

Skincare Folk Recipes

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On week 305 we are sharing:

Folk medicine occasionally referred to as alternative or traditional medicine, is a part of healing that has an extensively long history. Folk medicine originates back 5,000 years. The dispensation of history is divided into three eras, the classic historical era, the medieval era, and modern eras. I was raised with herbs and home remedies since a baby and in Chile, Doctors practiced in a very different manner for the most part and by that, I mean western medicine combined with Homeopathy and herbology so for me, I always use what I felt at that moment had its place for whatever need. Two-thirds of the world's population live in countries that have inadequate resources to access modern medicine so I found for that reason folk medicine is formally acknowledged in many countries. Today it is still extensively used due to their perceived effectiveness.

It is vital to be informed and careful about possible compound interactions before using any Folk formula. Like anything, nature has its own contradictions as well. Please use your discretion and do a small test when in doubt, always remember to consult with your health practitioner, have fun and enjoy.

Use of Turmeric to correct hyper-pigmentation



Mix a little amount of turmeric with cucumber juice or lemon. Apply this to the pigmented area of your skin. Leave it for ten to fifteen minutes and wash off. Do this for few days and gradually normal color of your skin will return. Lemon is a great astringent. Turmeric is an antiseptic and antioxidant that helps skin challenges such as this.



4 Amazing Conditioners You Can Make At Home

www.naturalhairkids.com



Honey Conditioner

Ingredients:

1/2 cup honey
2 tablespoon olive oil

**Directions**

Make sure your child's hair has been thoroughly shampooed. In a bowl, mix honey with olive oil. Heat mixture in microwave for 30 seconds. Apply to hair, then cover head with shower cap for 15-30 minutes. Rinse out with conditioner and style as usual.

Avocado Conditioner

Ingredients:

1 avocado (peeled)
1 egg yolk
1 tablespoon jojoba oil

**Directions**

Make sure your child's hair has been thoroughly shampooed. Combine all ingredients together in a bowl until smooth. Massage mixture into scalp and hair. Leave in for 20 minutes. Rinse out with conditioner and style as usual.

Banana Conditioner

Ingredients:

1 banana (peeled)
1 egg
4 tablespoons milk
5 tablespoons olive oil

**Directions:**

Make sure your child's hair has been thoroughly shampooed. Mix all the ingredients in a blender or food processor. Apply the mixture to your hair- from root to end. Let soak into your hair for about 15- 30 minutes. Rinse out with conditioner and style as usual.

Coconut Milk Conditioner

Ingredients:

1 cup coconut milk
1 peeled and mashed avocado
1 tbsp of honey

**Directions**

Make sure your child's hair has been thoroughly shampooed. Combine all ingredients in a small bowl. Either apply mixture directly to hair, or preheat mixture in microwave for 30-45 seconds. Massage mixture into hair and scalp. Cover hair with a shower cap for 15 min-60 min. Rinse out with shampoo/conditioner and style as usual.

Anti-Wrinkle treatment for ideal skin



Whisk the tomato juice with an equal amount of milk. Store this mixture in the refrigerator. Apply this pack routinely twice a day. Leave this on your face for 10 minutes. This works as one of the best natural home aid for Skin Care.

Honey and milk



For dull and dry skin: Honey and milk are soothing and

nourishing for skin care. These are the things which come straight from the breakfast table. One can apply our traditional moisturizer to the skin. It not only lightens complexion but also helps keep skin healthy and moist, aside from the Lactic acid in the milk helps the skin with a light resurfacing. It is very effective for dull and dry skin. Ghee can also be used as a moisturizer. Both ghee and malai can be used as a night cream.

Malai



Malai is an Indian cooking ingredient. It is made by heating non-homogenized whole milk to about 80°C (180°F) for about one hour and then allowing it to cool down. A thick yellowish layer of fat and coagulated proteins forms on the surface, which is skimmed off. The process is usually repeated to remove most of the fat. Malai has about 55% butterfat. Buffalo milk is thought to produce better malai because of its high-fat content. Buffalo milk with fat contents varying from 5 to 12% is heated and boiled and then allowed to cool up to 4 degrees Celsius for best results. Similarly, cow's milk with milk fat from 3 to 5% is boiled and cooled to make malai.

The banana-honey face pack



Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face.

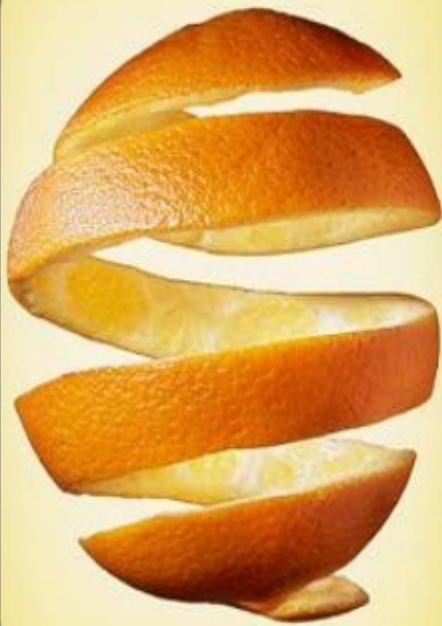
Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also

give it a supple feel.

The banana-honey face pack: Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white (use pasteurized egg) and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face. Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also give it a supple feel.

Soften cuticles with honey: Whisk together three tablespoons of almond oil, 3 tablespoons of raw linseed oil and 3 tablespoons of honey. Use this mixture to massage your nails and fingers.

Orange Peel



- Peel the orange and let its skin dry in sunlight for some days.
- Grind it in the mixer-grinder and apply the paste on the face.
- Let it remain for 10 minutes and rinse.
- See the glow and freshness on the face!

Cucumber



Cucumber cleanses the skin and helps to soothe the skin and bring back the glow of the skin. Scrubbing the neck with cucumber removes the dead skin cells.□ Apply grated cucumber or cucumber juice on the dark neck.

Gently scrub the neck for a few minutes□ Wash it off after 15 minutes

Lemon Juice



Lemon Juice – □The citric acid present in the lemon juice is a natural bleaching agent. If you have sensitive skin, you will have to dilute lemon juice for this purpose. Apply lemon juice to the dark skin of the neck using cotton ball Leave it there for 10-20 minutes and wash it off with water.□ Do not expose the skin to sunlight after applying lemon juice.

Home made beauty tips for glowing skin

Ingredients :

A pinch of Turmeric powder

Milk cream (thick layer formed on
top of milk after cooling)

Honey

Take milk cream, a pinch of
turmeric powder and add few
drops of honey. mix it well
till it forms a thick paste,
Apply the paste as a thin
layer on your face and let it dry
for 20 minutes. This will result in skin glow.



Avocado-Honey Moisturizer□



According to:
<http://www.rd.com/slideshows/8-natural-recipes-for-amazing-skin-from-a-plastic-surgeon/#slideshow=slide2>

Avocado-Honey Moisturizer□ A moisturizer is an anti-aging must. By helping your skin retain moisture and acting as a

temporary filler for wrinkles, it makes your complexion look smooth. Dr. Ordon says that his patients love this recipe because it makes their skin look and feels dewy, and youthful.

Ingredients: 3 tablespoons of fresh cream 1/4 avocado 1 tablespoon honey

Directions: Place all three ingredients in a blender and puree into a smooth cream. Apply it to your skin and leave on for at least an hour. Rinse off with warm water.

Cornstarch



You may think cornstarch can only be used to thicken your gravy, but it's also useful in easing itchy, dry skin, it works miracles for chicken pox or itchy rashes. Make a paste and apply to skin let it dry and remove with a wet warm cloth and apply Aloe Vera Gel. Sprinkle a handful in the bathtub and have a soak, if you can, do not rinse, pat dry and wait a few minutes before you apply moisturizer, I highly recommend Coconut Oil.

Oatmeal



Adding oatmeal to your bath will soothe your skin. The oats are packed with vitamin E, a nutrient vital to healthy skin.

Oatmeal is also used as a folk remedy for treating dry, chapped hands. Rub your hands with wet oatmeal instead of soap. Dry your hands with a towel, then rub them with dry oatmeal. Vinegar. Try this folk remedy for chapped hands: Wash and dry hands thoroughly, then apply vinegar. Put on a pair of soft gloves and leave them on overnight.

Home made beauty tips for soft hands

Ingredients :

Lemon juice – 1 tsp

Tomato juice - 1 tsp

Glycerin – little bit

Take equal quantity of tomato juice, lemon juice and add little bit of glycerin and then mix them together. Apply this mixture on your hands and massage gently for 10 minutes. wash your hands with cool water. Do this daily for 10 to 15 days to soften your hands.



Mayonnaise



Mayonnaise straight from the jar will make hair soft and shiny. The egg nourishes brittle hair with protein, while the vinegar gives it body and bounce.

Try this mixture to regain supple hair: Mix one teaspoon powdered brewers' yeast with four ounces of apple cider vinegar to create an after wash rinse. Pour it over wet hair and let stand at least a minute before rinsing. □Dry skin

For a homemade scrub, mix ground oats and honey. Rub all over your face—especially your nose, make sure you scrub gently. The scrub part of the mixture will remove dry, scaly skin while the honey seeps in as a moisturizer. Rinse completely off and pat dry, and your skin will be glowing and baby soft. Only use this remedy once a week.

For super dry skin, use olive oil. Rub it in prior to a bath or shower. You may substitute peanut, sesame or sunflower oil. A quart of milk in a hot bath is a luxury as well as a skin toner. It's a trick nearly as old as time.

Teabags

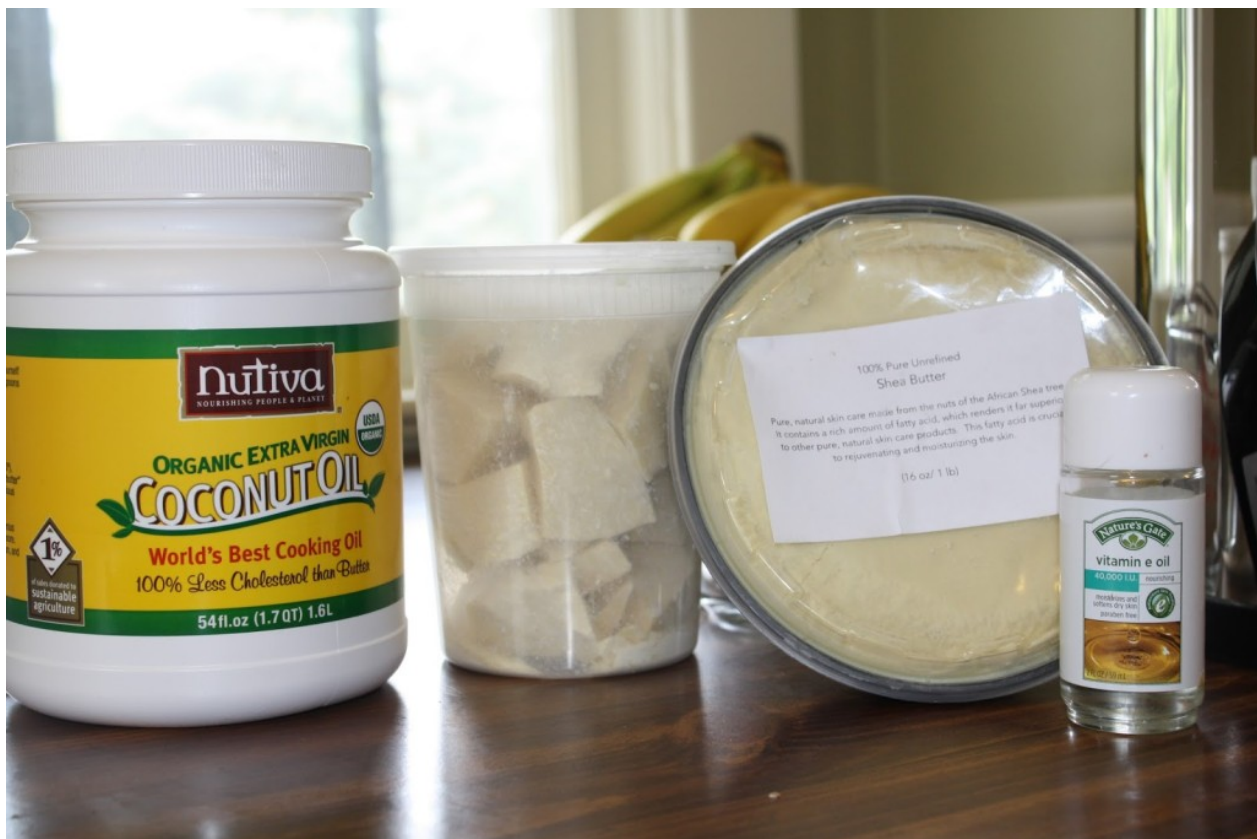


Puffy, tired-looking eyes?

