



# YOUR GUIDE FOR Natural skincare

Secrets Revealed For  
Anti-Aging, Rejuvenation & Detoxing

# Your Guide to Natural Skincare

Disclaimer:

This eBook was written by (your name). I am not a doctor or health professional, and cannot be held liable for the information written here.

This book is meant to provide information that helps you understand the benefits of natural skincare products.

It is not intended to provide medical advice. Do not use it as an alternative to seeking help from a medical professional.

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## Introduction

Taking good care of your skin is essential on many levels. It will increase your confidence, ensure your skin is healthy for many years, help with healthy aging, and reduce dryness, irritation, and other effects of improper skincare.

When you are buying products for your skin, whether your face or body, it is important that you know exactly what ingredients are in them. It is possible that many of your skin's imperfections or blemishes are due to the products, and not your skin itself.

Perhaps some of the harsh ingredients being used are causing conditions like rosacea to flare up, or you are allergic or overly sensitive to some of the ingredients. This can cause redness, itching, hives, burning, and many other negative effects.

The information in this eBook is going to guide you through the process of switching to a more natural skincare approach. This includes:

Understanding why you should switch to a natural skincare routine.

Learning what helps with natural and anti-aging.

Taking care of your body skin and cracked heels.

Learning about dietary changes that can help with your skin.

Making your own skincare products with essential oils and other natural ingredients.

Avoiding the toxic chemicals found in many over-the-counter skincare products.

... and more!

Keep reading to learn all about natural skincare and how it can transform your skin.

# Chapter 1 - Going Natural with Skincare Treatments



While there are many do-it-yourself (DIY) skin care products that you can make, natural skincare isn't just about using ingredients you find at home. In many cases, you just want to be careful what ingredients are in the products you put on your face.

It can be tempting to buy the latest lotion or serum you see an advertisement for, but not knowing what is in your products can have disastrous consequences.

For some people, the products contain chemicals that might dry out their skin or increase the risk of blemishes and acne. For others, they get bad allergic reactions that require a trip to the emergency room.

Perhaps you are using products that are just a little too harsh for your ultra-sensitive skin, or you have a condition like rosacea or eczema where natural is always better.

### **What Going Natural Means**

So, what does going natural with your skincare products and treatments mean? It just means choosing more organic, plant-based ingredients as much as you can. You can still use drugstore or over-the-counter products, but always look at the ingredients list and know what you are putting on your skin.

The following chapters are going to go over different ways to switch to a more natural skincare regimen, from products that are natural and good for anti-aging and acne-fighting, to learning how to make your own skincare products with essential oils.

# Chapter 2 - Natural Anti-Aging Tips and Tricks



Everyone wants to look younger, and often to go to great lengths to achieve this, but are those expensive treatments and serums really worth it?

Some of them do work very well, but you might also want to look for products that are more natural and less toxic for your skin. The last thing you want to do is do more harm than good in the long run.

While it is good to embrace the natural aging process, the following lifestyle changes and natural remedies can help you age gracefully and in the healthiest way possible.

### **Drink Plenty of Water**

Yes – we are going to start with drinking more water. It may seem like whenever you read health tips, it starts with drinking more water, but that is only because it is essential inside and out.

Not drinking enough water every day can drastically impact your skin, and not in a good way. The amount of water you need to drink often varies based on where you read about it. Some experts recommend drinking half your body weight in ounces, while others tell you to aim for at least 8 glasses a day.

This is really a personal preference and based on how much water you think you need. Naturally, if you are sweating a lot or need to flush out toxins, more water is best. However, if you feel like you are sloshing around because you are doing nothing but drinking gallons a day, it is probably a little too much for you.

The best rule of thumb is to drink water when you feel thirsty, and choose it over other drinks like juice and soda.

### **Don't Smoke**

If you already don't smoke, great! You just made this step a lot easier for yourself. However, if you do smoke, it's time to quit or at least cut back. Smoking less can help reduce your chances of developing heart disease, lung cancer, and rapidly aging skin. This is because smoking increases the appearance of wrinkles due to repetitive facial movement.

When you smoke on a regular basis, it often speeds up the aging process, so the best thing you can do for your skin is start cutting back now. Talk to your doctor if you need help quitting, as there are many options available.

## **Get Regular Exercise**

Another good lifestyle habit that can do wonders for your skin and overall anti-aging is to move your body and get the blood flowing.

Regularly exercising and keeping a record of your weight can prevent you from developing chronic health conditions and aging skin. If you exercise every day you can help reduce your symptoms of skin aging, according to Research from McMaster University in Canada. Set aside half an hour every day to go for a run, do yoga, or head to the gym for a workout.

Even on days when you're too busy to make it to the gym, you can always take the dog out for a longer walk in the evening or do some simple yoga in your bedroom when you wake up in the morning. There are a lot of fun and easy ways to sneak in more exercise during the day.

## **Reduce Your Sugar Intake**

According to a 2010 study, researchers found a direct link between dietary sugars and advanced glycation end products. This means that if you consume more sugar, you're at a higher risk of heart disease, obesity, and diabetes. Although if you consume sugar, it doesn't mean you are guaranteed to develop these conditions, it's important to enjoy sugar in limited quantities.

Don't worry so much about natural sugars, like what you find in fresh fruits and vegetables. Instead, focus on reducing artificial or added sugar, such as in candy, baked goods, and processed foods. Start reading labels so you can become familiar with how much sugar is in each thing you eat or drink.

If you aren't sure about the exact amount to have each day, talk to your doctor or a nutritionist for recommendations.

