

TREATING YOUR BODY AS YOU WOULD YOUR FACE



Your skin is your largest organ, and it's your first line of defense against disease and infection. Of course it's important to focus your anti-aging efforts on your face, but five minutes a day could make a huge difference for the rest of your body.

Finding the perfect skin care routine for your face is a major feat, but it isn't the only routine you should be searching for. It's understandable why you would make your face a priority—since everyone sees it—but skin care is a must for your body, too.

Just as you should use a facial cleanser, exfoliator and moisturizer on your face, you should also use skin care products on the skin below your neck.

While exercise and a well-balanced diet deliver your best body, these essential body care steps will enhance their benefits.

Create a skin care routine for your body in 5 simple steps:

STEP 1: **EXFOLIATE**

STEP 2: **CLEAN**

STEP 3: **SHAVE**

STEP 4: **HYDRATE**

STEP 5: **MINIMIZE CELLULITE**



STEP 1: EXFOLIATE

Whether to avoid dry winter skin, or to get a natural glow for the summer, exfoliating from head to toe is one of the easiest and most important step for silky smooth and glowing skin.

The most efficient way of exfoliating is the [Dry Body Brushing](#).

Dry skin brushing helps to remove dead skin, and any toxins that your body expels through your skin.

The skin is the body's largest organ. Along with the colon and urinary tract, the skin is one of the most important waste management organs of the body.

When you brush your skin with a dry brush you are also stimulating the lymph nodes. This in turn helps with further circulation and elimination of toxins, and boosts the immune system.

A healthy blood flow instantly speeds up the transportation of both oxygen and nutrients to the cells and tissue to help increase collagen for a smooth, supple appearance and feel.

Dry brushing unclogs pores in the exfoliation process.

It also stimulates your nervous system, which can make you feel invigorated afterwards.

Alongside smooth skin, regular body brushing encourages cell turnover so that your limbs will look and feel supple, and whether you wax or shave, a quick brush is fantastic at keeping pesky, ingrown hairs and clogged pores at bay.

Skin brushing helps eliminate cellulite too! Simply brush your thighs and any area where you experience cellulite, and see what happens. In effect you are giving the toxins that are stored in your thighs a way out.

It also helps to mobilize and contribute to the even distribution of fat deposits under the skin - and if you stick at it, it's proven to give your limbs a much smoother, and firmer, look and feel.

Start brushing on dry skin from the feet/ankles and work your way upward in long fluid strokes on limbs and circular motions on torso. When you reach the back, brush in downward strokes. The best time to dry brush is just before a shower or before a work out. This ensures that your pores are clear of any debris, so that your body can expel toxins.



Another way of exfoliating your skin is by using a [Body Scrub](#).

If you live somewhere that gets icy-cold in the winter, it's best to exfoliate only once or twice a week that time of year. Skin tends to be drier and more dehydrated during the winter, so logically, one would assume that the best way to get rid of the dry skin is to exfoliate. The problem is that exfoliating can lead to being even drier. In the summer, however, you might be able to exfoliate anywhere from twice a week to everyday, depending on what kind of skin you have and what type of product you're using.

If you've ever walked along the beach barefoot, you may have noticed your foot callouses soften. Sand granules are a naturally occurring exfoliant, and their grainy texture is well-suited to scraping away your excess skin flakes. The exfoliating component needs to be abrasive enough to achieve this but not too strong so as not to damage healthy skin.

Essentially the benefits of using a body scrub are the removal of dead skin cells from the body and impurities, leaving you feeling fresh and your skin looking rejuvenated and revitalized.

Exfoliating dead skin cells tends to remove the dull and lacklustre appearance of the skin. Humans shed skin cells daily (anywhere from 11,000-23,000 skin cells an hour) and it usually takes about 27 to 30 days before new skin cells reach the top layer of the skin (stratum corneum). Using a body scrub regularly will help make your skin look more vibrant and youthful.

Benefits of body scrubs through the removal of dead skin cells as a result of exfoliation with a mild body scrub extend to moisturizing as it allows for the easy absorption of a skin moisturizer into the healthy skin. Ideally, the best body scrub is one that not only acts as a gentle exfoliant but moisturizes at the same time.

