



# My Sensitive Skincare

Safe, Natural Beauty Solutions for Sensitive Skin



## **Sensitive Natural Beauty News Back Issues**

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# My Sensitive Skincare

Safe, Natural Beauty Solutions for Sensitive Skin



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## A New Approach to Sensitive Skin Care

Welcome to *My Sensitive Skin Care*. We are dedicated to sharing little known secrets about caring for sensitive skin which can dramatically reduce or even eliminate your sensitive skin challenges. Here you will learn:

- Why most hypoallergenic and sensitive skin care products may actually further irritate your sensitive skin.
- Why even organic or natural skin care products can cause allergies and skin eruptions.
- How your skin care products can interact with medicines or herbs you are taking.
- A low cost acne treatment for sensitive skin which can reduce acne by 50% without buying expensive creams and treatments
- A dramatically effective approach to sensitive skin care that doctors will never tell you about. This information will not only save you money, but can completely transform your skin.
- One simple action that you already do every day that will decrease the eruptions and breakouts on your skin.
- Why even some natural mineral makeups can cause breakouts for sensitive skin.
- How to take years off of your face without skin care products or expensive facial surgeries.
- The shocking secret behind sensitive skin that no one likes to talk about.

## Our Approach to Natural Beauty

***My Sensitive Skin Care* is dedicated to helping you find safe, non-toxic and environmentally friendly ways to look and feel beautiful, and to take care of your sensitive skin.**

**We are committed to natural and holistic approaches to creating beautiful, radiant, healthy skin.**

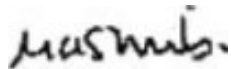
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We are committed to integrity and we recommend only those services, products and approaches that we ourselves have personally tried.

Our site is just beginning and I will be adding new pages regularly. I invite you to join our mailing list which will soon offer a free e-course. I look forward to serving you!

Best wishes,

A handwritten signature in black ink, appearing to read "masmb".

### **[My Sensitive Skin Care Blog](#)**

The My Sensitive Skin Care blog will update you each time we add a new page, sensiti skin care review, news item or visitor contribution to our site.

### **[Natural Beauty Secrets, Beauty Tips for Sensitive Skin, Natural Skin Care Tips](#)**

New, cutting edge natural beauty secrets for sensitive skin are now available, absolutely free for the first time ever in a convenient, five part e-course.

### **[Create Your Own Natural Beauty Journal](#)**

Create your very own free Natural Beauty Journal page, to get support and to share your goals and your progress through our free Natural Beauty e-Course.

### **[Sensitive Skin, Causes of Sensitive Skin, Hypersensitive Skin, Skin Problems](#)**

Discover what is causing your sensitive skin problems and how to find the right solutions for your skin type.

### **[Natural Skin Care, Natural Skin Care Products, Natural Recipes for Skin Care](#)**

Why some natural skin care can cause inflammation and allergic reactions for those who have sensitive skin.

### **[Sensitive Skin Treatment, Skin Care Sensitive Skin, Sensitive Skin Care Products](#)**

Find the right sensitive skin treatment with these six simple steps to skin care for sensitive skin.

### **[AntiAging Skin Care Product, Best Anti-Aging Skin Care, Anti-Aging Skin Care Tip](#)**

Tips for choosing the right antiaging skin care product for your skin, finding the best anti-aging skin care for sensitive skin, and how to find the safest and healthiest skin care ingredients.

### **[Safe Cosmetics, Are Cosmetics Safe, Skin Care Ingredients](#)**

Learn why safe cosmetics are essential to caring for sensitive skin, which can be easily inflamed by common skin care ingredients used in most cosmetic and skincare products.

### **[Acne Sensitive Skin Treatment, Sensitive Skin and Acne, Acne Treatment for Sensi](#)**

New acne sensitive skin treatment options for those who cannot use traditional acne remedies. Natural skin care recipes and skin care tips for sensitive acne prone skin.

### **[Rosacea Cures, Symptoms Treatments for Rosacea, Natural Cure for Rosacea](#)**

Looking for natural rosacea cures? Learn about your treatment options including a diet for rosacea and how to reduce or eliminate symptoms with home remedies for rosacea.

### **[Hypoallergenic Products, Hypoallergenic Skin Care, Safe Cosmetics](#)**

Why most hypoallergenic products contain ingredients that can cause skin eruptions and inflammation, and how to choose safe cosmetics for sensitive skin.

### **[Mineral Makeup , Hypoallergenic Makeup, Best Mineral Makeup](#)**

Tips on choosing a safe mineral makeup for sensitive skin, how to apply hypoallergenic makeup for best results, and the best mineral makeup to avoid skin break outs.

### **[Skin Care Tips, Sensitive Skin Care, Skin Care Recipes](#)**

Natural skin care tips for sensitive skin will show you how to care for your skin simply and affordably with natural and hypoallergenic ingredients.

### **[Natural Beauty Tips, Natural Beauty Secrets, Natural Beauty Remedies](#)**

Free natural beauty tips for sensitive skin which increase health and create radiant, youthful skin. Includes a free Natural Beauty eCourse and ebook.

### **[Skin Care Product Reviews, Best Skin Care Products, Skin Care for Sensitive Skin](#)**

My Sensitive Skin Care product reviews offer a fresh perspective on the best skin care products for sensitive skin. Learn how to find high performance sensitive skin products, and how to choose safe

### **[Skin Care Directory, Skin Care Business, Skin Care Listings](#)**

Our new skin care directory offers free skin care business listings for many popular cities. The directory is just getting started and we invite you to submit your skin care business to our directory

### **[About Me - The Story of My Sensitive Skin Care](#)**

How My Sensitive Skin Care was inspired by my own journey with sensitive skin.

### **[Contact My Sensitive Skin Care](#)**

How to contact My Sensitive Skin Care.

### **[Best Acne Treatments, Natural Acne Remedies, Natural Acne Cures](#)**

Some of the best acne treatments for sensitive skin are simple, holistic natural acne remedies that heal acne right by bringing balance to your whole body.

### **[Salicylates, Salicylate Sensitivity, Salicylate Allergy](#)**

Salicylates are naturally occurring anti-inflammatory chemicals that are found abundantly in nature. Learn why too many salicylates may irritate your sensitive skin.

### **[Acne Scar Healing, Best Acne Scar Treatment, Home Remedies for Acne Scars](#)**

Acne scar healing can be a real challenge when you have sensitive skin! Learn the six best acne scar treatments for acne prone sensitive skin, and five simple home remedies for acne scars.

### **[Skin Care New Mexico, New Mexico Skin Care](#)**

These skin care New Mexico businesses are rated highly by their customers and appear to offer some services or products for sensitive skin.

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## **Five Steps to Natural Beauty for Sensitive Skin - Lesson #5**

July 15, 2009

Hello dear friends!

This is your fifth and final lesson of our five part e-course *Five Steps to Natural Beauty for Sensitive Skin*.

## **Week #5 - Creating Your Natural Beauty Makeover**

In this final lesson you will learn how to put together the information from this e-course to create a dynamic, flexible, FUN and creative daily natural beauty makeover program that works for YOUR skin, YOUR needs and YOUR schedule!

We all know what it's like to have bad habits. It's just TOO easy in today's stressful world to not pay attention to our bodies, our health, or to what we are eating or putting onto or in our bodies.

When we're rushing and too busy, often it is easier, or so it seems, to just eat what is most convenient, or to drink some caffeine and sugar, rather than to take the extra time to rest, or drink a green smoothie or a healthy herbal tea!

