

Skin Care Plan

TOPICAL SKIN CARE

Purpose:

- Alleviate and prevent skin disorders.
- Restore skin's natural oils and maintain elasticity.
- Restore softness and suppleness

Topical Skin Care Agents Categories:

Cleansing Agents

Moisturizing Agents

Anti-Inflammatory Agents

Symptom-Relieving Agents

Protective Agents

Anti Infective Agents

Synthetic vs. Natural

Cleansing Agents:

The most popular cleanser is soap. Soaps containing detergents and chemicals dissolve the skin's natural oils leading to dryness and skin disorders, in addition to absorption of toxins through the skin. Natural cleansing soaps are gentle, restoring skin's natural oils. Using natural soaps to cleanse and exfoliate dead, scaly skin can help prevent disorders as psoriasis and eczema. Weepy lesions should be cleansed with water and a gentle soap versus harsh soaps and detergents that may irritate the skin. Oatmeal added to natural soaps provide a degree of exfoliating while adding the moisturizing affects of oatmeal.

Moisturizing Agents:

Creams and lotions are popular moisturizers. Creams are emulsions of oil in water. Lotions are similar to creams, but contain more water. Over the Counter (OTC) creams and lotions contain synthetic ingredients that contribute to dry skin and other disorders. Creams and lotions containing natural ingredients replenish the skin's oils and restore suppleness and softness.

Anti-Inflammatory Agents:

These are agents effective in relieving inflammation (redness, swelling, itching) of the skin. The main topical agent used to relieve inflammation due to rashes are corticosteroids. Usually, corticosteroids should not be used on wounds or infected areas. These agents lower resistance to bacterial and fungal infections. Natural anti-inflammatory ingredients moisturize the skin from within and inhibit inflammation. They absorb into the skin easily and are known to heal and nourish the skin. Body Butter, Foot Balm, Bee Balm Body Butter and Lip Butter act as good anti-inflammatory agents.

Symptom Relieving Agents:

Mild pain and itching are symptoms of many skin disorders. Antihistamines are sometimes included in topical agents to relieve symptoms. However, when applied to the skin, antihistamines may trigger an allergic reaction. Natural topical ingredients nourish the skin with vitamins and essential fatty acids relieving inflammation that causes pain and itching. Natural symptom relieving agents also are known for their healing properties while providing a soothing feeling to the skin. Body Butter, Foot Balm, Bee Balm Body Butter, and Lip Butter act as good itching and pain relief agents. Belle's Vapor Rub is a good decongestive for both the chest and sinus.



Protective Agents:

Commonly used agents are ointments and oils that provide an oil-based barrier to retain moisture and protect irritated, raw or scraped skin. Many OTC ointments are difficult to wash off, greasy, and messy. In addition they clog the skin's pores inhibiting the skin's function of breathing, sweating and toxin release. Natural ingredients used to protect irritated skin or protect, reduce and filter the sun's harmful rays are found in topical skin care containing vitamins and butters. Natural ingredients maintain healthy skin working as a prophylactic to protect the skin from diseases. Once your skin is healthy and soft you won't have cracks, crevices and wrinkles where bacteria can accumulate. As we know bacteria cause diseases. Soaps, lotions, creams and body butter have many natural skin softening and sun protection agents.

Anti Infective Agents:

Infection of the skin caused by viruses, fungi, and bacteria are treated with these synthetic agents. Repeated use of strong disinfectant agents can cause irritation to the skin and may be transmitted to sensitive areas as the eyes and mouth. By maintaining good hand washing techniques, using water and natural soap, many infections may be reduced significantly and safely.

Synthetic vs. Natural:

Products made from synthetic ingredients:

- do not have natural reactants
- use petroleum derived reactants
- use catalysts which are petroleum derived or on the upper end of the synthetic range
- use processes which require pressure and/or heat which cannot be achieved with simple technology
- yield products through chemical reactions that have properties which are chemically (not physically) different from the reactants
- yield chemically produced substances which are not biodegradable through normal biological processes

Products made from natural ingredient:

- are derived, obtained or drawn from plants, minerals or animal sources such as beeswax (please refer to our policies on animal testing and use of animal part ingredients).
- have not undergone a synthetic process as defined under our criteria above of a synthetic substance
- are refined through physical processing
- result from biological processes
- result from simple chemical processes where the reactants and catalysts are natural as defined in the statements above
- have been changed or created through the use of simple technologies such as those that can be found in a conventional kitchen

Synthetic personal care products are made from chemicals. Some are good and some are bad for the body. Some of these products work and some do not. Sixty percent of personal care products ingredients applied to the skin are directly absorbed into the blood. The problem is how do you know which ones are not bad for the body and which ones do what they claim. Natural personal care products use natural occurring ingredients from nature. In general these ingredients provide the same plant protection qualities to the skin. If it works for the cells of the plant it will work for the cells of the body.



Skin Care Routine:

Exfoliate and cleanse the skin

Exfoliate your skin at least 2-4 times a week. Exfoliating removes all the dead skin cells, which will allow the skin to absorb moisture.

During bath or shower, exfoliate with Sugar Scrub or Soap Sack 2-3 times/weekly. You may use oatmeal soap to help exfoliate.

Moisturize the skin

Wash your face and body with natural moisturizing soap 1-2 times daily. During daily shower or bath, use moisturizing soap. The soap will replenish the natural oils of the skin, create a protective layer to keep moisture in, and provide a natural sun protection.

After showering or bathing dry body completely, apply lotion/cream apply lotion to entire body. The lotion will work with the soap to restore the natural oils, moisturize the skin and provide a natural sun block. Apply lotion before you go to bed at night.

Anytime during the day, when the lips are dry or rough, apply the lip butter.

Massage the skin

Use massage bar to during the massage. Remove bar from the container. The massage bar melts at body temperature. Hold bar in the palm of one hand while covering the bar with the other hand. As soon as the bar begins to melt apply the bar in the palm of your hand using your normal massage techniques. The patient will begin to feel the warming sensation of the massage bar. The butters and oils in the massage will soak into the skin within minutes. The massage bar helps soften the skin.

Skin Therapy Routine

As per direction use the above processes to exfoliate, cleanse and moisturize the skin. For extra rough areas apply body butter or bee balm body rub on the rough skin. On the feet, including the bottoms, use foot balm. Apply in a circular motion. Within minutes the butter, rub, or balm will soak into the skin. Apply once in the morning and once at night. At night you may cover with clothing to prevent rubbing off. The product may be applied more often, than less often as condition clears. If condition reappears, apply the product again.



Skin Assessment Tool							
CLIENT NAME:							
CLIENT TEL #							
ATTENDING PERSONAL:							
Monthly progress report							
Day of Week:	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	
Date:							
Time:	am pm	am pm	am pm	am pm	am pm	am pm	am pm
Appearance							
Color							
Location of Inflammation							
Texture							
KEY;							
Appearance:			IN=inflammation				
			0 = none				
Color:			PK = pink				
			RD = red				
			MX = mixed (specify)				
Location of inflammation:			TO = torso		LA =left arm		
			RF = right foot		RA = right arm		
			LF = left foot		LL = left leg		
			RH = right hand		RL = right leg		
			LH = left hand		RB = right buttock		
			CX =coccyx		LB = left buttock		
Texture:			SM= smooth				
			RF = rough				
			BU=bumpy				
			PL = pale				
			DK = dusky				
SKIN CARE PROTOCOL: Shower or bath once daily with soap. Apply lotion in the am							