



Healthy Skin Guide

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— NATURAL BEAUTY —

Let your true beauty shine this season and beyond by nourishing your skin with a healthy diet, lifestyle, and some natural remedies from Integrative Nutrition's vibrant community!

We've created this Healthy Skin Guide to help you nurture your skin naturally. It provides tips and tricks to keep your skin glowing and youthful no matter what your age.

Whether you're looking to clear up blemishes, slow down the aging process, or just cleanse your outward body to feel even more beautiful, this guide will help you pamper yourself from the outside in and the inside out.

Learn more about [Integrative Nutrition](#).

Healthy Skin Diet



What you consume doesn't just flow through your inner body. It makes up the basic building blocks of all your tissues and cells, including skin cells! Water, essential fatty acids, antioxidants, and potent cleansing foods are the most beneficial, edible nutrients for radiant skin.

STEP 1: HYDRATE



Your body requires an ample amount of water to keep your skin hydrated and free of toxins; after all, it is 75% water. This essential liquid also carries the nutrients that your cells need to function properly and efficiently.

As you become older, your body's water content naturally decreases and you develop wrinkles. Staying properly hydrated every day can slow down the aging process, prevent clogged pores, and keep your skin firmer longer!

The amount you should drink varies depending on your body type, climate, overall skin condition, and level of physical activity. Rather than counting ounces, just make sure to always have some water with you and take a drink at least once every hour.

Remember, if you feel thirsty and notice that your urine is bright yellow, that means you are dehydrated and you should drink more.



STEP 2: ESSENTIAL FATTY ACIDS

Essential fatty acids are necessary for building and protecting healthy cell membranes. These “good fats” surround your cells and keep water and nutrients inside while allowing toxins and waste to easily pass out.

Healthy skin is made up of plump water-filled cells with strong and stable membranes. But if you don’t have enough essential fatty acids, the cells become weakened and this can lead to saggy skin, acne, and dryness.

These acids are called ‘essential’ because they are not produced by your own body and therefore must be replenished through food.

The following foods are naturally rich in the Omega-3 fats your skin needs:

- Olive oil
- Walnuts
- Salmon and other fish
- Avocados
- Flax seeds
- Coconut oil
- Organic grass-fed butter

STEP 3: ANTIOXIDANTS



Antioxidants are nutrients that help protect and repair cells from damage caused by free radicals. These nutrients can counteract the negative effects of things like chemicals in the air and water, cigarette smoke, too much sun exposure, and even the body's own normal processes.

Including plentiful antioxidants in your diet prevents cellular decay, slows down the aging process, and keeps your skin looking youthful. Fortunately, Mother Nature provides an abundant supply of these nutrient powerhouses in whole fruits and vegetables.

Here are some excellent (and delicious!) sources of antioxidants:

Berries: Load up this summer when they're fresh and local.

Beans: Don't forget to soak for easier digestibility.

White tea: More antioxidants than green tea!

Artichokes: Perfect cooked with garlic as a side dish.

Brightly colored fruits & veggies: The brightest have the most antioxidants.

Small amounts of dark chocolate: Minimum 70% cocoa content.

STEP 4: CLEANSING FOODS



The regular elimination of toxins and waste is essential to maintaining healthy skin. Just like periodic cleansing is necessary for digestive health, including cleansing foods and herbs in your diet will effectively remove cellular waste and reduce inflammation, keeping your skin clear, youthful, and positively radiant.

Aim to add more of these top 5 cleansing foods to your diet:

Lemon: Squeeze into your water first thing in the morning.

Garlic: Eat raw for most benefits, great in salads or pesto.

Ginger: Goes great in Asian recipes or as a tea.

Chamomile: As hot or cold tea.

Dark leafy greens: Great cooked or raw in salads, wraps, or stews.

Are you interested in learning more about how diet can improve health?
Learn more about Integrative Nutrition's **Health Coach Training Program**.

Healthy Skin Lifestyle



Making time for restful and rejuvenating activities will not only add years to your life, it'll make you beautiful! Getting adequate sleep, relaxation, and exercise, as well as protecting yourself from harmful chemicals all play an important role in maintaining healthy glowing skin.

STEP 1: SLEEP



Your skin accomplishes most of its rejuvenation and repair while you sleep. In deep slumber, your body produces more proteins, which are the building blocks of healthy cells, as well as melatonin, which acts like an antioxidant to fight age spots, acne, fine lines, and even skin cancer.

The most potent cellular renewal happens in deep sleep, so making sure that you get quality shut eye is just as important as how long you slumber.

