



my healing station

Your Gorgeous Skin

Ezine from My Healing Station Volume 808 IV

Stress Management

Ayurvedic Physical Therapy

Nutrition Therapy

Life Coaching

Yoga

Reflexology

Meditation



Your Gorgeous Skin

All of us want to look charming :) This weekend's ezine is about skin care!

Daily exposure to pollutants and other chemicals takes a toll on our complexions. But there are some easy steps you can take to ensure flawless skin.

Cleansing Techniques:

Water is the best cleanser in entire world! Wash your face with water more frequently.

Washing your face with anything but soap will replenish your skin's natural radiance.

Mix chickpea flour (besan) and water into a liquidy paste. Add milk and cream (malai) or curd. Also add some lemon/strawberry. Apply to face once in a day. Wash off with warm water. Pat area dry.

You can also rub corn powder paste or pulped peaches and cold dairy cream gently all over your face for soft, silky, smooth skin. Rinse, rinse, rinse away the residue. This is guaranteed to positively impact your complexion.

It is particularly recommended for people with spotty skin and clogged pore ducts, facial expressions, toxins and surrounding tissue.

What you just did ensures that your are massaging calcium, vitamin C, iron, sulfur, amino acids and enzymes into skin to heal it.

Creams & Lotions:

Apply topical creams and lotions in moderation. They also contain several chemicals, all of which may not be suitable for all. Its always on formula for millions of people who use it, while millions of people have skin which can be categorized in thousands types, such is the variety of skin types.

Massaging Face:

The key to healthier, lovelier skin is elasticity and tone. How do we maintain them? carefulness and application, mainly. Engage in circular motions, open your mouth and expose the neck area during your lunch hour stimulating the flow of blood through the body, covering blemishes inconspicuously.

If you do this you will notice a difference within a week.

Stress shows up on our faces. Conceal and heal what's going on inside of your mind, dissolve impurities with simple face massage with your palm.

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Interesting Facts!!!

About 32 million bacteria call every inch of your skin home.

Germaphobes don't need to worry however, as a majority of these are entirely harmless and some are even helpful in maintaining a healthy body.





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Interesting Facts!!!

Humans shed and regrow outer skin cells about every 27 days.

Skin flakes off completely about once a month so that it can maintain its strength.

Chances are that last month's skin is still hanging around your house in the form of the dust on your bookshelf or under the couch ;)

Food & Fluid:

Have you ever heard the popular phrase "You are what You eat"? Whether you like it or not your diet will reflect on your skin. Eat healthy food, and you will look healthy. Eat junk food, you won't be looking good.

Start by cutting junk food. People who eat junk food gain weight, have a colorless complexion and even bad hair. I know it is hard at first, but you can start little by little, always walking towards your goal.

And please, don't get into yo-yo diets like GM Diet etc. By gaining and losing weight constantly, your skin will stretch, and then become shapeless.

Fluids are essential to our skin diet because they help moisturize the skin. We all know that we should drink 6 to 8 glasses of water throughout the day

Don't replace water for coffee or sodas. Caffeine is a diuretic (tends to increase the discharge of urine). Reduce your intake of coffee or tea to a maximum of 2 per day.

Also don't drink too much water 2-3 hours before going to bed to avoid morning puffiness and skin stretch.

Ayurveda & Skin:

All the people in the world have personalities based on 3 health factors- **Pitta, Vatas & Kapha**.

Eat food that balances your Pitta, Vatas & Kapha.

Your Ayurvedic Body Test:

If you want to avail a free test to make out your Ayurvedic body type and recommended diet plan for that healthy young skin, write mail to saurabh@myhealingstation.com with subject 'skin'.

You will receive a questionnaire to reveal your Ayurvedic body type, and the diet plan will be sent to you.

You are now well on your way to beautiful, healthier looking skin.

Way to go, gorgeous! Have a Healthy-Shining-Fun weekend :)



Everyone is Welcome!

If you have any write up, innovative thoughts, unique perspectives on health or life, feel free to send us for publication.

Also please feel free to forward this ezine to anyone you want!

You can also contact for individual quarries and Free support.

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