



# Nourishing Your Skin & Self Esteem

A Guide to Healthy Skin

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# 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



# 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.





# 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

1

## 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:

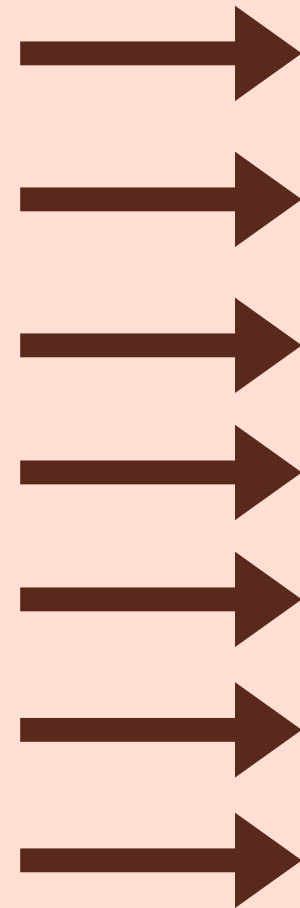
- Skincare is a moment of personal care and intimacy.
- Helps reduce cortisol (stress hormone) by up to 83%.
- Boosts serotonin and dopamine – your body's natural mood lifters.



# 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:**

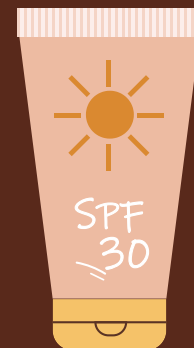
Vitamins A, B complex, C, D, E, biotin, selenium, and zinc are all essential for maintaining skin structure, promoting healing, and enhancing your natural glow.





# 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.





# References

How Does Ayurveda Approach Skin Health?

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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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