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MARCH/APRIL 2012

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Radiant Beauty *for a* Conscious Mind

By Stephanie Holland

Use Essential Oils for an Impact Beyond Beautiful Skin

Looking for a skincare line that makes your skin soft and supple, and gives it a natural glow? Interested in using products that work in harmony with your health and wellbeing? Essential oils might be just what you're looking for and, chances are, you may already be benefitting from their therapeutic properties. Recognized for their effectiveness industry-wide, they are used as active ingredients in many of your favorite products around the world from cleansers to anti-aging serums, and have provided the inspiration for entire skincare lines.

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Organic essential oils have powerful therapeutic properties that nourish, hydrate and soothe any skin type or condition; they enter and leave the body efficiently without leaving any toxins behind; they balance oily or dry skin; they prevent premature aging skin and treat acne; and they positively impact our emotions. With a greater focus on the safety and efficacy of ingredients, essential oils are stepping forward to prove that they're more than just beautiful aromas.

Quality and Purity Determine Effectiveness

Used in skincare for their therapeutic properties and divine fragrances, essential oils and other botanical ingredients shine in the spotlight as an



increased focus on the purity and quality of ingredients drive skincare formulations. “It’s important because everything is absorbed and therefore will affect our wellbeing,” stresses Elizabeth Barbalich, founder of Antipodes, an organic beauty company. “Not only that, quality equals efficacy”, says Emma Newman, product developer at NUDE, an organic skincare company: “You wouldn’t believe that a shrivelled up vegetable has the same nutritional value as a freshly picked one; why should skincare be any different? People are becoming more aware of what they put into their bodies and therefore it’s a natural progression to consider what they’re putting onto their skin.”

High quality ingredients that garner impressive results attract attention; result oriented skincare is good for business. (SELECT Magazine has found that Healing-Scents.com is the perfect source for pure essential oils at a reasonable price.) Skincare companies around the world are using a variety of fermented foods, marine and botanical extracts and essential oils as active ingredients in their daily skincare and anti-aging products. This trend signals only one thing: they work! How? “The skin knows how to use the natural ingredients so you get much better results. It’s like eating an orange when you need vitamin C rather than taking a synthetic supplement. We know that the body finds it more difficult to process synthetic ingredients because of the waste produced when ingested (visible in the color of the urine). We know that with the right nutrition we look and feel better, why would it be any different for our skin?” offers Emma.

“Essential oils are more effective than synthetic ingredients”, claims Robert Tisserand, aromatherapy consultant, teacher and author of *The Art of Aromather-*

apy: “Some natural ingredients are able to offer benefits such as antioxidant action that are difficult to match synthetically. Natural ingredients often have a more attractive efficacy and safety profile,” he says. “There is more research activity than at any time in the past, relating to both essential oils and essential oil constituents. There’s also a tremendous interest in the cosmetics industry, and I believe there are some unexplored possibilities for essential oils there.”

Essential Oils Have Impact Beyond the Skin

The benefits of essential oils don’t stop (or start!) on contact with your skin; you experience their effect before they even touch your skin as you inhale their lovely aromas, making them increasingly attractive to premium skincare brands. “The essential oils we use in NUDE products are mainly for beautiful, natural fragrances that soothe the mind and the skin,” says Emma. They make you feel less stressed and more positive, resulting in clearer, more radiant skin (emotions do matter). Take chamomile and lavender for example, both of which are very soothing and can help to relieve stress; rose which is associated with luxury and feeling feminine; and lime, which is refreshing and uplifting. All four oils are also excellent for bringing about beautiful and nourished skin. Considering that stress can trigger a variety of skin conditions, you’re killing two birds with one stone. How’s that for natural skincare that packs a punch?!

Your DIY Guide to Using Essential Oils at Home

Whether you buy ready-made products or choose to make them yourself at home, you can combine essential oils with hydrosols and carrier oils to create a personalised skincare solution for any skin type:

- *Hydrosols are the distillate produced as a result of the steam distillation of essential oils. They contain the same properties as the essential oils, albeit in water form. They are excellent for cleansing and toning.*
- *Carrier oils are made from nuts, seeds and vegetables. They are packed full of essential fatty acids and vitamins, and are excellent for softening, protecting and preventing moisture loss. They make an excellent base for moisturis-*

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ing blends and serums. It's important to use oils that are rich in Omegas 3, 6, 7 and 9 as each of these is essential to skin health and function. Omegas maintain the flexibility of the cell wall allowing toxins out of the cell and nutrients and oxygen into the cell, enabling healing, detoxification, cell renewal and moisturising the skin.

We've created a DIY Guide that gives you everything you need to know to create a basic essential oil skincare routine at home that includes: how to protect normal skin, balance oily or dry skin, reduce the appearance of fine lines and wrinkles, and help to treat congested skin or acne.

Protect, Moisturize and Hydrate Normal skin

Considered the holy grail of skin types, normal skin is soft and supple, and has a natural glow. Essential oils of neroli, rose otto, geranium, Indian sandalwood, lavender or ylang ylang protect, moisturize and hydrate normal skin. These can be blended with carrier oils of apricot, jojoba or peach.