Used teabags make excellent eye cosmetic After dunked, drain it and place it over your closed eye (one for each) and hold it there for a few minutes. Redness, soreness, swelling and irritation will disappear like magic.

Bug Off Citrus Butter





One

way to keep pesky little critters fully controlled

1/2 cup Cocoa butter

1/2 cup Coconut oil

1/2 cup Shea butter

1/2 cup Sweet Almond Oil 1 tsp vitamin E oil

10 drops Citronella essential oil 5 drops orange essential oil

Place the Cocoa butter, Coconut oil, and Shea butter in a large glass jar or glass measuring cup.

Place inside a pan with about 2 inches of water. Heat over medium heat until everything melts completely, stirring gently with a wooden spoon or chopstick. Remove from heat and add the sweet Almond oil, essential oils, vitamin E, and citronella oil. Mix thoroughly.

Place the mixture in a sanitized jar.

Chill in your fridge for about an hour. The mixture should be firm, but not too hard. once the mixture is chilled, use your mixer or hand mixer to whip it to a smooth consistency.

Sweet Chai Tea Bomb



At last the soothing comfort of spicy Chai Tea for you for your bath! You got to love it, don't you agree? YumYum body. You can also use Green Tea powder. Clove Oil is very strong and can be too much for sensitive people so use very small amount.

You may not need the Witch hazel if the honey does its job, I use it in batches that seem too dry. I like the round bomb mold best for this recipe.

- 1 cup of Citric Acid
- 2 cups baking soda
- 3 tablespoons kaolin clay
- 1/4 cup organic brown sugar
- 3 tablespoons sweet Almond Oil
- 2 tablespoons Organic tea powder
- 2 tablespoons honey
- 10 drops or less for sensitive skin do a patch test when the full mixture is done
- 5 drops vanilla essential oil
- Witch Hazel to bind

Place the dry ingredients in a glass bowl and work with gloved hands until there are no lumps.

Add the sweet Almond oil, honey, and the essential oils to a mixture, and blend with a whisk. Test the consistency with your hands. The mixture should hold together when squeezed. If it feels crumbly, spritz in some witch hazel to bind. Pack the mixture firmly into the mold Set aside for ten minutes then tap lightly on the back of the mold to release it, enjoy.

Banana, Strawberry, Kiwi, and Honey Face Mask



When it comes to face masks for oily skin is this simple yet very nourishing natural solution.

Ingredients: 1 ripe banana, 3 Strawberries 1 tablespoon of honey, 10 drops of lemon juice and Kiwi slices for the eyes.

You should mix the banana and honey in a bowl. Then, add the lemon juice and combine them. Once the mixture is ready, apply it on your face and let it work its magic for about 15 minutes. In the end, rinse with lukewarm water and wipe your complexion with a washcloth.

Cucumber, Egg White, Lemon, and Clay Mask



This mask is just perfect for cleansing clogged pores. As its name suggests, you'll need the following ingredients: 1 tablespoon of egg white, $\frac{1}{2}$ teaspoon of clay, a few drops of lemon juice and 1 egg white.

Add all these ingredients together and mix them until a smooth paste is formed. Then, apply the mask on your face, but make sure to avoid the eyes area and leave it for about 20 minutes. Finally, rinse with warm water.

Strawberry and Yogurt Facial



You should know that the yogurt will help exfoliate your acne prone skin.

Ingredients: 4 ripe strawberries, 1 teaspoon of plain yogurt

Firstly, wash thoroughly the strawberries, then use a fork to mash them. Add the plain yogurt and stir until it becomes smooth. Then apply this mixture on your face and let it sit for 10-15 minutes. Use warm water for rinsing.

Homemade Juice Mask



Both lemon and strawberries have natural astringents that are perfect for fighting acne.

Ingredients: 1 teaspoon of lemon juice, 1 cup of strawberries, 2 egg whites, 3 teaspoons of honey and 4 drops of essential oil.

You should mash the strawberries with a fork until they form a smooth paste. Then, add the lemon juice, honey, and egg whites and mix them together. Apply the formed mixture on your face and let it stay for about 10 minutes. Rinse with warm water and a warm cloth.

Oatmeal Face Mask



For this mask, you'll need 1 tablespoon of honey, some oatmeal, and 1 egg yolk.

You should take a small bowl and mix there the egg yolk and

honey. Then, add slowly some oatmeal so that you create a thick paste. Apply the mask on your face and neck and let it sit for about 15 minutes. In the end, rinse with warm water.

Apricot, Yogurt and Clay Mask



This is an amazing natural face mask because it nourishes your skin and regulates its oiliness. We recommend using it once or twice a week. You can easily create it with the following ingredients: $\frac{1}{2}$ teaspoon of clay, 1 apricot and 1 tablespoon of yogurt.

Firstly, you should peel the apricot. Then add it into a blender and mash it. Add the yogurt and clay and blend them together until a paste is formed. Apply it carefully on your face and leave it for 20 minutes. Then rinse with warm water.

Turmeric and Yogurt Face Mask



Ingredients: 2 tablespoons of rice flour, $\frac{1}{4}$ teaspoon of turmeric powder and $\frac{1}{2}$ cup of plain yogurt.

Mix all these ingredients until they form a smooth paste and afterward apply the mixture on your face and let it sit for about 15-20 minutes. Then use a wet cloth for rinsing.



Glass and Bamboo Tea Infuser Pot

Our chic, modern teapot features a removable glass infuser for brewing loose-leaf tea directly inside the pot without over-steeping. Place a tealight in the included bamboo stand to keep fresh tea warm for serving while protecting your tabletop. Perfect for tea lovers, it's a great gift for any tea lover.



Capresso Electric Water Kettle

Our convenient and affordable Capresso Electric Water Kettle boils water extremely quickly for tea, coffee, hot chocolate or instant soup. Made of durable, heat-resistant German SCHOTT glass, this fast boiling kettle has a large capacity and an automatic shutoff feature. It's perfect for home as well as on trips to anywhere with an outlet.

Fall and Winter Skin Care, Tips and Recipes



Hello and welcome to our blog on week 304 we are sharing Fall and winter Skin Care. We wish to thank you all for your consistent support. There are many blogs, but this one is ours and we thrive on doing excellent research and inviting authorities on subjects that we consider are a need to share. We often get asked why do we call it a Beauty blog when we talk about so many Holistic modalities that refer to the whole person, instead just the outer look. For us is important to address the balance of mind, body, and spirit, if these are not in balance, we don't project the balance of inner beauty and is obvious that may look good to the eye the inner radiance is missing. That is the reason why millions and I

will say it again, there are millions of Makeup, hair and so-called Beauty Blogs so we decided to go a route that for me personally is a way of life and so far works very well.

The dry air in winter, both indoors and out, with heaters and dry winds, takes a toll on skin, hair, and nails. Also, long showers and many hands washing a day, before you know it, the skin is rough, flaky, dehydrated, and itchy. Sometimes it even cracks and hurts. Your hands and face are the most exposed to the elements so they are the ones that deserve extra TLC in the winter. Keep skin healthy and moisturized, here are some TIPS to protect your skin.



3 Types of Exfoliators



scrubs



chemicals



enzymes

EXFOLIATE

Yes, you still need to exfoliate in winter, as a matter of fact, you probably will take the time to pamper your self more in the colder months when is no so many outdoor activities.

Use a gentle scrub or an exfoliating ingredient like milk (lactic acid) or sugar or salt scrubs, below we are sharing a few recipes to remove flaky excess skin cells. After exfoliating, generously apply a nourishing mask and follow with a moisturizer; you've broken down your skin's barrier and emollients can absorb better this way. To keep lips smooth, brush them a couple of times a week with a soft toothbrush or scrub gently with brown sugar scrub with I prefer you can make your own and we will share a few recipes.



Moisturize and Up up the Masks

Add moisture to your face, neck, hands, and your whole body, I like layering skincare I apply serum or oil then moisturizer and doing weekly hydrating masks. Many times I sleep with a gentle mask and Slather on a thick body butter, Coconut oil, or Shea Butter, the goal is to apply a Natural rich product after each shower or bath. And if your hands and feet have

painful cracks, the best time to heal is overnight, you can do a mask on your feet and sleep with it on it, just place a pair of socks on it and Voila nice soft feet, I love to soak them first exfoliate and mask UHummmmm!. Apply a thick emollient to your hands also and wear gloves Is fabric Gloves that are specifically created for that so the moisture can absorb all night long.



SHOWER SMART

Long showers and baths strip skin of its natural protective oils. Our skin secretes oily substances that prevent it from drying out as well as protect skin from bacteria and dirt getting in. Add some soap and skin's oil barrier is stripped away in no time.

Limit time and the temperature of the water when taking a shower or bath limit the time to 15 minutes and go for warm water instead of hot water without those oils, the moisture in your skin easily escapes, leading to the dry and itchy skin. The longer and hotter the shower, the faster this process takes place and the more moisture you're likely to lose. If you can't live without a long soak, add a generous helping of coconut oil or the oil of your preference to the water and a healthy amount to your skin after you are done pat dry the skin avoid rubbing.

Apply the moisturizer, oil or Body butter when your skin still moist it will penetrate and create a great protecting barrier

Switch to showering at night if possible so your body can replace its oils while you sleep, and here especially don't use really hot water.

Also, consider a product that contains ceramides. Ceramides help protect and retain the needed moisture for your skin.

We tend to use the hottest water when washing dishes and those dish-washing detergents can be even harsher as they are designed to remove tough oily stains and solid fats. Using gloves is your best bet and a nice nourishing hand cream should always be at the sink. Wet and dry especially with hot water will damage not only the skin on your hands but the nails contract and expand and they get dry and crackly.

Dermatologist [Sandy Johnson](#), M.D., says the [American Academy of Dermatology](#) recommends limiting your baths and showers to no more than 10 minutes to avoid dehydrating your skin since hot water removes your skin's natural oils.



Avoid Harsh Soaps

Soap is drying to the skin and for the most part very Alkaline, Skin needs to be on the acid side. A PH of 5 up to 6 is preferable, soap strips away the natural oil barrier and many are filled with harsh chemicals and drying perfumes, and many ingredients that are not really compatible with the Skin health, I never use soap. I use scrubs and an exfoliating pad like the Korean ones, they are sold all over the Internet.

Instead, try a mild, fragrance-free, non-soap cleanser, if you think that you really need to use soap, a soap that is on the healthy side, won't show lots of lather like soaps and that is a great sign,



Let's talk about Body Butters:

We already know that our skin is a living organ and the largest one in the body and absorbs what you rub on, so is important to use products that are quality and well researched so we don't introduce harsh ingredients to it,

Body Butters contain emollients and rich ingredients that cover the skin in a blanket of pure moisture that ultimately lasts longer than any lotions, it acts as a barrier so it helps to trap harsh environment intruders, a great aid in Fall and Winter.

Do you know much about essential omega 3 fats? Body Butters contain this beneficial ingredient. These fats are of great benefit to your body internally and externally, aside from moisturizing they help control inflammation, Body Butters also contain key antioxidants like vitamin C, E, and A among many other great nutrients.

Body Butters are the most efficient when applied to cracked skin, eczema etc, great for chapped lips, cracked heels, lets not leave cuticles out of the game, great to soften stretch marks, scars lets remember to use it after shaving also, in fall and winter I also use it as a makeup remover.

The biggest difference between most body butter recipes and common creams/lotions recipes are that body butter is composed of mostly of carrier oils and butter rather than the addition of an aqueous ingredient like water, hydrosols, aloe vera, etc. Another great plus about Body Butters is that are very AFFORDABLE, and last a long time, in a dark container away from extreme temperature changes.

Two types of moisturizers are needed it to maintain healthy skin: humectant and lubricant. Humectants reduce the amounts of lost moisture that the skin naturally goes through especially in Fall and winter. Aside the added bonus is that Body Butters luxurious to the touch.

The one point I like to make here is that by doing your own Body Butters you can add the fragrance of your choice and avoid synthetic ones that can create great health hazards and they contribute to dehydration and possible allergies.