It's way too easy to just coast along in our lives, not paying attention until one day we look in the mirror and go YIKES!! Where did those acne pimples, wrinkles, dark circles or extra fifteen pounds come from?

## **The SECRET to Making Lasting Positive Change**

When we are stressed out, our bodies react with MORE aches and pains, more food cravings, and more exhaustion. If we respond with older, unhealthy habits,

we end up looking and feeling worse rather than better!

Today's lesson will help you to break the cycle of stress and replace less healthy habits with NEW, healthy, natural beauty habits.

Daily habits WILL create results, and you will be amazed at the changes you will see in your skin within a few months!

### **What you will learn:**

- How to identify which daily habits you are ready to "makeover" into healthy, natural beauty habits.
- How to pick and choose three natural health and beauty activities that YOU most need in order to look and feel great.
- How to create a simple and flexible daily skin care and natural beauty program that can grow and evolve as YOU do!

## **First Let's Review**

Last week we focus on rejuvenating and repairing your skin by activating your body's innate natural healing abilities. We talked about the six ways that our bodies rejuvenate, and you chose ONE rejuvenating activity to focus on doing more of this past week.

- Sleep
- Pure water
- Nutrient rich foods
- Good elimination
- Rest
- Recreation

Which one did you focus on {!firstname\_fix}? How did that go for you? Did you notice a different in how you felt during the week? Is this a change that you'd like to continue in your daily life?

If you missed last week's lesson, you can find it here: [Lesson #4 - Rejuvenate and Repair Your Skin](#)

As always, you can let me know how you are doing by sharing your own experience here at your own free [Natural Beauty Journal](#). I will be able to comment and respond to your questions directly on your page!

Now, on to creating your Natural Beauty Makeover Program!

# Where to Begin

Take a look at your skin, your face, your body and your life. Where is your greatest pain? What bothers you the most about your appearance or how you feel?

- Acne?
- Wrinkles?
- A sagging double chin?
- Constant skin inflammations?

## Identifying the CAUSE of Your Problem

This can take some detective work. Where does your problem BEGIN? You will need to pay attention to your daily routine and then intuitively sense which daily habits are affecting your body. If your challenges are more severe, you may need to engage the assistance of a qualified natural health practitioner.

For example, you may discover:

- The cause of your acne is hormonal imbalance related to menopause.
- The cause of your wrinkles is too much sun exposure and not enough antioxidants (which prevent sun damage).
- The cause of your double chin is that you gained an extra 15 pounds and you stopped exercising.
- The cause of your skin inflammations is allergies to your skin care products.

## What Are You Ready to Change?

In creating your natural beauty makeover program, it is VERY important that you be realistic with yourself.

### **How Much Time do I Have?**

Whether you are changing your diet, doing a new exercise routine, or using a new skin care product line, it always takes a little more time to learn something new and to create NEW daily habits. Plan for that time by allocating at least 15 minutes to one half hour per day in the first week to your new activity, depending

on what it is.

For example, using a new skin care line will only require a few extra minutes in the first week. Learning to make a healthy green smoothie may require a half an hour a day, until you learn the ropes. Then it will take just 10 minutes!

By the way, a green smoothie is a healthy drink you make in the blender, and is one of the quickest ways to get more nutrition and to create a radiant complexion. Place 2 cups water, some greens like spinach or chard, and some fruit like blueberries, apples or bananas in a blender and then blend on high. You can add protein powder, stevia for natural sweetening, or other goodies. It's a fast and delicious way to start the day!

### **How Much Change can I Tolerate?**

We all have a part of us that wants to grow and change and be healthy and be the best that we can be. We also have another part of ourselves that resists change and would rather stay just the way we are, even if we are unhappy! You need to honestly look at yourself and decide just how much change you are willing to embrace!

DON'T judge yourself. Be GENTLE and go slowly. This is MUCH better than creating an overly enthusiastic natural beauty makeover program that is too overwhelming and that leaves you frustrated and discouraged.

## **The Key to Success**

Don't do everything at once. You and your body will feel overwhelmed. Make positive changes gradually!

Pick ONE area of your daily life to focus on EACH week, just like we did here in our e-course. For example, if you know you have acne and you just KNOW you need to change your diet, pick ONE food you are eating that you know causes skin breakouts, and give it up ... JUST for a week!

It's much easier to think about giving something up for a week, than it is to think about NEVER ever eating that food again! So take it one week at a time, and at the end of the week, see how you feel. See how your face looks.

## **Choosing NEW Daily Habits**

After honestly looking at yourself, your skin and your health, pick and choose one or two problems that need the MOST help right now.

If you have five problems, which is the one that MOST bothers you? Which

problem, if addressed, will make you look and feel the BEST and give you the most satisfaction?

## A Program of Baby Steps

You will create your Natural Beauty Makeover in steps, just like we did in this course!

You will choose one NEW healthy habit at a time. We call these Natural Beauty Makeover Activities.

A Natural Beauty Makeover Activity can include any health or beauty producing activity that will HELP your skin problems.

Some examples of Natural Beauty Makeover Activities include:

- Drinking more water
- Eating more fruits and vegetables
- Using gentler skin care products
- Doing facial exercise

Your plan will include ONE new Natural Beauty Makeover Activity EACH week for three weeks.

At the end of your first week, add the second new Natural Beauty Makeover Activity. If all goes well, on the third week, add the third activity. By then you will have added three new healthy habits to your day and made three positive changes to your daily routine!

At the end of three weeks you will step back, see how you are looking and feeling, and then decide whether you want to continue or not.

If you're looking and feeling GREAT, then you can decide if you want to continue this program, or whether you want to add a few NEW steps.

## Some Examples of Natural Beauty Makeovers

### Example #1:

Let's say you are a busy 36 year old mom with three kids and NO extra free time. You have always eaten convenience foods and have a sweet tooth.

You're noticing more acne and wrinkles and have gained a few pounds. You spend a lot of time in the car, driving the kids to their soccer practice, dance lessons and after school activities.

You want to get rid of the wrinkles and look healthier, but you don't have the energy to make a lot of changes. Even though you have very little time, you are very motivated and you want to REALLY make some positive changes.

## Example #1 Natural Beauty Makeover Program

**Week One** - Give Up Sugar

**Week Two** - Drink Green Smoothies

**Week Three** - Do Facial Exercise

After three weeks, you are still having trouble giving up the sugar but you ARE eating about half the amount and you notice you are less tired!

You have had some trouble integrating the green smoothies into your diet, as it takes extra time to buy the extra vegetables and fruits, and about 10 extra minutes in the morning to whip them up in the blender and then rinse out the blender and the glass. You manage to drink about three green smoothies a week.

Even though you wanted to drink one green smoothie every day, you already are noticing a difference in your energy levels. Though you haven't lost any weight yet, you are feeling more energized and more willing to eat healthier.

You don't have time to do facial exercises at home, but you've managed to do a few while you are driving in the car after you drop the kids off. It's fun but you haven't managed to do them consistently yet for five days a week.

For the next three weeks, you decide to continue this program until you can be more consistent. After another three weeks, you are drinking four to five green smoothies a week, and you found yourself craving more salad! You have less craving for cookies and have started taking a short walk with the kids after dinner. You have managed to do the facial exercises four or five days a week and notice your complexion is more radiant and your wrinkles are starting to fade!

## Example #2:

You're a 19 year old runner in your first year of college. You eat pretty healthy but feel very stressed out from living in a new environment, and working so hard on your classes.

