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Why oil is not bad for your face

For years, dermatologists poo-hooed the idea of vegetable oils on skin, claiming that skin was unable to absorb these oils or worse yet that they clogged your skin. This is just not true.

Most Commercial Moisturizers Leave Your Skin Drier

Most commercial skin moisturizers are primarily water and fillers, with only a small amount of beneficial therapeutic oils. When the skin is dry, it will quickly absorb water, and tissues of the skin will noticeably expand, for the moment, the skin looks plump and full.

However water is an attractor, water left on your skin can actually pull water from your skin to the surface making the skin even drier and with an aged appearance.

There's another issue with water as an ingredient in moisturizers: it grows bacteria! **Hence, any product that contains water has to have preservatives**, the last thing you want to put on your skin. You would be hard pressed to find a facial moisturizer on the market that does not have any preservatives in it.

The Antidote to Water-Based Moisturizers

Oil is the best choice for supporting healthy, glowing skin. This is hard for many people to believe, because dermatologists have maintained that the phospholipid layer of the skin cannot absorb oil and many people still believe that oil clogs pores.

The phospholipid layer of the skin is the waterproof layer that keeps our skin water-repellent. Our hands, which dry out more quickly, do not produce as much oil as facial skin and have a thinner phospholipid layer: thus, they are not nearly as waterproof as the skin covering the rest of the body.

Feed the Bugs that Feed Your Skin

Our skin is the home of millions of beneficial microbes. Remember, **Only 10% of us are human cells; the rest are microbes—mostly good ones, thank goodness.**

These microbes thrive on surfaces of skin on the inside and outside of the body. While our outer skin seems to be the skin we concern ourselves with mostly, the most important skin lies inside, including, and in particular, the epithelium that lines the digestive tract. Our outer skin is just a reflection of this inner skin.

The outer skin produces an oil called *sebum*. Sebum softens, lubricates, and protects skin. It prevents skin from drying out and aging prematurely. In addition, it feeds beneficial bacteria that live on the surface of the outer skin.

When good microbes feed on sebum, they produce new immune-boosting fatty acids that create the skin's protective barrier. These fatty acids provide many benefits; they protect skin from



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exposure to bad bacteria, weather, sun, and they help our skin heal, and can even help to heal skin infections.

Vegetable oils that dermatologists deem too large to penetrate the phospholipid layer are actually **not meant to penetrate the skin**. As food for good bacteria living on our skin's surfaces, they are converted into free fatty acids in the same way sebum and natural oils produced by the skin are transformed by microbes.

Over-Bathing Kills Good Bugs

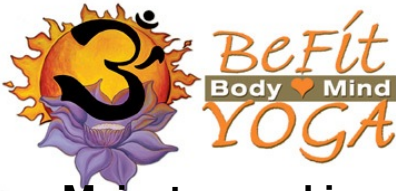
When bathing and showering with lots of soaps and shampoos, healthy oils and free fatty acids are often washed off, leaving the skin too dry to support protective good bacteria.

Which is why I don't use soap. I only use oil cleanser (olive oil with some essential oils in it), [sugar scrubs](#), [salt scrubs](#), [coffee scrubs](#), [flower and herbal scrubs](#), or dry clay and salt scrubs. If I am using only olive oil with essential oils on my body as a cleanser I will use a loofah sponge to massage the oil into my skin, which also helps to remove dirt, and stimulate lymphatic circulation.

Ditch your soaps! Ditch your shampoo too, here is my [coco aloe shampoo](#) recipe.

If you do use soap or shampoo choose soaps and shampoos free of the following chemicals:

- ☹️ Cocamide DEA (diethanolamine), TEA (triethanolamine) and MEA (monoethanolamine)
- ☹️ Propylene Glycol
- ☹️ Sodium Lauryl Sulfate and Fluoride
- ☹️ Benzaldehyde
- ☹️ Benzyl Acetate
- ☹️ Benzyl Alcohol
- ☹️ Ethanol
- ☹️ Ethyl Acetate
- ☹️ Linalool (synthetic)
- ☹️ Methylene Chloride



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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 or 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. Flowers and floral scents lift spirits, 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.