You can either buy a nice body scrub or make your own body scrub at home. Homemade body scrubs are inexpensive and extremely easy to prepare.

Begin with wet skin in the shower—warm-to-hot water is ideal to soften the skin. Allow the shower to run for 5-10 minutes and let the warm water soften the skin and prepare for exfoliation. Apply the scrub in a circular motion. It is important to maintain a gentle pressure not to damage the skin.



You can also try the [Chemical Peeling](#).

Although calling it 'chemical exfoliation' may carry the pejorative impression of being unhealthy or unnatural for the skin, most chemical exfoliators are actually based in natural ingredients, like fruits, milks, or sugars.

Glycolic and lactic acid (alpha hydroxy acids, or AHAs) are powerful exfoliators. You can find glycolic and lactic acids in moisturizers that are gentle enough for daily use or at higher strengths in masks or in-office peels. Salicylic acid (a.k.a beta hydroxy acid) is another popular exfoliating ingredient. It's most commonly used to help treat acne and can be found in cleansers, moisturizers, and pimple spot treatments.

Chemical exfoliation uses the acids to break down the bonds that hold the top, dead layer of skin cells together so you get even and complete exfoliation. These acids don't cause cuts and can actually reduce the appearance of acne scars, those tiny skin bumps we develop on the backs of our upper arms, and other discolored spots.

When we love the look of being tanned but hate the idea of that much sun exposure, body peels can give your skin a healthy glow and reverse the aging effects of sun damage. Body peels even help shrink pores, prevent acne, and reduce fine lines.

Body and facial peels generally have different concentrations. For the most part the rule is that facial peels can go on your body, but body peels shouldn't be used on your face unless otherwise stated.

Go with AHA peels if your concerns are: acne scars, discoloration, rough skin, dull skin, and sun damage.

Go with BHA peels if you concerns are: body acne, comedones, oily skin, and wrinkles. BHA peels are also typically better for more sensitive skin.

Lots of body peels make use of both types of acids for more complete, effective results.

Body peels should not be painful. Some people don't feel anything. Some people feel some mild itching or tingling which is completely normal. Some have temporary flushing or peeling like from a sunburn. But remember, after your peel, your skin is brand new and bound to be a little sensitive so moisturize, avoid sun exposure the day or so after, and be sure to use sunblock.



STEP 2: CLEAN

If you're done exfoliating, the next step is cleaning. For your body, that means using a cleanser meant specifically for washing your body—don't expect your face wash to do the trick. Look for a gentle body wash that won't irritate or dry out your skin.

The bar soap - the classic body cleanser you've been using since you were a kid. Not all bar soaps are made the same, though. In fact, there are a few different types of bar soaps, some of which are less drying than others.

The translucent bar soaps, for one, are made with glycerin, a humectant that draws moisture into the skin and counteracts the drying effect of the soap.

Superfatted soaps are also another kind. These are formulated with higher levels of lipids (fatty acids) like triglycerides, lanolin and stearic acid. These ingredients form a protective film over your skin.

Finally, there are antibacterial bar soaps, which contain ingredients like triclosan to squash bacteria growth and odor.

The shower gel & the body wash - Body wash and shower gel are pretty similar. They're both liquid cleansers that use mild surfactants to cleanse skin. Body shower gel tends to have a thinner consistency, which makes it better for warmer climates. Body washes are slightly more moisturizing than shower gels (and much more hydrating than bar soaps).

Different skin types have different needs, so you might want to consider buying a shower gel that suits those needs.

- If you have **dry skin**, consider using moisturizing body wash instead. Look for something with added moisturizers, and try to avoid scented ones. Most shower gels and body washes will say on the bottle whether if they are good for dry skin.

- If you have **normal skin**, then you are in luck, and can use almost any time of shower gel you want. Keep in mind, however, that shower gels intended for dry skin will be extra moisturizing, while those intended for oily skin will be somewhat drying. You can also consider using a body wash instead.

- If you have **oily skin**, then you can use most shower gels, but consider looks for ones with clarifying properties, or ones that have been designed specifically for your skin type.

- Consider **allergies and skin sensitivities**. When choosing a shower gel, consider something that is perfume-free, or made out of natural and organic materials.