## **Lower Your Stress**

Stressful settings can take a serious toll on your mental and physical health. However, keep in mind that stress affects everyone differently. In fact, recent research studies have found that stress can impact people at the cellular level.

Certain types of psychological stress can even wear down a person's body, such as their skin, and make it age quicker than most. However, you can prevent this from happening to you by destressing your life using yoga and meditation.

Some easy stress relief methods include:

- Getting more exercise during the day, especially relaxing activities like yoga
- Writing in a journal on a daily basis
- Spending time with friends and loved ones
- Using essential oils in a diffuser to relax
- Taking relaxing baths or spending time with pets who tend to lower your stress levels

### **Consume More Protein**

It's important that you are eating the proper amount of protein every day. This will help prevent food cravings, help you lose weight, and improve your skin health. According to Keri Gans, RD, protein can help you both build and maintain muscle mass, which people usually lose when they age. By making this small diet change, you can improve the health of your hair, nails, and skin.

Like all dietary changes, it is recommended that you discuss these changes with a doctor before doing anything drastic.

### **Eat Less Salt**

There's no doubt that foods high in sodium make you retain more water, but leave you feeling bloated. At the same time, salty foods can make your face look puffier than normal, especially under your eyes. To prevent this from happening, you should work on eating less food with salt in it, and instead use lemon, chili peppers, fresh herbs, etc.

- To season food, choose spices and herbs instead of excessive salt
- Avoid processed or frozen foods as they often are loaded with sodium
- Don't use canned food unless it has a low amount of sodium

### **Wear Sunscreen**

Putting on sunscreen every day is one of the best anti-aging tricks there is. One study from 2013 found that people who wore sunblock at least three or four days a week exhibited fewer signs of aging four and a half years later than those who didn't wear sunscreen.

Continued exposure to the sun can lead to wrinkles and discoloration in the form of dark spots on your face and hands. Even daily UV rays you come into contact with can damage your skin and cause you to age faster. Sunscreen isn't just for the beach; it should be a part of your everyday routine.

## **Cut Down on the Alcohol**

Alcohol is naturally dehydrating, so think twice before grabbing another drink at the bar. When your skin is dehydrated, it will look dry, dull, sallow, and crepey. You should be especially careful when drinking white wine. This drink is acidic, which means it can damage your teeth's enamel and make them more susceptible to stains.

You don't need to quit completely, unless you want to for other health reasons, but cutting back to just social or occasion drinking is ideal.

## **Wash Your Face Before Bed**

Washing your face before you go to sleep is crucial for the health of your skin. You must wash off all of the makeup, dirt, and oils that have gathered on your face throughout the day. In fact, falling to wash your face at the end of the night actually inhibits your skin's ability to regenerate overnight. Plus, you won't wake up with clogged pores.

Make sure you choose your face products wisely, looking more for products with natural ingredients instead of toxic and harsh chemicals. Always read the label when choosing a face cleanser.

## **Get a Good Night's Sleep**

Sleep is an essential and often overlooked part of your regular skincare routine. It is so incredibly important because it helps the body and the skin to regenerate. Getting the recommended eight hours of sleep every night will help your skin cells rebuild. Plus, it will also prevent dark under-eye circles.

Everyone wants to look younger but few people are willing to put in the effort. With a few lifestyle changes and a better diet, you can continue to look young for a long time to come. By taking advantage of the tips above, you can prevent the signs of aging naturally. From your skin to your teeth, you will be looking younger in no time at all.

# Chapter 3 - How Your Diet Affects Your Skin



Aging is a fact of life. Wrinkles and spots are natural and will show up with time. While the effects of time are unavoidable, it is possible to slow them. There are many factors that go into your skin health such as lifestyle habits and heredity, but none are more important than nutrition.

If you want to keep your skin healthy and looking good for as long as possible, you will need to focus on what you eat. Below is a look at some of the factors in the relationship between diet and skin health.

## **Good Vs Bad Fats**

Fat is an important part of your diet and is crucial for good skin health. Your body uses fat as a waterproof seal and there are healthy fats that help to improve the health of your skin.

To improve the health of your skin, you will need to consume adequate amounts of Omega-6 fatty acids and omega-3 fatty acids as these will help to prevent dry skin. Eat more nuts and fatty fish to increase omega 3s in your diet and more whole grain to increase the omega 6s.

Keep in mind that a meat-heavy diet increases the amount of animal fat that you consume. Excessive consumption of animal fat can lead to more free radicals being produced in your body, which can have negative effects on your skin at the cellular level. Your skin does need some fat, but you should stick to the healthy types such as those from fatty fish, olives and nuts. In addition to preventing dry skin, good fats help your body to absorb antioxidants and vitamins. Consuming healthy fats can also strengthen your cell membranes.

## **Vitamins**

Vitamin C is essential for healthy skin, as are vitamins D and E. Vitamin C and vitamin E work together to prevent damage to skin cells that can come with exposure to the sun. In addition to that, your skin's structure depends on a protein called collagen. Vitamin C helps your body to produce collagen.

Another important benefit is that it also helps to support your immune system. A robust immune system can speed up the healing process for blemishes. Vitamin D is important for controlling how cells in the deep layers of your skin grow and also helps to prevent sun damage.

Too little vitamin C in your diet can cause scurvy, which has skin lesions as one of the symptoms. If levels of vitamin D in your diet are low, your skin can become highly susceptible to sun damage.