Let's start with our recipes

Anti-bacterial Body Butter



Ingredients:

2 tablespoons of Organic Sesame Oil

6 tablespoon of organic cocoa butter

15 drops of tea tree oil

and if you don't like the smell of Tea Tree oil add some Lavender

In a glass container like Pyrex create a double boiler, by placing water in a pan and placing your Pyrex container, avoid from getting your ingredients to hot, place your cocoa butter and use enough heat just to melt the butter, once that is done remove from the heat and add the sesame oil and the essential, always avoid to boil any of the ingredients, when done mixing pour it to a sanitized dark container the mixture will solidify and you can proceed to store it in a cool dark place to preserve its life.

Orange Chocolate Whipped Body Butter



Ingredients

1/2 a cup of Coconut Oil

1/2 a cup Cocoa Butter

20 drops of Orange Essential Oil

Instructions

Melt the Cocoa Butter in a double boiler in a Pyrex bowl.

Add in the Coconut Oil, stir well.

Add the orange essential oil, stir well.

Cover and allow to solidify.

Once it is solidified beat it with a hand mixer until fluffy.

Add the mixture to a sanitized jar preferably dark with a lid.

Store out of the sunlight in a cool dark place.

Use this as a shaving cream or as a prep before or during showering.

**Paradise Tropical Body Butter (for
dry skin)**



Ingredients

Yields roughly 8 oz of whipped body butter

- 1/2 cup Shea nut oil

- 1/2 cup mango butter
- 2 TBSP organic pomegranate seed oil
- 1/2 oz Sandalwood essential oil
- 1 tsp non-GMO vitamin E oil

Directions

Place shea nut oil, mango butter, and pomegranate seed oil into the top of a double boiler (a pyrex measuring bowl sitting above a pot of simmering water) make sure that it doesn't boil use low heat.

Heat on medium and stir until all the butter is melted together, leaving no chunks of butter behind. I like using a small silicone spatula.

Once melted, turn off heat and add in the essential oil when it has cool down and you can still mix, otherwise the essential oil will dissipate, and vitamin E oil.

Wait until it starts thickening, about 20-40 minutes., just leave it until it does.

Using a hand-held mixer, whip up your oils and butter until you reach a nice consistency.

Once fluffy, scoop your whipped butter into sanitized containers preferably the kind that doesn't allow light in, or place body butter in a plastic bag, clip the corner, and squeeze into a container of choice. You can find a number of different containers that will hold your body butter perfectly.

Eminence Organics Cranberry Pomegranate
Sugar Scrub



Eminence Organics Cranberry Pomegranate Sugar Scrub (8.4oz) works on multiple levels to improve the health and appearance of your skin. While gently exfoliating dead skin cells and other impurities, the powerful blend of botanicals infuses the skin with moisture, nutrients, antioxidants, anti-aging formulations, and brighteners to reveal a toned, even complexion with fewer wrinkles and a youthful glow.

Eminence Organics Chocolate Mousse Hydration Masque



The Eminence Organics Chocolate Mousse Hydration Masque (2oz) is a relaxing, sensory experience and hydrating facial treatment in one. You'll love the way the decadent chocolate overwhelms your senses while delivering to your skin the deep-moisture and vital nutrients it needs to look gorgeous.

Eminence Organics Apricot Whip Moisturizer



Revitalizing, hydrating and refreshing, Eminence Organics Apricot Whip Moisturizer infuses the skin with moisture and nourishes the skin with vitamins and antioxidants for powerful hydrating and anti-aging effects.

Eminence Organics Mimosa Champagne Massage Oil



Eminence Organics Mimosa Champagne Massage Oil is a luxurious way to give your skin a health-enhancing, beautifying experience. With ingredients that shower the skin with moisture and infuse it with antioxidants and vitamins, you'll love the way your skin looks and feels when you massage it in.

Ayurveda and Fall

Ayurveda and Fall



On week 302 let's take a look at what the ancient system of Ayurveda is about and what modalities are available to us to enter fall in an aware synergy with this season so we can live in harmony and wellness. When we live conscious of mind, body

and spirit we are whole and we can function from a well-sustained energy that supports us in every aspect of our lives.

Let's take a tour of our body and what goes on in fall, so with this information, we can be aware of how we work with the earth's rhythms in the different seasons.

Our Muscles & Colon

This video can truly explain why we have pains, dryness and so much more and how easy is to correct it

Fall the opposite of spring season, by late September our reduced blood flow leaves your muscles inducing fatigue. In this season the days start to grow darker earlier, a comfortable evening curled up on the couch or our beds with a favorite movie or a book seems like a thing to do. Smooth muscle tissue, including the tissue of our colon, become sluggish when the temperature and pulse rate drop. The colon, also sensitive to stress, holds the wear and tear of the autumn season.

Indigestion & Electrolytes

A process called cold diuresis (Diuresis is the physiological process by which urine production in the kidneys is increased as part of the body's homeostatic maintenance of fluid balance.) this action causes the fluid loss in Autumn. Cold diuresis is a response to vasoconstriction. When our blood vessels constrict, it increases blood pressure much as squeezing the air inside a balloon. The kidneys then proceed to release the extra pressure by removing fluids from circulation and emptying them into the urine. A summer of hot sweating followed by cold diuresis may leave you dehydrated and electrolyte deficient. Here is important to keep in mind to add foods that can support electrolyte, juiciness and salty taste encourages water retention for dry Vata. Vata types should avoid dry foods in the fall altogether.

Cold Feet & Warm Socks



Some people get cold feet even when wearing extra warm clothes to compensate. Too much of tight clothing like socks can't coax blood out of hibernation once it moves to the core. The body at this point may simply lack confidence or strength to maintain core temperature and warm our feet. A sweater to heat the core does a better job than an extra pair of socks to cure

cold feet. Lifestyle changes, such as warm clothes and indoor heating, can convince the body it has heat to spare. Additionally, daily oil massage in the morning before bath coats the skin and prevents evaporation. As in a summer sweat, evaporation causes significant heat loss. Oil massage thus helps retain heat by creating a protective barrier, let's be aware of the kinds of oil that can help with this process. Once the pathological cold has penetrated our system, hot baths may be the only way to restore circulation. A pinch of turmeric keeps circulation strong. Sour lemons in morning tea convince sweat glands and stomach glands to stay juicy, Ginger lemon tea is a great aid here.

Fall is a time of transition. It is evident everywhere around us. Trees and shrubs are quietly undressing in preparation for the winter in their beautiful rhythm of the seasons. There is a subtle browning of the earth she goes within. Temperatures, which, just a few weeks ago were raging with the intense heat of summer, are beginning to hint at the telltale crispness of autumn. And there is the wind: slowly gathering strength, carrying the tides of winter on its breath to its role in nature. Fall harbors a certain emptiness that can leave us feeling exposed and a little raw, but it is also filled with possibility—a time when we, too, can strip down to a quiet essence of being and savor the simplicity of life and heart connection. The fall brings with it a predominance of air element and prana (the vital breath, the subtle essence of life) is abundant in the atmosphere at this time. Autumn is dry, it can be rough, windy, erratic, cool, subtle, and clear. These are all qualities shared by Vata dosha, and because like increases like, autumn is considered a Vata season. This same principle illustrates why taking a few simple steps to balance Vata dosha this fall can be tremendously beneficial to be in balance

Emotions, the Mind, Inspiration time



**"Life should be a
continuous source
of inspiration."**

-Paramhansa Yogananda

The fall is a time for inspiration and to work on new ideas. The movement of blood from the extremities back to the core increases blood flow to the mind a very interesting process of the intelligence of our body. The opportunity to reflect on the last few months could stir up emotions as well. The Wind, sudden temperature shifts, and the school season also provoke

higher stress levels this time of year. According to Ayurveda, keeping the nervous system stable through fall is our number one tool for maintaining strong immunity and staying healthy. Ashwagandha is Ayurveda's most important herb for Vata-type anxiety and Chywanprash helps build immunity.

Routine & Flexibility

When we wear oneself ragged in Fall social calendar it can result in a compromised immunity for flu season. Alternatively, relaxation and downtime free up the energy to help the body prepare for winter. Skipping meals, staying up late, and irregular mealtimes, toxic processed food that has never seen sun or soil, create stress and deficiency. Here is a great contributor to check, Joyful Belly offers a nurturing fall program called Restoring Youth and Vitality to prepare the body for winter.

Ayurveda is an ancient science based on elemental principles that pertain to life on earth and the connection to it with body, mind, and soul is no separation here. Ayurveda recognizes the elements of ether, air, fire, water, and earth as the building blocks of the natural world. According to Ayurveda, these five elements pair-up in three combinations to form the primary forces of nature called doshas. Ether and air form Vata Dosha. Fire and water make up pitta dosha. Water and earth create Kapha dosha which we all possess in ourselves.

Great video to learn and get your answers from, enjoy.

https://youtu.be/U5J2_Gah19w

**The Vata Dosha is the one connected with
Fall lets find out what Vata is about:**



Vata dosha predominates, movement and change are characteristic of the nature of Vata. You 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, Energy that controls bodily functions associated with motion, including blood circulation, breathing, blinking,

and your heartbeat.

- In balance: There are creativity and vitality.
- Out of balance: Can produce fear and anxiety.

Vata Predominant Types: Creative; Quick to learn and grasp new knowledge, but also quick to forget, Slender; Tall and a fast-walker; Tendency toward cold hands and feet, discomfort in cold climates; Excitable, lively, fun personality; Changeable moods; Irregular daily routine; High energy in short bursts; Tendency to tire easily and to overexert; Full of joy and enthusiasm when in balance; Responds to stress with fear, worry, and anxiety, especially when out of balance; Tendency to act on impulse; Often have racing, disjointed thoughts; Generally have dry skin and dry hair and don't perspire much.



How to Remedy Common Vata Imbalances

Vata-Pacifying Guidelines

Daily Regime

- . Rise daily by 6am
- . Daily bowel movement
- . Abhyanga wt Sesame oil
- . Shower and Pray/Meditate
- . Time for rest & reflection
- . Yoga/walking/short hikes
- . Listen to soothing music
- . Keep warm
- . Get enough sleep 7- 8 hrs
- . Meditate & bed by 10pm

Daily Meals

- . Breakfast by 8am
- . Lunch 12pm - 1pm
- . Dinner by 7pm
- . Favor warm and freshly cooked
- . Favor Sweet, Sour, and Salty foods
- . Minimize intake of raw foods
- . Avoid cold foods and drinks

Legumes

- . Mung beans
- . Red lentils
- . Tofu/Tempeh

Grains

- . Rice
- . Quinoa
- . Wheat
- . Cooked Oatmeal

Veggies

- . Asparagus
- . Zucchini
- . Carrot
- . Beets

Fruits

- . Banana
- . Avocado
- . Apricot
- . Berries

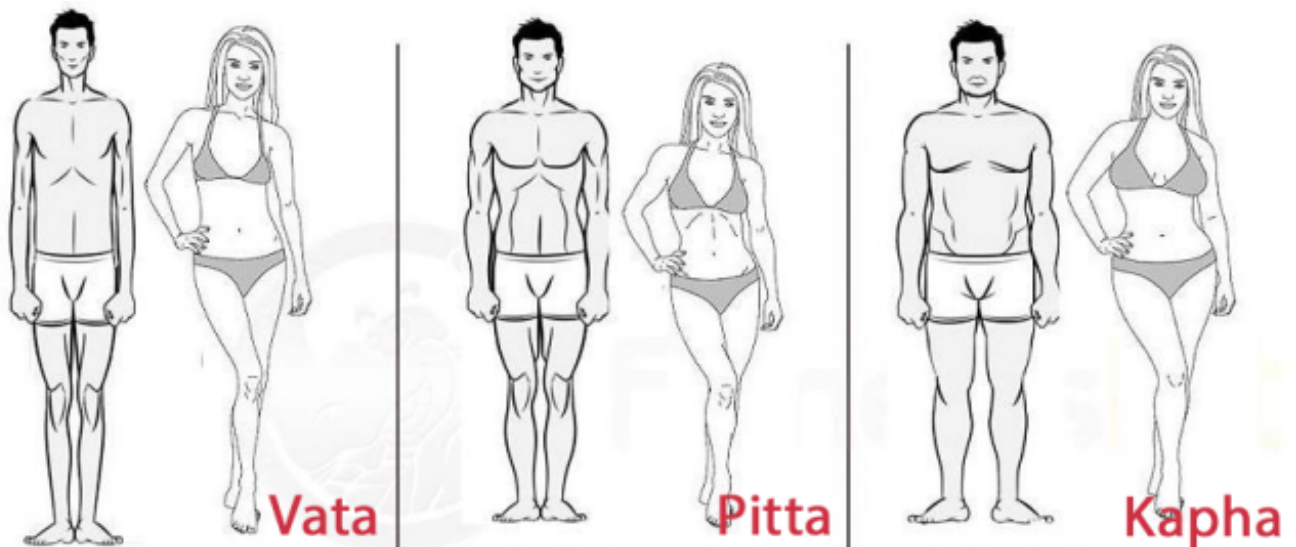
Spices

- . Cardamom
- . Cumin
- . Ginger
- . Cinnamon

Fats/Oils

- . All Soaked nuts and seeds
- . Coconut oil
- . Olive oil

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. Vata's 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 Vata 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?"

