collagen production in the dermal layer of the skin.

Tartaric Acid

Tartaric acid is a naturally occurring organic acid which appears as a white crystalline solid at room temperature. Foods such as grapes, apricots, avocados, apples and sunflower seeds have all known to have high concentrations of the acid. It has also been found in tamarinds which are a type of tree indigenous to tropical Africa and other warms places of the world.

History

While tartaric acid is commonly found in foods such as grapes and apricots, it wasn’t until later that this was discovered. Originally, it was commonly extracted from tamarinds in areas including Nigeria and Sudan to be used for its health benefits and as a food ingredient and the highest content of Tartaric Acid. However, around the 16th century this acid made its way to Mexico by way of foreign colonists from areas like Spain and Portugal. Since then, the acid has heavily embedded itself into Mexican cuisine appearing in a vast array of dishes. Today, the Mexican culture has become so fond of the acid that it has become one of the world’s premiere producers and consumers of tartaric acid and the tamarinds from which is it extracted.

Mexican cuisine believe heavily on the use of tartaric acid which, when combined with baking soda, acts as a leavening agent for baking goods. This acid also plays a major role in wine-making where it is used during the fermentation process for acidity adjustments to make for a more palate pleasing taste. The acid can also be used as a natural preservative for things like soft drinks, fruit juices, candies and a few types of jams.

Outside of the human body and the culinary use, it has its uses as well. The acid is used in the preparation of cement where it is believed to slow the cement from setting and allow for a larger window in which to work did you know that?. Much like the construction industry, the cosmetic industry makes use of the acid as well where it is used as the base for many different types of topical products including body creams and other lotions.

Malic Acid

Malic acid comes from apples – both the whole fruit and cider. Use the acid as an astringent to help stimulate cell renewal. Applied to the face, it will make your skin feel smooth and tight.

Bitter Almonds

Mandelic acid is used in skin peels that help even out skin tone and repair sun damage. People who have acne scarring may also benefit from use of mandelic acid. Derived from bitter almonds, it undergoes a chemical process before being used as an ingredient in skin care products.

Immediate lightening pack

Take this as a thumb rule. Never use raw tamarind as it may irritate your skin. Have a look at the procedure –

- First bring the mixture to a boil – For face pack, you can take around 30 grams of tamarind, which is sufficient and bring it to a boil and turn it down in 100 ml of water simmer for about 5 t0 7 minutes
- After a few minutes, remove it from the flame, cool it and extract the pulp from it
- Collect it in a bowl – Now take a teaspoon of the prepared pulpy collected in the bowl

- Add ½ a teaspoon of turmeric powder in it and mix well
- Form a smooth paste and apply on the face
- Leave it for 20 minutes and rinse off with warm water do not rub the AHA's are enough to exfoliate the skin.

Fast results for bleaching

Did you know tamarind is an amazing natural bleach agent to use on skin? and you can prepare this homemade tamarind bleaching agent, which contains all the natural lightening agents you need to ease spots. This face pack will help in removing, dark patches and pigmentation. Tamarind also helps to lighten skin tone, which is one of the major roles. Here's tis how to prepare

- Follow the above 2 steps –Bring the Tamarind to a boil turn it down and simmer, extract the pulp with a sanitized spoon
- Take a teaspoon of the prepared pulp in a bowl
- Add lemon – Into it add a teaspoon of lemon juice
- Then add a teaspoon of honey and mix well to form a smooth paste
- Apply all over the face and keep for 15 minutes
- Rinse off with warm water.

Face scrub

Since this tropical fruit contains high natural fruit acids, which help in removing impurities and dead cells, tamarind

face pack can also be used as scrub. This prepared face scrub will give you a polished skin, as it contains AHA (alpha-hydroxy acids) which acts as an exfoliator.

- Prepare pulp – Follow the above mentioned procedure to extract pulp
- Add salt – In the pulp, a teaspoon of sugar. This acts as an exfoliator, as it will smoothly remove oil and debris from the skin great for oily skin.
- Add curd/cream or sour cream this adds up more AHA’s to the mix
- Now add a teaspoon of curd/cream. If your skin is oily then add curd. And if you have normal to dry skin use cream
- Gently scrub – Mix well to form a smooth paste and gently scrub in circular motion and leave on for 10 minutes and proceed to rinse off with warm water, be gentle is a lot of exfoliation going on with just the mask, you want to avoid irritating your skin.

6 natural sources of alpha hydroxy acids



from:
http://www.vintageamanda.com/2014/07/6-natural-ahas-smoother-skin/

Lemons + Grapefruit – Lemons and grapefruit have some of the the strongest source of natural AHA's in this list. In fact, in several of my old recipe books, it suggests applying lemon juice to the skin to lighten discolorations (for example, as a natural melasma treatment) and uneven skin tone. Be careful when applying lemon or grapefruit juice to your skin – and listen to what your body is telling you! I've experimented with these myself, and definitely felt the tingle! when in doubt do a patch test. You can apply the juice directly, or after juicing a lemon or grapefruit to use in cooking, simply rub the pulpy peel on your face (avoiding the eye area!) Citrus fruits in particular make the skin more sensitive to the sun, so please wear a sunscreen after using this treatment!

