

10 Secrets to Naturally Amazing Skin!



**Specialist Natural Treatments and Tips That
Give You Flawlessly Smooth Skin**

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Introduction

Thank you for downloading this report! In this special report, I'll be revealing some fantastic tips and tricks using natural ingredients you have at home to create some skin magic! Some of the recipes I'll be sharing with you contain argan oil – a natural, organic oil that comes from the nut of the argan tree, and which is only found in Morocco.

If you don't have argan oil to hand, you can substitute it for either grapeseed oil or pure extra-virgin olive oil. Virgin oils are oils in their natural state that have been cold pressed to ensure that none of the nutrients and properties which make the oil special are destroyed.

Organic means that the oil has been harvested without the use of chemicals and pesticides, which can cause harm to your body. Always try and use organic and virgin oils in your beauty treatments, as these are the highest quality oils you can buy as well as being the most nutrient-dense and beneficial to the skin.

Regardless of what you look like, you will agree that beautiful skin is:

- Soft
- Flawlessly smooth
- radiant
- Young looking
- blemish free
- no pigmentation or sun damage
- Nourished and healthy
- hydrated

If you have perfect skin, then you are lucky and rare indeed! In this day and age, skin is affected strongly by any things such as medication, poor health, sun damage, poor nutrition, pollution, stress and hormonal imbalances.

Without adequate protection, your skin will start to suffer with tell-tale signs of abuse and wear and tear. Regardless of your age, it is never too late to start looking after your skin. Even skin which has been sorely neglected for years can respond amazingly well to skincare treatments which are designed to nourish, soften and smooth.

Ageing is a touchy subject with many people. Once you hit your thirties and beyond, men and women would rather not reveal their age, for fear that they look worse than their years or because they feel insecure about the condition of their skin.

Regardless of your age or gender, you will find this short report a treasure trove of tips and ideas to help you achieve beautiful skin from top to toe.

Secret One: It's What's On The Inside That Counts!

If what you put into your body is rubbish, then your skin will be, well...rubbish! Seriously, whoever invented the phrase 'You are what you eat' knew exactly what they were talking about!

Gone are the days when doctors and dermatologists used to tell you that your food doesn't affect your skin and give you spots. Well, let's think about that for a moment. There are millions of people out there with allergies to foods of some kind. One type of allergic response to the wrong type of food can result in rashes and spots on the face.

Try telling THAT to people who tell you that what you eat doesn't affect your skin. Those who suffer from eczema will usually find that a high dose of evening primrose oil (a natural oil supplement) will help alleviate or even get rid of the symptoms. And, notice that those people whose diets are lacking in fruit and vegetables, and are high in fat and sugar and low in copious amounts of water will often have dull, dry, dehydrated and problematic skin.

If you suspect that your diet is the cause of your bad skin, you need to take stock of what you are eating. A healthy diet equates to good skin. It's as simple as that.

Why Sugar is YOUR Worst Enemy

Avoid things like sugar and carbohydrates which come from refined sources or white flour. This includes bread, pasta, white flour of any kind, cakes, pastries and flatbreads. These foods not only cause you to carry excess weight, but they also trigger an insulin response in the body.

In other words, carbohydrates are broken down into simple sugars in the body and cause the sugar levels in your blood to rise rapidly and then crash to a low point. Over a prolonged period of time, it can lead to obesity, diabetes and can even accelerate ageing!

Yes, you heard right! Sugar is an inflammatory agent and conditions such as spots and acne are inflammatory conditions. This is where the old adage that 'chocolate causes spots' comes from. And yes, it certainly makes the condition worse.

If you suffer from breakouts and nothing seems to help, try cutting out all refined carbohydrates and sugar from your diet for a few weeks and see what happens.

Ageing at the cellular level is also accelerated by sugar because the collagen and elastin in your skin (these are responsible for keeping your skin smooth and elastic) is damaged by consuming too much sugar.