To get adequate vitamin C, you will need to add a sufficient quantity of fruits and vegetables to your diet. Exposing your skin to sunlight and taking supplements are the two best ways to get vitamin D

## **Minerals**

Being deficient in certain minerals can also have negative effects on your skin. Consider the fact that zinc is important for skin pigmentation and that selenium is important for protection from sun damage. Deficiency in zinc can result in abnormal pigmentation and may even cause skin lesions in some cases. A selenium deficiency can increase your risk of skin cancer from sun exposure and may stop the normal development of skin cells. A diet that is rich in nuts can provide both zinc and selenium.

## **Processed Foods**

Studies of certain primitive cultures with diets that consist mostly of fish, fruit and tubers (with almost no processed foods) have shown no incidences of acne. Researchers believe that this is because processed foods like refined carbohydrates cause the release of hormones that produce more skin oils and slough off skin cells. Those skin cells clog pores and result in acne.

While genetics may play a role in the healthy skin, the research has also shown that members of these populations who move to areas where western-style diets are consumed do develop acne.

## **Dairy**

Research has shown that the consuming dairy increases the extent of an acne outbreak as well as its severity. The reason that dairy is so bad is that it is full of hormones like testosterone and insulin, the same hormones that processed foods are believed to trigger. Consuming dairy can increase insulin by as much as 300 percent.

## **Hydration**

Like the other cells in your body, skin cells consist mostly of water. Insufficient hydration will result in your skin cells not performing properly. Among water's benefits is the fact that it increases the blood flow of capillaries in the skin thus increasing the skin's elasticity. While there is no evidence to support the notion that extra water consumption increases skin health, the research does show that insufficient hydration can detract from it.

What is going on the outside of your body directly reflects what is happening on the inside. Eating a diet with natural foods and staying hydrated will ensure healthy skin, but a diet full of processed foods will deprive your skin of the nutrients and hormonal stability needed for optimal health.

# Chapter 4 - DIY Skincare Products with Essential Oils



The next aspect of natural skincare to keep in mind has to do with the actual products you use. While you can definitely read labels to find products that are better for your skin, why not start natural by making your own? Not only are there a lot of ingredients in your kitchen that work great for skin products, but you can also use essential oils for multiple benefits.

This is not only going to allow you to use the most natural ingredients possible, but you can save money making your own skin care products, and you have the bonus of customizing the products for your skin.

You can make everything from toners to lotions to scrubs. Also, so as to not forget the gentlemen, you can also make beard oils that will tame unruly beard hair while also hydrating the skin underneath so that ingrown hairs become less common.

To get started, there are a few things that you need to determine about your skin, you need to understand a few commonly-used ingredients in many at-home skin products, and you need to learn which essential oils are best for your skin type.

## **Essential Oils for Certain Skin Types**

We all have different skin types, and it's useful to know which oils will be best for the skin that you have. Some oils are great for balancing oily skin while others will protect and nourish aging skin. There are a few skin types that are extremely common: oily, dry, combination, blemish prone, and aging. Many people also have more than one skin problem. For instance, a person could have skin that is both dry and aging or oily and dry.

### Essential Oils for Oily Skin:

Orange  
Lemon  
Lime  
Bergamot  
Geranium  
Cypress

### Essential Oils for Dry Skin:

Chamomile  
Cedarwood  
Geranium  
Myrrh  
Palmarosa

### Essential Oils for Acne-Prone Skin:

Lavender  
Geranium  
Vetiver  
Patchouli

### Essential Oils for Aging Skin:

Tangerine  
Ylang Ylang  
Frankincense  
Lavender  
Rose  
Palmarosa

## **Skincare Products to Make with Essential Oils**

Now that you know what essential oils work great on your skin, you can start looking at different products to make yourself. Here are some ideas:

### *Lotion*

One skincare product that many people use for dry, cracked skin is lotion. There are a few simple ingredients that you will need to make your own lotion with essential oils. Shea butter is a common ingredient that is used as a base in moisturizers, and you can add essential oils that work with your specific skin type.

For instance, if you have aging skin, try adding tangerine or rose oil to nourish skin that is beginning to sag and have wrinkles. If your skin is prone to being both dry and oily, you can try adding lavender.

### *Toners*

Toners are great for removing excess soap and makeup and balancing skin. They also leave facial skin feeling velvety soft. Witch hazel is one ingredient that is often used in toners, especially toners for people with oily or blemish-prone skin.

Many toner recipes for skin that is dry or aging opt away from witch hazel and are made solely from essential oils that are suited to dry or aging skin types.

## *Serums*

Serums help brighten and moisturize the skin and decrease dark circles under the eyes. Generally speaking, a carrier oil, such as jojoba oil, is used as the base of the serum, and then essential oils are added in according to the needs of your skin. For instance, a person who is interested in staving off wrinkles but also has dry skin might add small amounts of rose oil and chamomile to jojoba oil to make their serum.

## *Beard Oils*

Men often have many of the same skin problems that women have, and they benefit from many of the products like lotions and toners. Many men, however, also have beards to care for.

Beard oil softens beard hair and nourishes the skin underneath. A carrier oil, such as coconut oil, is often used as a base, and a masculine smelling essential oil that is suited to the skin type of the user is added in.

Eucalyptus is an essential oil that is antiseptic and can treat acne. It also has a clean, fresh scent that isn't too feminine. Sandalwood is another scent that has a woody, masculine scent. It's great in a beard oil because it is moisturizing. Another essential oil that works great for men is lemon oil. This particular oil is great for oily skin as it evens out oil production.

## *Lip Balms*

Lip balms are another skincare product that almost anyone can benefit from sometimes. Common ingredients are beeswax, shea butter, coconut oil, lavender oil, and peppermint oil. You can also add in a pigmentation such as beet juice if you would like to have a tint that can substitute for lipstick. Natural recipes are often preferred by people because it's very common to accidentally ingest products that we put on our mouths.

