

SYNORA'S TOP TEN

Beauty Secrets for 2016



Synora™

TIP ONE: LISTEN TO YOUR BODY

Yes, your body speaks. It actually sends you messages all the time. The conversation between you and your body is an intimate one and like no other dialogue in the world. Acknowledging what your body is trying to tell you is one of the key secrets to a peaceful and more beautiful existence. But in order to hear what it's saying, you have to slow down and listen.



Here's what I do. Each morning I take a deep, long breath. Exhaling empties the lungs and allows us to breathe much more deeply which helps to relax the chest, shoulders, and jaw.

Then I move my neck from side to side to loosen up all the muscles in my back which helps to relieve stiffness and pain up and down the spine and throughout the body.

Lastly, I wiggle my toes. Toe wiggling actually relaxes the feet and legs. It also opens up the body to receive an influx of necessary energy to confront a new day.

By doing these simple, but critical things, you will not only improve your circulation but prepare your mind and body for the stresses of daily life. Listening to your body is about taking note of your heart and mind, your hands and feet, and opening up your spirit to a positive attitude ... oh and don't forget to smile.

TIP TWO: CHOOSE FRUIT JUICE INSTEAD OF COFFEE

While the whole world reaches for a "cup of Joe" in the morning, I recommend pouring yourself some fruit juice. Pomegranate and Acai berry juice are packed with antioxidants which help to repair free radical damage that can cause aging and illness. Cranberry juice is loaded with vitamin C to boost the immune system. Red grape juice contains resveratrol and flavonoids which help to protect your heart. Prune juice is a natural laxative that also contains important concentrations of iron and potassium. And, of course, orange juice, the staple of many American breakfasts, is packed with vitamin C and in some cases fortified with Vitamin D and potassium as well.

One of my morning secrets is my **Revive and Thrive Supplement** which contain spirulina, a super food that boosts the immune system, slows down the aging process, provides natural energy, and helps to rejuvenate your skin from the inside out.

I have mine with berries! Simply add 1 teaspoon of Revive and Thrive to ½ cup of berries (red, purple or blue). Put it in a blender and mix it until smooth. This is fast, delicious and absolutely invigorating breakfast drink! Spirulina is chockfull of iron, calcium, protein, beta carotene, vitamins, minerals and amino acids. It will also help curb your appetite.



TIP THREE: WASH YOUR FACE DAY AND NIGHT

Do you want to know the best way to say “thank you” to your face? Give it a good wash! Our skin helps to insulate and protect us from harmful sunlight, chemicals and extremes of temperature. Washing our face not only removes makeup, bacteria, and pollutants ... but allows it to open up, heal and absorb nighttime moisturizers. That’s right, if your face is not clean and free of debris, your moisturizers will be less effective.



I use my **Botanical Cleansing Lotion** each day. It is a mild, foaming cleaner that contains soothing chamomile, softening aloe, pore-tightening cucumber and Japanese Green Tea, which helps to fight environmental damage as well as damage from excessive sun exposure.

Our skin is not only our body’s largest organ, but it is our protective casing that helps to shield the inner workings of our biology from the ever present damage of the outside world. It is constantly changing, regulating, and adapting to each and every environment we pass through. It is always on guard and always vigilant.

Caring for our face, in particular, will help us fight the signs of aging. My cleansing formula is derived from skin softening sugar beets and skin nourishing coconuts to help give your face a vibrant, rejuvenated and healthy glow.

TIP FOUR: USE SUNSCREEN

There is nothing quite like the outdoors. Nature is at once healing and invigorating. Our connection to the trees, the sky, the land and the atmosphere is a critical component of our human identity. In addition, being outside means we are not inside in front of the television or at our computer. It means we are moving, breathing and living in concert with the earth. But for all of its benefits, the outdoors also brings some risk, namely sun exposure. While the warmth of the sun is akin to the embrace of Mother Nature, it can also cause sun burn, sun damage, accelerated aging, and even skin cancer.



The sun’s UV light breaks down elastin causing the skin to sag, stretch and wrinkle. In short, it makes us old before our time. While I will never give up the outdoors, I will rebel against aging by making sunscreen and moisturizer a part of my daily ritual.

