

Nourishing Your Skin & Self Esteem

A Guide to Healthy Skin

MAY 2025

Ancient Wellness Meets Modern Wellness

- Across cultures and centuries, the condition of the skin and outward appearance has been seen as a reflection of internal health and personal balance.
- Traditional Chinese Medicine (TCM) and Ayurveda, two of the world's oldest healing systems, emphasized skincare not for vanity, but for vitality, self-awareness, and emotional balance

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Ayurveda: Skin Philosophy

- Originating in India, Ayurveda views skin (Twak) as a mirror of our internal balance, especially the doshas:
 1. Vata (dry/sensitive)
 2. Pitta (warm/inflamed)
 3. Kapha (oily/clogged)
- Skin is linked to the Rasa dhatu (nutritional fluid), emphasizing digestion, hydration, and mental wellness as the keys to healthy skin.
- Practices like oil massage (Abhyanga), herbal skincare, and seasonal self-care routines support not just glowing skin—but a grounded, confident self-image.

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Then to Now



- PRACTICES LIKE GUA SHA, DRY BRUSHING, COLLAGEN SUPPLEMENTATION, AND PERSONALIZED COLOR PAlettes ECHO TIMELESS PRINCIPLES
- WHAT WE DO EXTERNALLY INFLUENCES HOW WE FEEL INTERNALLY, AND VICE VERSA.
- TODAY, THESE TOOLS SERVE AS ACTS OF EMPOWERMENT WHICH REMINDS US THAT INVESTING IN OUR OUTWARD CARE IS PART OF INVESTING IN OUR MENTAL AND EMOTIONAL HEALTH.

Skincare and Mental Health

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Why it matters:

- Your skincare routine can help manage anxiety by supporting your mind and body.
- Modern life, uncertainty, and the pandemic have heightened stress levels.

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How can a skincare routine help:

- Skincare is a moment of personal care and intimacy.
- Helps reduce cortisol (stress hormone) by up to 83%.
- Boosts serotonin and dopamine - your body's natural mood lifters.

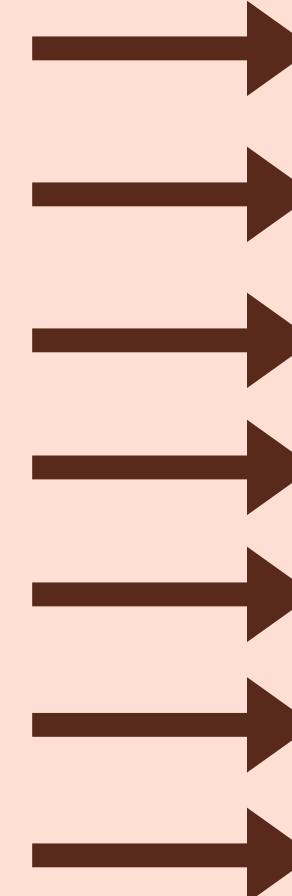


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Skincare and Mental Health

Habits

1. Start small
2. Practice mindfulness
3. Connect with others
4. Promote self-love
5. Build a bedtime ritual
6. Add structure
7. Track your journey



How to

A face mask or quick routine is enough to begin.

Use the time to reflect, listen to music, or just breathe.

Share routines with a friend or loved one to bond.

Skincare reinforces self-worth and confidence.

Helps replace negative thoughts with calm before sleep.

Routines add balance and give a sense of control to your day

Journaling your progress can improve mood and self-awareness.

How Nutrition Affects Skin Health

Healthy dietary choices support the skin's structure by reducing inflammation and visible signs of aging.

Two key dietary patterns you can follow include:

- *Anti-Inflammatory / Mediterranean-Style Diets:*

These diets, rich in fruits, vegetables, healthy fats, and lean proteins, have been shown to enhance overall health and improve skin conditions associated with inflammation (eczema, psoriasis, acne).