The influence of Vata's ether and air contributions, we can feel light, carefree and creative or spacey, scattered, and unstable. The etheric nature of Vata creates a sense of space, in which you may feel free or lost if it is not balanced. The airy aspect of Vata can inspire productivity or promote anxiety. Ayurveda teaches that like increases like much like the law of attraction, isn't it?. If you are dominantly Vata by nature or are consistently influenced by Vata, you are more likely to experience the negative effects of excess Vata during the Vata season.

**Who determines what Dosha we are
and where it comes from?**

VATA	KAPHA	PITTA
LATE FALL/EARLY WINTER COLD, DRY, LIGHT, SWIFT, MOBILE, IRREGULAR, ROUGH	LATE WINTER/EARLY SPRING COOL, WET, OILY, HEAVY, DENSE, STATIC, STABLE	SUMMER HOT, OILY, LIGHT, LIQUID, MOBILE, SHARP, SOFT, SMOOTH
<ul style="list-style-type: none"> <input type="checkbox"/> Thin, light and wiry frame, long and tapered fingers and toes, small dark eyes, smaller mouths and thin lips. <input type="checkbox"/> Dryness of skin, hair, lips and joints. Irregularity in bones, teeth, hair, spine ect (scoliosis). <input type="checkbox"/> Extreme sensitivity to cold, wind, and dry weather. <input type="checkbox"/> Cold extremities, such as hands, feet, and nose. <input type="checkbox"/> Erratic appetites and irregular digestion. <input type="checkbox"/> May suffer from arthritis, fibromyalgia, anxiety, migraines <input type="checkbox"/> Irregular menstrual cycles with premenstrual physical and emotional symptoms. <input type="checkbox"/> Light, restless sleep. <input type="checkbox"/> Very active mind. Creative, artistic with imaginative ideas. Ideas change often. Open and tolerant of others. Energetic but sporadic. 	<ul style="list-style-type: none"> <input type="checkbox"/> Stocky build, large and strong frame, tendency to gain weight easily, and well-developed chest. Large and attractive blue or light brown eyes, thick eyelashes, round faces with full lips. <input type="checkbox"/> Soft, thick, oily hair that is wavy and plentiful. <input type="checkbox"/> Intolerant of cold, damp environments. <input type="checkbox"/> Cool extremities that may be clammy (cool sweaty palms/feet). <input type="checkbox"/> Steady appetite with slow but regular bowel movements and minimal urination. <input type="checkbox"/> Tendency towards colds, congestion, allergies, water retention, and sluggish digestive systems. <input type="checkbox"/> Regular menstrual cycles with little premenstrual symptoms <input type="checkbox"/> Heavy sleepers with tendency to over sleep <input type="checkbox"/> Easy going, fun loving, patient, slower moving, endurance, grounded deposition, resistance towards change 	<ul style="list-style-type: none"> <input type="checkbox"/> Medium-sized build, moderate muscle tone, ruddy coloring, medium sized eyes that are light in color. <input type="checkbox"/> Skin is fair, warm, reddish, soft, and moist. Many freckles and moles, with a tendency towards rashes or acne. Soft, thin, light-colored or reddish hair, tendency to grey or bald early. <input type="checkbox"/> Burn easily in sun. Sensitive to heat and humidity. <input type="checkbox"/> Extremities are warm with good circulation. <input type="checkbox"/> Robust, healthy appetites. Become irritable if they skip a meal. <input type="checkbox"/> Prone to inflammation of muscles and tissues, especially in the shoulders and middle back where they accumulate stress. Indigestion, heartburn. <input type="checkbox"/> Regular menstrual cycles with heavy bleeding and PMS. <input type="checkbox"/> Light but moderately good sleep. Often overheat during sleep with tendency to burn candle at both ends. <input type="checkbox"/> Intelligent, powerful, clear, focused mind. Aggressive, quick temper, competitive, workaholic, overly ambitious, great conversationalists.

Here is a quick test to find out what Dosha you are:

Here is a great site to determine what dosha you are: [Chopra Dosha Quiz](#)

Prakriti is our basic constitution. This is determined at the moment of conception and relates to your genetically inherited physical and emotional qualities. Prakriti specifically relates to those qualities, characteristics, and tendencies that are the stable makeup of ourselves. For instance, while you may experience temporary changes, like gaining or losing ten pounds, feeling nervous or irritable, developing a cold or flu, to mention a few, in the natural course of life you will never gain or lose five inches on your height or experience a change of eye color unless it is a major affection, but not in our normal state of health.

Prakriti is enlivened and described by three main doshas or forces: Vata, Pitta, and Kapha. These are loosely translated as Air, Fire, and Earth, respectively. Each of us has all three doshas in our constitution, in our unique proportions.

In Ayurveda, seven dosha-predominant Prakritis are described: Vata-predominant, Pitta-predominant, Kapha-predominant;

Three dual Prakritis,

Where two doshas are equally, or nearly equally predominant:

Vata-Pitta predominant, Pitta-Kapha predominant

And Vata-Kapha predominant

And one Prakriti that has all three doshas equally prominent:

Vata-Pitta-Kapha predominant.

Note: Even a thoughtful test cannot take the place of an evaluation by a qualified Ayurvedic practitioner. The results of this test may give a good indication of the primary doshas in your Prakriti but the evaluation of your practitioner may be more accurate.

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

Qualities of Vata:

Light, dry, cold, subtle, mobile, penetrative, clear, sharp, quick, brittle, and hard.

Associated with the lungs and large intestine.

Season: Spring and Autumn.

Time of day: Early morning and late afternoon.

Direction: North and South.

Color: White and light blue.

Sound: High-pitched and clear.

Smell: Pungent and sharp.

Taste: Bitter and dry.

Texture: Dry and brittle.

Emotion: Fear and anxiety.

Quality: Quick and sharp.

Quality: Light and dry.

Quality: Cold and subtle.

Quality: Mobile and penetrative.

Quality: Clear and sharp.

Quality: Quick and brittle.

Quality: Hard and sharp.

QUALITIES OF VATA

- Dryness • Lightness • Coldness • Roughness
- Minuteness • Movement

The 5 Elements



10 pairs of opposing qualities:

Furthermore, each of the 5 elements has a unique combination of basic qualities.

Heavy / Light
Cold / Hot
Oily / Dry
Slow / Fast
Slippery / Rough
Dense / Liquid
Soft / Hard
Gross / Subtle
Stable / Mobile
Sticky / Clear

These five elements containing differing proportions of the opposing qualities in turn joins together categories termed as "Doshas."

Basic Doshas

Doshas are also known as mind-body types, subtle energies that cannot be perceived but that express particular patterns - unique blends of physical, emotional, and mental characteristics.



VATA



PITTA



KAPHA



Green Gram Ayurveda Wellness Village

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

As the external environment changes during the Vata season, your internal environment can experience the same type of changes; dry leaves, dry skin; crackly leaves, crackly joints; shorter days, shorter attention span; colder days, colder extremities, windy days, windy bowels. The qualities of Vata dosha are found in the disorders that are common at this time of year. By observing the processes of Mother Nature, you can better understand the processes of your body, mind, and spirit.

Applying the Ayurvedic principle that opposite actions create balance, you can maintain balance during the Vata season by emphasizing lifestyle and food choices that are grounding, stabilizing, warming, moisturizing and softening. You can stay calm and connected in this whirlwind season with a consistent practice that includes nourishing and protective measures. Ayurveda promotes simple and regular routines as having a deeper effect on balancing Vata than an 'as needed' approach.

Offered here are Ayurvedic recommendations for enjoying the Vata season with stability and serenity:

Fall is a time of transition. It is evident everywhere around you. Many trees and shrubs are quietly undressing in

preparation for the winter. There is a subtle browning of the earth. Temperatures, which, just a few weeks ago were raging with the intense heat of summer, are beginning to hint at the telltale crispness of autumn. And there is the wind: slowly gathering strength, carrying the tides of winter on its breath. The autumn harbors a certain emptiness that can leave us feeling exposed and a little raw, but it is also filled with possibility—a time when we, too, can strip down to a quiet essence of being and savor the simplicity. The fall brings with it a predominance of air element and prana (the vital breath, the subtle essence of life) is abundant in the atmosphere. Autumn is dry, rough, windy, erratic, cool, subtle, and clear. These are all qualities shared by Vata dosha, and because like increases like, autumn is considered a Vata season. This same principle illustrates why taking a few simple steps to balance Vata this fall can be tremendously beneficial.

Ayurveda considers a seasonal routine an important cornerstone of health, year around. Balancing the nature of your local climate with lifestyle choices that offset the potential for seasonally-induced imbalances is one of the simplest ways that you can protect your well-being. But keep in mind that the seasons vary widely from one place to another, as do the qualities that they engender. “Vata season” is whatever time of year most embodies the attributes that characterize Vata dosha: dry, light, cold, rough, subtle, mobile, and clear (or empty). Autumn is the classic Vata season. However, depending on where you live, the dry and expansive qualities of Vata may be prevalent components of your environment as early as summer, and the autumn may be followed by a very drying, cold, isolating, and/or windy winter.

Beginning to observe your environment from this qualitative perspective empowers you to respond to both daily and seasonal fluctuations in your local climate. The truth is that many of us adopt seasonally appropriate habits already, without even being conscious of doing so. For instance, summer is a time

when we often enjoy salads and watermelon in abundance, both perfect antidotes to the heat and intensity of the summer. Whereas by October and November, we're often baking delicious pumpkin bread and dining on hearty, grounding soups—foods that naturally subdue the dry, light, and erratic nature of the fall. By making diet and lifestyle choices that counter the effects of each season, you can better maintain your internal sense of equilibrium throughout the year

If we consider the Ayurvedic principle that opposites balance, Vata season (which is cool, light, dry, windy, and unpredictable) will be less aggravating if you fill it with warmth, oiliness, deep nourishment, loving relationships, and a sense of stability, routine, and groundedness. In addition, you may find it helpful to familiarize yourself with signs and symptoms of Vata imbalance so that you are better prepared to address those immediately if they do arise. The following recommendations are appropriate for most people, but if you know your constitution or your current state of balance, you can tailor your seasonal routine appropriately. Below the general recommendations that follow, you will find links to more dosha-specific considerations.

Your diet is a powerful way to soothe Vata this fall. Substantive, oily, nourishing foods that are high in protein, high in fat, brought to life with warming, stimulating spices, and served hot, will go a long way toward maintaining your internal reserves of moisture and keeping you grounded through the Vata season. You'll also want to favor the sweet, sour, and salty tastes. In general, eat mushy, soft foods and garnish them generously with ghee or oil. Breakfasts of cooked grains—like oatmeal, tapioca, cream of rice, and cream of

wheat—are perfect at this time of year. Lunches and dinners that include steamed vegetables, hearty grains, soups, and stews are grounding and moisturizing. If you eat meat and eggs, this is one of the best times of year to enjoy them. Dairy products and most nuts and seeds are also beneficial. In general, you'll want to reduce your consumption of raw vegetables, cold and frozen foods, as well as the bitter, pungent, and astringent tastes. It is best to minimize light, cooling, and drying foods like broccoli, cabbage, cauliflower, sprouts, leafy greens, white potatoes, beans, popcorn, crackers, millet, and dried fruit. If you do eat these foods, eat them in moderation and make sure that they are soaked, well cooked, or served with ghee.

You may find that, during the course of the fall, you'll naturally want to increase your intake of food, but be careful to follow the lead of your appetite and digestion. This is also a great time of year to do a mono diet type of cleanse. Vata requires adequate nourishment so it is best to avoid fasting.