Instead of foods high in refined carbohydrates, stick to foods such as:

- fresh fruit and veg
- salads
- nuts and seeds
- whole grains such as whole grain bread and pasta
- white protein such as chicken, turkey and fish
- oily fish like salmon three times a week
- avocados
- flax seeds scattered over cereals
- extra virgin argan oil (use as dressing over salads)
- freshly juiced fruit and veg
- eggs
- low fat/skimmed dairy

The more varied your diet, the better for your skin. In particular, you should aim at eating between 5-7 portions of fruit and vegetables a day, and the less you cook them, the better. Use cooking methods such as steaming and stir-frying to retain the nutrients in vegetables without using too much fat.

Oily fish should be a staple in your food because it contains high levels of omega 3 and omega 6 fatty acids which are not only necessary for keeping your skin smooth and elastic, but are also good for your memory.

And don't forget the importance of water as a skin purifier and hydrator. Water flushes the skin of unwanted toxins which can cause skin problems and keeps you hydrated, removing a dull, uneven and congested look to the skin.

Aim to drink around 2 litres or between 8-10 large glasses daily of water. Not only will it keep your skin clear, but it will keep your kidneys in good working order too.

Foods that you should be avoiding include:

- Don't eat more than 2-3 portions of red meat a month, especially lamb as it's very fatty. Plus, red meat isn't as high in protein as white meat and has more cholesterol in it
- Avoid foods such as cakes, pastries, fried foods and general junk food which is high in fat, sugar and calories and low in nutrients. These types of food make skin greasy and prone to more spots
- People who consume large amounts of fizzy drinks tend to have dull skin, spots and a general loss of radiance
- Squashes and juices are loaded with sugar and very bad for your skin causing spots and rashes. Avoid at all costs.

So there you have it – the essential lowdown on eating your way to good skin! If you have a condition such as acne or lots of redness and wrinkles, you would benefit of at least one portion of salmon daily or another oily fish. Serve with lots of grilled or steamed veg but avoid carbohydrates from white flour or too much potatoes and bananas.

Within a week, you should see a dramatic difference to redness, skin texture, ruddiness and inflammation. A diet high in oily fish will really help to combat skin problems and premature skin ageing, as well as keeping skin smooth and elastic.

Supplements

Over the last decade in particular, there has been much of a debate as to whether supplements actually work like they should do. The answer is yes, most definitely. If they didn't, doctors wouldn't for example, prescribe patients with calcium or vitamin D if they have weak bones.

The truth of the matter is that modern day diets can and usually are lacking in vitamins and minerals, so supplements should be seen as necessary to help replenish and restore what the body naturally needs to stay healthy.

Of course, unless you have a particular medical condition, you should consider taking a multi-vitamin supplement. (A word of caution – always consult your doctor or health practitioner before doing so, especially if you have a health condition or are pregnant or breastfeeding.)

Other super skin supplements include evening primrose oil for helping to provide you with essential fatty acids and for helping to ease PMS symptoms as well as enhancing your skin.

Vitamin E is a super anti-oxidant and one that should be included in any diet for the skin, since it helps keep skin smooth, supple and elastic and also aids healing. Anti-oxidants help prevent cell damage caused by free radicals – these are small molecules which change or damage the structure of cells and can cause diseases such as cancer.

Other anti-oxidants include Vitamin A, C and Selenium. You can actually buy supplements which are just purely anti-oxidants and better for your health and well being in the long run. One of the main benefits of anti-oxidants is that they give your skin a lovely glow – literally.

This is one of the reasons why you will find them in premium skincare supplements as they help to safeguard the health and well being of your skin.

The Alkaline Diet

Our bodies are determined by how acid or alkali our blood is – the more acidic our blood, the more harm this can do to our overall health, affecting everything from how our body functions to how our skin behaves.

The optimal condition for your body to function correctly is when your blood is more alkaline. The best way to ensure that our bodies are more alkaline than acidic is to eat mostly fresh fruit, vegetables, roots and tubers, nuts, and legumes.

Our ancestors were conditioned to eating only whole and pure foods – since processed foods were not available then. Foods they relied on included whole grains, very little salt, limited dairy, more non animal products and little or no sugar.

When we eat something and it is digested, our food releases either an acid or alkaline base into our bloodstream. A diet loaded with processed food, meat, dairy and salt is the biggest cause of acidity in the body.