Sunscreen helps prevent premature skin aging by protecting our skin from sunburn and harmful UV rays. Sunscreens all come with an SPF number which indicates their “Sun Protection Factor” or how well they will protect your skin from UVB rays which reflect the sun’s burning power. Experts are now recommending an SPF of at least 30.

My other secret is my **Hydrating Mango Face Cream** which is a daily deep moisturizing treatment made with exotic mango and an infusing blend of 5 oils: Sunflower, Avocado, Olive, Grape Seed and Almond. With Shea Butter, Aloe Vera and Vitamin E, this face cream is a luxurious formulation that helps to ease dryness, plump up skin, and boost overall elasticity.

TIP FIVE: ALWAYS WEAR LIPSTICK

There's no doubt about it! Lipstick makes a statement. It is a fashion accessory that can help you look young, fresh, inviting and put together. You can go dramatic or subdued, bold or bashful, dark or translucent. Lipstick not only enhances your appearance, it also has some important health benefits that are worth noting.



Our lips have an interesting composition. The skin on our lips is much thinner than the skin on our face. It contains fewer melanocytes and lacks sweat glands which provide oil elsewhere on our body to keep skin smooth and moist. As a result, our lips are highly susceptible to becoming dry, chapped and damaged.

Lipstick provides important hydration for our lips, particularly those brands with added vitamins and moisturizers. Lipstick also offers critical sunscreen support along with protection from harsh wind and weather.

It's important to make sure your lips are clean and healthy. I dab on my ***Mint Exfoliating Facial Polish*** every two weeks to deep clean my lips and remove dead skin without drying them out.

I also change my lip color every day ... sometimes even twice a day. When it comes to your lips, it's important to get out of your comfort zone and explore color. Go bold and daring. You'll never go back!

TIP SIX: GET A SCALP MASSAGE

There is perhaps nothing more relaxing than a scalp massage. Massages of the head and neck area not only help to induce deep relaxation but can also improve mood, alleviate anxiety, and even lessen symptoms of depression.

The human head weighs about 10 pounds and the skin that covers our head contains a variety of nerve endings that respond well to touch. When the scalp is massaged, circulation is stimulated to the head and face. This results in a variety of benefits including headache and migraine relief, a decrease in muscle tension, pronounced sleep benefits, reduced hair loss, and an improved overall sense of well-being.

One of my secrets is to ask for a scalp massage when I get my hair done. Salons almost always oblige. The massage not only eliminates all the stress in my body, but it also stimulates my hair follicles to make my hair softer, stronger, and healthier.

If you don't have time to go to the salon combine a dime size dab of coconut oil and tea tree oil and run it through your hair. Start at the front of your head and then gradually massage your scalp moving gently to the back. Be sure to work both oils in and around your neck as well. The Coconut oil will help soften and condition your hair while the tea tree oil is a soothing antiseptic. Be sure to rinse with cold water as soon as you're done.





TIP SEVEN: GET A FOOT MASSAGE

Our feet are at once the foundation and the workhorses of our body. They carry us, balance us, move us and center us. We cannot move, stand, or even lean without calling upon our feet to support us.

The very act of walking is a rather complex process involving heel strike, mid stance, and gait. The foot and ankle area alone contain 26 bones, 33 joints, and more than 100 muscles, tendons and ligaments. That is a lot of working parts! And yet for all they do for us, our feet are often the least pampered part of our body.

It is critical that we care for our feet and one of the best ways to accomplish this, is to get frequent foot massages. A foot massage not only helps to keep our feet flexible and strong, but it also improves blood circulation and has an overall detoxifying effect.

After a busy day with work, chores, errands and family, a foot massage helps me to relax. A gentle kneading of my toes, heels, ankles and bottoms of my feet releases energy and helps take away all the anxieties of my day.

I ask for an extra foot massage when I'm getting a pedicure to relieve tenderness, rejuvenate my spirit, and release the built up stress and fatigue that often collects in my "aching feet."

If I am short I time, I apply a mixture of Vick's Vapor Rub and my Mint Exfoliating Facial Polish to my feet and massage them from heel to toe while also working the mixture in between my toes. Try it and be sure to rinse your feet with cold water after several minutes to remove the dead skin.