- *Low Glycemic Index Diets:*

These diets, rich in fruits, vegetables, healthy fats, and lean proteins, have been shown to enhance overall health and improve skin conditions associated with inflammation (eczema, psoriasis, acne).



Supplements for the Skin

► **Carotenoids (Beta-Carotene & Lycopene):**

Natural antioxidants found in colorful fruits and vegetables (leafy greens, carrots, tomatoes, watermelon) that protect the skin against sun damage and aging.

► **Turmeric:**

This spice has strong anti-inflammatory, antibacterial, and anticancer properties. Studies show turmeric improves wound healing, reduces symptoms of psoriasis, and supports healthier aging skin.

► **Collagen:**

Short-term supplementation (8–24 weeks) can improve skin elasticity, hydration, and overall appearance. Important to choose high-quality, well-sourced collagen products.

► **Multivitamins:**

Vitamins A, B complex, C, D, E, biotin, selenium, and zinc are all essential for maintaining skin structure, promoting healing, and enhancing your natural glow.



Build Your Skincare Routine

- 1 Cleanse
- 2 Tone (Essence/Mist)
- 3 Exfoliate
- 4 Mask
- 5 Treat (Serum/Oil)
- 6 Moisturize
- 7 Eye Care
- 8 Protect (SPF)



Tips

- A consistent routine helps fortify skin defenses and maximize results
- Customize your routine to match your skin type and concerns

Know Your Skin Type

- Normal: Well-balanced, low-maintenance; adjust as needed
- Dry: Needs moisture-rich products and night creams
- Oily: Control excess sebum; don't skip hydration
- Combination: Use different products on different areas
- Sensitive: Use calming, gentle ingredients like chamomile



Remember: Healthy Skin= a Confident You

► Confidence Starts with Care

Consistent skincare is more than a routine. It's a form of self-love that shows in how you feel and how you carry yourself.

► Self-Care is Self-Respect

Every cleanse, every moisturizer, every moment you spend on yourself is a reminder: you matter.

► Skincare is about embracing your natural beauty and taking control of your wellness journey.

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References

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<https://info.eminenceorganics.com/skin-care-routine>

Health Resource Quiz

1. In Ayurveda, the condition of your skin reflects the balance of which internal elements?
 - A. Chakras
 - B. Doshas
 - C. Elements
 - D. Glands
2. What does Traditional Chinese Medicine and Ayurveda emphasize skincare for?
 - A. Beauty and makeup enhancement
 - B. Vitality and emotional balance
 - C. Removing wrinkles only
 - D. Preventing acne in teens
3. What practice from Ayurveda supports skin health and emotional balance?
 - A. Hot yoga
 - B. Abhyanga (oil massage)
 - C. Cold showers
 - D. Sound therapy
4. Which of these is NOT a benefit of a skincare routine mentioned in the presentation?
 - A. Raises stress hormone levels
 - B. Boosts serotonin and dopamine
 - C. Lowers cortisol
 - D. Supports mental clarity
5. Which habit helps turn skincare into a wellness practice?
 - A. Comparing your skin to others
 - B. Skipping your routine on weekends
 - C. Practicing mindfulness during your routine
 - D. Using harsh scrubs daily
6. Which dietary pattern supports reduced skin inflammation?
 - A. High-carb diets
 - B. Mediterranean-style diets
 - C. Fast food diets
 - D. Dairy-heavy diets
7. What do carotenoids do for the skin?
 - A. Increase oil production
 - B. Enhance acne growth
 - C. Protect against sun damage and aging
 - D. Reduce sleep quality
8. What spice has anti-inflammatory and antibacterial benefits for skin?
 - A. Cinnamon
 - B. Ginger
 - C. Turmeric
 - D. Paprika
9. Which step in a skincare routine comes last in the typical order?
 - A. Cleanse
 - B. Exfoliate
 - C. Eye care
 - D. Protect (SPF)
10. Which skin type requires calming ingredients like chamomile?
 - A. Oily
 - B. Dry
 - C. Normal
 - D. Sensitive

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