The following is a list of ideal Vata season foods:

Fruits to Favor

Apples (cooked)

Avocados

Bananas

Dates

Figs

Grapefruit

Grapes

Lemons
Limes
Mangoes
Oranges
Papayas
Prunes (soaked)
Raisins (soaked)
Tangerines
Vegetables to Favor
Beets
Carrots
Chilies
Garlic
Okra
Onions
Pumpkins
Squash, Winter
Sweet Potatoes
Grains to Favor
Amaranth
Basmati Rice
Brown Rice
Oats
Quinoa
Wheat
Legumes to Favor
Kidney Beans
Miso
Mung Beans
Tur Dal
Urad Dal
Nuts and Seeds to Favor
All nuts and seeds are supportive of vata season
Dairy to Favor
Butter
Buttermilk
Cheese

Cream

Ghee

Kefir

Milk (not cold)

Sour Cream

Yogurt

Animal Products to Favor (If You Eat Them)

Beef

Buffalo

Chicken

Crab

Duck

Eggs

Fish

Lobster

Oysters

Shrimp

Turkey

Venison

Oils to Favor

Almond Oil

Ghee

Olive Oil

Peanut Oil

Safflower Oil

Sesame Oil

Sweeteners

Honey

Jaggary

Maple Syrup

Molasses

Rice Syrup

Sugar (Raw)

Spices to Favor (All Spices Are Good for Vata Season)

Allspice

Anise

Asafoetida (Hing)

Basil
Bay Leaf
Black Pepper
Cardamom
Cinnamon
Clove
Cumin
Dill
Garlic
Ginger
Mustard Seeds
Nutmeg
Oregano
Paprika
Parsley
Rosemary
Saffron
Turmeric

Vata Season Lifestyle Choices

One of the most effective ways to support Vata is by establishing a daily routine. Try to do the same things (wake up, exercise, eat meals, go to bed, etc.) at roughly the same times each day. Set the tone for your day by rising early, taking full advantage of the silence, stillness, and peace that are intrinsic to the early morning hours. Then, you can calm your nervous system, awaken your tissues, and ground your energy by massaging your skin with warm, organic Sesame Oil. Follow this practice with a warm, relaxing shower, leaving a coat of oil on the skin to absorb throughout the day. Steam baths and humidifiers can help to preserve internal moisture as well. Some gentle yoga and ten to fifteen minutes of

meditation will further your sense of stability and wellness. If you enjoy a little fragrance, vetiver, geranium, and citrus essential oils are very appropriate this time of year. Dress in autumn colors when appropriate—reds, yellows, oranges, and whites—and wear enough clothes that you stay warm throughout the day. When you step out into the elements, cover your head and ears to protect them from the biting wind and cold. If possible, minimize your exposure to drafts, loud noise, aggressive music, fast driving, and excessive sexual activity. Try to be in bed by 10 p.m. so that you get plenty of rest before dawn.

Vata Season Exercise

The best times of day to exercise are in the early morning and evening hours (6–10 a.m. and 6–10 p.m.). Vata is very easily aggravated by fast, mobile activities, so consider slow, gentle, strengthening forms of exercise instead. Walking, hiking, swimming, biking, yoga, and tai chi are good choices, provided they are done at an appropriate level of intensity. Ideally, exercise at about fifty to seventy percent of your capacity, breathing through your nose the entire time. And remember to balance your activity with adequate relaxation and sleep so that your tissues can rejuvenate properly.

Vata Season Yoga

Incorporating a sense of warmth, grounding, stability, and focus on your yoga practice has a profoundly calming effect on Vata and can work wonders during Vata season. Your breath should be deep and fluid. If you practice pranayama (yogic breathing exercises), alternate nostril breathing is very balancing this time of year. In your asana practice, favor Vata-pacifying yoga. Warm up slowly and include some joint rotations. Move with intention and fluidity—grounding the hands and the feet on the mat whenever possible—and avoid jumping between postures. Gentle flows like a relaxed sun salutation are perfect for Vata. You can also favor standing and balancing poses such as mountain, warrior I, warrior II, and tree pose to increase stability and strength. Connect with the earth beneath you in poses such as thunderbolt, cat-cow, cobra, and child's pose, and quiet the mind with forward bends such as intense westward stretch. Gentle inversions and restorative poses such as legs up the wall are also very good for Vata. Close your practice with a long corpse pose, covering yourself with a blanket so that you don't get chilled.

Herbal Support for Vata Season

Taking Chyavanprash in the morning can help to reinforce immunity, strength, and energy during the autumn season. Ashwagandha is stabilizing to the mind and nervous system, and can promote sound sleep, strong digestion, proper elimination, and appropriate strength; it is available as a powder, tablet, and liquid extract. Similarly, herbal teas made from ginger, licorice, or a combination of cumin, coriander, and fennel, can help to promote proper digestion and warmth. Another grounding, vitalizing herbs and formulas include Dashamula, Haritaki (also available in tablets), Triphala (also available in tablets), and Vidari. The following herbal tablets are also

generally quite supportive during Vata season: Healthy Vata, Joint Support, Mental Clarity, Stress Ease, Tranquil Mind, and Vata Digest.

More Specific Support for Your System

The following links to dosha-specific recommendations are intended to assist you in offering more personalized support to your particular constitution. If you don't know yours, consider taking our simple Prakriti quiz, and then choose the appropriate link below to further customize your seasonal routine.

Remember, a seasonal routine is an investment in your own health and vitality. And while the specifics may vary from one person to the next, we all stand to benefit from aligning ourselves with the rhythms of nature throughout the year. This fall, embrace the unique gifts of autumn and—with the help of an appropriate seasonal routine—enjoy it from a place of stability, humility, and gratitude.

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Do you know what is in your beauty products?



On week 301 we would like to introduce you to Paula Begoun. If you are the kind of person that likes to know what is in the ingredients of what you eat, use on your skin or anywhere on you or family members and pets, you would love to meet Paula Begoun. She has a site where you can find out what the ingredients of most of the products on the market contain.

I personally like to know what the cosmetic industry says is really what they say it is or if I can avoid harsh chemicals

that after time and time of usage may be working against my wellbeing and the wellbeing of the actors that I apply these products on.

She is very accurate and has lots of integrity, let's read what she has to say, and if you need to check a product you can use the links we provided and get your own answers and enjoy the whole site.

Have fun and share, don't forget to like us on Social media. If you do it makes a huge difference in the world of Blogs and popularity to have sponsors thank you for your help from all of us at isabelsbeautyblog.com.

Great site for information, it is a must!

Who is Paula?

Paula Begoun is the creator and tremendous innovative force behind Paula's Choice skin care and cosmetics company. Her very informative website includes reports on skin care and links to video demos, is [Cosmetics Cop](#). She is the author of 18 best-selling books including *Don't Go to the Cosmetics Counter Without Me*, *Blue Eyeshadow Should Be Illegal*, *The Original Beauty Bible*, and *Don't Go Shopping for Hair-Care Products Without Me*. Paula's books have sold more than 2.5 million copies worldwide WOW no joke!

Her hard work as a nationally-recognized consumer expert for the cosmetics industry has led her to the repeat appearances on CNN, as well as programs such as Oprah, The Today Show, 20/20, Dateline NBC, The View, and Dr Oz and many International interviews.

Paula's Story: In Her Own Words

Paula:

From the very beginning of my career, my goal has been to help women find products that will give them the skin they've always wanted for myself and at the same time educate them—whether you use Paula's Choice products that I developed and formulated or those from other brands. I have the unique distinction of being the only cosmetics company founder in the world who recommends products other than my own as long as they are safe to use.

I created Paula's Choice as the result of my own frustrations when I was a young teenager trying to find products for my problem skin and then, later in life, for wrinkles and skin discolourations and the challenges that came with maturing. My complexion was a mess and, so many of you, the skin-care products I used either didn't help or made matters much worse.

Paula's Choice is a really comprehensive selection of skin-care and select makeup products that meet my very strict criterion for excellence based only on what published research shows is effective and safe to use. My products are guaranteed to exceed your expectations.

I have provided state-of-the-art formulas that are always fragrance-free, ecologically responsible, and never, never tested on animals I make sure of that. I like to invite you to let my many years of research and acquired knowledge benefit your skin and your whole persona. With Paula's Choice, healthy, youthful, radiant skin is a result you can count on!

In the early 1990s, Paula started work with a team of cosmetic chemists to develop her own line of skincare and cosmetics. Her products offer results based on published, her proved research and her extensive research of the cosmetic industry provided her with the expertise necessary to develop these

formulations. In 1995, Paula Begoun started selling her products online. This led to some consumers to question the objectivity of her product reviews. She responds to these concerns, she claims that Paula's Choice is one of the only companies that recommends products other than their own.

Begoun remains a consultant for dermatologists, plastic surgeons, major cosmetics companies, news and industry insiders with great results. She positions herself as an internationally recognized authority and consumer advocate for the cosmetics and hair-care industries and routinely appears on news and talk shows, including *CNN*, *Oprah*, *The Dr Oz Show*, and *The View*. to mention a few

If you are looking for the latest information on product ingredients and safety [Cosmetics Cop](#) will take you for a journey that not only connect you to your power that is to choose what you pay for and what is in the products you consume, pretty powerful if you ask me, we wish for all of you to skim the milk sort of speak in the sense that what product companies tell you it may not be so much of the bottom line, and you the consumer have the right to know, don't you think? so here we go.



Paula Begoun
with Bryn Barton
and the Paula's Choice Research Team



Don't go to the cosmetics counter without me.

9th Edition

A unique, professionally sourced guide to thousands of skin-care and makeup products from today's hottest brands. Shop smarter, look beautiful, and discover which products really work.

Over 3 million copies sold!

Don't Go to the Cosmetics Counter Without Me by Paula Begoun

This book helps women find products that make them look great without spending a fortune. From drugstores and home shopping to department stores and catalogs, Paula Begoun and her team review the hottest skin-care and makeup products major cosmetic and skin-care lines. Regardless of the price tags, there are good and bad products in almost every line and with the turn of a page, readers can get concise reviews and fast answers in this completely revised edition. A user-friendly rating system makes it easy to find items worth trying. Paula also includes skin care basics and tips on which ingredients to look for so you get the results you want.

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PAULA BEGOUN

The Cosmetics Cop

Best-selling Author of
*Don't Go to the
Cosmetics Counter Without Me*

The Original Beauty Bible

Unparalleled Information for
Beautiful and Younger Skin
at Any Age



3rd EDITION Completely Revised and Updated

Copyrighted Material

The Original Beauty Bible: Skin Care Facts for Ageless Beauty

The all-new third edition of *The Original Beauty Bible* is Paula Begoun's most comprehensive book yet. Exhaustively researched, this refreshingly honest guide cuts through marketing hype to educate consumers on all aspects of beauty, including how to assemble a state-of-the-art skin-care routine, choose a cosmetic surgeon, and apply makeup like a pro. It provides the latest research and information on every imaginable cosmetic innovation, with a special emphasis on skin-care ingredients, and explains the pros and cons of all types of cosmetic surgery and corrective procedures in an engaging, easy-to-understand style. Covering the most critical topics in beauty in a factual, no-holds-barred manner, and packed with money-saving tips, *The Original Beauty Bible* affirms Begoun's reputation as "The Ralph Nader of Rouge." For readers of all ages, it's the ultimate guide to smart beauty.

Ingredient Dictionary from Paula's Choice

Ratings according to Paula's Choice

ACRYLATES/DIMETHICONE COPOLYMER





GOOD

Silicone-enhanced film-forming agent. Also, functions as a binding agent so products adhere better to skin. See [film-forming agent](#)

A large group of ingredients typically found in hair care

products, but that also are widely used in skin care products, particularly moisturizers. Film-forming agents include PVP, acrylates, acrylamides, and various copolymers. When applied they leave a pliable, cohesive, and continuous covering over the hair or skin. The film has water-binding properties and leaves a smooth feel on skin. Film-forming agents can be weak skin sensitizers, but this almost always depends on the amount used; lower amounts generally are not problematic.

**It creates the gloss for skin care,
makeup and hair products**

**ACRYLATES/STEARETH-20 METHACRYLATE
COPOLYMER**



GOOD

A synthetic polymer that blends steareth-20 with one or more forms of methacrylic acid. Functions as a thickening agent.

See [thickening agent](#)

Substances that can have a soft to hard wax-like texture or a creamy, emollient feel, and that can be great lubricants.

There are literally thousands of ingredients in this category that give each and every lotion, cream, lipstick, foundation, and mascara, as well as other cosmetics products, their distinctive feel and form. The various combinations of thickeners play a large role in whether or not you prefer one product over another.