Lather up with help from a loofah, wash cloth, or just your hands, then be sure to rinse off before moving on.



STEP 3: SHAVE

Even if you've been shaving more than half your life, there are a lot of mistakes you might be making. To shave the right way, start by spending a little time in the shower. The water will help to soften your skin and ready it for your razor. Once you're ready to reach for the razor, take it slow. Apply shaving cream to your skin and carefully move the razor with the grain.

There could be quite a few common mistakes you could be making and these could lead to skin irritation:

1. **Shaving at the start of your shower** - The most important thing you can do is wet the area you'll be shaving really well. Shaving dry skin can actually scratch your skin! Don't skip straight to shaving when you hop in the tub. Go about your routine, shampooing and conditioning your hair first before you pick up your razor.

2. **Opting out of using shaving gel or cream** - We all have days when we're in a rush but passing on the shaving cream or gel is not ideal. Using one can help prevent you from cutting your skin. Pick a hydrating shaving cream or gel that's designed to help your blade glide across your skin without tugging and pulling.

3. **Going against the grain** - The next time you grab your razor and are ready to shave, do so in the direction that your hair grows.

4. **Keeping razor blades for way too long** - Nothing lasts forever and that should include your razor blades. Using an old one can lead to irritation, and you could easily cut yourself when using a dull blade. Changing your razor blade or throwing away a disposable razor after 5-7 shaves to help minimize irritation.

5. **Shaving the same areas repeatedly** - When you use a fresh razor blade and shaving cream, you shouldn't have to go over the same spots repeatedly. Doing so could actually lead to irritation. Try to glide your razor blade once over each spot, moving slowly and gently.

6. **Skipping moisturizer after removing the hair** - If you're passing on applying moisturizer, you could be left with uncomfortable-feeling skin. Wait for a while before you apply any type of moisturizer, or opt for after shave balm which helps fight the signs of shaving discomfort including razor burn, tightness, irritation, redness, and excessive dryness.



STEP 4: HYDRATE

Exfoliating, cleansing and shaving all have one thing in common—you should moisturize afterwards. There is no greater beginning than when your skin starts off as a clean canvas. While your skin is still wet from your shower activities, it's an ideal time to hydrate your skin. Smooth a hydrating cream or lotion over your body, letting it absorb before putting your clothes on.

Moisturizers have many purposes beyond relieving and preventing dry skin. Did you know that they can protect sensitive skin, improve your skin tone, and even hide imperfections? But moisturizing your entire body goes beyond slathering a lotion on yourself. In fact, it's something you can do from the inside and out. By using moisturizing products and promoting moisture retention, you can moisturize and keep your skin moist throughout the day.

Every individual's skin is different and requires care specific to its type. Examine and feel your skin to determine what type it is. This can ensure you use the right product for your skin type. Look for the following characteristics of each skin type:

-Normal skin feels even and balanced. It is not too dry, oily, or sensitive. Your pores are generally unnoticeable.

-Sensitive skin feels itchy, patchy, dry, and may sting. Your pores may be normal to large.

-Oily skin feels oily and greasy all over and has large pores that may be clogged.

-Dry skin feels tight and dry. It may even be cracked and flaky. Your pores are and feel tight.

-Combination skin feels oily in the T-zone but dry everywhere else. You may have large pores around nose.

Find the best moisturizer for your skin type. Get optimal amounts of moisture without oversaturating your skin by determining the best product for your body. Although you may need a specific product due to age or conditions such as acne, follow these general guidelines for what type of moisturizer you need:

Normal skin needs a water-based moisturizer with a light, non-greasy feel.

Dry skin needs heavier, oil- or petrolatum-based products that retain moisture.

Oily skin needs water-based, non-comedogenic products.

Sensitive skin needs water-based products with soothing ingredients such as aloe, chamomile, or calendula.

Mature skin needs oil- or petrolatum-based products.

Try body butter for a natural, oil based moisturizer.

Use moisturizers with a broad-spectrum sunscreen to protect your skin from the drying rays of the sun.



STEP 5: MINIMIZE CELLULITE

Cellulite is the term given to fat deposits just below the skin, typically in the abdomen and lower pelvic region – such as on the thighs and tush.

