



## Facial Skin Care Regimen

The skin is a reflection of three things: the health of deeper tissues and organ systems, a person's mental state and the quality of skin hygiene administered. While there are numerous factors that affect skin health, the two most prominent are **hydration** and **nutrient levels** in the body.

*Note: This handout is a guide for optimal maintenance of normal skin. If you have a skin condition such as acne, eczema, psoriasis or rosacea, it is recommended that you work with one of our naturopathic doctors to implement a customized approach that suits your individual skin care needs.*

### Daily Regimen - Morning

#### **Dry Skin Brush**

- Dry skin brushing revitalizes and increases the eliminative capacity of your skin. It helps to shed dead skin cells, remove toxins, break down cellulite and tighten the skin, thus preventing premature aging.
- This should be done prior to showering. See our handout '**Dry Skin Brushing**'

#### **Cleanse**

- Cleansing before bed is important, cleansing again in the morning is not. In fact, cleansing too often can disrupt the skin's natural balance. In the morning, splash your face with warm water followed by cold water to close the pores.

#### **Tonify**

- Natural **water-based** toners can be applied to skin with a spritzer or a cotton ball. You do not rinse them off. They tighten the pores, which helps prevent dirt from getting inside. *Tip: toners that are alcohol based should be avoided.*

#### **Moisturize**

Moisturizing is imperative to the health of your skin.

- Your skin is a protective barrier. When it is dehydrated its protective capability is compromised along with its appearance. Loss of moisture is the most prevalent factor contributing to the aging of skin.
- In addition to hydrating your skin, moisturizing is an ideal way of delivering much needed nutrients directly to your skin. See descriptions of various moisturizers below to best match your skin's needs.

### Daily Regimen - Evening

#### **Cleanse - Without Make-up**

It is incredibly important to wash off dirt &/or make-up at the end of the day.

- Find a cleanser that fits your skin type.
- Wet face with warm water to open pores. Apply cleanser with gentle circular motions, always working in an upward and outward direction. After a few minutes of rubbing cleanser into skin, rinse with warm water followed by cold.

#### **Cleanse - With Make-up**

- Follow the same process as described above.
- After washing your face, use pure coconut oil with a cotton ball or Q-tip to wipe off the residual eye makeup. *Tip: if there is no residual eye make up after washing your face, your cleanser is probably too harsh for your skin.*
- It is important in choosing make-up that you choose products with minimal chemical ingredients. See our handout '**Chemicals to Avoid in Personal Care Products**' for information about chemicals with known health concerns.

#### **Moisturize**

- Your skin repairs itself while you are sleeping, so evening is the optimal time to apply thicker oils or creams that will provide nourishment that supports the skin's regenerative process. Remember when applying oils or moisturizers, apply oil or cream starting from the center, spreading to the periphery of the face, and in a downward motion on the neck.



## Weekly Additions to Your Regimen

### *Detoxify/Alkalize the Skin*

- The skin is one of the primary routes of elimination. Alkaline Bathing facilitates drainage of toxins through the skin and out of the body. There are numerous ways to incorporate Alkaline Bathing into your life. See the booklet *'AlkaBath: Alkaline Mineral Body Care.'*
- After 60 minutes, the rate of detoxification increases exponentially. So it is ideal to try and stay in the bath for 75-120 minutes. However if this is not possible, as a bare minimum, you should aim to spend at least 30 minutes in the bath once a week.
- To maximize results, speak with your naturopathic doctor to determine what methods and frequency are best suited to your skin's needs.

### *Exfoliate*

- Exfoliating removes dead skin cells which can clog pores and contribute to a dull complexion. It also improves circulation, softens skin, improves its elasticity, as well as its ability to absorb moisture & nutrients from other *natural* personal care products used.
- For optimal results, gently massage mask onto face for 3-5 minutes. Allow to set for an additional 15-25 minutes (depending on the particular mask). Exfoliate twice a week.

## Choosing a Dry Skin Brush

When choosing a dry skin brush there are a couple of things to consider:

- Always choose a brush with natural bristles (horse hair, etc.)
- For body - choose a brush with **medium** strength bristles
- For face - choose a brush with **soft** bristles (facial skin is thinner and more delicate; brushes designed for the body are too harsh and can cause damage).