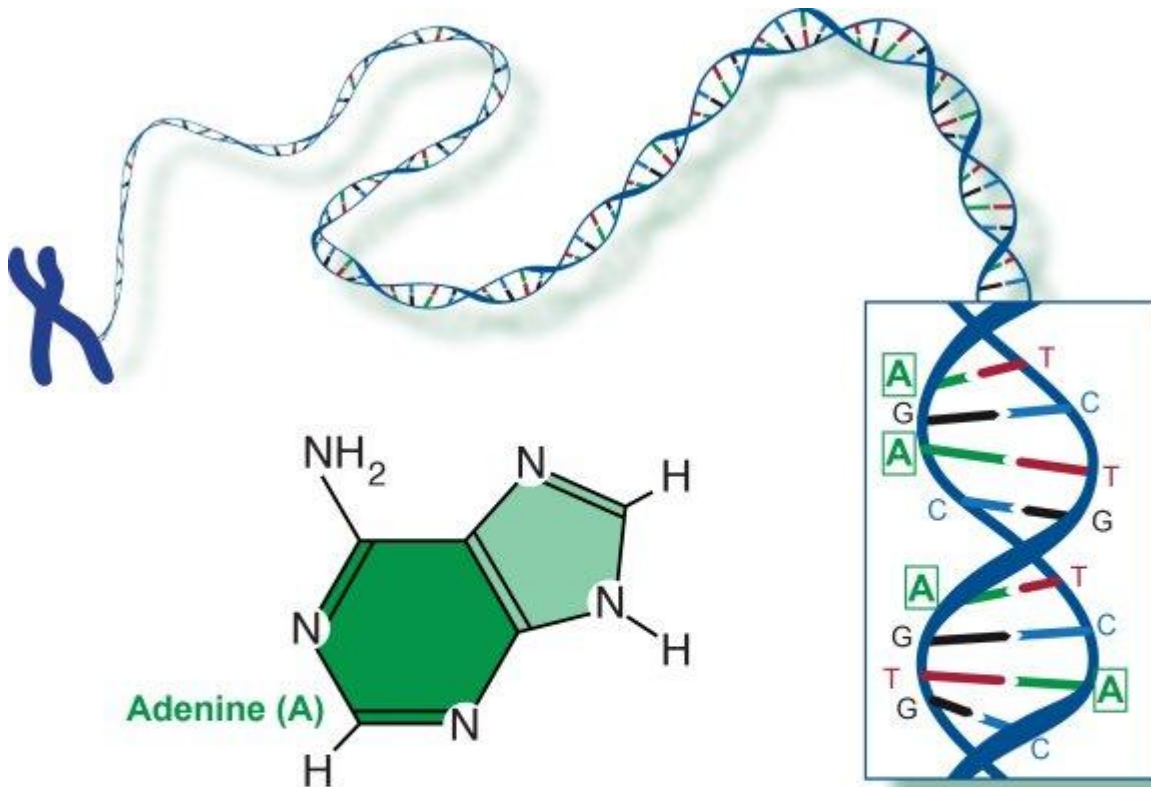
Is absorbent, adhesive, artificial nail builder, binder, haircare emulsion stabilizer, film former, Hair fixative, suspending agent- nonsurfactant, viscosity increasing-aqueous, it gives the emollient feel.

What is the term ACTIVE INGREDIENT?

GOOD

An ingredient in a cosmetic, a drug, or a pharmaceutical product that is considered to have a pharmacological effect. when we refer to cosmetics, the effects on the skin must be documented by scientific evaluation, approved by the FDA, and follow the FDA regulations. The amount and exact function of each active ingredient must be approved by the FDA after the documentation is turned in. Active ingredients include such substances as sunscreen ingredients, skin-lightening agents, and anti-acne ingredients such as sulfur and benzoyl peroxide and many other that have a claim. The FDA also specifies that the most active ingredient list must be shown first on a product label. See [inactive ingredient](#)

ADENINE



GOOD

Component of DNA that carries genetic information to the cell.
See [DNA](#)

DNA is the abbreviation for deoxyribonucleic acid. DNA is found in all of our cells. It is the primary component of genes— genes are the means by which cells transmit hereditary characteristics to us. DNA is the basis for all genetic structure ; DNA components include adenine (A), guanine (G), thymine (T), and cytosine (C). It is the mapping of these substances that makes up the genetic code of all human traits and all our cellular functions. And also DNA is the genetic material that is required for all cellular division and growth. Including Assuming that added DNA has any value in a skin-care product is pointless because it cannot affect a cell's genetic elements at all. The formation of DNA is a complex process within the cell that requires a multitude of proteins and enzymes for it to have an effect on the body's genetic material. It is also doubtful that you would want to ever put anything on your skin that could affect genetic material don't you think? quite dangerous, particularly via a cosmetic for which there are no safety or efficacy regulations I wouldn't give it a chance. Beyond that, any successful attempt to affect what DNA does would potentially create a significant risk of side effects.

According

to:<http://pubchem.ncbi.nlm.nih.gov/compound/adenine#section=Pharmacology>

Adenine (sometimes known as vitamin B4) combines with the sugar ribose to form [adenosine](#), which in turn can be bonded with from one to three [phosphoric acid](#) units, yielding AMP, [ADP](#) and [ATP](#) . These adenine derivatives perform important functions in cellular metabolism. Adenine is one of four nitrogenous bases utilized in the synthesis of nucleic acids. A modified form of [adenosine monophosphate \(cyclic AMP\)](#) is an important secondary messenger in the propagation of many

hormonal stimuli. Adenine is an integral part of the structure of many coenzymes. Adenosine (adenine with a ribose group) causes transient heart block in the AV node of the heart. In individuals suspected of suffering from a supraventricular tachycardia (SVT), adenosine is used to help identify the rhythm. Certain SVTs can be successfully terminated with adenosine.

**ADIPIC ACID/NEOPENTYL GLYCOL/TRIMELLITIC
ANHYDRIDE COPOLYMER**



GOOD

synthetic polymer. See [film-forming agent](#)

A Large group of ingredients typically hair care products, but that also are widely used in skin care products, particularly moisturizers. Film-forming agents include PVP, acrylates, acrylamides, and various copolymers. When applied they leave a pliable, cohesive, and continuous covering over the hair or skin. The film has water-binding properties and leaves a smooth feel on the skin. Film-forming agents can be weak skin sensitizers, but this almost always depends on the amount used; lower amounts generally are not problematic.

Like Glycerine it binds and adds moisture.

ADVANCED GLYCATION END PRODUCT



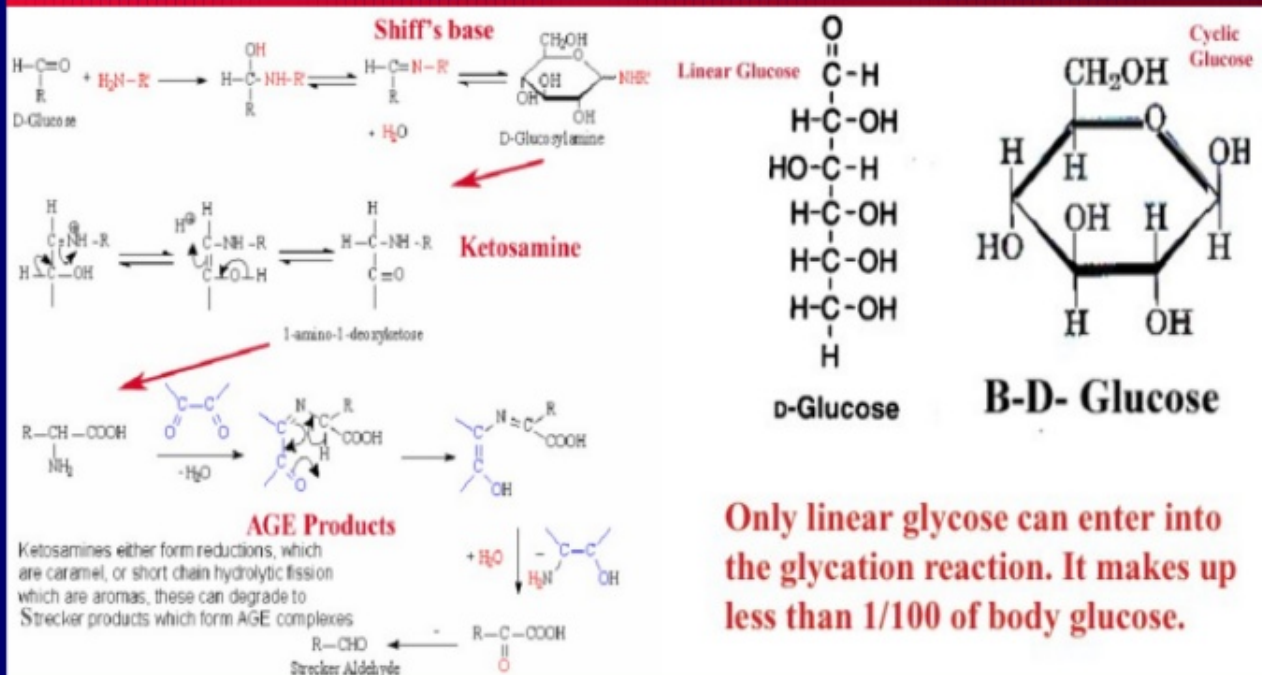
POOR

Advanced glycation end products, also known as AGEs, are caused by the body's major fuel source, namely glucose. This simple sugar is essential for energy, yet it also can bind strongly to proteins (the body's fundamental building blocks) and form abnormal structures (AGEs) that progressively damage tissue elasticity. The glucose itself isn't damaging, it's what happens when glucose transforms into AGEs that's the problem. Refined sugar from our diets is a major source of AGEs, and more research is revealing a diet high in sugar causes the body to age faster Wow! we knew that sugar was bad

for are health now we know to what extent and that includes a high glycemic index so think about fast food!!! (Source: *Cosmetics & Toiletries*, June 2011, pages 438–444).

Once AGEs are generated, they begin a process that prevents many systems from behaving normally by literally causing tissue to cross-link and become hardened (Source: *Proceedings of the National Academy of Sciences*, USA, March 14, 2000, pages 2809–2813). In skin, this damage occurs to collagen and elastin, the chief ingredients responsible for skin's firmness and ability to bounce back when stretched. AGEs also cause inflammation within the body, which is believed to play a widespread role in how we age and become more prone to disease.

Advanced Glycation End Products (AGE)



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The theory is that by breaking these AGE bonds you can undo or stop the damage they cause. There are studies showing aminoguanidine and carnosine to be AGE inhibitors that can prevent glucose cross-linking of proteins and the loss of elasticity associated with aging and diabetes, but many other

substances are potential candidates as AGE-inhibitors as well.

One study examined over 92 substances and 29 of them showed some degree of inhibitory activity, with 9 compounds proving to be 30 to 40 times stronger than aminoguanidine (Source: *Molecular Cell Biology Research Communications*, June 2000, pages 360–366). Carnosine, in particular, is considered a very good inhibitor of AGEs.

AGEs and free-radical damage may be inextricably linked (Sources: *European Journal of Neuroscience*, December 2001, page 1,961; and *Neuroscience Letters*, October 2001, pages 29–32), but none of this has been shown to have relevance when it comes to topical application of these substances when they are included in cosmetics.

It is possible in the future that skin-care products will be formulated with ingredients proven to effect the formation of AGEs when applied topically. For now, eating a low sugar diet rich in antioxidants and anti-inflammatory ingredients is the best approach.

AEROCARPUS SANTALINUS



POOR

See [red sandalwood](#)

Has a phytoestrogen component (Source: *Phytochemistry*, March 2000, pages 605–606), but can also be a skin irritant (Source: *Contact Dermatitis*, January 1996, page 69).