There are a lot of reasons why cellulite is said to appear on your body including hormonal reasons, poor diet and lifestyle choices, age and genetic predisposition.

While each of these factors can play a role in cellulite formation, there is one common denominator to all of these factors - the accumulation of toxicity in your body.

That equals an awful lot of toxins which your body is not able to eliminate fully while you continue to feed yourself poor quality foods and don't put special attention and effort into removing this accumulation.

How to diminish and prevent the appearance of cellulite:

1. **Eat a clean, alkaline, unprocessed diet** - In order to remove the toxins from your body, you must first draw them out from where they have accumulated in your cells, tissues and organs.

The way to do this is to consume alkaline forming foods (meaning they leave an alkaline ash in the body). All fresh fruits and vegetables are alkaline and should make up the largest part of your diet.

The key is to gradually increase your fresh produce consumption (mostly vegetables) so that you don't magnetize out more toxicity than the body can remove. Otherwise the toxins will just re-circulate and then re-settle.

2. **Hydrate and flush** - You need to drink enough pure, clean water and organic hydration from fresh fruits and vegetables to keep toxins flushing through you. Water is essential to life and it is also essential to reducing and preventing further cellulite.

Drink pure water every day as the first thing you consume. If you don't like your water straight up, some lemon juice or lemon slices. Herbal tea is also great but avoid coffee and tea as much as possible and if you do choose to include them drink extra water and fresh vegetable juice to help counter their dehydrating effects and acidity.

3. **Swap your salt** - Swap your refined salt (table salt) for Celtic sea salt or Himalayan crystal salt. Refined salt is extremely acidic and leaches minerals from your body. It is also highly dehydrating and so refined that your body will need to use its vital life force to try to assimilate this dead salt.



Crystal and sea salt however are alkaline, packed full of beneficial minerals, give to the body rather than take from it and have a fuller flavor.

4. **Moving and sweating** - When you do sweaty exercise you are not only helping stress relief and giving yourself an endorphin rush, you are also expelling toxins through your skin. This is another avenue of elimination that is best not ignored if you want to decrease the appearance of cellulite. It will also help to improve the overall appearance of your body by tightening, toning and lengthening so that even if your cellulite is there, the overall appearance of your body will be more flattering.

5. **Limit the use of skin thinning creams** - If you are currently using any chemicals or pharmaceuticals on your cellulite areas which thin your skin (such as steroids), your cellulite is going to be more obvious. It makes logical sense that if your skin is thinner, the appearance of dimples beneath the skin will stand out more. Instead nourish your skin with moisturizing totally natural oils and creams such as coconut oil, olive oil or a gorgeous organic moisturizer.

6. **Dry brushing and Cupping Therapy** - These two methods are the easiest and most efficient ways to get rid of cellulite.

Stimulating the lymphatic system through dry bristle skin brushing and massage helps toxins to be circulated into the elimination channels for release.

Skin brushing can specifically target areas of cellulite. Using a skin brush in small circular movements over your thighs, butt and other areas with cellulite for a few minutes a few times per week will help to break down the fatty deposits that cause the dimpled appearance.

But we have already covered this topic in our “exfoliation” section.

Cupping Therapy might be trendy now, but it's not new. It dates back to ancient Egyptian, Chinese, and Middle Eastern cultures. But the silicone cupping cup is an innovative product that utilizes suction on the skin for a few minutes, by using vacuum pressurized cups.

Cupping-therapy was brought to the world's attention, for the first time, when Gold-medalist US swimmer, Michael Phelps was seen with cup-suction marks on his back.

Several advantages of cupping, include promoting blood flow and increased blood circulation to the muscles and



tissue, as well as the detoxifying of the body, and drainage of excess fluids.

Given the improved blood circulation a cupping-therapy can induce on it's recipient, the suction process applied via cupping, promotes the rejuvenation of the layer of collagen and elastin under the skin, providing better nutrition to the skin, giving a healthy young glow to the skin and, most important, it helps you reducing cellulite.

By introducing a cupping-therapy to the affected area, the suction applied to the skin will cause breakage of the cellulite, stimulating the blood circulation, thus freeing fat and toxins to flow through lymphatic drainage network. A cupping therapy is flexible in the sense, that the user can apply the treatment only to the areas with a visible cellulite condition.



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