## Choosing a Cleanser

Product	Therapeutic Contents	Uses & Benefits
<b>Alkaline Cleansing Milk</b>  (pH cosmetics)	Lady's Smock oil, Peppermint, Mandarin, Horsetail.	With an alkaline pH of 8.7 this cleanser is ideal for individuals with an acidic system as it assists in drawing out acids and restoring a more optimal pH level in the skin.
<b>Pure Cleanser</b>  (Skin Essence)	Jobba extract, Coconut oil, Aloe Vera, Rosemary extract, Olive oil, Comfrey root, Allantoin, Blue Chamomile extract, Vitamin C, Castor oil	Gentle cleanser, good for daily use and suitable cleanser for assisting in removal of make-up.  Ideal for normal, oily or combination skin.
<b>Oil Free Gel</b>  (Golden Naturals)	Willow bark, Burdock, Chrysanthemum, Dandelion	Ideal for acne-prone skin.  Apply cleanser onto face and then let sit for 2 minutes without rubbing. This helps to prevent the spread of bacteria which can be an underlying cause of acne.



## Choosing a Toner

Product	Therapeutic Contents	Uses & Benefits
<b>Rose Toner</b> (Golden Naturals)	Rose flower water, Chrysanthemum, Burdock, Sandalwood, Rosehip	Anti-aging effects for maturing skin. Promotes circulation.  Ideal for use in cooler seasons or for those with cooler constitutions
<b>Cucumber Toner</b> (Golden Naturals)	Witch hazel, Cucumber, Chamomile, Nettle, Dandelion	Soothes inflamed skin.  Ideal for use in warmer seasons or for those with warmer constitutions

## Choosing a Moisturizer - Oil vs. Cream?

Considerations:

- There is a false belief that oils clog pores and cause skin to break out, but in fact there is no better form of nourishment and moisture for your skin. Oils penetrate into the deeper layers of skin tissue, thoroughly hydrating and delivering nutrients to all layers of the skin.
- Cream-based moisturizers tend to 'sit' on the skin and do not penetrate as deeply as oils do. For this reason a cream will not nourish the deeper skin layers to the same degree. However, it will provide more relief for dry, chapped skin as it stays localized to the top, affected layer. If you find that you require a cream moisturizer, apply it after the oil.
- When using a cream moisturizer, you must be particularly diligent with ensuring it does not contain toxic chemicals, as water based products destabilize more easily and thus require more preservatives. See our handout '**Chemicals to Avoid in Personal Care Products**'
- Similar to diet, the healthiest approach to skin care is one that involves rotation and variety. Your skin has varying needs that will fluctuate with the time of day as well as change with the seasons. Additionally, your skin's needs shift as you age, generally requiring more hydration as you mature.

Below is a list of oils and creams, each with unique properties and nutrients.

Product	Therapeutic Contents	Uses & Benefits
<b>Light Oil</b> (Skin Essence)	Jojoba, Sweet Orange extract, Hazelnut, Eucalyptus, Lavender, Galbanium, Lime, Geranium, Lemongrass, Kukul, Vitamin E and Tea Tree oil, Allantoin and Silk.	Use on face. Helps to balance oil production and control excessive perspiration. Promotes healing of acne lesions.  Ideal for oily or acne-prone skin.
<b>Coconut Oil</b> (St. Francis)	Coconut oil	Use liberally all over the body including face & neck. Melts upon contact with skin for easy application. Very good for removing residual eye make-up.  Has anti-microbial action that conveys a protective effect. Good for sensitive or inflamed skin.



# Naturopathic Foundations

Product	Therapeutic Contents	Uses & Benefits
<b>Argan Oil</b> (St. Francis)	Argan oil	Apply day or night as a moisturizer on the face and neck. It assists in balancing pH. Ideal for individuals who are too acidic or prone to fungal infections. Used to deliver deep hydration, prevent/reduce stretch marks.
<b>Nourish Oil</b> (Skin Essence)	Apricot kernel, Rosehip seed, Macademia Nut, Hazelnut, Jojoba, Carrot oil, Sweet Orange extract, Mandarin, Kukul, Neroli, Meadowfoam seed, Vitamin E, Jasmine, Evening Primrose, Allantoin, Silk, Zinc Oxide.	Use on face & neck in the morning as zinc and vitamin E provide UV protection making it an ideal oil for daywear.  Optimal blend of oils for maturing or combination skin.
<b>Neroli</b> (Skin Essence)	Apricot kernel, Rosehip seed, Hazelnut, Macademia Nut, Jojoba, Kukul, Meadowfoam seed, Neroli, Sweet Orange extract, Mandarin, Carrot oil, Jasmine, Evening Primrose, Vitamin E, Allantoin, Silk, Zinc Oxide.	Use on face & neck. Acts as an intensive hydrator for dry or aging skin. Ideal for winter months.  Provides UV protection and reduces signs of aging (minimizes fine lines, improves collagen production, rejuvenates skin & helps heal broken capillaries)
<b>Rosehip Seed Oil</b> (St. Francis)	Rosehip seed oil	Can be used day or night.  Ideal for mature skin or those whose primary concern is a regimen centered on anti-aging.
<b>Carrot Oil</b> (St. Francis)	Oat kernel oil, Carrot oil	Apply at night on face & neck.  High in anti-oxidants, helps skin repair and regenerate. Also available in a cream - <b>Ferlow Botanicals Carrot Cream</b>
<b>Tamanu Oil</b> (Pure Earth Minerals)	Tamanu oil, natural green tea fragrance	Apply to face & neck. Extremely effective anti-aging serum. Reduces the appearance of fine lines, improves circulation and minimizes the appearance of scars.  Caution: Will sting upon contact with eyes.
<b>Castor Oil</b> (St. Francis)	Castor oil	Apply at night around eyes, on lips or areas of dryness. Great for chapped skin on hands & feet.  Deeply moisturizing. Soothes inflammation, promotes circulation and reduces appearance of fine lines.  For more information on therapeutic benefits see our <b>'Castor Oil'</b> handout.