You're up late a lot and the college dormitory doesn't have as much healthy food as you would like. There isn't a lot of free time to make your own food and so you've been eating more pizza lately and notice your skin is breaking out.

You have been using skin care products from the drugstore and just realize they are loaded with artificial colors and colors, fragrances and other irritating ingredients.

## Example #2 Natural Beauty Makeover Program

**Week One** - Sleep one extra hour and meditate for 10 minutes a day

**Week Two** - Switch to a hypoallergenic skin care routine

**Week Three** - Get a fruit bowl for your dorm room and keep it stocked with apples, oranges, and other fresh fruit to snack on instead of pizza

After three weeks, you found it difficult to sleep more but managed to get at least a half hour extra sleep a day. You found it easier to meditate at night before bed and this helped you to sleep better. Your skin had a good response to the hypoallergenic products and your acne has mostly cleared up, except around exam time!

You have trouble keeping fruit in your dorm room because your roommates like to eat it! You work out an agreement where they replace any fruit they take, and you find the fruit is much better for your skin than pizza.

You are happy with the results and decide for the next three weeks to continue this program and to add ONE new natural beauty habit.

You decide for the next three weeks to continue these actions AND to drink MORE pure water and healthy teas and to give up sugary sodas.

After another three weeks on this program, your acne has cleared up completely, and you notice you are running faster!

## Example #3:

You're a 58 year old executive with an intense and high pressure job. You travel a lot and make a lot of presentations. In the past few months you have developed all kinds of allergies.

You are working with your doctor to find out the cause of your allergies and to find a solution, but in the meantime your skin is breaking out left and right, and it is getting so bad that it is beginning to impact your job.

The doctor has given you some medication for the rashes but it only helps temporarily and then you get another outbreak!

## Example #3 Natural Beauty Makeover Program

**Week One** - Start an Anti-Inflammatory Diet (no wheat, no dairy, no sugar)

**Week Two** - Stop all skin care products until the outbreaks have cleared, then use a safe hypoallergenic skin care line.

**Week Three** - Start a stress reduction program of daily gentle exercise and meditation.

After three weeks, you notice you are beginning to feel better. First you had a "detox" reaction to the new diet. Your skin eruptions got a little worse and you felt achy and like you had the flu. You needed to sleep a lot but then felt better.

You stopped all skin care products and have just been using water on your face until all the inflammation has gone down.

You managed to do 15 minutes of gentle exercise a day. Meditation was harder, you could only manage 5 minutes before feeling like you wanted to jump up and do something!

You decide to continue this program for another three weeks. Then you notice your skin is FINALLY becoming to clear up!!

## Now Create YOUR Natural Beauty Makeover Plan

As you can see, you can create your natural beauty makeover program to be as simple or challenging as you would like, depending on YOUR needs.

Make a list of the problems you want to address first. For example:

- I want to smooth out my wrinkles
- I want to heal the sun damage on my face

Then, make a plan for how you will address them. For example:

- Facial exercise for wrinkles
- Use an anti-aging sunscreen
- Eat more fruits and veggies and take a nutritional supplement with

antioxidants. Antioxidants help prevent sun damage!

## If You Need a Review

If you're stuck for ideas on how to help your skin problems, please review the previous lessons of our e-course for some great ideas!

[Lesson #1 - Cleanse and Purify](#)

[Lesson #2 - A Natural Face Life](#)

[Lesson #3 - Nourish Your Skin](#)

[Lesson #4 - Rejuvenate Your Skin](#)

## Putting All Together

You want to make a plan for ONLY three changes that you want to make in your daily routine over the next three weeks. Arrange your plan like this:

**Week One** - Your First Natural Beauty Makeover Activity

**Week Two** - Add Your Second Natural Beauty Makeover Activity

**Week Three** - Add Your Third Natural Beauty Makeover Activity

If you like, you can write your makeover plan in your [Natural Beauty Journal!](#)

## Looking at Your Results

At the end of your third week you will be doing three new things to support your natural beauty and health. Now, how do you feel? How do you look?

Do you want to continue this program? Or do you need to make some MORE healthy changes?

If you need to add more changes, do it gradually, one week at a time. Here is a sample plan for your next three weeks:

**Week Four** - Add another new Natural Beauty Makeover Activity

**Week Five** - Add another new Natural Beauty Makeover Activity

**Week Six** - Add another new Natural Beauty Makeover Activity

## After Six Weeks

At the end of six weeks, see how you look and feel! Are you beginning to see some results? How are you feeling?

I recommend you continue your program, just as it is, without adding any new activities, for at least another month. That will give your body time to assimilate all the healthy changes.

## Your Makeover After Ten Weeks

At the end of ten weeks, you will have established some healthy NEW natural beauty habits. Your body is likely looking and feeling better, and your skin will reflect this!

Now, you can once again reassess your progress. You can continue the program as is, or if you are feeling the need for more change, you can add some NEW Natural Beauty Makeover Activities.

## I'd Like to Hear How You are Doing

I'd like to hear how you are doing and how this course has been for you. Please drop me a line! You can write me here at your [Natural Beauty Journal](#) and I will respond as soon as I can.

## Your FREE Graduation Gift

That brings us to the conclusion of our five part e-course *>Five Steps to Natural Beauty for Sensitive Skin*. Thank you so much for participating with us!

I have a free gift for you to thank you for participating in this course. Please accept this FREE Ebook which contains all the information we covered in this course, in a simple file that you can save to your computer so you can refer to it in the future! [Download Ebook Here](#)

## Bonus Gift

There is one other free gift I'd like to offer you!

It's a FREE subscription to our monthly newsletter the *Sensitive Natural Beauty News*. This is a BRAND NEW publication that will make its debut in August 2009. I think you'll love it!

Each month we will bring you a SHORT and sweet summary of the newest and hottest natural beauty tips for sensitive skin, as well as our most recent discussions, articles and visitor contributions to [MySensitiveSkinCare.com](http://MySensitiveSkinCare.com).

If you have sensitive skin and you want to continue to look and feel amazing, I guarantee you'll love these tips and news items!

Best of all you don't even have to do anything to receive your copy of the *Sensitive Natural Beauty News*. It will simply come to you once a month in your e-mail inbox. I ONLY send this newsletter to my e-course graduates! You are among the VERY first to receive this information.

If you would prefer to NOT receive the *Sensitive Natural Beauty News*, I will be very sad to see you go, but you can easily remove yourself from our mailing list by clicking the link at the very bottom of this e-mail!

Thank you again for joining me in this e-course! It has been a pleasure to work with you, and I wish you health, radiant beauty and all blessings.

Best wishes,

*Masmb.*



P.S. I recently discovered something quite shocking, and I want to make sure that you know about this, because hardly anyone is talking about it yet!

I have recently learned that many personal care and skin care products that claim to be safe for sensitive skin contain ingredients that are **not really good for sensitive skin!**

Some of these ingredients can cause allergies, acne, and skin breakouts, or can cause organ toxicity in our bodies, which can also increase the sensitivity of our skin.

Another thing that I found shocking is that some hypoallergenic products which claim to be all natural contain herbs, botanicals or essential oils which can cause allergic reactions and skin break outs for sensitive skin.

And even if you are not allergic to the herbs or essential oils, you may be allergic to the preservatives that are used to keep the herbs fresh! These are not required

to be disclosed on the product label!

Then ... if you are lucky enough to find a product that is both chemically safe, non-toxic and ALSO free of plant based allergens, it performs so poorly that you might as well use nothing at all!! :(

In my experience it has been almost impossible to find a really *effective* hypoallergenic product line that actually does it's job by NOT being toxic AND making you look and feel better!

