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# Skin Support: Wellness Practices for Your Complexion

## Love Your Skin

The skin is our first layer of protection against the external environment, pathogens, and harmful chemicals or toxins. The largest organ in the body, the skin, is also considered one of our most versatile body parts.<sup>1</sup> However, despite its evident importance, we rarely think about what the skin is exposed to daily. Do you have a regular skincare routine? Are you satisfied with your complexion? Do you know the ingredients in your most commonly used creams, soaps, and lotions?

The answers to these questions play a central role in your skin health. The state of your skin reflects your overall internal wellness. It also impacts your internal health as it readily absorbs certain substances. To support this crucial part of your body, take these tips into account:

## Limit Sugar

If sugary foods and drinks are a regular staple in your diet, you might be unknowingly damaging your skin. Your insulin levels rise when you eat sugar, which can lead to inflammation.<sup>2</sup> As a result, you might see worsened acne or eczema. Avoiding excessive sugar intake can reduce these reactions and help naturally restore your skin.

If you find yourself craving something sweet, avoid snacks that contain added sugars. Fruits like strawberries, raspberries, or blueberries are a great alternative, along with sweet vegetables such as carrots or sweet potatoes. If you want to get creative, try making a smoothie with leafy greens to ensure your body and skin get the nutrients they need.

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## Prioritize Probiotics

Trillions of microorganisms, invisible to the naked eye, live on our skin cells. While many people think of germs when they hear the word “microorganisms,” the natural bacteria on the skin are beneficial. They provide an extra layer of protection against harmful bacteria, and some research shows that they can also protect against cancer.<sup>3</sup> However, harsh antibacterial facial cleansers can damage the skin’s natural ecosystem, resulting in dryness, breakouts, or eczema.

Instead of stripping your skin of its microorganisms, try making probiotic skincare part of your routine. Probiotic-infused products include face mists, cleansers, serums, moisturizers, and even cosmetics.<sup>4</sup> They can protect against zit-causing bacteria, reduce skin inflammation, and help prevent premature aging. Additionally, high-quality probiotic supplements can improve your gut health and help to increase collagen production to hydrate your skin. Using probiotics is a natural, safe way to support your skin by giving it exactly what it needs to thrive.

## Choose Nourishing Topical Products

Because the skin is porous, it can absorb various substances, so it is important to apply safe, natural topical creams. Using high-quality clays, plants, and herbs will minimize the chances of irritation and have calming, soothing effects on your body.

One way to nourish your skin is by creating your own all-natural care products with essential oils. For example, consider making a floral water by adding 5-10 drops of your chosen essential oils to four ounces of distilled water in a small spray bottle. You can use a floral water spray for general maintenance or to support dry, aging, sensitive, or oily skin. However, you should always conduct a skin patch test to determine if an adverse reaction appears before applying diluted essential oils broadly to the skin. Here are a few of our oil recommendations for different skin types:<sup>5</sup>

**General Maintenance:** ylang-ylang, lemon, lavender, geranium, and chamomile

**Dry/Aging Skin:** sandalwood, red sage, jasmine, rosemary, carrot seed, and rose

**Sensitive Skin:** chamomile, rose, and neroli

**Oily Skin:** lemon, camphor, basil, ylang-ylang, geranium, eucalyptus, and lavender

## Adopt a Stress-Relieving Practice

Reducing stress will support your mind and spirit. When you’re less stressed, you’re also less likely to experience skin problems like acne, eczema, dermatitis, and more. To maximize your wellness and refresh your skin, find stress-relieving practices and activities that work for you.

If you’re familiar with herbal practices, consider making tinctures or teas to soothe your restlessness. For example, chamomile and lavender are often used because of their sedative effect on the mind and body. If you’d like more concrete tips for managing your stress, check out our eBook: [\*Simple Steps Toward Effective Stress Management\*](#).

## Conclusion: Take a Whole-Body Approach to Skin Health

Everything from the food you eat to the habits you practice can impact your skin, which is why you must support your mind, body, and spirit to achieve optimal wellness. Because everyone's skin is unique, you should take the time to research and experiment to discover what is best for your skincare routine. For example, after a skin patch test, you might find that you react better to lavender than chamomile or vice versa.

As you pursue the best for your body, our team at Trinity School of Natural Health is here to support your wellness journey. Consider becoming a Certified Aromatherapy Specialist, a Certified Nutritional Consultant, or a Certified Master Herbalist to learn how these various natural health fields impact your skin health. To find out more about these programs, call 800-428-0408, option 2, to speak to an enrollment specialist.

### REFERENCES

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