



Lotions are filled with toxins, Pure Oils are filled with Medicinals.

Why choose homemade oils over lotions? Lotions are filled with petroleum based oils and other chemicals which disrupt hormone balance increasing risk of auto-immunity and breast, prostate, and other cancers.

Pure and real oils nourish and protect our skin, reduce wrinkles and signs of aging, calm our nervous system releasing stress, feed our good skin microbes, help to prevent or aid in healing infections and other skin issues, and massaging the skin is very good for us too:

- ॐ Massaging oils onto your skin calms your nervous system, the skin has over 20 million sensory neurons.
- ॐ Massaging your skin releases oxytocin in to our blood stream . . . this is the LOVE hormone responsible for bonding, loving, caring, and sharing attitudes improving our behaviors and moods :)
- ॐ Rubbing oils into your skin, known as abhyanga in Ayurveda is good for the lymphatic system helping our body move toxins out while transporting fats and other nutrients.

In addition massaging oils on our skin even improves the benefits by nourishing our skin microbes, they feed on oils and fatty acids, so oiling our skin feeds our good microbes . . . we want our skin microbes to hang out with us longer! Here is why:

- ॐ Skin Microbes reduce skin infections — this is why dry skin is more prone to infection.
- ॐ The good microbes block bad bacteria from getting into our skin protecting us.
- ॐ ANTI-AGING!! Both carrier oils and especially essential oils heal our skin and keep us looking younger, part of this is because the essential oils also heal us from the inside out. If you want beautiful external skin, then focus on your internal skin lining your gut and other vessels — the health of the internal skin determines the health of our external skin.
- ॐ And we have evidence showing that our skin microbes can communicate with our gut microbes improving over all immunity.