Naturally your blood is slightly alkaline, with a normal pH level of between 7.35 and 7.45. The Alkaline diet suggests that our diet should be similar in its pH level to keep our blood at the optimum pH. When people consume too much acid based foods, it also has a knock on effect on our levels of minerals in our bodies which can cause imbalances and therefore illnesses.

Who Is This Diet Good For?

In general, the alkaline diet is recommended for anyone who wants to rebalance their body or for those who are constantly run down with no obvious problems. Some practitioners suggest the Alkaline diet if you have the following symptoms with no underlying or obvious cause:

- Feeling lethargic
- Excessive mucous production
- Frequent blocked nose
- Regularly suffering from colds and flu
- Anxiety, nervousness, irritability
- Reproductive problems
- Headaches

Although there is evidence that Alkaline diets can help many problems such as kidney stones, osteoporosis, muscle wastage, many doctors don't think that diets high in acidic foods are the root cause of chronic diseases.

Before Starting Your New Diet...

Always check with your doctor or health practitioner before starting any diet. The alkaline diet should not be used by people with acute or chronic kidney failure, heart disease and

those on medications which affect potassium levels in their blood (unless under a doctor's supervision).

pH4		pH7		pH10
Strong Acids	Mild Acids	Mild Alkaline	Strong Alkaline	
 White Bread	 Meat/Fish	 Fruits	 Asparagus	
 Alcohol	 Legumes	 Vegetables	 Cayenne Pepper	
 Colas/Sodas	 Nuts	 Avocados	 Melons	
 Sugar	 Dairy	 Almonds	 Kelp	

Source: lifeslessons-lisa.blogspot.com

Skin Secret 2 – Daily massage Works a Treat!

Have you ever wondered what makes celebrity skin really stand out? Celebrities wear a lot of makeup and as such, they stick to their skincare routine religiously so their skin doesn't suffer.

One of the primary rules that celebrities stick to no matter what, is that they always remove their makeup before they go to bed. Makeup coats the skin and prevents it from 'breathing' properly, especially at night when skin regenerates and repairs itself.

But, they also have another skincare secret which they pay thousands of dollars for every year to have done by top facialists. Any ideas? It's specialist skin massage!

Surprised? Don't be. Facial massage has been around forever and celebrities swear by it to keep their skin smooth, elastic, wrinkle free and more importantly, clear and radiant. Done correctly, regular facial massage makes the difference between average skin and fantastic skin.

Why? Because facial massage increases blood circulation to the skin, bringing a fresh supply of nutrients to the skin's surface and increasing oxygenation to the surface of the skin. It also means that skin impurities are removed more efficiently and excessive fluid in the face (which can build up while you sleep) is drained away. This avoids the puffy look you sometimes find when you have had a bad night or have been sleeping too much.

The best time to massage the skin is in the evening before bedtime to help the regeneration process and eliminate toxins from the skin. Start by thoroughly cleansing the skin or all makeup and impurities.

Then, using a natural oil such as 100% organic argan oil, place a small amount of oil in the palm of your hands and warm gently by rubbing your palms together. Carefully place hands across your cheeks and in light but firm movements, massage your skin from the centre of the skin towards the hairline.

Massage movements should be up and outwards or in circular motions around the temples, around the eye socket, jawline and forehead. Avoid moving downwards as this can make your skin sag.

Keep movements quick and continuous. Under the chin, smooth from the chin down to the neck and from the collar bone up towards your face. Gently pinch the skin on your

jawline between the thumb and forefinger and keep pinching starting from the chin towards the ears. This helps to increase fluid drainage in the face and firms the jawline.

Keeping fingers together, firmly press into the hollows of the cheeks and from the centre of the forehead towards the hairline. You should ideally massage your skin for a few minutes each night before bedtime.

Complete this facial massage routine for a week and start noticing the difference in your skin. Keep it up and enhance this action by also applying your cleanser and moisturizer in the same way – by massaging thoroughly into the skin. When you massage the cleanser in to your skin, you help to loosen the dirt and grime within the skin and decongest as well as de-puff the skin.

Secret Three: Shed Those Layers!

Beautiful skin is perfectly achievable with a little help and persistence. In particular, if your skin is dull, rough, flaky and has an ashen tone to it, you should exfoliate your skin at least twice a week to help keep skin polished and smooth.