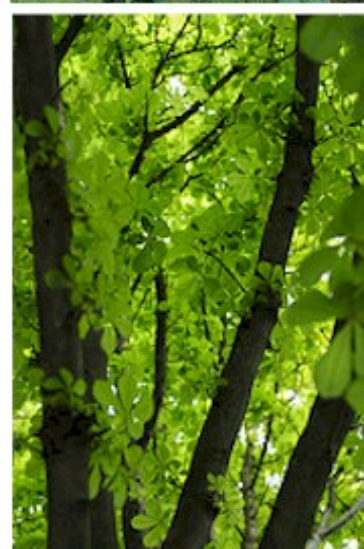
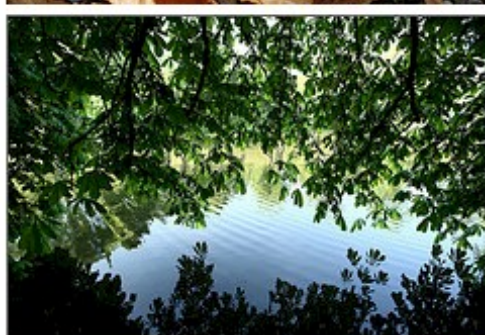
When used externally, Sandalwood oil or Sandalwood paste (made from mixing water with Sandalwood powder) has a calming, cooling effect on body and mind. It helps relieve fever and

burns and stops excessive sweating. In general, it relieves Pitta dosha and helps balance the body after overexposure to the sun. The oil or the paste can help heal skin diseases such as infectious sores, ulcers, acne, and rashes. Sandalwood powder helps smooth and cool the skin and can be made into a paste, lotion or soap for cleansing, calming and hydrating sensitive or aging skin. Sandalwood acts as a disinfectant, diuretic, expectorant and sedative. It is bitter, sweet, astringent and cooling. Sandalwood balances the circulatory, digestive, respiratory and nervous systems. –

The Sultan of Mysore declared Sandalwood to be a royal tree in 1792. Every Sandalwood tree is still under the protection and ownership of the Indian government today, even when grown on private land. The individual who owns the land receives 75% of the proceeds in return for planting and protecting the tree until it reaches maturity. Due to an increased demand in medicines, perfumes, and cosmetics that contain Sandalwood oil, and due to the decreased availability as smugglers cut down trees and export them illegally, prices have skyrocketed in recent years. At this time it is illegal to export the wood from India, although the oil can be exported.

See more
at: <http://www.mapi.com/ayurvedic-knowledge/plants-spices-and-oils/sandalwood-is-sacred.html#gsc.tab=0>

AESCULUS HIPPOCASTANUM



GOOD

See [horse chestnut extract](#)

May have anti-inflammatory properties for skin. Taken orally, it has been shown to reduce edema in the lower leg by improving the elastic tissue surrounding the veins.

From: <http://www.herbwisdom.com/herb-horse-chestnut.html>

Horse Chestnut Benefits

Horse chestnut (*Aesculus hippocastanum*) is a traditional remedy for leg vein health. The tree is also commonly known as horse chestnut or conker tree. It tones and protects blood vessels and may be helpful in ankle edema related to poor venous return. Utilized extensively throughout Europe as an anti-inflammatory agent for a variety of conditions, in addition to being used for vascular problems. The plant is taken in small doses internally for the treatment of a wide range of venous diseases, including hardening of the arteries, varicose veins, phlebitis, leg ulcers, hemorrhoids, and frostbite.

Horse chestnut is an astringent, anti-inflammatory herb that helps to tone the vein walls which, when slack or distended, may become varicose, hemorrhoidal or otherwise problematic. The plant also reduces fluid retention by increasing the permeability of the capillaries and allowing the re-absorption of excess fluid back into the circulatory system.

The seeds are decongestant, expectorant, and tonic. They have been used in the treatment of rheumatism, neuralgia, and hemorrhoids. A compound of the powdered roots is analgesic and has been used to treat chest pains. Extracts of the seeds are the source of a saponin known as aescin, which has been shown to promote normal tone in the walls of the veins, thereby improving circulation through the veins and promoting the

return of blood to the heart.

AGAR



GOOD

See [algae](#)

Algae are very simple, chlorophyll-containing organisms in a family that includes more than 20,000 different known species. In cosmetics, algae act as thickening agents, water-binding agents, and antioxidants. Some algae are also potential skin irritants.

Other forms of algae, such as Irish moss and carrageenan, contain proteins, vitamin A, sugar, starch, vitamin B1, iron, sodium, phosphorus, magnesium, copper, and calcium. Most of these are beneficial for skin, as emollients, anti-inflammatory agents, or antioxidants. However, claims that algae can stop or eliminate wrinkling, heal skin, or provide other elaborate benefits are unsubstantiated.

Algae is not a critical ingredient in skin-care products. Although it does have a positive function.

According

to: <http://www.webmd.com/vitamins-supplements/ingredientmono-80-agar.aspx?activeingredientid=80&activeingredientname=agar>

Agar is a plant and one of the uses is for making medicine.

People take agar to lose weight, especially in Japan. In Japan, agar is called “kanten,” and it is the main ingredient in “the kanten plan” or “the kanten diet.”

Agar is also used to treat diabetes and constipation.

In dentistry, agar is used to make dental impressions.

In manufacturing processes, agar is used as an ingredient in emulsions, suspensions, gels, and certain suppositories.

Here is how it works

Agar contains a gel-like substance that bulks up in the gut. This stimulates the intestines and creates a bowel movement. That's why agar is commonly used as a laxative.

Agar's bulking effect also explains its use for weight loss. Agar tends to make people feel full, so they might stop eating earlier than they otherwise would. Some people think this reaction will lead to weight loss. But so far, there is no reliable scientific evidence that supports this weight loss theory.

AGARICUS BISPORUS EXTRACT



GOOD

An extract of mushroom that is thought to help regulate skin cell production by inhibiting cell growth, particularly for use in psoriasis, but research in this regard is mixed (Sources: *Free Radical Research*, January 2006, pages 31-39;

and *British Journal of Dermatology*, January 1999, pages 56-60). Internally, there is research showing it can inhibit the growth of breast cancer cells and colon cancer cells (Source: *Cancer Research*, October 1993, pages 4627-4632).

According

to: <http://www.medicalmushrooms.net/agaricus-bisporus-common-mushroom/>

Agaricus Bisporus has substantial amounts of Vitamin D which is good for your health. Eating the mushroom raw is discouraged because of the presence of carcinogenic hydrazine derivatives, albeit in small quantities. These unhealthy derivatives are reduced significantly by cooking.

This mushroom contains Potassium and Sodium too. The body requires potassium in the processing of carbohydrates and proteins in different ways to build muscle. It also plays a role in how the heart works. It also regulates the acid-base and contributes to the overall health of the body. Apart from the *Agaricus Bisporus* mushroom, potassium is also present in meats, fish, soy, and vegetables. Potassium is a necessity in the body and therefore its deficiency can cause different diseases. When potassium falls short, blood pressure slightly rises, the heart beats get abnormal and the body muscles feel weak.

Agaricus bisporus, more commonly known as the white button mushroom, is one of the oldest and most popular fungi in the Western diet. It is regularly added to salads, stir-fries, pasta, sauces, soups, pies and breakfasts. It is cultivated around the world for culinary purposes. In addition to its own unique flavor, eating this mushroom may provide important health and nutrition benefits when made a regular part of the diet. History Human beings have been consuming white button mushrooms since Ancient times. According to Dr. Michael Murray and Dr. Joseph Pizzorno, authors of "The Encyclopedia of Healing Foods," ancient Egyptians believed that the *Agaricus*

bisporus species of mushrooms held the key to immortality, while Ancient Romans revered the mushroom as one of the foods of the gods. During the 1600s, the French began to cultivate Agaricus bisporus, using dark underground tunnels beneath Paris that are still used for mushroom growing today. Cultivation of mushrooms began in the United States during the 1800s.

In addition to the nutritional benefits of this mushroom, it may have useful medicinal properties that support health and well-being. In a study published in "BMC Complementary and Alternative Medicine" in 2011, researchers studied the effects of Agaricus bisporus on human immune cells in vitro. Agaricus bisporus significantly stimulated immune activity, specifically cytokines and enzymes that are responsible for inflammation. Researchers concluded the medicinal value of Agaricus bisporus was likely due to the carbohydrate-based chemicals called mannogalactans. Because this research was performed in laboratory cells, more clinical research is required to confirm the effects of these mushrooms in humans. However, eating Agaricus bisporus regularly may have a health effect on your immune defenses.

See more
at: <http://www.livestrong.com/article/509382-facts-about-agaricus-bisporus/>

AGE SPOTS



AVERAGE

Once referred to as liver spots, these brown skin discolorations are also not related to age, any more than they are to the liver. The skin can develop brown patches for many reasons, but the characteristic small ones on the hands, arms,

chest and face are caused by sun damage. These are possible indications of precancerous conditions and should be watched carefully for changes.

Age spots – also called liver spots and solar lentigines – are flat tan, brown or black spots. They vary in size and usually appear on the face, hands, shoulders and arms – areas most exposed to the sun.

According

to: <http://www.healthline.com/health/age-spots#Causes2>

What Causes Age Spots?

Age spots are the result of an excess production of melanin, or skin pigment. Doctors don't always know why age spots develop. Skin aging, sun exposure, or other forms of ultraviolet (UV) light exposure, such as tanning beds, are all possible causes. You're most likely to develop age spots on the areas of your skin that receive the most sun exposure, including:

- your face
- the back of your hands
- your shoulders
- your upper back
- your forearms

AGRIMONIA EUPATORIA LEAF EXTRACT



AVERAGE

Research shows this plant extract inhibits the hepatitis b virus and has antioxidant properties. Whether or not it has a benefit when applied topically is not known. There is no research showing it to be effective for cellulite. (Sources: *Phytotherapy Research*, April 2005, pages 355-358 and *Journal of Ethnopharmacology*, January 2005, pages 145-150)

According

to:<http://www.medicalhealthguide.com/herb/agrimony.htm> we highly recommend you to check the site is amazing information on studies of this plant

Scientific Name: Agrimonia Eupatoria (LINN.)

Other Names: Agrimony, Agrimone, Agrimonia, Agrimonia eupatoria, Aigremoine, Church Steeples, Cockeburr, Cocklebur, Da Hua Long Ya Cao

Agrimonia, (Agrimonia Eupatoria) commonly called as agrimony, is a flowering plant of the rose family, native to the temperate regions of Northern America, Europe, and Asia. Its name agrimony came from the Greek word Agermone meaning healing to the eyes and Eupatoria from Mithridates Eupator, a Pontus king famous for having invented a complex 'universal antidote' against poisoning. Thus agrimony from whence its name was derived, has long been valued as an important herbal medicine through the ages. Agrimony was once considered a panacea or "all-heal" for illnesses.

Early Greeks used agrimony for the treatment of eye disorders and brewed leaves and seeds are used to treat stomach disorders such as diarrhea and irritable bowel movement.

Agrimony concoction is also used in ancient Greece for the treatment of kidney, liver and gall bladder problems.

During the middle ages, agrimony was used to treat wounds to promote healing.

In Austria, agrimony was used to treat respiratory ailments, liver, kidney and bile problems.

In ancient Northern Europe, it was used as an antidote for poison and snake bites.

In Northern America, Indians used agrimony for fever, ague, and gastrointestinal problems.

Agrimony was used as an astringent to treat skin eruptions, sores, pimples, and wounds. A decoction is mixed to the bath to wash the skin.

Extract from agrimony mixed with oil was used to treat gout and arthritis. A decoction is likewise drunk with wine is said to relieve the symptoms.

Culpeper, a noted English herbalist in mid- 17th century wrote about agrimony being used as a healing herb both for external and inward wounds. Agrimony mixed in baths was used to heal skin wounds and sores while a decoction of agrimony taken internally, sometimes with wine may heal bruises, hurts, and discomfort.

Agrimony is also used as a gargle to improve bad breath, cure sore throat and drunk to relieve a cough.

Herbalists from the 17th century including John Gerard recommended the use of agrimony for the treatment of jaundice or diseases of the liver.

Antibacterial And Free Radical Scavenging Activity Of The Seeds Of Agrimonia Eupatoria.

In a study done in Phytopharmaceutical Research Laboratory, School of Pharmacy, The Robert Gordon University, Schoolhill, Aberdeen, Scotland, UK, the n-Hexane, dichloromethane and methanol extracts of the seeds of Agrimonia eupatoria have been assessed for antibacterial and free radical scavenging activity.

AHA



BEST

Acronym for **alpha hydroxy acid**. AHAs are derived naturally from various plant sources and from milk, but 99% of the AHAs used in cosmetics are synthetically derived. In low concentrations (less than 3%), AHAs work as water-binding

agents. At concentrations greater than 4% and in a base with an acid pH of 3 to 4, these ingredients can exfoliate skin cells by breaking down the substance in skin that holds skin cells together.

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; there is little research showing them to have benefit for skin.

AHAs may irritate mucous membranes and cause irritation. 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 younger-looking skin.

There is a vast amount of research that substantially describes how the aging process affects the skin and that demonstrates that many of the unwanted changes can be improved by topical application of AHAs, including glycolic and lactic acids. Because AHAs exfoliate sun damaged cells from the surface of the 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.

Note: 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.

AHNFELTIA CONCINNA EXTRACT



GOOD

Algae are very simple, chlorophyll-containing organisms in a family that includes more than 20,000 different known species. In cosmetics, algae act as thickening agents, water-binding agents, and antioxidants. Some algae are also potential skin irritants. For example, the phycocyanin present in blue-green algae has been suspected of allergenicity and of causing dermatitis on the basis of patch tests.