So far I've only found one. Have you taken a look at [Cleure](#) yet? I had never heard of them, but I am really, really glad I finally found them.

If you'd like to take a look at their product line you can visit the [Cleure website](#) . You can also read a [skin care product review](#) that I wrote about my own experience of the Cleure products.

Thank you again for your participation in our e-course!

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## **Five Steps to Natural Beauty for Sensitive Skin - Lesson #4**

June 28, 2009

Hello dear friends!

Welcome to your Week #4 Lesson of our free e-course, *Five Steps to Natural Beauty for Sensitive Skin*.

## **Week #4 - Rejuvenate and Repair Your Skin**

In this lesson you will learn how to activate your body's innate healing and rejuvenating capabilities!

### **What you will learn:**

- How your body can repair sun damage, acne scars and other skin problems naturally.
- How to reduce or eliminate chronic health challenges that create skin inflammation.

## **First Let's Review**

Last week we focus on nourishing your skin by nourishing your whole body. Nourishing your whole body helps to balance all the amazing natural hormonal and chemical interactions in our bodies, so that every part of us works together. When that happens, many of our sensitive skin challenges have an opportunity to improve or even reverse themselves!

Did you find the information helpful? How was it for you to eat more vegetables and fruits during the week?

If you missed last week's lesson, you can find it here: [Lesson #3 - Nourish Your Skin](#)

I'd like to hear how you are doing with the course so far. Have you had a chance yet to create your own [Natural Beauty Journal](#)?

If at any time you have questions or are feeling stuck, please don't hesitate to contact me.

You can reach me most easily by sharing your own experience here at your own [Natural Beauty Journal](#). I will be able to comment and respond to your questions directly on your page!

## How Your Body Repairs and Rejuvenates

Our bodies are miraculous instruments that carry countless innate self healing mechanisms that we are usually unaware of ....

Until something goes wrong!

When our skin breaks into rashes all the time, it is trying to tell us something. The skin ends up functioning as one of our organs of elimination when our other body systems are not working well.

It is our hope through this course to help you to listen to what your body is saying, and to discover some of the root causes of your sensitive skin challenges, so that you can enjoy a radiant, glowing complexion!

Our bodies are repairing themselves all the time, and there are several things we can do that help them to do their jobs more effectively.

1. **Sleep** - our bodies need to sleep in order to repair and rejuvenate themselves. Everyone's sleep needs vary, but generally seven to eight hours per night is best.
2. **Pure water** - water is necessary not only for life, but to help carry away the excess toxins that we accumulate in our bodies. Most people need half their body weight in ounces each day, or more. Without sufficient water your blood carries more toxicity and you feel sluggish and heavy. In today's world you will likely need to filter your drinking water AND your shower water to remove toxins.
3. **Nutrient rich foods** - when you get adequate nutrition, and all of the miraculous self healing mechanisms in your body can function at their peak capacity.
4. **Good elimination** - it's hardly ever discussed in polite company, but good elimination is essential in order for your body to repair and rejuvenate.

Poor elimination often causes skin eruptions and inflammation. Good elimination means that you are having one bowel movement for each meal you eat per day. You can help your elimination by drinking more water and eating more fiber through whole grains, legumes, and raw fruits and vegetables.

5. **Rest** - Not all rest happens while we are sleeping. Sometimes it is necessary to simply take a break for a few minutes from whatever you are doing to clear your mind with a walk out in the fresh air. Done regularly, short rest breaks actually will improve your performance AND your efficiency, no matter what you are doing. This is crucial to reducing stress and helping your body rejuvenate itself.
6. **Recreation** - This is a very neglected area of life in today's modern world. Children teach us the importance of play, and this need not disappear from our lives when we are adults! What kinds of activities do you enjoy, that are fun and that feel healing and rejuvenating to you? Make a point to do this *regularly*, not just once a year! Your health depends on it!

## Extra Help for Rejuvenating Our Bodies

Sometimes if we are very much out of balance, and have a lot of chronic health challenges, we might need some extra help to rejuvenate our bodies.

If that is the case, there are some natural ways to give your body some extra help to rejuvenate. Some of these methods include:

- **Nutritional supplements** - These can help correct nutritional imbalances and to give us a boost when we are feeling depleted. The best way to know what you need is to consult a qualified natural health practitioner like a naturopathic physician.
- **Herbal cleansing** - Done at the right time, a good cleanse can really help you "clean out the closet" internally. Generally a cleanse consists of herbs to help the colon to work better, and a fiber product that passed through the intestines and absorbs toxins.

An added benefit to doing a cleanse is that you often feel lighter and freer in other areas of your life as well! Cleansing is best done with a qualified health practitioner, and should not be undertaken if you are very sick, very depleted or are pregnant.

- **Colonic irrigation** - Is another method for helping to cleanse the elimination systems of the body which uses water and a special colonic irrigation device. Colonic irrigation therapists offer this service and generally recommend several treatments. Some people prefer this method to doing

an herbal cleanse, some people do both.

- **Mineral springs, saunas or steam baths** - Mineral springs are naturally occurring hot springs which over time, people have found to have healing properties. If you are lucky enough to live near one, it can be a profound experience to spend a day at a hot springs! For the rest of us, a sauna or steam bath can help to cleanse the body by increasing perspiration so toxins are eliminated through the skin.

## Action Step #4 - Choose One of These for Rejuvenation

From our list of the six ways that our bodies rejuvenate themselves, choose ONE to focus on this week.

1. Sleep
2. Pure water
3. Nutrient rich foods
4. Good elimination
5. Rest
6. Recreation

Your body and your inner wisdom will know what your body needs help with. Look over the list and see what your body tells you that you need.

Do you need more sleep? More water? A better diet? Some help to get the elimination flowing? Or are you stressed out with hardly any time for yourself? Do you need more play time for yourself?

Choose just one of these to focus on this week, and do it once each day, *consistently*. Then, at the end of a week, see how you feel!

Write it down in your [Natural Beauty Journal](#).

If you haven't yet created yours, you can go here to make your own free [Natural Beauty Journal](#)!

## Have a Rejuvenating and Healing Week!

Thank you so much for joining me in this weeks lesson! I appreciate your participation in this e-course and I hope it has been helpful for you.

I look forward to seeing you next week for our final lesson, and a special bonus

gift for "graduating" from our course! :-)

Best wishes,

Masmi.



P.S. I know I am repeating myself here, but I want to make sure that you know about this, because hardly anyone is talking about this yet!

I have recently discovered that many personal care and skin care products that claim to be safe for sensitive skin contain ingredients that are not really good for sensitive skin!

Some of these ingredients can cause allergies, acne, and skin breakouts, or can cause organ toxicity in our bodies, which can also increase the sensitivity of our skin.

Another thing that I found shocking is that some hypoallergenic products which claim to be all natural contain herbs, botanicals or essential oils which can cause allergic reactions and skin break outs for sensitive skin.

And even if you are not allergic to the herbs or essential oils, you may be allergic to the preservatives that are used to keep the herbs fresh! These are not required to be disclosed on the product label!

Then ... if you are lucky enough to find a product that is both chemically safe, non-toxic and ALSO free of plant based allergens, it performs so poorly that you might as well use nothing at all!! :(

In my experience it has been almost impossible to find a really *effective* hypoallergenic product line that actually does it's job by NOT being toxic AND making you look and feel better!