Essential oils not only help improve the quality of your skin without harsh chemicals, but they also, oftentimes, smell great. While you shouldn't choose your essential oils based solely on the fragrance, there are many options available for whatever skin issues that you are trying to regulate, so you are sure to find something that not only works great, but is also pleasing to you.

# Chapter 5 - Get Rid of Cracked Heels for Good



You know that feeling, where the heels of your feet are so dry it's discomforting. Some people don't want anyone coming near their feet because the skin feels so unpleasant. You are not the only one dealing with this problem; it is estimated that about 20 percent of people in the United States over 21 suffer from cracked heels.

It can be great to get a pedicure and foot treatment at your local spa, but why not try healing your cracked heels at home? Here are some natural remedies that work great:

### **Penetrating Oil**

The cracked heel phenomena or condition does not happen overnight. It is the result of ignoring the skin on your heels, even though it was dry. Now, there are a number of reasons why this could have happened like wearing open-back shoes or dehydration, but the result is the same.

Layers of severely dry skin has finally cracked under pressure. You need to use something that can penetrate the layers like coconut oil, organic tallow, or other organic oils. Wash your feet, pat them dry, use a pumice stone to exfoliate, and apply the oil. Put on clean socks to leave the oil on overnight and repeat these steps for a few days.

### **Gentle Exfoliation**

Those with layers of dead skin may want to consider exfoliating. Sure, using the pumice stone works, but it may not be enough when the problem is extensive. You may need a specialized exfoliating solution to help deal with your specific foot problem. You can mix a specific natural blend meant to exfoliate but also medicate the region.

What you want to do is start with a handful of ground rice. Begin to add a few teaspoons of raw honey and unpasteurized apple cider vinegar to the rice until you get a paste-like consistency.

Add a few teaspoons of your choice of oil. Soak your feet in lukewarm water for about 10 minutes, and then scrub with the solution. Do this for about a week or until you feel satisfied with how your heels feel.

## **Leafy Aid**

Cracked feet comes in many forms depending on their severity. There are some that just have mild cracks and discomfort while others have severe symptoms like infections or itchiness. It is important to apply a more poignant solution when your cracked feet are this severe, like this leafy solution.

What you want to do is get your hands on a handful of Indian lilac, which is also known as margosa or neem leaves. Crush the leaves until you make a paste, adding a teaspoon of turmeric powder. Blend well, and apply it to the affected areas.

Do not remove until 30 minutes have passed, and then just clean your feet and pat dry. The reason you are using this is because neem naturally soothes and effectively kills fungus.

## **Lemony Softness**

Lemons are known for their natural acidic properties, which is helpful for your cracked heels. The acidic active ingredients in lemon should help soften the skin given enough time. Now, you should not apply the lemon directly but rather dilute it so that it is not too aggressive.

What you want to do is mix lemon juice from one lemon into enough water to soak your feet. Again, you want to use lukewarm water. You do not want to use hot water, which could exasperate dryness. Let your feet soak in the water for 10 to 15 minutes before scrubbing them with a pumice stone. End by washing and pat drying your feet.

## **Rosy Wash**

Another effective solution comes from the combination of glycerin and rose water. There are a few reasons why this solution could be helpful to some. Glycerin, for one, helps to soften the skin like lemon but is not as aggressive. Rose water contains a lot of skin-strengthening ingredients like vitamin A, B3, C, E, and antioxidants just to name a few.

You should simply mix both of these solutions in equal parts and apply to your clean feet. Make sure you let the blend stay on your feet overnight, so wear a clean sock or a moisture-trapping wrap around your feet. Do this a number of times until the condition gets better.

## **Soothing Wax**

Those dealing with cracked heels that are so severe it has become painful may want to consider using the paraffin wax treatment. Preparation is a little more time consuming, but it really does provide relief now. What you are essentially doing is using the wax to create an emollient that should help treat the skin's condition pretty quickly.

What you want to do is use a double boiler to melt a block of paraffin wax. Add two tablespoons of natural oil into the wax like coconut oil. You already know just how effective oil can be, but this treatment should intensify the oil's benefits.

Turn off the fire once the wax has melted and wait to see a thin layer on top of the mix, which should indicate that it is cool enough to dip your heel into it.

All you have to do now is dip your heel in the mixture for five to 10 seconds. You want to continue to dip your heel in the mixture a few more times to form a number of layers of the wax. Wrap your feet in plastic wraps for around 30 minutes before removing the wax. Make sure you apply this wax twice a week.

## **Banana Goodness**

One of the most interesting and inexpensive solutions is the banana-based one. Bananas have strong moisturizing properties, and you are going to be using these properties to help you deal with your cracked heels. All you have to do is mash enough bananas to apply a healthy layer over the affected areas.

Now, your feet need to be clean and dry before you apply the paste. Let the banana mush sit over the affected areas for 10 to 15 minutes before washing it off. Make sure that you do this every day for a week or until your skin feels better.

Hopefully, some of these solutions help you find relief. Be sure to pass them on because they are effective and can help others in your situation. Make sure to consider wearing more socks and try to make moisturizing your heels a natural part of your life from now on to prevent this from happening again. You should also talk to your podiatrist to see if he or she has additional suggestions.

# Chapter 6 - Natural Skincare Tips for Your Body



Caring for your skin is one of the most important things you can do for yourself. You only get the skin you're born with, and caring for it is the best way to feel more confident, more beautiful, and to prevent telltale signs of obvious aging from prematurely occurring. Your skin is exposed to so many elements on a daily basis it would shock you to break them down individually, and caring for it daily helps minimize the effects of everyday life.