Other forms of algae, such as Irish moss and carrageenan, contain proteins, vitamin A, sugar, starch, vitamin B1, iron, sodium, phosphorus, magnesium, copper, and calcium. Most of these are beneficial for skin, as emollients, anti-inflammatory agents, or antioxidants. However, claims that algae can stop or eliminate wrinkling, heal skin, or provide other elaborate benefits are unsubstantiated.

Algae is not a critical ingredient in skin-care products. Although it does have a positive function, it isn't the miracle ingredient it's often made out to be.

AJUGA TURKESTANICA EXTRACT



AVERAGE

The only research about this plant indicates that it may have anabolic steroid properties (Source: *Eksperimental'naya i Klinicheskaya Farmakologiya* [from a Russian scientific journal], May 1997, pages 41–44). There is no other research showing this to be of benefit for skin.

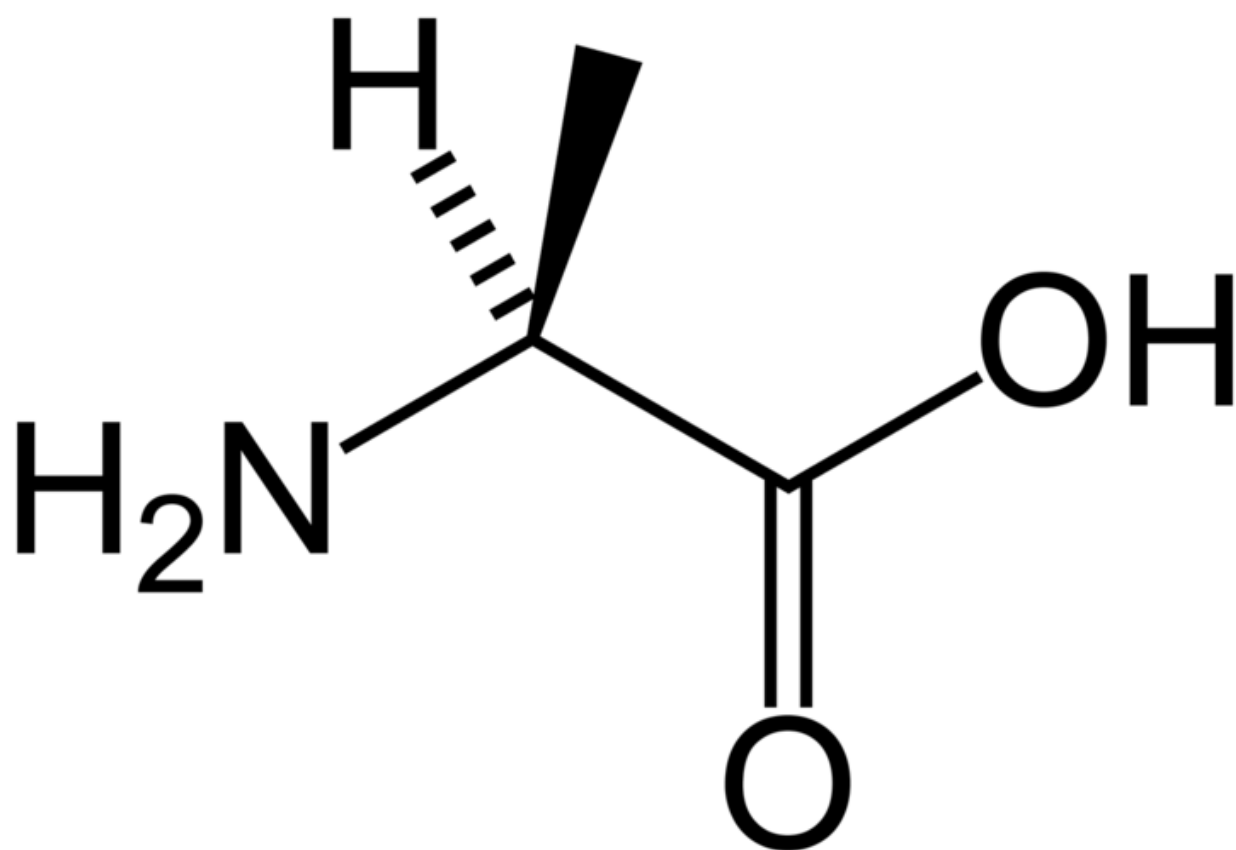
According

to:<http://www.naturalcompounds.org/Featured-Extracts/Ajuga-turkestanica.html>

Traditional Use and Activity

A plant is used in the treatment of heart disease, muscle aches, and stomach problems. Plant extracts and isolated compounds possess a broad spectrum of biological, pharmacological and medicinal properties, such as anabolic, analgesic, antibacterial, antiestrogenic, antifungal, anti-inflammatory, antihypertensive, antileukemic, antimalarial, antimycobacterial, antioxidant, antipyretic, cardiogenic, cytotoxic, hypoglycemic, and vasorelaxing activity. The extract is offered for stimulation of aquaporins – for human skin hydration in cosmetology. The plant has hepatoprotective properties.

ALANINE



GOOD

See [amino acid](#)

Fundamental constituents of all proteins found in the body, such as alanine, arginine, asparagine, aspartic acid, cysteine, cystine, glutamic acid, glutamine, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, proline, serine, threonine, tryptophan, tyrosine, and valine. Some of these amino acids can be synthesized by the body; others (known as essential amino acids) must be obtained from protein in the diet.

In skincare products, amino acids act as water-binding agents, and some have antioxidant properties and wound-healing abilities as well. Amino acids can be combined with other ingredients that have cell-communicating ability to work in unison to fight wrinkles and other signs of aging.

ALARIA ESCULENTA



GOOD

Alaria esculenta is an edible seaweed, also known as **dabberlocks** or **badderlocks**, or **winged kelp**. It is a

traditional food along the coasts of the far north Atlantic Ocean. It may be eaten fresh or cooked in Greenland, Iceland, Scotland, and Ireland. It is the only one of twelve species of *Alaria* to occur in both Ireland and in the Great Britain.

According to: <http://www.aubrey-organics.com/custom.aspx?id=91>

Aubrey® has always been the leading manufacturer of natural skin care products. Although there are many petrochemical-laden anti-aging products on the market today, Aubrey® is committed to educating the public on healthy, natural alternatives. *Alaria Esculenta*, a type of nutrient-rich kelp, has many anti-aging and firming properties. *Alaria Esculenta* grows mainly in the Northern Atlantic. It is known for its long, golden-brown fronds, and its unique ability to withstand harsh waves. It is found just beneath the surface of the water and is known around the North Atlantic region for its nutritional value.

Alaria Esculenta extract is a clinically proven, effective ingredient for use in natural anti-aging products, and can be found in Aubrey®'s Revitalizing Night Crème and Revitalizing Moisturizer.

ALBUMIN



POOR

Found in egg white, and can leave a film over the skin. It can constrict skin temporarily, which can make it look smoother temporarily, but it can also cause irritation and is not helpful for skin.

According to: <https://en.wikipedia.org/wiki/Albumin>

The **albumins** (formed from Latin: *albumen* “(egg) white; dried egg white”) are a family of globular proteins, the most common of which are the serum albumins. All the proteins of the albumin family are water-soluble, moderately soluble in concentrated salt solutions, and experience heat denaturation. Albumins are commonly found in blood plasma and differ from other blood proteins in that they are not glycosylated. Substances containing albumins, such as egg white, are called *albuminoids*.

A number of blood transport proteins are evolutionarily related, including serum albumin, alpha-fetoprotein, vitamin D-binding protein and afamin

By Donna Swartzendruber, MSN, RN, CNN

Albumin is the most common protein found in the blood. It provides the body with the protein needed to both maintain growth and repair tissues.

ALCHEMILLA VULGARIS

POOR

Plant with antimicrobial properties. Its high tannin content can cause skin irritation (Source: *Journal of Ethnopharmacology*, July 2000, pages 307–313).

According

to: <http://www.webmd.com/vitamins-supplements/ingredientmono-654-alchemilla.aspx?activeingredientid=654&activeingredientname=alchemilla>

Alchemilla is a herb. The parts that grow above the ground are used to make medicine.

Alchemilla is used for stomach problems, mild diarrhea, diabetes, water retention, swelling (inflammation), and muscle spasms. Some people use it as a gargle for sore mouth and throat.

Women use alchemilla for heavy or painful menstrual periods or for symptoms of menopause.

Some people apply alchemilla directly to the skin to stop bleeding; improve wound healing; or treat ulcers, eczema, or skin rashes.

ALCLOXA

POOR

More technically known as aluminum chlorhydroxy allantoinate, alcloxa has constricting properties that can be irritating for skin.

ALCOHOL



VERAGE

“Alcohol,” the term, refers to a group of organic compounds with a vast range of forms and uses, in cosmetics and in other areas. For skin, there are good alcohols and bad alcohols, corresponding roughly to high-molecular-weight alcohols and low-molecular-weight alcohols, respectively, as we explain below. When fats and oils are chemically reduced, they become less dense fatty alcohols (like cetyl alcohol), which can have emollient properties or act as detergent cleansing agents. There also are benign forms, including glycols, which are used as humectants to help deliver ingredients into the skin.

Alcohols with low molecular weights—the bad-for-skin alcohols—can be drying and irritating. The alcohols to be concerned about in skincare products are **ethanol or ethyl alcohol, denatured alcohol, methanol, isopropyl alcohol, SD alcohol, and benzyl alcohol** (when one or more of these are listed among the main ingredients; tiny amounts aren’t a problem).

In addition to being drying and irritating, these alcohols can generate free-radical damage and disrupt skin’s protective barrier. Alcohol helps ingredients like retinol and vitamin C penetrate into the skin more effectively, but it does that by breaking down the skin’s barrier—destroying the very substances that keep your skin healthy over the long term.

Alcohol immediately harms the skin and starts a chain reaction of damage that continues long after it has evaporated. A 2003 study published in the Journal of Hospital Infection found that with regular exposure to alcohol-based products, cleansing becomes a damaging ordeal—skin is no longer able to keep water and cleansing agents from penetrating into it, thus further eroding the skin’s barrier.

There is actually a significant amount of research showing denatured alcohol (ethanol) causes free-radical damage in skin

even at low levels. Small amounts of alcohol on skin cells in lab settings (about 3%, but keep in mind skincare products use amounts ranging from 5% to 60% or greater) over the course of two days increased cell death by 26%. It also destroyed the substances in cells that reduce inflammation and defend against free radicals, and actually caused more free-radical damage.

If that weren't bad enough, exposure to alcohol causes skin cells to self-destruct. The research also showed that these destructive, aging effects on skin cells increased the longer the exposure to alcohol; that is, two days of exposure was dramatically more harmful than one day, and that is only a 3% concentration.

When alcohol ingredients are at the top of an ingredient list, they are problematic for all skin types; when they are near the bottom of an ingredient list, they aren't present in a high enough concentration to be considered a problem for skin.



Eminence Organics Clear Skin Probiotic Moisturizer

Eminence Organics Clear Skin Probiotic Moisturizer (2oz)

brings clarity to oily, acne-prone skin with powerful probiotics that remove acne-causing dirt, debris, oil, and bacteria while restoring balance to the skin for a long-lasting clear complexion.



Eminence Organics Calm Skin Starter Set

The Eminence Organic Calm Skin Starter Set is the perfect way to try the amazing brightening products of Eminence Organics. Including a one-month supply of the brightening cleanser, moisturizer, masque, and serum, this skin care kit has everything you need to soothe irritated skin and reduce sensitivity.



ReFa 0 STYLE

Using drainage pro movement, ReFa 0 Style increases the vitality and energy of the skin for improved vibrancy and a more radiant complexion.



YoungBlood Mineral Primer

Lightweight, quickly absorbing, and translucent, Youngblood Mineral Primer primes and treats your skin for beautiful

makeup application and enhanced dermatologic health.



Copper Bodum Chambord Milk Frother

Designed by Bodum, this electricity-free frother creates café-style foam to top your favorite coffee drinks and hot cocoas. Fill the glass with cold milk and use the plunger to double the volume of milk froth in just seconds, or heat the carafe in the microwave to create hot foam.



Bodum Chambord Copper 8-Cup French Press Coffee Maker

An elegant new version of the original French press designed

by Bodum in the 1950's, our Chambord coffee maker is still the simplest and best way to brew the perfect cup of coffee. Its sophisticated design features a shiny copper-plated steel frame and lid.