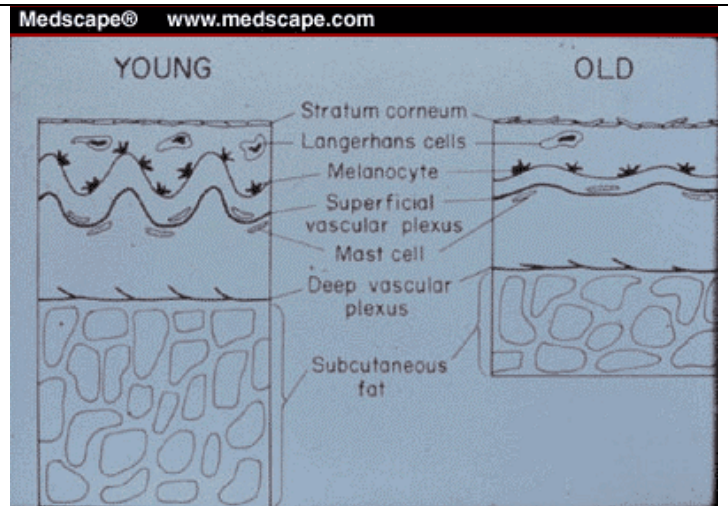
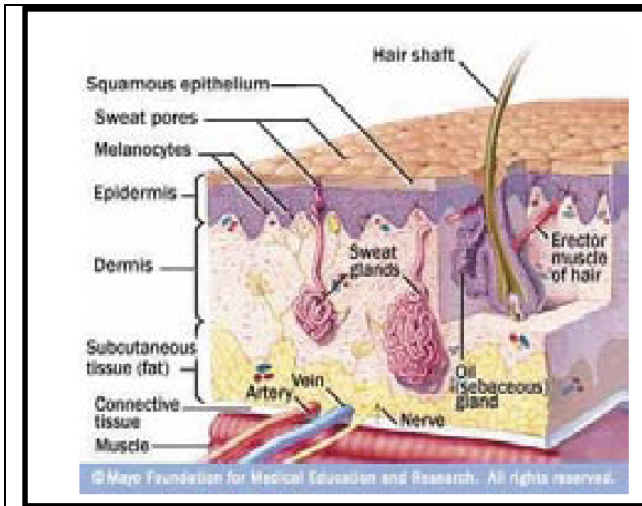


Skin for All Ages

- **Infancy and childhood** – this is time of greatest damage – protect from sun, out of sun from 10 am to 4 pm
- **Teenage years** – acne time – 15 minutes of tanning equals one day of sun
- **Twenties and 30's** – glowing skin but aging process beginning to show – skin losing collagen, elastin – time to begin skin care regimen – natural soap and lotion
- **Pregnancy** – 90 % develop dark spots on face and arms and stretch marks – use lotions, creams, massage bars, body butter (loads of shea butter)
- **Forty's and Fifty's - Perimenopause & menopause** – skin's aging process continues – supplemental estrogen, creams, lotions, butters, smoother and less dry skin
- **Over Sixty Skin** - may develop skin lesions or growths, certain skin diseases, dry and itching skin, sun damage, easily cut or bruised – natural soap, lotions, creams, butters, balms, rubs with sun protection

The Skin

The Passage of Time



- Skin is the largest organ of the body.
- Each square cm. (1/4 inch) of skin contains:
- 5 thousand sensory glands
- 6 million cells
- 100 sweat glands
- 15 sebaceous glands (oily, fatty glands)
- Skin has 3 layers: Subcutaneous, dermis, epidermis

Functions of skin that decline with age

- Epidermal turnover
- Immune function
- Wound healing
- Vascular responsiveness
- Injury response
- Thermoregulation
- Barrier function
- Sweat production
- Chemical clearance rates
- Sebum production
- Sensory perception
- Vitamin D production

SYMPTOMS OF AGING:

- 66% of people over 50 have a skin disease.
- 77% of people over 64 have a skin disease
- Thinning or thickening of the skin.
- Wrinkles and fines lines.
- Dryness and itchiness.
- Hyper pigmentation or liver/age spots.
- Benign or cancerous growths.

The Skinny on Skin

- Serves as a barrier to the environment, and some glands (sebaceous) may have weak anti-infective properties.
- Acts as a channel for communication to the outside world.
- Protects us from water loss, friction wounds, and impact wounds
- Uses specialized pigment cells to protect us from ultraviolet rays of the sun.
- Produces vitamin D in the epidermal layer, when it is exposed to the sun's rays.
- Helps regulate body temperature through sweat glands.
- Helps regulate metabolism.
- Has esthetic and beauty qualities

FACTS ABOUT SKIN CARE

Up to 60 percent of certain ingredients in body products, such as lotion, cream and soap, will absorb through the skin and into the bloodstream

- The skin, the body's largest organ, is the most typical absorption point of everyday toxins
- Over 10500 chemicals are used in personal care products
- 89% of these chemicals have not been evaluated for safety by the FDA or the Cosmetic Ingredient Review (CIR) panel
- It has been estimated that the average woman who uses commercial skin care products applies more than two hundred chemicals to her skin daily.