Here are a few tips for truly rejuvenating sleep:

- 1. Hydrate early in the day.** Drinking too many liquids just before bed could result in waking up with a full bladder in the middle of the night. Instead, have plenty of water in the morning and early afternoon, less in the evening, and none just before bed, to ensure longer lasting deep sleep.
- 2. Create a pre-sleep ritual.** Overstimulation before bed can reduce your ability to achieve a deep and restful slumber. Turn off electronics, give yourself a foot rub, and take some deep breaths to fully relax. This will calm your mind and body to facilitate restful sleep.
- 3. Repeat positive affirmations as you fall asleep.** If you frequently think of the endless to-do list as you're falling asleep, try replacing this with positive affirmations to distract your anxious mind. Say to yourself, repeatedly, "I welcome deep and restful sleep so that I wake up renewed and full of energy."

STEP 2: EXERCISE



Regular exercise is extremely beneficial for overall health and wellness. Whether you want to slim down, boost energy, detoxify, or even feel happier, physical activity can help support nearly any health goal.

Fitness can also play a major role in healthy skin care. Increased circulation of oxygen and nutrients, release of toxins, muscle tone, and stress relief all combine during your fitness regime to result in clearer, firmer skin.

To make exercise fun, try something you've never done before! If you're used to doing yoga, try **Bollywood dancing**. If you're a committed runner, try Pilates. Switching it up not only keeps things interesting, it activates different muscle groups to keep you toned all over.

Since exercising also produces natural oils to give you that 'glowing' appearance, don't forget to cleanse your skin by showering after an intense workout to prevent clogged pores.

STEP 3: PROTECT

Protecting yourself from things that could be harmful to your skin's health is important for sustaining the benefits of your other skin-loving practices. This doesn't have to mean never showing your face to the world; just be mindful of your environment and the products you use.

Here are 3 ways you could be more protective of your skin:

Avoid too much sun. While small amounts of daily sun exposure are beneficial for the production of Vitamin D3, too much sun can be damaging. Make sure to wear sunglasses with UVA and UVB protection, and use zinc or titanium dioxide **sunscreen** if you'll be exposed for more than an hour.

Choose natural skin care products. It's unfortunate that many skin care products contain harsh chemicals that can be very damaging to health. When choosing moisturizers or makeup, look for a USDA-certified label and research the ingredients in the products you use most to confirm they are safe.

Jump down to page 27 to see Integrative Nutrition's natural healthy skin care remedies!

Beware of air pollution. You may already know that outdoor pollution and cigarette smoke are detrimental to your skin, but did you know that indoor pollution levels can be two to five times higher? This can lead to dryness, premature aging, skin rashes, acne, and eczema. If you live in an area known for smog or air pollution, listen to the forecast for days when meteorologists call for poor air quality and wear long sleeves outdoors. Make sure to also ventilate your indoor space and use a vacuum cleaner with a HEPA filter.



STEP 4: RELAX & BE HAPPY

Have you ever noticed how people tend to look better when they're on vacation? That's because relaxation and smiling have a beautifying effect on your outward appearance.

Stress reduction not only improves optimal immune function to clear away potential infections, but it also contributes to hormonal balance. Since low estrogen can cause skin to look thin or dull, and an excess can cause breakouts, keeping stress to a minimum is vital for healthy skin.

Here are some simple ways to relax every day:

Laugh & Smile. Even if there's nothing happening to provoke laughter or a real smile, studies show that the muscles required to form a smile actually trigger a release of serotonin and dopamine, the feel-good hormones.

Breathe. Simply bringing awareness to this involuntary act throughout the day, and especially when you feel stressed, can have enormous benefits for reducing your overall stress level.

Self-massage. You don't need a professional or even a loved one to get the relaxing benefits of massage; it's just as effective if you do it yourself! Use an Ayurvedic massage oil to rub your neck, shoulders, and arms, then make small circles around your spine, and end with your feet. If you make this part of your pre-sleep ritual, the oil will also moisturize your skin while you sleep.

To learn more about Ayurveda, connect with our **Admissions Team.**



Healthy Skin Remedies



One of the most nourishing ways to take care of your skin is by topically applying natural oils, herbs, and foods. We've compiled the best healthy skin remedies from experts, Integrative Nutrition staff, students, and graduates so you can skip the expensive chemicals and get real with your skin.

— FACE —



Brown Sugar Honey Scrub

The anti-microbial properties and enzymes of raw honey, mixed with the exfoliating texture of sugar, and the moisturizing fatty acids of olive oil make this a winning cleansing scrub for revealing radiant, glowing skin.

- 3 tbsp. of room temperature organic cold-pressed extra virgin olive oil
- 3 tbsp. of brown sugar
- 3 tbsp. of raw honey
- Mix together, rub in circular motions on face, then rinse and moisturize.