Before you assume the only way to care for your skin is through the use of expensive products, here are a few of the simplest, most natural ways to care for your skin all over your body. You can do it at home, and you can live a healthier, more beautiful life.

### **Natural Skincare for Your Entire Body**

Before delving into the specifics of caring for each individual body part, it's imperative you learn what you can do naturally at home to improve your skin as a whole. The most important thing you can do is drink more water. Your body is comprised of mostly water, and you must replenish it daily. The more water you drink, the healthier your skin looks.

Drinking enough water prevents dehydration, and it can even improve the overall look of your skin. It improves your collagen, which is what keeps your skin looking healthy and happy. It also helps you clear up breakouts and other imperfections on your face. Water is the healthiest thing you can consume, and it shows in your skin.

Another great way to improve the look of your skin overall is to eat a healthy diet. There's no need to deprive yourself of the many things you love, but there is a good reason to eat healthy. It helps keep your weight in check, it helps your skin look better, and it makes you look healthier. Finally, you must get enough sleep.

Adults need 7 to 8 hours of sleep per night to function at your highest capacity, which means you need to adjust your bed and/or wakeup time to allow your body the sleep it needs.

### **Natural Skincare for Your Face**

Did you know you can wash your face with Apple Cider Vinegar a few times a week to help your skin look clearer and more beautiful? All you need to do is use it as a natural cleaning agent by dipping a cotton ball into apple cider vinegar and wiping it on your face. Be sure you do not get this in your eyes, but try to clean your entire face with it. It's all natural, it's safe, and it's going to clear breakouts and improve the overall look of your skin.

### **Natural Skincare for Your Arms and Hands**

One of the most telltale signs of age is the skin on your hands. The skin on the backs of your hands is similar to the skin on your face, only most people forget to care for the skin on their hands as well as they do the skin on their face. This means your face looks younger, but your hands give you away immediately as being older than you look.

If you want to avoid hands that make you look older, you must exfoliate regularly. The best natural skincare advice for your arms, hands, and elbows is to exfoliate every other day. One way to do this is with a mixture of sea salt and sugar with a little bit of olive oil. It's going to remove dead skin from your hands, arms, and elbows, but it's also going to moisturize them along the way.

## **Natural Skincare for Your Legs and Feet**

Your legs and feet take the brunt of the damage you do. They're the body parts getting the most sun, and they're the body parts that end up more damaged than any other part. Think of all the beautiful shoes you wear that leave blisters and marks on your feet. That's damage to your skin even if it's not something you think of often.

Your legs will thank you for using a very simple homemade skincare routine on them every day. All you need is a little coconut oil. Rub it on your legs every time you get out of the shower. This is your new moisturizer, and it's one of the best ways to combat dry skin and damaged skin on your legs.

As for your feet, the most important thing you can do is prevent cracking and dryness. Cracked skin seems natural when your skin is calloused and dry, but it's not natural. Your skin shouldn't get to this point, but it does when you're not spending enough time caring for the skin on your feet. A pumice stone is a great way to combat this problem.

To help exceedingly dry feet, you should douse them in olive oil and wear heavy socks to bed a few times a month. This helps set in moisture naturally, and it causes that dry, uncomfortable skin to look and feel smoother and better.

The best way to determine if you're spending enough time on your skincare routine is to check your photos. If you take a photo of yourself and find you don't want to post it on any social media platform because your feet look so dry even though you have an amazing new pedicure or your face looks dry, it's time to take better care of your skin. You must see your dermatologist every year, but you can use many skincare routines at home without spending a fortune in the meantime.

Simple beauty routines are the best beauty routines, and your skin will thank you for the natural skincare you implement daily. Start with these tips and maximize your good looks and beautiful skin. Drink your water, care for your skin with natural remedies as often as possible, and enjoy the benefits they provide as you begin to age more gracefully.

# Chapter 7 - Avoid These Chemicals in Drugstore Skincare Products



Skincare products contain dangerous chemicals that every consumer needs to avoid. As published in the article, Dangerous Ingredients in Skin Care Products on Natural Health Source's website, upwards of more than 10,000 dangerous ingredients are used to manufacture beauty products. Considering these staggering statistics, consumers should be careful when selecting the items they use on their skin.

What consumers may not realize is that any product that is rubbed on the skin is absorbed into the bloodstream. In other words, if you rub a lotion or cream on your skin, it is the same as eating it. In this industry that is largely unregulated for practical purposes, consumers are forced to fend for themselves.

The best way shoppers can protect themselves is to read the ingredients list and then make an informed purchasing decision. Unfortunately, deceptive labeling practices makes it almost impossible to simply scan the main label since positive words like "natural" are indiscriminately used to bolster a product's image, meaning nothing to the consumer.

Even when a product is labeled organic, shoppers still run the risk of toxin exposure since the requirement for using the word organic is that the item must have at least 70 percent organic ingredients. What that means is that, effectively, 30 percent of the product is "not organic."

When you consider how arbitrarily these words are used, the only recourse a consumer has to protect themselves and their family is to read every ingredient and decide if it is safe based on those facts.

### **Listed below are some of the worst offenders.**

#### *1. Antibacterial Soaps and Cleansers*

Specifically, triclosan and triclocarban are two dangerous ingredients to avoid in antibacterial soaps. Health conscious consumers might be well advised to elect to skip antibacterial cleaners altogether since the benefits of using them over soap and water are negligible at best and not worth the added risks. Hot water or simple hand soap is the recommended alternative.

