

natural beauty



Bethany Wivell discovers how we can nourish our dry winter skin... without a chemical in sight!

The combination of cold winds, lower temperatures, lack of sunlight, and central heating makes the need to care for our skin ever more essential at this time of year. Despite the broad variety of lotions and potions lining the shop shelves, chemicals used routinely in 'miracle' skin care products are sure to do more harm than good. But, with a bit of love and attention, our skin can still radiate health, even in winter's icy bluster! I've asked three skin experts, all specializing in alternative health, to come to our rescue. They've compiled some essential tips to help us the natural way. Here's what they have to say...

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With the winter comes sharp wind, biting cold and clammy central heating – all of which can deplete the oil and moisture that we need in the upper layers of our skin, to keep it hydrated and protected. There are some key things you can do to keep it replenished.

Your skin functions better when your body is hydrated, so drink plenty of water at room temperature and warming herbal teas.

Essential fatty acids (EFA's) really are 'essential'. There are not many skin conditions that you can improve without them and there are not many skin conditions that will not improve with them. Consume plenty of EFA's via your diet from nuts, seeds, good quality oils and oily fish. A deficiency of the omegas 3 & 6 will result in dry, flaky and itchy skin that is prone to inflammation and redness. Your skin will be very receptive to a regular massage with oils rich in EFA's, so use the oils warm to add to the luxury and aid penetration, and vary your skin's diet by blending a few together. Choose

from safflower, camelina, hemp, evening primrose, kiwi, rose hip, pumpkin and chia seed.

If your skin feels tight after cleansing, then it's a sign that your cleanser is stripping the natural oils, so switch to a gentler, creamier product. Notice what your skin is telling you. Just as your body craves different food in the colder months, so your skin may need to be fed with richer textured products. Keep your skin bright, clear and smooth by exfoliating once a week and it will be more able to absorb any nourishment you feed it.

Become more label savvy. What is in your moisturiser? Many companies use high levels of petro chemicals such as petrolatum or paraffin liquidum which have no nutritional value for your skin at all and, over time, can disrupt it's physiology. Energise your skin with a DIY weekly facial mask and don't be afraid to experiment with banana, egg yolk, avocado, honey, ground almonds and natural yoghurt.

Finally - the damaging UVA rays can still penetrate the clouds, even during the winter, so wear a mineral sunscreen for extra protection. By following just a few of these winter care rules, you'll be on your way to having brighter, fresher looking skin.



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Don't neglect your skin as you cover up in warm clothes for the winter months, and make sure you keep your whole body well pampered. Here are a few of our best herbal remedies to keep you feeling happy and healthy right through to spring...

If you spend time outdoors regularly, make sure you use a slightly richer moisturiser than you use in the summer months. This will help protect the skin tissue on your face keeping it malleable and younger looking. Emollient herbs like Marshmallow and Mullein are very useful - as well as anti-inflammatory herbs such as Calendula to calm the skin, which is often more sensitive during winter months. Rose essential oil is fabulous for super - sensitive skin types, and is also highly recommended for its nurturing properties on the face, as well as bringing a little luxury at this time of year (It needs to

be diluted in a little apricot kernel or sweet almond oil).

For those who favour facial balms/oils, they are also great protectors in winter, and similar herbal combinations are useful. A local customer of ours loves to use one of our soft balms when she walks in the hills around Hay, and finds it provides great protection in the winter months.

If you are needing a quick pick me up after the festive indulgences - which unfortunately take their toll not only on the way we feel, but also on the look of our skin - a great little 'helper' is Dandelion and Burdock which can be drunk as a tea or taken as a tincture - it provides a useful antidote to the-morning-after-the-night-before... If using the tincture, just add a few drops into fruit juice or water in the morning, and again later in the day. This will help support the healthy function of the liver and kidneys and, combined with good hydration, will help to provide the lift you need! We think it's so good that we have included this classic herbal combination in our range as part of our holistic approach to supporting the skin, our largest organ, from the inside - out.



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Catered to three skincare types or 'Doshas', Ayurveda formulas are designed to help your skin stay healthy, soft and supple when the temperature drops. But it doesn't stop there. Since what happens on the outside is usually an outward expression of our psychological state, understanding and treating our bodies within, too, is where Ayurveda excels.

VATA (air): As skin matures, it grows less able to protect itself from moisture loss due to its natural dryness. Subsequently Vata constitutions are more susceptible to sore chapped lips and dreaded wrinkled skin. Psychologically, worry, stress, and fear are heightened, so reach for formulas to help calm and relax.

Skincare tips: In the daytime use a lotion containing sunscreen, then switch to oil at night to infuse extra moisture as you sleep. This will seep nicely into your tissues and help eliminate 'crackly' skin and prevent fine lines on your face. Use a balm for cracked lips.

PITTA (fire): Hello you sensitive souls. In winter, Pitta skin types tend to feel tighter leading to itchiness or allergic reactions, rosacea or broken capillaries. At worst, it may

become painful, blotchy, and red, which can have an effect on psychological conditions, causing frustration as adrenaline is released.

Skincare tips: Protecting Pitta faces isn't just about looking good. Not only does it help skin to perform its crucial barrier functions - protecting against water loss and preventing penetration of infectious agents and allergens - it can be crucial to overall wellbeing. With Pitta skin, it's very important to pick the right type of cream to eliminate flakiness and even eczema.

KAPHA (earth): Sometimes dry, sometimes oily; Kapha types in winter may feel these problems exacerbated further. You may notice an oily 'T-zone' or have oil centralised just on your chin or forehead. Or, dry patches on the cheeks and around the nose. Oily skin types (earth) can also experience lethargy in the winter months, negativity or even depression, which can generate excess production of sebaceous secretions and increasing oily conditions.

Skincare tips: This winter you can have beautiful combination skin just by making a few tweaks to your existing skin care regime. First, you need to get a good read of your skin. Cold weather will make those dry patches drier and if you spend a lot of time bundled up, your oily patches may get oilier. The key to a well-balanced face is cleansing regularly with the right cleanser. Combination skin should be washed with cleansers that have a pH balance of 7 or less. Finish off your winter skin care with an oil-free moisturiser to keep thirsty dry areas satisfied without making oiliness flare up.