Papaya – Papaya is a delicious and effective exfoliating treat for the face. Of course you can crush papaya and apply to your face like a mask, but again I like to eat the papaya, and then rub the inner peel (with a little of the flesh attached) on my face.

Pineapple – Pineapple is another great tropical exfoliating treat. I find the peel a bit scratchy to apply directly, so I like to crush or blend fresh pineapple and apply the juice as a mask.

Tomato – It's not just tropical fruits that contain AHA's, you can use the inside of tomatoes as a natural anti-aging mask. I like to use the seed pulp in the center (so you can eat the rest of the tomato in your salad!)

Plain Yogurt – Yogurt contains lactic acid which is a natural AHA. I like to use organic, full-fat, plain yogurt for facial treatments. Simply apply to your skin, or mix with one of the fruits above and then apply to make a fruit smoothie anti-aging mask (and throw some in a blender to drink while you're at it!)

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– See more at: http://www.livestrong.com/article/90116-foods-containing-alpha-hydroxy-acid/#sthash.EjLYyFH1.dpuf



Fruit-based Homemade Glycolic Acid Peel Recipe

from: http://perfectpeels.com/so-you-want-to-do-your-own-glycolic-acid-chemical-peels/

Ingredients:

- Pineapple
- Papaya
- Plain, unflavored gelatin
- Honey (optional)

Step 1:

This type of glycolic acid peel is like making a smoothie. Use the sharp knife to peel the pineapple and the papaya and cut out chunks of both fruits to fill 1 cup. Put these into a blender and pulse or puree until smooth or until the mixture achieves a creamy consistency.

Step 2:

Put the blended fruit puree into a small bowl then stir in 2 tbsp. of unflavored gelatin to the mixture. The gelatin serves two purposes. One, it will hold the mixture together to form a mask-like mixture, as opposed to having the puree slip and slide all over, thus making a mess; and two, it will provide collagen to the skin, which improves elasticity, helping wrinkles and large pores disappear.

Step 3:

You can also opt to add 1 tsp. of honey to the mixture. The honey will soothe the skin and will replenish the moisture lost during the peeling process.

Step 4:

Heat the mixture on low for a minute or less, or until the gelatin dissolves. Afterwards you will have to refrigerate the mixture until the gelatin becomes slightly firm.

Step 5:

When the mixture has set, you can take it out of the refrigerator and apply it onto your face. Use your fingers, but make sure they're clean! Remember to avoid the eye and mouth areas.

Step 6:

Let it settle on your skin for 10-15 minutes, as you can feel the tightening and rejuvenating effect.

Step 7:

After 15 minutes, you can gently peel off the mask from your face. Check your face in the mirror—you can already see the results!

Step 8:

You could top it all off with some moisturizer to keep the skin hydrated, but remember to put only a thin layer, because you wouldn't want your pores clogged.



Yogurt & Oatmeal mask

Ingredients: 2 tbsp. plain yogurt; 1 tbsp. oatmeal; 1 tbsp honey

Yogurt contains lactic acid (an alpha-hydroxy acid) and a

number of nutrients that may mildly stimulate collagen production in the skin. Oatmeal and honey act as moisturizers.

Preparation: Simply mix ingredients together to form a paste. To avoid clumps, you may grind oatmeal into a powder (using a coffee grinder, for instance) before mixing it with other ingredients.

Usage: Wash your face. Massage face with the paste in a circular motion. Keep on for a minute or two then rinse off



Yogurt and aloe healing mask

Ingredients: 1/2 cup plain yogurt; 2 tbsp aloe gel (or a fresh aloe leaf)

Yogurt contains lactic acid (an alpha-hydroxy acid) and a number of nutrients that may mildly stimulate collagen production in the skin. Aloe is a good moisturizer, and contains anti-inflammatory substances. This masque is good for

irritated, sensitive skin.

Preparation: Simply mix ingredients together to form a paste. (Aloe gel can be purchased in a health food store. Alternatively, you can take a fresh aloe leaf, remove the skin and mash the pulp.

Usage: Wash your face. Massage face with the paste in a circular motion. Keep on for a minute or two then rinse off.

from:
http://www.healthboards.com/boards/acne/308494-diy-serious-skin-care-peel-chemical-acid-aha-peeling.html



Ilike Organic Skin Care AHA Fruit Peel

Ilike Organic Skin Care Botanical AHA Fruit Peel is a skin regenerating, botanical peel that removes dead skin cells and impurities from the skin while nourishing the skin with vitamins and moisture.



Ilike Organic Skin Care Yogurt Power Peel

Ilike Organic Skin Care Yogurt Power Peel is a powerful exfoliating treatment that refines the skin’s surface and gives the skin a radiant glow.



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 Firm Skin Acai Exfoliating Peel

Deeply hydrate and reduce the appearance of fine lines and wrinkles with this active, exfoliating peel solution.