#### *2. Parabens*

Parabens are used because they add to the shelf life of products, acting as a preservative by preventing the growth of bacteria and fungi. It is noteworthy that research has found parabens present in breast cancer tissue. Skin allergies are also common. When trying to identify parabens, the prefixes propyl, methyl and butyl are tip offs. To be on the safe side, it is always a good idea to look for and buy paraben-free products.

### *3. Propylene Glycol*

This ingredient is tied to liver and kidney health problems. Additionally, it is considered an allergen. It is no surprise that this chemical compound is dangerous when you consider its other use as a plane de-icing agent.

### *4. PEG Compounds*

These compounds are often present in skin creams. The dioxane in this compound is believed to cause cancer. Consumers should steer clear of ingredients with “eth” in the name to avoid exposure.

### *5. BHT and BHI*

These two chemicals have been found to be harmful to wildlife and humans. Often present in moisturizers, they are tied to cancer and should always be avoided.

### *6. Fragrances*

Consumers should shop for fragrance-free products to avoid some of the nasty symptoms commonly connected to these (parfum) additives. Headaches and rashes are two frequent unpleasant side effects. Vomiting and dizziness have also been reported and associated with those manufactured smells the chemists work so hard to add to beauty products.

### *7. Phthalates*

When purchasing lotion, this chemical is often one of the ingredients you'll find. If you see phthalates as an ingredient, beware. They are tied to serious health issues that include liver and kidney damage. Phthalates are also linked to cancer and lung damage.

### *8. DEA and TEA*

These two compounds are particularly dangerous and should be avoided whenever possible. Found in body wash and soaps, a few of the more minor problems consumers can expect include dry skin and hair. Eye irritations have also been reported. The problems only get more serious from there. Commonly used in moisturizers, these ingredients are believed to cause organ damage, specifically in the liver and kidneys.

The use of these chemicals is also believed to contribute to an increased risk of cancer. Not surprisingly, the negative impact of DEA and TEA is not limited to humans, and has also been linked to wildlife and fish contamination.

### *9. Formaldehyde-Related Preservatives*

Consumers need to be on the alert for these preservatives. Recognized as carcinogens, DMDM and methenamine must be added to the list of dangerous additives to avoid.

Hydantoin and quarternium-15 are also believed to increase cancer levels and are commonly found in popular cosmetic brands.

#### *10. Mineral Oil*

This may be one of the least likely to make a list of toxins, but it definitely deserves to be avoided. This petroleum by-product is found in many moisturizers and clogs the skin. Since the skin is charged with the important function of releasing toxins, clogged skin inhibits its ability to do so.

#### *11. Petrolatum*

As the name suggests, this is a petroleum product. It is found in many moisturizers. The problem with this chemical is that it is linked to a higher risk of cancer, so avoid it.

While this list is by no means exhaustive, it represents the most frequently used chemicals that health-conscious consumers need to eliminate from their skincare products.

Since beauty and health related products are not as highly regulated as is necessary to truly protect the public, the burden of keeping families safe rests largely on the consumer's shoulders when selecting skincare products.

The more ingredients listed, the more likely the exposure to one of these toxic chemicals. Considering the sheer number of chemicals the average person is exposed to on a daily basis, anything a consumer can do to eliminate toxins that enter the body makes sense.

Armed with knowledge, consumers are positioned to proactively purchase skincare products that will enhance their life and health with no associated risks.

# Chapter 8 - Recommended Natural Skincare Products



A big part of looking young is having good skin. Your skin resembles your overall look and you should take care of it like you would anything else. The sad truth is, most products that you put on your skin do more harm than good. Makeup and all kinds of other things you put on your face can damage the skin and clog your pores.

This may result in acne or blemishes which can leave scars. With all that being said, there are a lot of products available that *are* good for your skin. Most of the time, these products will be natural and won't be filled with lots of extra ingredients. In this article, we will discuss some of the most recommended natural skincare products.

## **Coconut Oil**

Coconut is one of the most useful skin care products available. It has all kinds of uses and is great for the skin. Coconut oil is great for cleaning your skin, moisturizing it, and even removing makeup. It can be used on the skin and in the hair for numerous benefits.

Not only is it great for your skin, it's great when consumed as well. The healthy fats and anti-inflammatory properties of coconut oil make it great for improving your immune system and digestive system.

Due to all the wide range of benefits that coconut oil provides, it is at the top of the list as far as skin care products go.

## **Tea Tree Oil**

Tea Tree Oil is great for skincare because it reduces inflammation and redness. It also provides relief from breakouts. It is very useful for skin problems such as acne and psoriasis.

It even has the power to treat warts and athlete's foot. For maximum results from tea tree oil, you will need to find a high-quality product. While lots of lotions and cleansers have a small amount of tea tree oil in them, it is not the best choice.

A more effective method would be to purchase 100% tea tree oil and use it directly on the skin. It is relatively inexpensive and can be found easily online.

## **Avocado**

Avocado is another powerful option for natural skin care. Avocado is filled with tons of antioxidants like alpha-carotene and beta-carotene. All of these antioxidants are great for effectively fighting off bacteria on the skin. It is also useful for diminishing wrinkles preventing signs of aging. Avocado also has Vitamins E and C which act together to protect and heal the skin.

Along with Coconut Oil, Avocado is good for consuming as well. Eating Avocado can help your skin just as products with Avocado in them can. It has fatty acids which help your skin look younger and healthier. Avocado also has moisturizing properties which are necessary for healing dry or cracked skin.

## **Raw Honey**

You may wonder why honey has made the list as a natural skincare product. Although the thought of putting honey on your skin may sound messy, it is actually very beneficial.

