Fall and winter Skin Care, Tips and recipes



Hello and welcome to our blog on week 197 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 the whole person, that is Body, Mind and Spirit, so with that being said the answer is if we don’t address the whole individual we can hardly feel or look very pretty. That is the reason why millions and I will say it again, there are millions of Make up, 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 hand washes 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.



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 outdoors activities.

Use a gentle scrub or an exfoliating ingredient like milk (lactic acid) or sugar or salt scrubs, bellow 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 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 Boila 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 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 specially 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. Went and dry specially 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 most part very Alkaline, Skin need a

Ph on the acid side li 5 up to 6 is preferable, soap strips away the natural

oil barrier, and many are filled with harsh chemicals 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,



Lets 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 this 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 apply 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 make up remover.

The biggest difference between most body butter recipes and common creams and lotions recipes is that body butters are composed of mostly carrier oils and butters 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 need 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

Lets start with are recipes

Anti-bacterial Body Butter



Ingredients:

2 tablespoons of Organic Sesame Oil

6 tablespoon of organic coca 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 Pirex 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 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 butters are melted together, leaving no chunks of butter behind. I like using a small silicon 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 butters until you reach a nice consistency.

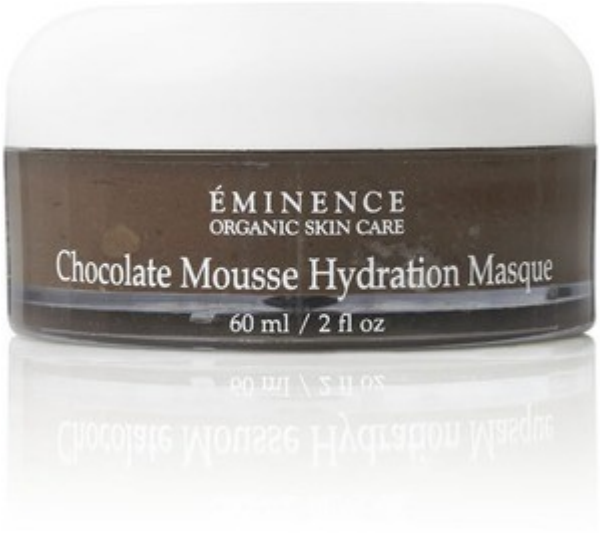
Once fluffy, scoop your whipped butter into sanitized containers preferably the kind that doesn’t allow light in, or place body butter in plastic bag, clip the corner, and squeeze into container of choice. You can find a number of different containers that will hold your body butter perfectly

https://youtu.be/b-hTbx6ElW8



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 less 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.



Vibrant Wedge Boot

Kick it up a notch in these must-have wedge boots. The Vibrant features an inside zipper and a stretchy back panel to ensure a comfortable fit. Pair with leggings and an oversized sweater to stay warm this fall. By CL by Laundry.



Racer Burnished Over The Knee Quilted Boot

Fabulous pull-on over the knee flat boot with quilted detail and a stretchy back panel for the perfect fit. The Racer looks great day or night. Pair with your favorite skinnies. By Chinese Laundry.