So far I've only found one. Have you taken a look at [Cleure](#) yet? I had never heard of them, but I am really, really glad I finally found them.

If you'd like to take a look at their product line you can visit the [Cleure website](#) . You can also read a [skin care product review](#) that I wrote about my own experience of the Cleure products.

Thank you again for your participation in our e-course! I will see you next week for our last lesson.

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## **Five Steps to Natural Beauty for Sensitive Skin - Lesson #3**

June 27, 2009

Hello dear friends!

Welcome to your Week #3 third Lesson of our free e-course, *Five Steps to Natural Beauty for Sensitive Skin*.

## **Week #3 - Nourish Your Skin**

This weeks lesson will show you how to nourish your skin, which will not only help your complexion to glow with health, but will help clear up skin inflammation. Did you know that some skin rashes are the result of a nutritional deficiency?

### **What you will learn:**

- How feeding your whole body nourishes your skin
- Specific foods that are nourishing for your skin
- A simple way to feed your skin that will benefit your whole body!

## **First Let's Review**

Last week we introduced you to facial exercise. Facial exercise helps you to tone and firm the facial muscles, which reduces wrinkles and sagging, and also creates a healthy and glowing complexion. Some people even notice that their skin rashes and irritations begin to disappear!

How was it for you to do the facial exercises? Are you seeing or feeling any results yet?

If you missed last week's lesson, you can find it here: [Lesson #2 - Facial Exercise](#)

I'd like to hear how it's going for you. Please feel free to drop me a line, or better

yet, go ahead and create your own [Natural Beauty Journal](#) to let me know how you are doing. I'll be sure to read what you've shared!

If at any time you have questions or are feeling stuck, please don't hesitate to contact me! You can reach me most easily through your journal!

Simply write about your experience here at your [Natural Beauty Journal](#) and I will be able to see your comments and respond.

## Feeding Your Whole Body

Skin is the largest organ in our body. Did you know that your skin reflects the health of your whole body? If your skin is itching, breaking out in rashes and getting inflamed all the time, it is trying to communicate! It is saying "listen to me, listen to me!" :-)

So, one of the best things we can do for our sensitive skin is to pay attention to the signals our body gives us throughout the day.

For example, if you eat a burger and fries for lunch, and then feel bloated and tired by the afternoon, what is your body saying?

Our digestion and our elimination have everything to do with how our skin looks. When we eat a lot of sugar, refined foods, and heavy saturated fats, our digestive system ends up becoming sluggish. We don't eliminate toxins easily and so our skin ends up reflecting this by trying to release the toxins through inflammation.

Sensitive skin may be difficult to manage, but in some ways it is a blessing. Your skin is "talking" to you on a regular basis, telling you that it needs your attention. If you really listen, and make an effort to give yourself healthy and nourishing foods, and to keep your body away from as many toxins as possible, your whole health will benefit!

I can't tell you how many times people have been shocked when they learn how old I am. And the thing is, I am by no means a beauty queen. Far from it! I don't pay a lot of attention to my appearance, but I have tried to take care of my body and my health. Looking younger is just one of the benefits!

## Foods for Healthy Skin

Eating for healthy skin is actually quite simple. The hard part is changing our old habits! Here are some basic guidelines for eating for healthy skin.

- Abundant fruits and vegetables

- Abundant live, raw foods
- Abundant leafy green vegetables
- Proteins like legumes, lean organic meat and some fish
- Healthy fats
- Whole grains
- Minimally processed foods
- Abundant pure, clean water

Eat nutrient rich foods, not empty calories. Read the labels on the foods you eat! We recommend avoiding canned and processed foods, preservatives, dyes, and excess sugar and salt.

Eat plenty of fresh raw vegetables and fruits - provides critical enzymes, minerals, vitamins, antioxidants, and fiber. Enjoy veggies and fruits of all colors! The most colorful ones generally have the most nutrition. Red, blue, purple, orange and yellow ones all provide important vitamins, minerals, enzymes and antioxidants.

Remember to eat plenty of green veggies like spinach, kale, collards, and chard. These are powerful foods for healthy skin and body.

Healthy fats provide you with essential fatty acids in the right balance. Foods such as avocado, nuts and seeds, salmon, mackerel, herring, sardines have the highest amounts.

Eat whole grains for fiber, nutrients, and to keep your blood sugar more even, which prevents wrinkles!

Make sure you eat enough healthy and easily digested proteins. Tofu, legumes in combination with whole grains, fish, organic eggs, and organic lean meats are good choices.

## Nutrients for Healthy Skin

**Vitamin C** is in red, green and yellow peppers, oranges, lemons, limes, strawberries, broccoli and many other fruits and vegetables.

**Vitamin E** is found in wheat germ, avocado, and nuts and seeds.

**Zinc** is found in pumpkin seeds, quinoa, legumes, seafood, and organic meat.

**Selenium** is found in Brazil nuts, wheat germ, sunflower seeds, canned tuna in water, and shrimp.

**Friendly bacteria** is found in yogurt with active cultures.

# How to Get More Veggies Into Your Diet

Sometimes it is difficult to eat the recommended amounts of fruits and vegetables that our bodies need for good health. There are two fun and simple ways to eat more veggies and fruits!

**Green Smoothies** are blender drinks created with 40% fresh, raw green foods like kale, spinach, chard, and 60% fresh, raw fruits. These provide you with abundant fiber and all the nutrition that fresh, whole foods can give.

Although smoothie aficionados use high powered blenders like a Vita-Mix or Blend-Tec (which definitely work well!), you can also do this with an inexpensive blender.

Simply put a one or two cups of pure water in the blender, a handful of greens, some berries and other fruits of your choice, and blend. Drink within a few minutes of making in order to get the maximum benefit. You can also add other ingredients like ground flax seed, which provide healthy fats.

I can't eat a lot of fruits so I use more greens, less fruits and I sweeten the drink with Stevia, a low calorie natural sweetener that does not raise your blood sugar. It's delicious and satisfying!

**Fresh Juices** provide concentration whole foods nutrition because it takes a larger quantity of veggies or fruits to make juice. For example with a green smoothie you might consume a handful of greens and one apple, and a handful of berries. If you juice this same amount, the yield will be very small and so you'll need to juice a lot more of them to get a glassful of juice.

Sometimes I like to make a combination juice and smoothie ... for example I will juice 4 carrots, 2 stalks celery, a few leaves of kale and an apple. Then I add fresh, whole blueberries and spinach in the blender, with a little stevia if it needs a little more sweetness. This is a very potent drink, filled with incredible nutrition!

You will need a good juicer in order to juice effectively. My husband and I have a simple Miracle Juicer which is easy to clean, relatively inexpensive and does the job for our needs.

## Supplements for Healthy Skin

Our foods today contain significantly less nutrition than they did a few generations ago. Modern farming practices have depleted our soils of valuable minerals, and combined with genetic engineering and increased toxins in our environment, our foods simply do not have the vitamins, minerals and antioxidant levels that they used to.

For this reason, it is helpful if you can to supplement your diet. I prefer always whole foods supplements to artificial ones, however you will need to find what works for you. Some people find that the new "raw" vitamin supplements to be more useful than regular multivitamins.

Some of the supplements that can help to create radiant and healthy skin for those of us with sensitive skin are:

**Enzymes** - these provide critical factors that help us to digest food, break down fats, deliver nutrients to other parts of our bodies, purify and clean our blood, nourish the brain and endocrine system, balance cholesterol and triglycerides, reduce inflammation and strengthen our immune systems. Unless we eat a mostly raw diet, most of us do not get enough enzymes. Enzymes help us to detoxify our bodies on a daily basis.