Honey contains antibacterial and probiotic properties that are great for your skin. It also has extreme hydrating powers. Although honey won't be good for removing your makeup, it does make a great cleanser.

Simply wet your face and apply a little dab of honey. Continue by massaging your face like you would any other cleanser product. After you wash it off, your skin will be smooth, hydrated, and protected from bacteria.

The water will also ensure that you won't make a sticky mess in the process. All in all, honey is great for your skin whether you use it topically or if you eat it. Topically might be the best choice though, as the large amounts of sugar found in honey could lead to breakouts.

## **Sea Salt**

Sea Salt is very useful for healthy skin, hair, teeth, and even nails! When it comes to skincare specifically, there are many reasons why sea salt is beneficial. One of the biggest reasons is because sea salt is filled with minerals like magnesium and calcium. Many of the minerals found in sea salt play a key role on the skin and its overall health.

There are many ways to use sea salt for your skin. You can use it as a mask by mixing it with honey. You can use it as a toner as well. Sea salt helps regulate the production of

oil and bacteria on the skin which can fend off breakouts. Another way to use sea salt is as a facial scrub.

Sea salt has a gritty texture which can be great for getting deep into your pores and removing dead skin cells. If you want to use sea salt for your nails or hair, it is very beneficial for that as well!

## **Aloe Vera**

Aloe Vera is another natural skin care product that you can use to enhance your skin. The first thought that comes to mind when people hear Aloe Vera is treating sunburns.

Aloe Vera has powerful moisturizing and healing abilities when it comes to the skin. Many people find that this is one of the best remedies for treating a sunburn. It turns out that there are many other practical uses for Aloe Vera as well.

Among those are treating acne, fighting aging, and reduced stretch marks. Aloe Vera contains strong anti-inflammatory ingredients like Auxin and Gibberellins which fight acne. It also contains vitamins and antioxidants which are great for reducing the signs of aging and stretch marks.

## **Jojoba Oil**

Jojoba Oil is the last natural skincare product that we will cover in this list. The oil derived from the nut of an indigenous American shrub is essentially a liquefied wax. Jojoba Oil is unusual compared to many other products because it works differently.

When your face or skin gets dry, it produces sebum which is an oil. This process is the cause of most acne because it often clogs pores. Jojoba Oil acts as a natural sebum and therefore prevents your skin from needing to produce as much. In the end, Jojoba Oil can help prevent acne, control oily skin, and helped heal cracked skin around your body.

# Chapter 9 - Natural Skincare Tips for Every Season



There are so many options when it comes to taking care of your skin. Although there are numerous products, it is very important to make sure that everything you put on your skin is as non-toxic as possible.

The skin is the body's biggest organ and easily absorbs anything put onto it, including any toxins such as parabens, synthetic fragrances, and dyes.

One of the easiest ways to ensure that your skin doesn't become a hotbed of toxins is to use as many natural options as possible. And throughout the seasons, the skin requires different ways of taking care of it for it to operate in peak condition.

## **Skincare in The Spring**

### *Exfoliate*

Springtime calls for renewal and the spring clean up. That should be true for your skin as well. When transitioning your skin from winter to spring, one of the most important things to do is to exfoliate.

There are many products with which this can be achieved, but the natural way is usually much easier, cheaper, and more forgiving on the skin. Simply mix raw sugar, ground coffee, roughly ground oatmeal, or ground walnut shells with coconut oil to create a simple paste that will be extremely effective in exfoliating the skin.

### *Antioxidants*

Springtime also brings about more time in the sun, which means that your skin will be more exposed to the ultraviolet rays it gives off. Combat the effects of the sun naturally with an essential oil, such as lavender or carrot seed oil both of which works to reverse the effects of the sun on the skin.

More time in the sun will mean that your skin will also benefit from increasing the amount of antioxidants in your diet. Antioxidants work to reverse the signs of sun damage; eat foods such as berries and leafy greens to get in your antioxidants.

### *Sensitive Skin*

The sensitive skin around the eyes also needs to be protected more in the spring. Many people make the mistake of thinking they don't need their sunglasses yet in the spring, and the skin under your eyes suffers. Creating a simple eye cream with shea butter and frankincense essential oil will keep that delicate portion of the skin in peak condition.

## **Skincare in The Summer**

### *Sun Care*

Summer is the time to really pay attention to the effects that the sun has on your skin. Carrot seed oil, raspberry seed oil, coconut oil and sesame seed oil work relatively well as natural alternatives to conventional sunscreen.

Still, to keep your skin in peak condition, limit time in the sun to about an hour at a time and make sure to reapply the natural SPF about every half hour. Shade and protective clothing are also musts for the health of your skin.

### *After Sun Care*

Should you happen to get sunburned from too much sun, there are a few natural ways to diminish the effects of the sunburn and to keep more comfortable until your skin heals.

Aloe vera gel is always the go-to for these situations, just makes sure to use pure gel without any other added chemicals or ingredients -- they're not needed. You can also use peppermint oil for a cooling effect on the skin after burns.

### *Moisturize*

The extra heat can also be drying to the skin, so make sure that you have a good moisturizer handy. Coconut oil works well to keep your skin hydrated. If you normally have acne-prone or oily skin, opt for adding just a few drops of coconut oil to another moisturizer instead of applying it to your whole face.

This will ensure that you are getting the proper amount of moisture to your skin and keeping it from drying it from the intense heat or overly zealous air conditioning.

## **Skincare in The Fall**

### *Keep Moisturizing*

During the fall, the wind is usually playing all kinds of havoc with your hair, but don't forget about your skin. Take care to keep extra moisturized during this time, as the wind has a very drying effect on the skin, especially skin on your face.