The added benefit of exfoliating your skin is that you remove dead skin cells that can create an uneven finish to your skin, and can mean your skin looks less than radiant. Regular exfoliation is the best way to perk up tired looking skin, and when done regularly, it helps your moisturizer and serums to penetrate the skin better.

If your skin is very sensitive, you might want to try and use a textured muslin or facecloth to help sweep away dead skin cells on a daily basis. Simply apply your cleanser as you would normally and then remove your cleanser by using your washcloth which has been dipped in warm water and wrung out first.

Forget using expensive commercial exfoliating products. Natural products are so much better for your skin and a lot less harsh. They also work just as well as your usual exfoliator, if not better.

The recipes below use only natural ingredients to help smooth, soften and polish away dead surface skin cells to leave the skin feeling fresh and radiant.

Scrub for normal skin

1tbsp of organic argan oil

2tbsp of chickpea flour

A pinch of turmeric

Mix the ingredients together until it has a slightly thick consistency (you may need less cream) and then rub gently for a minute in circular motions across the face concentrating on your forehead, nose, chin and areas of congestion. Wash away and moisturize immediately.

Scrub for dry, sensitive and maturing complexions

1tbsp of ground almonds

1tbsp of milk powder

½ tsp honey

Mix the above ingredients together and then add enough organic argan oil to mix to a thick paste and then rub in circular motions across the face concentrating on forehead, nose, chin and flaky areas. Wash away and moisturize.

Scrub for problem skin

1tbsp chickpea flour

Pinch of turmeric

Add enough honey to make a paste and rub all over problem areas. Leave for a minute and then rinse off. You can also use this scrub as a mask for up to ten minutes before rinsing off and applying argan oil to moisturize the skin.

The great thing about these masks is that they don't contain any harmful chemicals whatsoever. They are perfect to use before a special night out to ensure your skin is looking its absolute best.

You can also use these recipes for your body – simply triple the quantities and really work into the skin before rinsing away and finishing with a light coat of argan oil massaged into damp skin. This has the added effect of sealing moisture into the skin.

A simple recipe for creating your own nourishing and clarifying body scrub is to use a 1 cup sugar to 1 cup of argan oil. Place in a sterile jar and add in 5 drops of lavender essential oil to help calm, soothe and balance skin out. If you have very dry, sensitive or very mature skin, add 5-10 drops of rose essential oil to prevent blotchiness and calm sensitivity.

Always pay particular attention to knees, elbows, shins, feet, upper arms and thighs and buttocks. Rub in circular motions to shift dead skin cells fast. Wash away in the shower or bath. This scrub is so moisturising that you really shouldn't need any other lotions to apply afterwards.

Secret Four: Mask Out Imperfections

Face masks are ideal pick me ups and the perfect way to add a little 'oomph' into your skincare routine, especially when you feel you perhaps aren't getting the results you want anymore.

A regular face mask can wake up tired looking skin, help ease congestion and clear up a breakout. They are also ideal to use before a party to help restore your natural glow. The secret to using a mask is to ensure skin is perfectly clean and polished before you dive into using a mask.

An ideal face mask for all complexions is using Manuka honey, which is highly prized for its anti-bacterial and super healing properties. In fact, it is so pure that if you left a jar of unopened honey in your cupboard and came back 20 years later, it would still be fresh and edible!

The other superb fact about honey is that it is perfect to use on wounded skin, helping to heal infections and disinfecting the skin. Because of these remarkable healing qualities, honey is perfect for problematic skin and will help to clear up spots and acne.

Honey can be applied to all skin types to help calm, soothe, clarify and heal. Apply to cleansed skin and leave for 20 minutes before washing off.

To intensify the action of honey and to help heal and smooth the skin even more, you can combine honey with equal quantities of natural yogurt and argan oil. The yogurt contains lactic acid to naturally brighten the skin, while the honey purifies your skin and the argan oil helps to hydrate and nourish.

It's a great pre-party mask and should be applied for 15 minutes to cleansed skin before rinsing away and then moisturising the skin.

If your skin is misbehaving very badly and you have spots, acne and even eczema flare ups, you can use rhassoul mud in equal quantities with argan oil and apply this to the skin to help detoxify and draw out impurities. Leave for at least 15 minutes before rinsing off with warm water.