Remember ... regular foot massages can help promote psychological health and also help your feet look younger and help you feel more vibrant.

TIP EIGHT: ALWAYS, ALWAYS MOISTURIZE

It's a fact! As we age, our skin become drier. Now add that to the daily barrage of weather, pollution, environmental factors, stress, poor dietary choices, and we've got a skin hydration crisis.

Moisturizing can help nourish and repair your skin with a variety of ingredients that soothe, soften, seal in moisture, and act as a barrier cream to protect the skin's surface. Whether you use a humectant containing glycerin or an emollient based with mineral oil, there are many types of moisturizers available to help every skin type retain critical hydration. Moisturizing product with SPF sunscreen can also help protect the skin from UV rays and long-term sun damage.

And keeping your skin moist will improve its texture, increase circulation, and boost collagen levels which are critical to maintaining elasticity and a healthy skin tone. In other words, dull, sagging skin is a clear sign of aging.

Beautiful skin from top to bottom goes a long way toward looking and feeling young. If you can prevent dryness, redness, and broken skin you will also impede deeper and more penetrating skin damage to help slow the visible aging process.

My special tip involves using my Exfoliating Facial Polish every other day to get rid of dead skin and promote skin cell rejuvenation. You can also apply two dime sized drops of coconut oil and avocado oil at any time and rub it anywhere on your body that you feel dry, chapped, chafed, or rough patches in need of moisture.



TIP NINE: DRINK HOT WATER OR TEA AFTER DINNER

Drinking hot water after eating provides an array of health benefits including improved digestion, enhanced blood circulation, body detoxification, relief from nasal congestion, and even softer, shinier hair.



The gastrointestinal benefits of consuming warm water or tea after eating can help the body flush out toxins, shed excess weight, reduce constipation and promote a healthy central nervous system. In addition, a glass of warm water with or after a meal may fill you up so you actually eat less.

Hot water, simply stated, is purifying. Warm water raises our body temperature which induces sweat and this helps to purify our blood stream. Hot tea or hot drinks before bed time also help boost the body's metabolism, heal the immune system, improve circulation, and relax our mind to encourage a deep, healing sleep.

My secret is lemon grass. It is my personal anti-stress concoction. I add it to a cup of hot water before bedtime. Lemon grass helps promote healthy digestion. It is also a natural anti-inflammatory with both pain relieving and muscle relaxing qualities. Additionally lemongrass is packed with Vitamin C and has a host of antibacterial properties that also help to stimulate the immune system to fight infection. By drinking hot water with lemongrass after meals and/or before bedtime, I can get rid of any greasy or heavy foods so I sleep better, feel better, and wake up rested and refreshed.

TIP TEN: BE CONTENT WITH YOURSELF

What does it mean to be content? Simply stated, it is a feeling of satisfaction and happiness. Being content is a reflection of our ability to embrace the joys of life and to exist in a state of peace. When we're content we're not looking for more, or for something else, or for the next best thing. We're at ease with the world and with ourselves.

How do we stay comfortable in our own skin? I like to dab on my favorite perfume, recline with a great book, and relax in my most comfortable chair. I also surround myself with people that make me feel good. At all costs, avoid those people that make you feel bad.

It's important to find things that make us smile, laugh and feel happy ... my family, children, pets and dear friends do that for me.

I thank God every day for my health, and I try to do something special for a stranger each night before I go to sleep.



I've always wondered why we've never looked for lasting beauty solutions in natural things. Nature never ages; it constantly renews itself! So several years ago I set out to do what no one seemed to have done before: create a line of natural skin care products that would instantly reverse the damage done by the sun, the environment, daily living, and modern toxins.



To accomplish this, I searched the natural world for new ingredients in places few have ventured. My Synora Beauty Collection is the culmination of my efforts, and it contains some of nature's most potent anti-aging elements.

My face, neck, eye and lip applications provide powerful solutions to aging skin with exciting, new extracts and fast-acting formulations. Each product carries my name and my commitment to quality. I know you will enjoy how they make you look and feel.

**Synora Vievien Patillo - Founder
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