Continuing with coconut oil as a moisturizer is a good way to upkeep your skin. Also, take extra care of the skin on your hands at this time in the season as it usually gets much dryer than usual.

### *Exfoliate Again*

The fall season calls for another good round of exfoliation. This is the best time for it because the weather stays in temperatures that are less extreme on either end so a freshly exposed skin on your face won't have as many temperature fluctuations to deal with.

Again, a natural, homemade scrub is the easiest and least toxic one to use. Make sure to add some moisture back in along with the scrub. The best way is to add a super moisturizing oil, such as grapeseed oil, into your scrub. Don't just limit exfoliating to your face either, your whole body needs it during these months.

### *Masking*

A good step to add to a beauty routine during the fall is masking. Masks will deliver a lot of nutrients, vitamins, and benefits to your skin and will help prep your skin for the coming winter months. Make sure to choose masks with ingredients that are suited to the skin on your face. If you're looking for a mask to help turn back the signs of aging or to brighten your face, opt for a yogurt and lemon juice mask.

Those that are just wanting something moisturizing and luxurious for their face, along with the nutritional benefits, should try masks with avocado, banana, honey or aloe vera gel.

## **Skincare in The Winter**

### *More Moisture*

The cold winter months call for lots and lots of moisture. Continue using a moisturizing agent on your skin, such as coconut oil, and even up the amount if you live in a particularly cold region. Make sure to treat your whole body to moisture because even with layers on the cold air will penetrate and affect every bit of skin. Add extra moisture at night to keep skin hydrated and ready to go in the morning.

### *Vitamin A*

Winter is also a good time to increase your application of Vitamin A or retinol. This anti-aging ingredient is great to use to keep the skin in peak condition, but it tends to be photosensitive so using it during months when the sun isn't out as much is best.

You can find retinol, vitamin A, in many products, but a simple way to add in Vitamin A is to use rosehip seed oil. A great source of Vitamin A, this oil can be added to your skincare routine during the winter months. It is best applied at night, to limit its exposure to the sun, and only every other day to let your body get acclimated to it.

### *Hydration*

One thing many people forget during the winter is to stay hydrated. The skin is one of the organs in our bodies that needs the most water to be able to stay in peak condition.

Although during the winter we tend to drink more teas, hot cocoa or other hot drinks don't forget to keep your intake of water high as well since your skin needs as much moisture as it can get. Applying moisturizer on the outside will only get you so far if you're not staying properly hydrated on the inside.

### *Combine and Continue*

Skincare is a process that takes months to reach its peak and for you to see benefits. Don't get discouraged if your natural skin care regimen doesn't show results immediately.

The skin takes time to adjust to things just like the rest of your body does. Natural skin care is better and less toxic for your skin, even though it might take longer to take effect. Continue with the skin care ingredients and products that you see are working for your skin type.

# **Chapter 10 - Starting Your New**

# Natural Skincare Routine



Now that you have all the information you need about going natural with your skincare, you can start developing a routine that works good for you. Remember that not everything has to be 100% natural and homemade, though that is a great way to customize the products going on your skin.

Here are some tips when you want to start a new natural skincare routine:

## **Go Through Your Current Skincare Products**

The first step to starting a new natural skincare routine is to get rid of some of your current products. Don't forget to look at the list above of some toxic ingredients you might want to avoid in your products. As a refresher, here are some ingredients to look for:

Parabens  
Phthalates  
DEA, TEA  
PEG Compounds  
Propylene Glycol  
Fragrances  
Petrolatum

If you have any concerns about products that include these ingredients, do your research, and talk to your doctor about whether or not this product is good for your skin. Get rid of anything you don't feel comfortable using or that doesn't contain natural and organic ingredients, so that you can start fresh.

### **Consider Your Skin Type and Preferences**

Once you have cleaned out your bathroom and are ready to start fresh, you will need to think about what you really need for your skin. Consider what your skin type is to start with, such as dry, oily, or combination skin. This can determine what ingredients to look for in your skincare products.

For example, if you have oily skin, you want to be careful with how much oil (even natural oil) is in your products. With dry skin, look for natural oils like coconut or argan oil. You can talk to your dermatologist if you aren't sure what skin type you have.

Another consideration is looking at any skin conditions you have, such as rosacea, eczema, or psoriasis. Certain ingredients don't react well with some types of skin conditions, so be careful with the products you choose.

### **Test New Products on a Small Area of Skin**

When you start purchasing natural skincare products, don't just use them on your face or body and assume they will react well. You should always test new products on a small area of your skin to see how it reacts.

Does it get dry, burn, itch, or turn red? If so, you might be having an allergic reaction, so you should stop using it immediately. Make a list of any products that don't have a good reaction so you can narrow down what ingredients are causing the reaction.

### **Try Some DIY Skincare Products**

There are a lot of amazing store-bought products by natural skincare companies, but you might want to make your own products. As mentioned in a previous chapter, there are a lot of great products you can make, including lotions, cleansers, masks, and serums. We discussed some products that use essential oils, but that is definitely not all you can use for these products.

Here is a list of natural ingredients that work great in DIY skincare products:

Baking soda

Raw honey

Sugar – white and brown

Salt – Himalayan pink sea salt, regular table salt

Fruit – avocados, bananas, etc

### **Commit Yourself to Taking Better Care of Your Skin**

Lastly, commit to using more natural products on your skin. You don't have to switch to a 100% organic and natural skincare regimen, but the more products you use without harsh and toxic ingredients, the better off your skin will be. It will be healthier, less prone to breakouts, softer, and have a nice, natural glow.