**Probiotics** - help to increase the amount of friendly flora in the digestive system. This improves digestion and elimination, strengthens the immune system and reduces fungal infections, allergic reactions and skin inflammations. This also may improve nutrient bioavailability and enhance immunity.

**Essential Fatty Acids** - These include Omega 3, 6 and 9 and are the healthy fats that reduce inflammation, improve brain functioning and help with maintaining overall good health and moist, healthy skin. When we don't get enough healthy fats our skin can get dry and irritated.

**Antioxidants** are found in most fruits and vegetables, but it is helpful to supplement your diet because these have such helpful benefits in preventing premature aging and protecting our bodies against toxins. Many natural foods have antioxidants, like green tea, blueberries, cranberries and other berries, mangosteen fruit, and even legumes such as small red beans, kidney beans and pinto beans.

**Vitamins C and E** can be useful in nourishing your skin and reversing the effects of sun damage on the skin. These vitamins are also useful applied to the skin in your skin care products.

**Green Superfoods** such as chlorella, spirulina, wheatgrass and barley grass provide chlorophyll which helps purify the body and natural Vitamin A which is necessary for moist and healthy skin. Without vitamin A your skin will get dry and flaky.

**B Vitamins and Biotin** - It's best to take B vitamins in a natural formula that contains all the B vitamins. Biotin is the most important for skin health. Even a mild deficiency of biotin can cause many sensitive skin symptoms including redness and itching, dermatitis and hair loss.

**Minerals** are essential to all aspects of good health, and essential to the health of

your skin. We don't get enough of them because our soils have been depleted from over-zealous farming practices. Find a good natural mineral supplement and take it regularly.

## Action Step #3 - Nourish Your Skin!

Add 2 additional servings of fresh, raw vegetables or fruits to your diet each day for one week. You can do this in a few ways.

1. Make a green smoothie in the morning. Or, depending on your schedule this could be your afternoon or before dinner snack. This will give you two or three extra servings of fruits and vegetables! If you need protein in the morning, try a nice protein supplement powder. I like using the Nutribody Protein powder as it is very clean, it doesn't cause digestive problems, allergies or irritation. It's made from rice and pea protein and has 26 grams of protein per serving.
2. If green smoothies aren't appealing for you, add an apple and some carrot or celery sticks to your lunch. Simple, easy and nutritious!
3. Another way to add more fruits and veggies to your diet is to add a large fresh salad to your lunch or dinner. If you already eat salad, try increasing the quantity. Be sure to check the ingredients in your salad dressing and choose one that has pure and natural ingredients.

How did you feel adding two fresh veggies or fruits to your daily diet? Is your daily diet contributing to your radiant health? Let us know here at your [Natural Beauty Journal](#).

If haven't set up your journal yet, [set yours up here](#). It's fast, fun, and best of all free! :-)

## More Ways to Nourish Your Skin

Eating well will make a huge difference in the appearance of your skin, and greatly helps your sensitive skin challenges. It may take you a while to find what foods feel best for your unique body. Take your time, go slowly and be gentle with yourself!

In addition to nourishing your whole body, there are some really simple and affordable ways that you can nourish your skin naturally, with ingredients from your kitchen!

I am a big fan of homemade skin care treatments, for several reasons.

1. They use fresh, natural ingredients which are free from chemicals and toxins.
2. You can make them in small batches so they are fresh.
3. You can control the ingredients to customize treatments for your sensitive skin.
4. Most homemade skincare recipes use just a few ingredients, which is really the best approach when you have sensitive skin.

You would be amazed at all of the things you can do with just a little bit of time and some fresh, natural ingredients!

For example, you can create your own homemade facial cleanser using milk or yogurt, which has natural and gentle alpha-hydroxy acids that cleanse and exfoliate without irritation to sensitive skin. Unless you have a milk allergy!

There are many natural recipes out there, and my favorite collection of [natural anti-aging skin care recipes](#) is from my friend Sue's new book [Skinsational](#) . There recipes are simple and very well researched, as Sue is an expert in anti-aging skin care. Another thing I like is that her recipes are very easy to customize for sensitive skin.

## Have a Great Week!

Thank you for joining me in this weeks e-course lesson!

I look forward to seeing you next week!

Best wishes,

*Masmb.*



P.S. Did you know that many products that claim to be safe for sensitive skin actually have irritating, allergy producing or even toxic ingredients?

Some hypoallergenic products that claim to be all natural contain herbs, botanicals or essential oils which can cause allergic reactions and skin break outs for sensitive skin.

Even if you are not allergic to the herbs or essential oils, you may be allergic to the preservatives used to keep the herbs fresh, which are not required to be disclosed on the product

label.

If you manage to find a product that is both chemically safe and also free of plant based allergens, it performs so poorly that you might as well use nothing!!

In my experience it is almost impossible to find a really effective hypoallergenic product line that actually makes you look and feel better.

I've only found one, after quite a number of years of searching for the right products for my sensitive skin. [These are the products that I use](#) .

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## **Five Steps to Natural Beauty for Sensitive Skin - Lesson #2**

June 18, 2009

Hello dear friends!

Welcome to your Week #2 second Lesson of our free e-course, *Five Steps to Natural Beauty for Sensitive Skin*.

## **Week #2 - Natural Face Lift**

This weeks lesson will show you how to create a natural face lift which can dramatically improve your appearance.

What is a natural, non-surgical face lift and how does this help your sensitive skin to be more beautiful?

- A natural facelift uses carefully chosen facial exercises to tone and firm the facial muscles.
- Facial exercise increase circulation to your face and skin, which improves the complexion naturally and strengthens and firms the facial muscles.
- Facial exercise begins to show results within a few weeks, and if done regularly can erase wrinkles and sagging skin.

## **First Let's Review**

How are you doing since last weeks Cleansing lesson? If you'd like to see it again it's [here](#).

How is your body feeling since you started drinking more water and eating extra fruits and veggies?

Do you notice any changes to how you feel about yourself?

Natural beauty isn't a quick overnight fix, but rather a process. It's also not easy, because we are creating changes in our daily habits. That's why I've spaced out these lessons to give you some time to put into practice the suggestions.

How was it for you to What did you learn about the products you are using?

If at any time you have questions or are feeling stuck, please don't hesitate to contact me! You can write about your experience here at your [Natural Beauty Journal](#) and I will be able to see your comments and respond.

## Tone and Firm Your Whole Body

Although we are talking about a natural, non-surgical face lift today, you can also experience the benefits of a "whole body lift" in just a few minutes a day.

One of the best ways to look and feel great is to MOVE your body a little every day. Take a walk, ride a bike, swim, or just turn on the radio and dance!

Exercise brings blood and oxygen to your skin, and carries away impurities and toxins. It improves your digestion, and burns calories which helps to keep you at a healthy and attractive weight.

You don't need to do a ton of exercise to see a great benefit. Even 15 minutes a day of exercise can make a huge difference in your appearance, and your health.

We hear it all the time ... "eat right and exercise" but why is it so difficult to do?

## Resistance

Most of us have two different parts of ourselves. One part wants to grow, to become the best that we can be, and to accomplish those things that are dearest to our hearts.

Then, there is the other part of us would prefer to be comfortable, to stay where we are and to avoid change! This part of us might even get afraid of change, and try to "hold on" even when we know it is time to "let go".

In today's stressful world, many of us are "just getting by". It's difficult to make changes to our daily routine, even if we want to!

