

Natural Skin Care

The skin is the largest organ of the body. It is responsible for protection from the external environment, regulation of temperature and elimination of internal toxins and waste products.

Oily, dry, cracked skin, rashes, eczema, rosacea, acne or psoriasis each has its unique characteristics that assist in identifying what is really going on in the body. When the skin is 'expressing' a problem, it is important to understand and address the triggers and root cause.

Stress

🌿 Stress is a trigger for most skin conditions. Address the cause of your stress.

🌿 Breathing, meditation, exercise, relaxation techniques and rest all assist in reducing stress.

Clothes

🌿 Wear clothes that ensure you don't get too hot or too cold.

🌿 Cotton or natural fibers allow your skin to breathe.

🌿 Choose clothes that are loose without restrictions or rough-textured, scratchy surfaces.

Cleanliness

🌿 Good daily hygiene is critical. If you sweat a lot or wear a lot of makeup ensure that you clean your skin before bed.

🌿 Clean with gentle, natural soap in tepid water and dry thoroughly afterwards.

🌿 Prevent skin irritations by using non-abrasive products, including sharp blades for shaving.

Sunlight

🌿 15 - 30 minutes of sunlight a day benefits most skin conditions.

🌿 Avoid staying in direct sunlight in late morning and early afternoon.

🌿 Use full spectrum lights in your home and place of work.

Nutrition

🌿 Water is needed to help the body flush out toxins. Drink at least 8 glasses a day.

🌿 Be conscious of your reaction to food and work with your Naturopathic Doctor to determine if allergies are part of the problem.

🌿 Whole grains, fruits and vegetables provide the skin with needed nutrients.

🌿 Avoid caffeine, alcohol and nicotine as they can constrict blood vessels that nourish skin. This increases the appearance of deep wrinkles, aging and decreases the ability for skin to heal.



Skin Products

- 🕯 Use cosmetics sparingly and allow your skin time to breathe naturally.
- 🕯 Go at least 5 days without cosmetics and notice the difference it makes to your skin.
- 🕯 Avoid skin products with alcohol or acid because they dry the skin.
- 🕯 Many cosmetics have creams, fillers and substances that block the pores and sweat glands decreasing natural detoxification.
- 🕯 Use natural products. Chemical deodorants, antiperspirants and cleaning products often destroy the natural protective bacteria on the skin.
- 🕯 Match your skin care products to your skin type and use natural oils, herbal creams or ointments.
- 🕯 Topical or prescription creams often suppress the signs of skin concerns and prevent the body from detoxifying through the skin.

SPECIFIC SKIN CARE TECHNIQUES

GENTLE MASSAGE causes local stimulation of the nervous system, reduces muscle tension, improves lymphatic and blood circulation, aids in healing, controls pain and reduces swelling. Avoid scratching or rubbing as this can disrupt the natural healing process of the skin.

DRY SKIN BRUSHING loosens up dead layers of skin, opens pores and helps to retain the natural oils of the skin. The friction action tones the skin, improves circulation, helps elimination of waste

materials and prevents premature aging of the skin. Avoid brushing open, inflamed or oozing areas of skin.

HOT AND COLD CONTRAST creates a pump-like action that aids in healing by stimulating the circulation of white blood cells to an area. This technique is great for treating acute infections, increasing muscle tone and strength, and healing varicose veins. Start with an application of hot water and end with cold. Apply the hot twice as long as the cold and repeat 3 - 5 times.

CASTOR OIL PACKS applied topically to unbroken skin increases local circulation, promotes removal of toxins and stimulates healing of underlying tissues and organs. It is absorbed into the lymph circulation and can improve digestion, relieve constipation, stimulate detoxification of organs, enhance immune function, reduce swelling and decrease menstrual irregularities.

Work with your Naturopathic Doctor

- 🕯 to assist you in identifying the root cause of your skin concerns
- 🕯 to address any underlying health issues
- 🕯 to identify specific naturopathic treatments to support you in addressing your skin care concerns
- 🕯 to assess any open or inflamed skin wound that doesn't heal, or any skin growths that change in colour, size, shape or texture.