Secret Five: Do a Detox

Your diet is a good indication of your actual health, as you found out in secret one, but did you know that particular types of diets can also influence your skin? Eating junk and processed foods mean that you are ingesting E numbers and preservatives as well as other chemicals the body doesn't know what to do with.

These chemicals and toxins are then dumped in the fat around various parts of our bodies, but namely the lower body and is the main reason behind cellulite.

The best way to help remove the unwanted side effects of an unhealthy lifestyle is to eliminate toxins that are building up in your body. The easiest way to do this is through a detox.

A detox literally means purging your body of all:

- processed foods in tins and packets
- anything with white flour in it
- pasta and white rice
- dairy
- cereals
- breads of any kind
- junk foods
- sugar
- alcohol
- caffeine
- ...and anything else which is not really necessary in the body

The easiest way to detox is to spend at least a week eating only:

- Organic fresh fruit
- Organic vegetables
- Organic salads and eggs
- Drinking filtered or bottled water (minimum 2 litres)
- Lean white meat only
- Wild rice in small quantities
- No starches like bananas or potatoes
- Drinking one cup of hot water with lemon juice in it first thing in the morning

In addition to eating only pure foods, you should aim to complete daily light workouts such as power walking for 30 minutes maximum. You might find the first few days hard, but by day three, you should feel a lot better and a lot lighter.

Not only will your metabolism speed up, you will lose weight and the biggest bonus of all is the gorgeous clear skin you should have at the end of it.

Remember to avoid anything artificial at all, so sweeteners are a big no. You should also keep away from juices unless they are freshly squeezed. Use low fat cooking methods to ensure that your food is healthier for you.

Detoxing can last as long as a month if you want it to, but ideally, you should detox for at least a week to help your body shift toxins and start breaking down fat from your trouble spots. A longer detox will need some form of carbs, so ensure you are eating wholegrains only – things like rye and barley bread or seeded bread is ideal – but stick to one slice daily.

While detoxing, you should get into the habit of deep breathing sessions – something like yoga is perfect to help the process of eliminating toxins work faster and easier.

Finally, try and incorporate what you learn from a detox in your daily life – so keep processed and junk foods to a minimum as well as refined carbohydrates.

Secret Six: Mineral Makeup Magic

Here's another secret when it comes to beautiful skin naturally. Natural mineral Makeup. Natural mineral makeup is unlike traditional commercial products that are found on the high street. Commercial beauty products are similar to commercial skincare products – they both contain chemical fillers and preservatives.

Mineral makeup on the other hand is 100% pure and natural – the colours are derived from natural mineral pigments that are found underground. These minerals are then ground down finely into a powder and then packaged and sold as natural mineral makeup.

Natural and mineral makeup is packed full of ingredients which are actively good for the skin. They have anti-inflammatory, anti-bacterial and anti-ageing properties too. The natural minerals act like a filters against the damaging rays of the sun, since they screen out harmful UV radiation which can prematurely age the skin.

And, because the mineral pigments are extremely pure with no chemicals added into them, they are perfect for even the most sensitive of complexions. There is no danger of flare ups or aggravating any skin conditions.

Acne sufferers will love the texture of these products – they provide light, even coverage that can be built up in layers for a stronger look and all without blocking the pores. This is vital for problem skin, as traditional makeup sits on the surface of the skin and literally suffocates it so it cannot breathe, exacerbating spots and skin problems.

Some mineral makeup companies also add in natural botanical extracts into their formulations to give additional skincare benefits, making mineral makeup more like a treatment than a cosmetic.

What makes natural and mineral makeup so great to use is that it is beautiful in its coverage – the pigments have natural light reflective particles in them which literally make your skin glow and enhance your complexion.

So if you truly want beautiful skin that lasts well into old age, consider mineral makeup to replace your existing makeup. Not only does it give great results on your skin, but it actively improves the condition of your skin and you can even sleep in it! Now ask yourself if you would ever do THAT with your traditional makeup!

Secret Seven: Remove Discolouration From The Skin Naturally!