That's why we have a support system here through your [Natural Beauty Journal](#)

so that you don't have to do this by yourself.

I am right here with you, cheering you on so that you can become the best and most naturally beautiful YOU that you can be!

## Toning and Firming Your Face

For many of us, when we think of natural beauty, we think of how our face looks. That's why we spend so much time and energy taking care of our skin and applying makeup so we can look our best.

One of the least known natural beauty secrets for lifelong beauty is exercising your face!

You'll be amazed at what this can do for you. Not only does facial exercise improve your skin tone and reduce wrinkles and sagging skin, but it can even reshape your entire facial structure.

Double chins disappear, rings around the neck disappear, and bags under the eyes disappear. Even wrinkles disappear! It's quite amazing, and I'm writing from my own experience here. I've only been doing facial exercise for a few months but already I am seeing the benefits.

It does take a while to see results, and the results actually get better over time. You actually begin looking younger the longer you exercise your face!

It's important that you use a [comprehensive facial exercise program](#) so that your face develops a smooth and sculpted look. Some people do spot facial exercises for just a few areas, and their faces end up looking bulky.

## Action Step #2 - Exercise Your Face!

Try these few sample facial exercises once each day for five days so you can get an idea of what it feels like to exercise your face. Then rest for two days and exercise again for another five days.

This is not a comprehensive facial exercise program, but it will give you an idea of some of the potential benefits of exercising your face!

## Sample Facial Exercises

**Eyebrow Lift** - opens and lifts the eyebrow area

- Take the three middle fingers of each hand and place them under each eyebrow.
- Keep the palms of your hands open with the heel of each hand resting near your jaw.
- Push your brows up and slightly out towards your temples.
- With the muscles in your forehead push your fingers down.
- Hold for a count of 10
- Release and breathe
- Hold again for a count of 10
- Release and breathe
- Hold one more time for a count of 10

### **Eye Firmer** - firms the area around the eyes

- With one eye at a time, close the eye halfway for one full second.
- Then do the same with the other eye.
- Start with 10 repetitions in each eye, and work up to 40.

### **Eye Relaxer** - helps with deep relaxation, which allows for a more beautiful you!

- Sit at a table where you can rest your elbows on the table.
- Place the palms of your hands over your eyes, and relax the weight of your head into your hands.
- Breathe and relax! This soothes stress in the eyes and the head.

### **Cheek Firming Exercise**

- Put the heel of each hand on your cheek muscles.
- Smile as wide as you possibly can.
- Push the heel of your hands into your cheeks and hold for 10.
- Release and repeat for another 10.
- Then do another 10.

### **Chin and Jaw Firmer**

- Sit comfortably and look up to the ceiling.
- Slid your lower jaw out over your top jaw and hold for a count of 10.
- Then slowly move your jaw up and down for a count of 20
- Then relax and breathe.

### **Mouth Firmer**

- Sit comfortably, tilt your head back and look at the ceiling.
- Pucker your lips like you are trying to kiss the ceiling!
- Hold for a count of 10
- Relax
- Hold again for 10

- Relax
- One more time for 10

### **Neck Firmer**

- Sit comfortably and place your tongue on the roof of your mouth.
- Tilt your Head back, keeping your tongue on the roof of your mouth.
- Then tilt your head forwards, so your chin moves towards your neck, with your tongue still on the roof of your mouth.
- Go slowly and repeat 5 times.

Have fun with this! One of the other benefits of facial exercise is that your whole face feels more alive and energized.

What did your skin look like after one week of facial exercise? How did you feel?

## **Recommended Facial Exercise Program**

I spent several weeks researching various facial exercise programs and trying out all kinds of different exercises. I found some exercises actually caused the wrinkles around my mouth to get worse!

I finally decided that I needed a program that worked the whole face. I looked at several different programs very carefully and finally chose [Carolyn's Facial Fitness](#) program. There were several reasons that her program stood out among all the others.

The first was her results. Carolyn's own before and after pictures are amazing, and so are those of her clients. Her program creates a beautiful and sculpted facial structure.

Secondly, the program is designed to be done in just 15 minutes a day. That was a big plus for me.

Third, she did many years of careful research, and purchased many different facial exercise programs to find the ones that worked most effectively for herself and her clients and students. She provides a lot of helpful information on her site and she clearly knows what she is talking about.

Fourth, Carolyn's program is affordable, and much less expensive than most anti-aging wrinkle serums! Another big plus for me.

I've been doing the exercises for a few months now and my husband is really starting to notice. He's made comments now almost every day about how great I look!

[Visit Carolyn's Facial Fitness](#) Enjoy, and I'll see you next week!

masms.



P.S. Many products that claim to be safe for sensitive skin actually have irritating, allergy producing or even toxic ingredients.

Some hypoallergenic products that claim to be all natural contain herbs, botanicals or essential oils which can cause allergic reactions and skin break outs for sensitive skin.

Even if you are not allergic to the herbs or essential oils, you may be allergic to the preservatives used to keep the herbs fresh, which are not required to be disclosed on the product

label.

If you manage to find a product that is both chemically safe and also free of plant based allergens, it performs so poorly that you might as well use nothing!!

In my experience it is almost impossible to find a really effective hypoallergenic product line that actually makes you look and feel better.

I've only found one, after quite a number of years of searching for the right products for my sensitive skin. [These are the products that I use](#) .

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## **Five Steps to Natural Beauty for Sensitive Skin - Lesson #1**

June 10, 2009

Hello dear friends!

Here is your week #1 first Lesson of our free e-course, *Five Steps to Natural Beauty for Sensitive Skin!*

## **Week #1 - Cleanse and Purify**

How does cleansing and purifying help your sensitive skin to be more beautiful?

- It makes things easier for your body by eliminating irritating substances which might causes sensitive skin problems.
- It helps your skin and your whole body to release toxins and impurities which can build up in your body and create rashes, inflammations and skin sensitivity.

### **What you will learn this week**

- How to minimize the toxic chemicals you ingest by become a smart sensitive skin consumer! :-)
- How to decrease eruptions and skin break outs, and to feel lighter and more energized.

## **How to Develop Natural Beauty?**

I think most of us would like to look and feel our best, whether we are a man or a woman.

It's a little more challenging with sensitive skin, and so many of the product we

would like to use end up making us look or feel worse!

Some of this lesson will educate you and empower you to make smarter and healthier choices about that ...

But there is a whole other level I'd like to address here.

This course isn't just about helping you to find less irritating creams or lotions for your face, or better makeup.

It's helping you to develop a stronger and more lasting form of natural beauty which comes from within.

Have you ever seen a wild animal up close? If you are lucky enough to see it in the woods or in their natural habitat, you will notice that they are usually radiant and healthy looking.

They are in harmony with their environment and it shows in their appearance.

This course will help you to develop a lasting, natural inner radiance which reflects the beauty of your inner being.

## Why Cleanse and Purify?

Cleansing and purifying helps us to create a strong foundation for natural inner and outer beauty. It also has many benefits for your sensitive skin and your appearance!

- You will decrease the eruptions and breakouts on your skin.
- Your circulation will improve, which will bring color and radiance to your complexion.
- You will increase your vitality and energy levels.

Did you know that your skin is one of the elimination systems of your body>

It tends to erupt when the other elimination systems such as the colon get sluggish or clogged.

Although no one likes to talk about this, poor elimination isn't just an inconvenience. It is downright bad for your good looks!

Poor elimination can create skin eruptions and break outs, bad breath, body odor,

and tiredness.