DIY daily care: To make a daily facial serum for normal skin, add 3 drops of essential oil to 15ml of carrier oil and blend well. After cleansing and toning with witch hazel hydrosol, apply to face and neck in the morning and the evening. Wait 5 minutes before applying makeup.

Balance Oily Skin

Excessive production of sebum is advantageous in later years as oily skin ages much more slowly than dry skin. In younger years, this is no consolation for shiny skin that is prone to blemishes. While harsh astringents can exacerbate the problem, essential oils can help control the amount of sebum produced as well as the bacteria that can cause infection. Essential oils of cypress, geranium, bergamot, palmarosa, Kashmiri lavender and wild turmeric will help to balance oily skin. Jojoba is one of the best carrier oils for oily skin; it can help to control the accumulation of excessive sebum and reportedly prevents its build up.

DIY daily care: To make a daily facial serum for

oily skin, add 5 drops of essential oil to 15ml of carrier oil and blend well. After cleansing and toning with roman chamomile or neroli hydrosol, apply to face and neck in the morning and the evening. Wait 5 minutes before applying makeup.

Help Seal in the Moisture for Dry Skin

Under active sebaceous glands can be the cause of dry skin. This occurs naturally as part of the aging process. Often dehydrated, dry skin needs help retaining moisture. Essential oils of rose, sandalwood, neroli, Indian rosewood and *Jasminum sambac* (a specific variety of jasmine) are excellent for protecting against moisture loss. Carrier oils of jojoba, avocado, wheatgerm, almond, apricot, peach, evening primrose and carrot are nourishing and softening.

DIY daily care: To make a daily facial serum for dry skin, add 3 drops of essential oil to 15ml of carrier oil and blend well. After cleansing and toning with rose hydrosol, apply to face and neck in the morning and the evening. Wait 5 minutes before applying makeup.

Promote a Healthy and Youthful Complexion

Due to the degeneration of the elastin fibres in our skin over time, fine lines and wrinkles start to appear and gradually deepen. Cytophylactic and cicatrisant oils



encourage the growth of skin cells and the formation of scar tissue, helping to reduce the appearance of wrinkles and other signs of premature aging. Essential oils of rose, frankincense, patchouli, everlasting, *Jasminum sambac* (a specific variety of jasmine) and sandalwood help to heal and rejuvenate aging skin. Carrier oils of avocado, evening primrose, jojoba and rose hip also facilitate skin rejuvenation.

Heal and Soothe Acne

Acne can affect any age group and is the result of the complex interaction between hormones, keratinisation, sebum and bacteria, according to Salvatore Battaglia in his book *The Complete Guide to Aromatherapy*. Antiseptic and anti-inflammatory oils help reduce bacterial infection and associated inflammation. Essential oils of lavender, lemon, tea tree, sandalwood, wild turmeric and Indian lime help to treat the physical symptoms of acne as well as reduce stress, a common cause of the condition. Carrier oils of arnica, hazelnut, jojoba, kukui nut, rose hip and tamanu are nourishing, lightly astringent and do not leave the skin feeling greasy.

Once you start using essential oils in your skincare you'll notice a change to the feel and look of your skin within a few days, and a more noticeable change in texture and condition within a month, but this will depend largely on your skin condition and your overall health and wellbeing. Greater benefits are noticed over regular and long-term use.



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Organic essential oils boast a diverse skincare portfolio. They smell good; they make you feel good; and they yield premium results. Whatever your skin condition, and with a natural pharmacy of over three hundred species from around the world to choose from, radiant beauty is only a few drops away!

DIY Daily Skincare Tips

- Buy organic, wild-crafted or bio-dynamically sourced essential oils, hydrosols and carrier oils from reputable suppliers.
- Essential oils are volatile so buy and store them in dark blue glass bottles to keep their molecules intact. You can buy cobalt blue bottles for mixing and storing from www.newdirectionsuk.com
- Cleanse your face twice in the evening. Once removes the dirt, twice deep cleans the pores. Apply serum to damp face and neck after toning to seal in the moisture.

Essential Oil Facts

- Contemporary aromatherapy uses hydrosols, essential oils and carrier oils extracted from three hundred species of flora.
- Not all plant species are aromatic. It is estimated that 20% of plant life on the planet contains essential oils.
- Almost all essential oils are antifungal, antiviral and antibacterial, depending on their chemical constituents.

Does Natural Skincare Have to be Organic?

“Yes and no”, offers Elizabeth Barbalich, founder of Antipodes: “Certified organic skincare optimizes skin vitality because organic ingredients are the most pure and premium available on Earth,” she says, adding: “It’s more important for ingredients to be premium, refined and the closest source from nature.”

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Stephanie Holland is an IFPA qualified aroma therapist, a writer and a blogger for holistic health & beauty who loves to share her passions and discoveries with others <http://aromamuse.com>.