Healthy Skin for all Ages

- Drink, drink, drink water and juices
- Eat balance meals daily
- Quit smoking
- Sleep full eight hours a day
- Protect skin from sunlight
- Regular skin examines
- Exercise daily
- Wash daily with natural soap
- Exfoliate 2-4 times a week
- Moisturize daily

Natural vs Chemical Ingredients

What is natural?

- According to the U.S. National Organic Program (NOP), a natural substance is derived from a plant, mineral or animal source.

What is Synthetic?

- The NOP definition of a synthetic is a substance that has been formulated or manufactured by a chemical process, and has chemically altered a substance that was derived from a naturally occurring plant, mineral or animal source. A synthetic substance is a compound that is made artificially produced through chemical reactions.

For millions of years plants have developed and used natural substances for protection of plant cells. A cell is a cell whether from plant or animal. These same natural substances will help protect human cells (aloe vera is a desert plant with substances that protect the plant from the sun and drying weather).

Avoid these chemical ingredients

- Petrolatum
- Mineral Oil
- Propylene Glycol
- Many other chemical ingredients
- Read the label



Skin Therapy Products – use as needed

Bee Balm Body Rub

- soothing skin treatment for minor cuts, blisters, minor burns, rashes, extra dry skin, cuticles, scratches & scrapes

Foot Balm

- for those aching, sore, itchy, blistered, athletes, rough, cracked feet, anti fungal

Belle's Vapor Rub

- for cough, decongested chest & sinuses, headaches due to sinuses, minor aching muscles and pains,

Sugar Scrub

- use on rough, dry skin to exfoliates and infuses with the nourishing oils all in one step

Body Butter

- for extra rough area including, elbows, knees, feet, arms
- Extremely high in Vitamin A, E, and F, shea butter
- 100% organic ingredients

Lip Balm

- moisturizer and healer of chapped, cold sores

Massage Bars

- great for chapped skin, soothing stretch marks, sensitive skin, on your skin before the beach, and as a convenient massage oil.

Face Cream

- restores and maintains natural moisture balance in dry, sensitive skin. W/o UVA/UVB sun block

Parfait

- restores and maintains natural moisture balance in dry, sensitive skin. W/o UVA/UVB sun block

Skin Maintenance Products - use daily

- Natural Handmade Soap
- Hand & Body Lotion, Shea Lotion, Hand & Body Cream, Body Whip Cream, Bath Salt

SOME NATURAL BOTONICAL OILS AND HERBS AND THEIR BENEFITS

Aloe Vera is known for its ability to heal and moisturize the skin and hair.



Avocado oil is a rich, nourishing oil that absorbs into the skin easily and is high in Vitamin A & E.

Beeswax lends softening properties and works as a humectant.

Bergamot: Useful for acne, eczema, insect bites. Useful for oily complexions.



Calendula: Antiseptic, anti-inflammatory and anti-fungal and contains



Vitamin A. Treats skin problems such as red inflamed skin due to minor burns, acne, cradle cap, eczema, dry skin, sunburn and many rashes.

Chamomile: Used to treat dermatitis, minor skin irritations and inhibits inflammation.

Cocoa Butter is an emollient that has been used for centuries. Heals and moisturizes skin that has been exposed to the elements.



Comfrey Root and/or Leaf:

Contains Allantoin, a protein that speeds new cell growth. Known to help repair damaged tissue such as bruises and sprains, fractures, wounds, rashes. Used to treat acne, boils and to relieve Psoriasis, Eczema, etc.



Olive Oil is a moisturizer and does not block the skin's natural functions. Packed with vitamins, minerals, and proteins.



Glycerin is a humectant that draws moisture to itself.

Mango Butter is a great moisturizer with emollient properties, is non-greasy and great for all skin types.



Palmarosa Essential Oil

Antiseptic, good for acne and regulates sebum. An emollient, it moisturizes and helps heal scars from acne. Helps relieve eczema and is good for elderly skin.

Shea Butter is a superior moisturizer and emollient that nourishes the skin and reduces scars. Extremely therapeutic, it helps heal cracked, aged and damaged skin. Contains vitamin A and E and provides natural protection from the sun.



Sunflower Oil holds in moisture and contains large amount of vitamin E.

Sweet Almond Oil is a light oil that penetrates easily, is rich in essential fatty acids and vitamins A, B1, B2, B6 and E.



Tea Tree Essential Oil: Antifungal, antiviral and antimicrobial. Use for treatment of cuts, burns, insect bites and minor wounds. As an antiseptic, it is good for skincare, acne and blackheads and athlete's foot.

Vitamin E moisturizes the skin from within, reduces UV induced damage, helps protect against ozone damage.

Wheatgerm Oil is rich in vitamins A, D and E. Very nourishing and prevents moisture loss from the skin, and it soothes irritated, sunburned, or burned.



Jojoba Oil is a liquid wax and is one of the closest oils to human skin as far as fatty acid structure and is easily absorbed by the skin.



Lavender Essential Oil

Traditionally used in skin care for inflammations, acne, insect bites, burns, sunburn, eczema.



Botanicals, for their **antioxidant, moisturizing or skin-calming** benefits (offered by the ingredients listed below). Generally, **plant oils** are less likely to clog your pores while keeping your skin hydrated and smooth. They also deliver **antioxidant and fatty acids** to help keep skin healthy, and they are made from renewable sources.