Discoloured skin, hyper-pigmentation and sun damage are all the same type of problem. It is where the skin is damaged causing staining, marks, blotchiness and areas or patches of pigmentation.

The most common areas which are affected are the cheeks, nose, décolleté and hands. These areas are also the places where the sun catches the most. A co-incidence? Absolutely not.

It's no secret that the sun causes up to 90% of the ageing we experience as we get older. Sun damage causes freckles, moles and even skin cancer. It can cause your skin to become blotchy and have tell-tale patches on your hands and face that indicate that you have been exposed to too much sun.

There are two ways to tackle discoloration on the skin. Prevention and cure. Always wear a high factor natural mineral sunblock of at least SPF30 when you are out in the sun and re-apply after a few hours so your skin remains protected.

The use of sunblock will prevent further patches of sun damage appearing on your skin. It also allows the skin to regulate itself and start healing.

You can remove the patches of pigmentation in your skin by using lemon juice – a natural acid which acts like a bleach to lighten the skin safely and naturally. Simply use a cotton bud dipped in pure lemon juice and use it to apply to pigmentation spots on the body.

Do this every evening and apply a layer of argan oil to help nourish and repair the skin as well as prevent it from drying out. This method usually takes about a month to have a noticeable difference and there should be a dramatic difference within 12 weeks.

If you have problems with dark elbows, knees and underarms, then avoid using chemical based products which can worsen the condition. Instead, stick to a solution made from 1 part of lemon or lime juice and one part argan oil to help lighten, brighten and hydrate the skin in one go.

The more you use harmful bleaching agents such as hydroquinone, the more chances you have of increasing the incidence of skin cancer.

Stick to natural agents such as milk, yogurt, lemon and lime which all act as natural exfoliators and bleaching agents because of the acids they contain. Milk and yogurt

contains lactic acid, while lemon and lime contain citric acid. These all loosen the top layer of skin cells.

And don't forget, regardless of which treatment you use, always apply a high factor sunblock to skin which has been exposed to any form of bleaching to prevent sun sensitivity and prevent the pigmentation from re-occurring.

Secret Eight: Get Your Life In Check

Looking after your skin needn't be a bore nor should it take over your life. Taking time out for yourself is only rewarding as long as you don't feel guilty about it. Stress causes many physiological problems in the body and can leave you feeling run down and depressed.

Stress also plays havoc with your skin and your sleeping habits and makes you irritable and unable to deal with whatever life throws at you. For example, did you know that the most common cause of spots around the jawline is stress? So, take the time to chill out and relax. It's ok to take a break, especially if you're a workaholic!

Everyone needs a good night's sleep, because without it, the body cannot repair itself properly or regenerate, nor can it function properly. Make the most of your sleep by taking a warm relaxing bath to which you have added several drops of lavender essential oil and argan oil to help relax, soothe and moisturize the skin as well as induce sleep.

If you smoke or have any vices such as drinking or even eating lots of chocolates, you need to stop. These are no good for your health and can cause havoc with your skin in the long term.

The most important thing to remember is that your skin is a mirror of your life. If your life is stressful, so will your skin be. If you are calm and relaxed, your skin is much better behaved too.

Make a point of taking regular breaks throughout the day – say ten minutes every hour if you are working. It may seem counter-productive, especially if you have a lot of work to do, but the small break gives your mind a well earned rest and helps recharge your body and mind, so that you're raring to go.

It's fine to indulge in your senses once in a while as well. If you can, book yourself a facial or a full body massage once a month and see the difference it makes to your skin and your overall well-being.

And if you have a stressful home life, where you try and juggle too much, look at hiring help to keep you calm and more focused. If you have children, ask family members to babysit once in a while so you get some well earned peace.

All these measures mean that over time, you will be less stressed and more relaxed. Taking up sports such as martial arts helps to alleviate stress as well as keeping you

grounded. The same is true of Tai Chi and Yoga – both excellent disciplines of the mind and body.

And whatever happens, don't feel guilty about relaxing. Unfortunately, we have grown up in a society where being a workhorse is normal and expected.

Secret Nine: Give Yourself a Weekly Facial

Facials don't have to cost the earth, and if you find it hard to have a regular facial, then consider doing it yourself to give your skin a gorgeous glow and keep it looking fantastic. No one is going to be able to tell the difference between a custom facial in a posh salon and a power facial from home!