Apple Cider Vinegar Toner

This time-tested natural toner will balance your skin's pH, ward off bacteria, shed dead skin cells, and reduce acne.

- Wash your face with warm water.
- Mix a 1:1 ratio of water to Apple Cider Vinegar.
- Use an organic cotton ball to apply the toner evenly to your face.
- Be sure to moisturize after using the toner.

Aloe Cucumber Mask

The cooling compounds of both aloe vera and cucumber make them the perfect anti-inflammatory combination to soothe and cleanse puffy, oily, or acne-prone skin.

- 2 tbsp. of aloe vera gel, just buy an aloe plant and skin one stalk
- ½ cucumber, chopped, seeds removed
- Mix together in a blender or food processor and apply the paste evenly to face, leave on for 30 minutes before washing off with warm water.

Moisturizing Facial

These gentle soothing ingredients will deeply moisturize your face and leave you feeling young and refreshed. Simply mix the following ingredients, apply to your face, and leave on for 15 minutes before rinsing off.

- 1 cup of oatmeal ground in a food processor or blender
- 1 cup of plain yogurt
- 2 tbsp. of raw honey

Coconut Oil Moisturizer

Use as an overnight moisturizer, acne treatment, or for healing relief from skin irritation.

- Apply virgin organic coconut oil topically before bed by massaging into skin with a circular motion.

Argan Oil

This Moroccan oil is rich in vitamin E and fatty acids, making it a renowned remedy for anti-aging.

- Apply argan oil directly to fine lines and wrinkles anytime, or use on entire face for deep nighttime moisturizer.



— BODY —



Please note that individual skin types vary, so not all of the above remedies could work for you. Experimenting and observing the results is the best way to receive healing benefits and prevent irritation.

Simple Sea Salt Scrub

This natural exfoliant will scrub off dead skin cells and increase circulation to your skin, leaving it glowing and soft for days.

- 1 cup of coarse sea salt
- 1/8 cup of glycerin (available in drugstores and supermarkets)
- Combine the above ingredients before you shower so that they have a chance to blend. Then rub the paste all over your skin, with your hands or a sponge, before washing it off.

Honey Yogurt Exfoliant

For a scrub that moisturizes as it exfoliates, this combination will leave you feeling cool and refreshed. Blend the following ingredients until they are smooth and creamy.

- 1 cup coarse sugar (such as turbinado)
- 2 tbsp. olive oil
- 1/4 cup coconut oil
- 1 tbsp. plain yogurt
- 1 tbsp. raw honey
- 3-4 drops of basil or the essential oil of your choice
- Apply to skin in a circular motion after showering.
- Rinse with cold water when done.

Honey Yogurt Exfoliant

Colloidal oatmeal is regular oatmeal that is ground into a fine powder. It is very effective at soothing and softening the skin from sunburn, rashes, eczema, dermatitis, and dry skin. Slowly add the colloidal oatmeal to running bath water so that it disperses and turns the water into a milky color.

- 2-4 cups colloidal oatmeal
- 1/2 cup chamomile flowers
- 1 cup buttermilk, optional

Nourishing Body Oil

Great for use after showering, before bed, or for massaging, this homemade natural body oil will leave your skin silky smooth and deeply moisturized. Prepare a batch and store in a glass jar with an airtight top.

- 1 cup organic virgin coconut oil
- 1 cup jojoba oil
- 1 tsp. of vitamin E
- 5 drops of vanilla essence oil
- 5 drops of jasmine essence oil

Orange Vanilla Body Spray

This delightful recipe is a natural way to experience fragrance on your skin without alcohol or harsh chemicals. Simply purchase a diffuser (small spray bottle) that is a dark shade, and combine the following ingredients. You can use more or less of the essence oils depending on your preference.

- 1 oz. distilled or purified water
- 20 drops orange essence oil
- 10 drops ylang ylang essence oil
- 5 drops vanilla essence oil
- ½ tsp. of vegetable glycerin
- Shake well before each use

Lemon Honey Hand Cream

Especially beneficial for the cold weather when hands can easily dry out, this hand cream recipe is richly moisturizing and easy to prepare.

- ½ cup of avocado oil
- 1 tbsp. liquid lanolin
- 1 tbsp. virgin organic coconut oil
- 3 tbsp. of beeswax
- 1 tsp. raw honey
- 15 drops of lemon essence oil
- Create a **double boiler** and melt all the ingredients except for the essence oils, then add the essence oils at the end and pour into a jar with a tight lid. Allow to harden.



Are you passionate about health and wellness?

Learn more about career opportunities as a
Certified Holistic **Health Coach**.