

*Bobbi Mísítí, FMCHC*

Aromatherapy, Yoga & Health Coaching

717.443.1119 [www.befitbodymind.org](http://www.befitbodymind.org)

[www.learnandthrive.org](http://www.learnandthrive.org)

## **Mainstream skin care vs. Holistic skin care — why you want to know the difference**

Mainstream skin care treats the skin as separate from everything else in your body and does not recognize how food, water, and stress impact your skin. Do you know your body has an inner skin too? Your inner skin is the skin lining your digestive tract — your outer skin reveals your inner skin — or to flip it around the health of your inner skin is reflected on your outer skin.

Holistic skin care takes into consideration how importantly staying hydrated is for your skin and how your food effects your skin — (yes it does!). Acne? Many acne flare ups are a side effect of digesting certain foods. Mainstream skin care will prescribe antibiotics for acne, while initially it may help clear it up, in the long run will worsen your acne by compromising your gut. A holistic practitioner will help you find which foods are problematic, and help you replace them with nutritious options. Not sure how to eat for your skin in general? Stay hydrated, eat lots of vegetables, and very little to no sugar and processed foods — and drink herbal teas.

Holistic skin care will then help to clear up your acne with anti-inflammatory, slightly astringent, anti-bacterial oil blends that help to unclog pores, remove unwanted bacteria, and reduce inflammation. We even include some aromatics that help with emotions — relieving stress. We then follow up with gentle facial washes, toners, and facial oils. Nothing harsh.

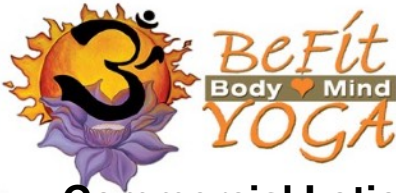
Mainstream skin care uses tons of ingredients in their products — most of them you can't recognize — like hormone disrupting parabens and carcinogenic formaldehyde — and even lead in some cosmetics.

Just like we have had to learn to read ingredients of our food, we also have to read the ingredients of what we put on our skin — you will be shocked. How's that saying go you've heard me say many many times? **Don't put anything on your skin you would not eat.** Chemicals are not good for your skin.

Holistic skin care uses aloe vera gel, carrier oils from foods we eat, essential oils and hydrosols from trees and plants, and even ground up herbs, citrus peels, and flowers in our body and facial "scrubs". In holistic skin care you do not scrub the skin on your face, it is very delicate. If you need to exfoliate your face, we make gentle exfoliants using ingredients like clay, honey, and finely ground herbs or seeds. These are pleasant to use— they tickle your senses while relaxing you and giving you a feeling of calm and self care.

Mainstream skin care exfoliates with a chemical peel. Not pleasant. And once you've peeled away a layer of your protective skin revealing your "younger skin", this baby skin is unprotected — you've stripped away your natural protective barrier making your skin more prone to dryness and sun and environmental damage.

And lastly stress and emotional health effect your skin. Holistic skin care products reduce stress and improve mood. With our current health situation fear and anxiety are higher than usual - flowers and floral scents modify these emotions, they penetrate consciousness lifting our moods and releasing anxiety. Floral oils and hydrosols are also superior at skin care, giving us the complexion of flowers, and helping us attract what we want in life ~which is inherent in the process of flowering.



*Bobbi Mísítí, FMCHC*

Aromatherapy, Yoga & Health Coaching

717.443.1119 [www.befitbodymind.org](http://www.befitbodymind.org)

[www.learnandthrive.org](http://www.learnandthrive.org)

## **Commercial Lotions are filled with toxins, Pure Oils are filled with Medicinals.**

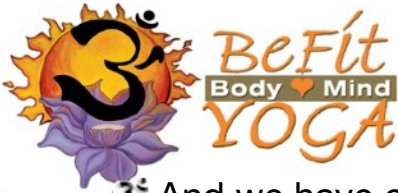
Why choose homemade oils over commercial toiletries? Most standard body care and toiletries are filled with petroleum based oils that do not nourish our skin (in fact they leach nutrients from our skin) and other chemicals which disrupt hormone balance increasing risk of auto-immunity and breast, prostate, 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. The self care act of massaging the skin is very good for us too — in Ayurveda they use the word “*sneha*” to mean lubricant. *Sneha* translates to “affection” — massaging oils into your skin is a form of self love.

- 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.



*Bobbi Mísítí, FMCHC*

Aromatherapy, Yoga & Health Coaching

717.443.1119 [www.befitbodymind.org](http://www.befitbodymind.org)

[www.learnandthrive.org](http://www.learnandthrive.org)

ॐ And we have evidence showing that our skin microbes can communicate with our gut microbes improving over all immunity.