Yes, the results really are that good – and cost effective too. Here's what to do:

1. Cleanse skin with a good quality cleanser and really massage it in for a few minutes before rinsing away
2. Apply an exfoliator such as ARGANICA's Face Scrub and work in circular motions all over the face, paying close attention to the forehead, nose and chin and any areas of congestion. You can also use the recipes on page 12.
3. Rinse away and pat skin dry
4. Use a face flannel dipped in very hot water and wring it out. Place over the face for a minute and then repeat – this opens your pores and makes it easier for any mask to work its wonders
5. Use a mixture of rhassoul mud mixed with honey and argan oil (see p.12) and apply to the skin, avoiding the eye area. Place cold cucumber slices on the eyes and relax for 10-15 minutes
6. Rinse off and then cleanse your skin again, again rinsing away thoroughly
7. Use pure organic argan oil such as ARGANICA's Multi-Purpose oil and warm a small amount between the hands before applying to the face
8. Really massage the oil in, working in firm but light movements, and always upwards and outwards towards the hairline. Spend a good five minutes massaging the skin until you have worked in all the oil and it has completely soaked into the skin
9. Go to sleep using lavender essential oil drops on your pillow to aid restful sleep
10. Wake up to fabulously glowing skin! Maintain the glow using ARGANICA's Day cream or any other cream after cleansing the skin

Try and give yourself a facial at least once a week. If not, then use this routine once a fortnight at the barest minimum.

Secret Ten: Get The Best Hair of Your Life!

Your hair is a good indicator of your lifestyle. If you have healthy, shiny hair, it's a sign that you look after it and eat well. If your hair is dry, damaged and frizzy, you are guilty of styling damage. If your hair is greasy, it means your oil glands are working overtime in your scalp.

You should use gentle products on the hair that add moisture and help to protect the hair from breakages and split ends. Minimize styling damage by using protective sprays and serums that help to prevent further damage.

More importantly, avoid using too much heat or colouring on the hair, since these can damage the hair further. Instead, treat your tresses to a weekly hot oil hair treatment by warming argan oil mixed with olive oil and massaging into the scalp.

Take your time and really work the oil into your hair, firmly massaging the scalp with the tips of your fingers to encourage good circulation to the hair roots.

Next, wrap your hair in a towel that has been dipped into hot water and then squeezed out, so that the towel is damp but hot. Leave as long as possible before washing out with a mild shampoo.

Between treatments, you can use a balm to help control your hair such as ARGANICA's Hair Strength Balm which helps to tame frizzy, damaged hair and flyaways and to also give a glorious shine to the hair.

This combination of treatments will help transform badly behaved and dull hair into hair that is bouncy, sleek and shiny. More importantly, this will also help to increase hair strength and growth, preventing hair loss and weakness.

Always make sure you cut your hair regularly so that any split ends are removed (these give the hair a straw-like appearance) and keeps hair looking healthy.

One Last Secret...

One final secret that you should never overlook is to completely avoid the use of chemical products on your skin. Most commercial beauty products are loaded with cheap chemical fillers and preservatives.

And, it gets worse. Many of these chemical fillers are used to prolong shelf life and to improve the texture or smell of a product. However, these chemicals can be harmful to your health.

More than 60% of what you apply to the skin is literally eaten by it, as skin is an organ which absorbs substances through it and transports these substances through the bloodstream straight to your stomach. If you don't believe me, think how fast a pain-killing patch or contraceptive patch works.

Unfortunately though, most of these chemicals are like a slow-release poison in your body. Some of these chemicals can cause rashes, spots, acne, dizziness, headaches, organ failure and even cancer.