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



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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:

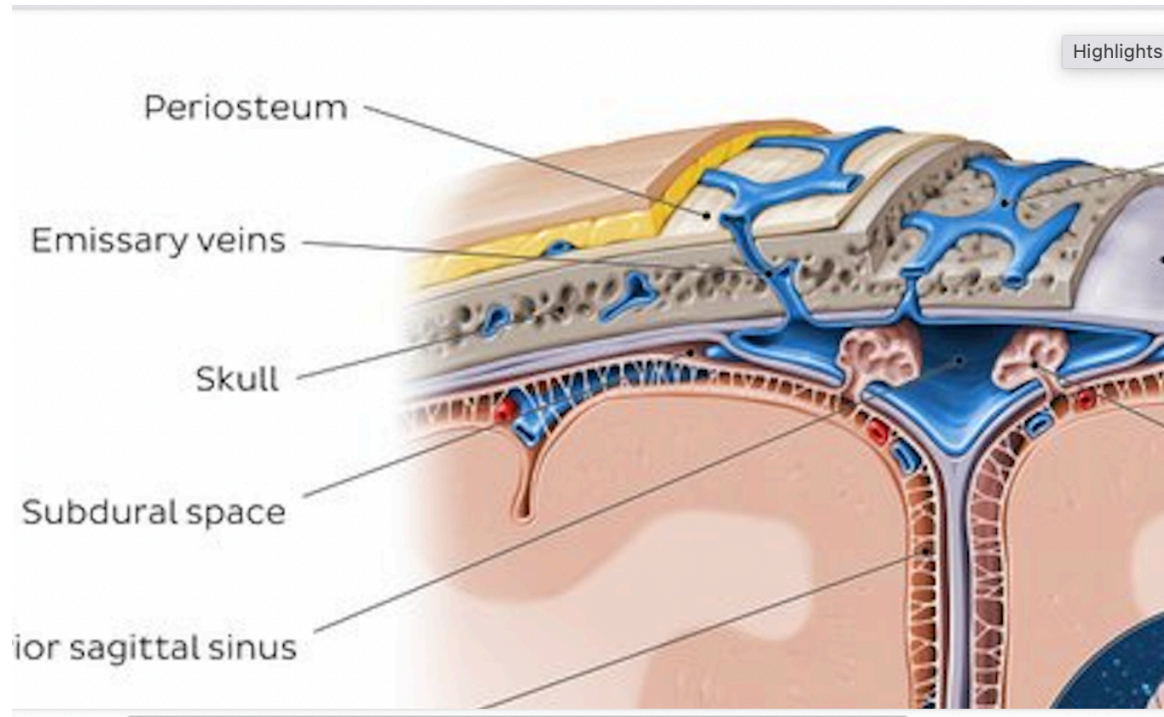
- ॐ Skin Microbes reduce skin infections — this is why dry skin is more prone to infection.
- ॐ The good microbes block bad bacteria from getting into our skin protecting us.
- ॐ ANTI-AGING!! Both carrier oils and especially essential oils heal our skin and keep us looking younger, part of this is because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

Don't put anything on your scalp you wouldn't eat

In the head are veins called emissary veins, there are about 13 of them though it varies from person to person. These veins go from the scalp to the brain, they are valveless because they are bi-directional, meaning they carry waste out of the brain, or they can carry things from the scalp to the brain.

The emissary veins primary job is to drain, cool, and relieve pressure from inside the skull, and they transport nutrients or potentially toxins from outside the skull into the brain.

I came across a study looking at delivering medication through the scalp, specifically brain medications, it was done using rats. In the study they gave one group an oral dose of methadone (an analgesic used to wean addicts), and 3 groups with varying amounts of methadone in sesame oil, massaged into the



head. When the blood levels of methadone were measured they were almost identical — meaning just as much was absorbed through the head as by mouth — and surprisingly it was absorbed much faster through the scalp than orally.

This research shows what you put on your head, scalp (and skin too) gets into your body. This particular study was helpful in showing medications can be delivered to the brain through the scalp, reducing some side effects of digesting the medication and speeding up delivery of the medication. However what we put on our scalp also gets into the brain.

What do you put on your scalp? Shampoos, conditioners, hair-dyes, styling agents, most of these are chemical-laden toxic toiletries delivering dangerous toxins to the brain — in less than two hours.

You can make better decisions with what you put on your hair, this is why I make my own shampoo, have never dyed my hair, and I don't use commercial products.

For my hair I make shampoo with coconut milk, aloe vera gel, and essential oils, it is my [coco aloe shampoo](#) — and I only need to wash it about every other week. Occasionally I will use a leave in spray conditioner made from hydrosols, aloe vera, a little jojoba and some essential oils, but mostly I just use hydrosols



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each morning. Each morning I mist my hair with a hydrosol and fluff it though from roots to ends giving myself a head and brain massage as I do it, pin it up while I do my morning routines, then when I let it down it has nice curl and body. The hydrosols help to clean the scalp and deliver plant medicine goodies right to my brain :)

Ref: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2865784/>