

# Vibrant Beautiful Skin Masterclass

## 360 SKIN HEALTH STRATEGIES

### Skin Care from the INSIDE

Refer to the Skin Mapping Guide to get a better sense of which organ system is most stressed in your body and apply the following lifestyle and nutrition principles.

Guidelines for all skin types and skin concerns:

#### Nutrition

- HYDRATE, HYDRATE, HYDRATE - aim for 3L of filtered water daily
- Choose to eat WHOLE FOODS that are anti-inflammatory and gut friendly - refer to our library of recipes for Vibrant Healthy Skin.
- For acne prone, eczema, psoriasis or other inflammatory skin conditions avoid foods that often cause inflammation for 4 weeks and enjoy the results! Avoid refined sugar, gluten, dairy, soy, corn and eggs. If this feels like a lot to take on then concentrate on a shorter list - sugar, gluten and dairy.
- Eat lots of colourful veggies, leafy greens, starchy roots and veggies high in sulphur.
- Incorporate high quality proteins (grass-fed meat, wild caught fish and free range chicken and eggs) and natural fats like grass fed ghee, tallow, avocado, and coconut
- Steer away from highly processed foods that contain sugar, preservatives, soybean and vegetable oils, artificial sweeteners, colour, dyes. When shopping for convenience foods be sure to always read the label. If you know it's not real food, real ingredients, put it back on the shelf and keep searching for cleaner options
- Consider fermented foods and beverages, like sauerkraut and kombucha
- Avoid food 3 hours before bed for better blood sugar balance

#### Lifestyle

- Aim for 7-9 hours of sleep
- Support lymphatic drainage with dry skin brushing or 3-5 minutes of rebounding daily
- Include meditation or gratitude practices daily to help reduce stress and balance the nervous system
- Start mindfulness practices that resonate with you. Go for a mindful walk, take a mindful pause, spend time in nature, play, make time to do the things you love doing, spend time with family and friends
- Make time for some form of movement, exercise or physical activity. Try yoga, dance, or walking especially in parks, trails or nature rich environments.

### Supplements The We Use At FMU For Skin Health

- **Dermal collagen** - great for all skin types and for protecting and repairing damaged skin
- **Omega EPA/DHA** - 2 tsp per day with meals
- **HSN** (Hair/Skin/Nails) multi - 2 caps per day with food
- **Zinc** 30 mg per day with food
- **Vitamin C Liposomal** - 2 tsp per day away from food
- **B Supreme** - 1 cap with breakfast and 1 cap with dinner
- **Chaste Tree** - 2 caps before bed - for hormone regulation, PMS and cyclic acne
- **Magnesium glycinate** - start with 2 capsules per night and add 1 cap each night until you reach bowel tolerance \*\* Important for regulating bowel movements

### Prevent & Protect - Supporting healthy skin from the 'outside'

Your skincare routine can be simple or complex. The key is finding a routine that fits your skin needs, lifestyle and budget. It needs to be a daily, consistent routine to be effective. This means AM specific products in the morning and PM specific products at night. Why? Because the skin has very different needs at different times of the day. During the day, we need products that protect and nourish the skin, and at night we need products that will repair and restore the skin while we sleep.

### Look for clean skin care products with these Power House ingredients to take your skincare routine to the next level.

Certain ingredients play a very important role in supporting our skin health.

Here are some examples of some to look for:

- ANTIOXIDANTS (vitamin C, Resveratrol, vitamin E, vitamin A, Coenzyme Q10, Polyphenols)
- PEPTIDES (support collagen production)
- HYALURONIC ACID (locks in hydration)
- RETINOIDS (promotes cell turnover, improves fine lines/wrinkles)
- SPF (protects skin from UV damage)

### Daily Routine Tips

**1 - DOUBLE CLEANSE DAILY** - Double cleansing is important, I use taking a shower with your clothes on as an analogy. First cleanse takes off the day, second cleanse deep cleanses

**2 - STEP UP YOUR EXFOLIATION** - Why? As we age our dead skin cells don't shed or turnover as quickly as when we were younger leading to dull, less vibrant skin. If we assist the skin's exfoliation process our products with all their great ingredients can actually penetrate the skin

How? Using products with AHA's or alpha hydroxy acids daily (lactic acid, salicylic acid) exfoliating once daily with a lower aha concentration is very effective.

**3** - With the skin clean, exfoliated, then it's ready to receive treatment products, such as an antioxidant rich serum or hyaluronic acid serum for hydration, apply as directed, wait a few minutes for absorption.

**4** - Moisturize with a skin specific hydrator. Massage gently into the skin until fully absorbed. Avoid the eye area. Use am/pm specific products as they are formulated to treat the skin more effectively (daytime hydration/protection & night time treat & repair)

**5** - Eye area-using a product specifically formulated for this area is important. Apply a small amount under the arch of the brow, outside corners where we see crows feet lines and just above the orbital bone and tap gently in until fully absorbed. Avoid applying too close to the lash/waterline to avoid irritation.

### **6 - SPF Minimum Mineral SPF 30, SPF daily. Everyday/every season!**

Why? UV Exposure is responsible for up to 90 % of all signs of visible aging including lines, wrinkles, pigmentation, and skin cancer. This really is the most important step in everyone's skincare routine to protect the skin and achieve overall skin health how? Mineral SPF should be applied evenly all over the face and neck after moisturizer use the environmental working group website to learn more about safe sunscreen.

[Environmental Working Group – Know your choices | Environmental Working Group \(ewg.org\)](https://www.environmentalworkinggroup.org/)

### **Correct – Non-Invasive Therapeutic Treatments**

There are several non-invasive professional treatments available to address common concerns such as loose, sagging skin, fine/deep lines & wrinkles, acne, scars naturally.

RF skin tightening for face & body use focused energy to tighten skin and promote the body's own production of collagen and elastin for long lasting results.

Fractional Skin Resurfacing is an excellent choice for the treatment of deep lines, wrinkles, pigmentation, acne/scars and overall skin rejuvenation.

Microneedling Collagen Induction Therapy is another minimally invasive treatment which addresses textural issues, acne/scars and collagen induction.

**\*Book a complimentary Skin Health Consultation to learn which treatment plan would be best for your skin health goals.**

**BOOK NOW**

## Dry Skin Brushing

### Make your skin glow & lymphatics flow



First you'll need a high-quality dry brush. Look for one with bristles made from natural materials. The bristles should feel stiff but not overly hard. Ideally, choose a brush with a long handle so you can reach your entire back and other hard-to-reach spots.

For best results dry skin brushing should be done daily. Try incorporating it into your normal daily routine, such as doing your brushing before your morning shower.

When brushing, always brush toward your heart, which is best for circulation and your lymphatic system. You can brush your entire body (including the soles of your feet). Start at your feet and work your way up your legs to your arms, chest, back, and stomach. Avoid brushing your face (unless you have a special brush designed for this delicate skin), your genitals, or any areas with irritations or abrasions (including varicose veins).

The pressure you apply while brushing your skin should be firm but not painful (avoid "scrubbing"). Your skin should be pink after a session (not red or irritated) and you can brush for as long (or as little) as you'd like. An average dry brushing session may last between 2 and 20 minutes.

Showering after skin brushing is ideal to remove dead skin cells.