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# Naturopathic Foundations

Product	Therapeutic Contents	Uses & Benefits
<b>Ocular Oil</b> (Skin Essence)	Rosehip Seed oil, Jojoba Oil, Apricot kernel oil, Hemp Seed oil, Kukul oil, Borage Seed Extract, Olive oil, Nettle Leaf Extract, Carrot Extract, Blue Chamomile extract, Vitamin-E, Zinc Oxide	Eye serum ideal for maturing skin. Use both morning & night. Provides UV protection, reduces signs of aging (reduces fine lines, improves collagen production, rejuvenates skin)
<b>Alkaline Eye Cream</b> (pH Cosmetics)	Lady's Smock Oil, Common Beech, Cucumber, Asparagus, Lavender, and Vitamin E	Ideal for maturing skin that has a tendency towards dryness. Can be used morning or night. An alkaline pH of 7.5 makes this ideal for those with an acidic system.
<b>Chocolate Mandarin Cream</b> (Skin Essence)	Mandarin extract, Coconut oil, Orange essential oil, Vitamin E, Cocoa butter	Use as a lip balm and/or body balm. Especially good for areas of body where stretch marks are a concern. Softens skin, reduces scarring, prevents stretch marks and stimulates collagen production.
<b>E Cream</b> (Skin Essence)	Blue Chamomile Nettle, Calendula Chickweed, Peppermint, Galbanium, Gotu Kola, Allantoin	Great for irritated skin affected by eczema, psoriasis, hives, diaper rash, sunburns and/or general itchiness. Delivers a cool soothing feel. Quells inflammation and promotes healing. Can be used as sun protection due to high concentration of zinc oxide.
<b>Alkaline Day Cream</b> (pH Cosmetics)	Lady's Smock oil, Orange, Tangerine, Muscatel Sage, Mauve, Witch Hazel, Vitamin E, and Allantoin	Use on face & neck. An alkaline pH of 7.5 makes this ideal for those with an acidic system. The cream base makes it suitable for those with a tendency toward dry skin.
<b>Alkaline Night Cream</b> (pH Cosmetics)	Jojoba oil, Beeswax, Pansy, Vitamin A and E, Carrot oil, Lavender, Tangerine, and Ylang-Ylang	Use on face & neck before bed. An alkaline pH of 7.5 makes this ideal for those with an acidic system. The rich cream base makes it ideal for those with a tendency toward dry skin.



# Naturopathic Foundations

## Choosing an Exfoliant

Product	Therapeutic Contents	Uses & Benefits
<b>Alkaline Face Peel</b> <b>(pH Cosmetics)</b>	Lady's Smock Oil, Peppermint, Mandarin, Horsetail, and Apricot Kernel granules.	An alkaline pH of 8.0 makes this ideal for those with acidic systems.  Most abrasive of the three exfoliants, this is ideal for those with dry dead skin that needs to be removed.  Not ideal for skin with pustular acne lesions as the abrasive molecules can cause lesions to rupture and lead to the spread of bacteria.
<b>Facial in a Jar</b> <b>(Skin Essence)</b>	White Kaolin clay, Allantoin, Marshmallow root, Stevia leaf	Good for sensitive skin  Dry form makes it ideal for customizing treatment to your skin's needs by adding oil when mixing with water.
<b>Zeolite Mask</b> <b>(Pure Earth Minerals)</b>	Clinoptilolite zeolite, corn meal, essential oils	Zeolite is a potent detoxifier, which draws out impurities. Exfoliation is a secondary action. It is ideal for those with acne. Can also be used as a spot treatment by dabbing on blemishes and leaving on overnight.

If you have further questions regarding which skin care products are best suited for you please speak with Dr. Jacqueline Cooper, ND who has a special focus in skin - [jcoopernd@naturopathicfoundations.ca](mailto:jcoopernd@naturopathicfoundations.ca)