Common skincare ingredients include:

- **Mineral oil (also known as petrolatum, liquidim paraffinum, paraffin wax, paraffin oil)** – this comes from crude oil and suffocates the skin by blocking the pores. It causes spots, acne and skin rashes. It also accelerates skin ageing!
- **Parabens** –these are highly toxic and are used as preservatives to increase shelf life. These cause headaches and rashes
- **Sodium Laureth Sulfate** – used to make products 'foamy', this is a carcinogen which means it increases the likely hood of cancer
- **Talc** – unfortunately, this is a carcinogen and can cause ovarian cancer if used in the genital area in women. Keep this away from babies as it can lead to respiratory problems such as asthma
- **Fragrance** – this could contain any of 4000 chemicals which can cause allergies, rashes, cramping, diarrhoea, headaches, dizziness and vomiting
- **Propylene/Butylene Glycol** – although added to products to keep skin hydrated, long term use can cause organ failure, rashes and diarrhoea

There are literally thousands of products out there that can cause a number of health problems for your skin and body. My advice? Avoid anything with chemicals in it full stop. Your health is far too precious for you to take a chance with.

Instead, stick to natural and organic products that don't contain any harmful chemicals and contain ingredients good for the skin.

Conclusion

This short report has give you some easy and super ways to keep your skin looking beautiful for a lifetime. With the emphasis on natural and organic ingredients, you have learnt how to care for your skin using proven ingredients that are good for your skin.

With special tips and tricks to do your own beauty treatments, this report has highlighted the main benefits of natural and organic ingredients and what they can do for your skin.

Remember, it takes dedication and commitment to see real results from your skincare routine. Always monitor your skin so you can see how well your new routine is performing for you. And don't forget that nutrition and lifestyle play a huge role in maintaining beautiful skin.

The less stress you have in your life, the better behaved your skin will be. Lastly, no skincare routine can claim to make you beautiful if it constantly means your skin is ingesting harmful chemicals through the use of commercial beauty products.

Here's to a lifetime of good skin,

Miriam Kiwan

www.organicaskincare.com

PS – To find out more about an exciting range of NEW products made completely from natural and organic ingredients and with NO CHEMICALS whatsoever, keep reading!

ARGANICA – Timeless Beauty From The Miracle Tree...

ARGANICA is a range of products that contain natural and organic ingredients to nourish, smooth and feed skin and hair to give you the healthiest looking body of your life. The new beauty range relies on its star ingredient – argan oil – to defend the skin and hair from free radical damage which is responsible for ageing.

I developed the ARGANICA beauty range when I failed to find powerfully effective natural alternatives to chemically laced hair and skin products.

Unlike most beauty retailers who only use minute quantities of diluted argan oil in their products, ARGANICA uses high doses of pure, high strength and super potent argan oil in all of its products.

So what exactly is so special about argan oil? The benefits of argan oil are astounding:

- Prevents premature aging caused by sun, pollution and stress
- Reduces the appearance of wrinkles
- Mops up cancer causing free radicals
- Reduces skin irritations and breakouts
- Excellent for deeply nourishing and softening dry and sensitive skin
- Improves skin elasticity
- Helps minimize and prevent stretch marks in pregnancy
- Nourishes and strengthens weak, brittle nails
- Heals and treats acne, chickenpox and psoriasis
- Tames dry, frizzy hair and leaves a lasting shine
- Increases hair thickness, length and overall hair health

ARGANICA's beauty range includes pure 100% argan oil multi-purpose oil which can be used all over the body for exceptional hydrating, healing and nourishing qualities.

The range also includes a face scrub which contains high concentrations of argan oil to leave skin fresh, smooth and glowing with vitality.

The super strength hair balm is a must for dull, dry, weak hair which has been damaged by styling. This exceptionally conditioning treatment leaves hair super smooth, shiny and frizz free, while the natural ingredients in the balm encourage healthy hair growth.

Lastly, the Regenerating Day cream is a must for anyone concerned with a loss of moisture to the skin and to help keep lines and wrinkles at bay.

What's fantastic about ARGANICA's range of beauty products is that they are completely free from chemicals, GMO's and synthetic ingredients, and are ethically sourced and traded. ARGANICA uses recycled packaging which is better for the environment too!

In my own personal experience, ARGANICA has transformed my skin from dull and dehydrated to fresh and glowing - and if it can work for me, it will work for you too.

To learn more about this brilliant new organic and natural product range which is suitable for the whole family, visit ARGANICA online now at www.arganicskincare.com

Here's to your timeless beauty,

Miriam Kiwan.

Founder of ARGANICA – Timeless beauty from the Miracle Tree.