Over many years poor elimination leads to an overall decline in health which leaves you more vulnerable to chronic disease.

## Cleansing Your Body

Cleansing your body starts with your intentions. Is there "excess baggage" in your life that you feel you need to let go of?

Having an intention to let go will help you to cleanse and purify your body. You will look AND feel like a huge weight has been lifted!

A simple and natural way to cleanse your body is to simply **increase the amount of pure water that you are drinking.**

A good guideline is to drink half your body weight in ounces each day. So if you weigh 150 lbs., drink 75 ounces of water each day.

Be sure to drink pure water, so that your body can have the full benefit of cleansing. If your water is chlorinated, get a filter to remove the chlorine from your drinking water and also from your shower.

Drink a glass or two when you first get up in the morning, which helps continue the cleansing process that happens at night when you sleep.

Another simple way to cleanse your body is by **eating plenty of raw fruits and vegetables** each day.

I recommend that you start slowly, by adding one new serving of fruit and one new serving of vegetables a day. Do this for a week and see how you feel.

If it is going well, increase to two extra pieces of fresh fruit and two extra servings of vegetables each day. Try that for a week and see how you feel!

When your body receives the nutrients it needs, it can begin to "detox" your body of chemical residues. Sometimes you will feel headachey, cranky, or extra tired when you begin to cleanse your body.

If this happens, drink more pure water and find some time to rest and allow your body to pass through this cleansing phase.

We will address cleansing in more detail in Lesson #4, as it is so important to your health and your natural beauty!

# Natural Beauty Action Step #1

## Cleansing What You Put on Your Body

Now, I'm going to show you how to learn the truth about the ingredients in the products you are using on your hair, skin and body.

After all that pure water and healthy fruits and vegetables, you want to be sure that you are not adding MORE toxins to your body!

With this information you will be fully empowered to make choices about what products and substances you want put on your body.

When you finish this Action Step You will be able to evaluate your personal care products.

You will know how to learn which products and product lines are less toxic and with less possibility for irritating to your skin, disrupting the delicate hormonal and endocrine systems of your body, and creating a build up toxicity in your body.

First, learn about some of the basic ingredients that we recommend you avoid if you have sensitive skin, here at our [Safe Cosmetics Guide](#).

I will show you a simple way to quickly check the ingredients in your skin care and personal products, so you can eliminate those that are more toxic or more likely create more inflammation and irritation on your skin.

1. Go to the online [Cosmetics Database](#).
2. Enter into the search box the name of a personal care or skin care product you use. For example, let's enter "Clairol Nice and Easy Hair Color"
3. Press the "GO" button and you'll be brought to this page with your [search results](#).
4. Now, look at the right hand side of the page under "Hazard Score".
5. Products are rated from 0 to 10 in terms of toxicity, with 10 being most toxic and 0 being least toxic. Click the links to see a detailed explanation.

Any hazard score in red is considered a High Hazard should be avoided as it contains a LOT of toxic ingredients. That's why it has a red light!

A rating in yellow is considered Moderately Hazardous. If you have sensitive skin, or tend to have chronic health challenges, I recommend you avoid those products as well.

They contain ingredients that cause inflammation and irritation, and sometimes hormone disruption and organ toxicity which can cause acne breakouts and sensitive skin eruptions.

A green rating will generally be free of most irritating ingredients. This does not mean that YOUR sensitive skin will like the products that are rated green, but there is a much better chance that they will not irritate your skin.

A note about products in the Cosmetics Database - sometimes companies do not update this database with their most recent products. In this case you may get results for products that are not longer in their product line.

## What if Your Product Isn't In the Cosmetics Database?

If this is the case, you have two choices.

One, you can look up the company to see if they are listed in the database. If so, there may be some similar products listed.

Your second choice is to look at the label of your shampoo or skin care product. When you find an ingredient that sounds like it could be irritating, type it into the search box.

Click "GO" and you'll get a search results page for that ingredient, along with a hazard rating. Again, I recommend choosing ingredients that are "green lights".

Sometimes you can't find an ingredient, but you can find a similar one.

## What Did you Discover?

What did you learn from looking up your products on the cosmetic database? How did your products rate? Were you surprised?

I know sure was!! I discovered my 'pure and natural' laundry detergent is actually quite allergenic!!

Are there healthier product choices you could make?

Share what you have learned in your [Sensitive Natural Beauty Journal](#).

If you haven't yet created your own free online journal, then you can [Create My Natural Beauty Journal Here](#)

Next Week's Lesson ... Get a Natural Face Lift!

Until next time!

*Masmi.*



P.S. Many products that claim to be safe for sensitive skin actually have irritating, allergy producing or even toxic ingredients.

Some hypoallergenic products that claim to be all natural contain herbs, botanicals or essential oils which can cause allergic reactions and skin break outs for sensitive skin.

Even if you are not allergic to the herbs or essential oils, you may be allergic to the preservatives used to keep the herbs fresh, which are not required to be disclosed on the product label.

If you manage to find a product that is both chemically safe and also free of plant based allergens, it performs so poorly that you might as well use nothing!!

In my experience it is almost impossible to find a really effective hypoallergenic product line that actually makes you look and feel better.

I've only found one, after quite a number of years of searching for the right products for my sensitive skin. [These are the products that I use](#) .

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## **Five Steps to Natural Beauty for Sensitive Skin -- Welcome!**

June 09, 2009

Hello dear friends!

Welcome! Thank you for requesting our free e-course, *Five Steps to Natural Beauty for Sensitive Skin*.

I will be sending you your first lesson shortly, but first I want to help you prepare for the course so you can get the most out of it!

Follow these quick and simple steps, and you will be amazed at how you will look and feel at the end of five weeks!

Ready?

OK, here goes.

## **#1 - Create Your Intention**

Ask yourself ...

What are your natural beauty goals?

What challenges are you facing with your sensitive skin?

What do you hope to get out of this course?

What do you intend for yourself and your life?

## **#2 - Write It Down**

Now, now that you've thought about this ...

write it down!

You will greatly improve your chances of succeeding in your personal goals and intentions by writing them down.

## #3 - Get Support by Using Our FREE Tools

If you'd like some extra support to reach your goals, we've got a *really* fantastic and fun way for you to do this right here on our site.

You will be able to share your goals, share updates to our page, ask questions, get feedback from others, and even upload a picture!

You won't have to go it alone.

Best of all, it is completely free!

## #4 - Create Your Own Free Online Journal

Yes, we have the capability at My Sensitive Skin Care to help you create your very own blog journal page.

There are two huge benefits to doing this.

- You will be able to connect with other people from our free e-course.
- I will be available to personally respond to your questions through your blog journal page!

I'm extremely busy and rarely available by e-mail for personal consultations, but I WILL answer your questions on your [Sensitive Natural Beauty Journal page](#)!

Why is this so quick and easy?

- No complicated log-ins or passwords.
- It takes just a minute to set up.
- Once your page is activated, you can enter comments, questions, updates and discussion topics anytime to the comments box on the page.

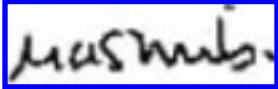
You'll be able to share your page with your friends and have them add their comments and support as well.

I am rooting for you and I want you to succeed at your goals!

Creating your own [Create your Sensitive Natural Beauty Journal page](#) will really "help us to help you"! :-)

So [Click Here](#) to create your online blog journal page.

Best wishes,

A handwritten signature in black ink, enclosed in a blue rectangular box. The signature appears to be "masmbs".

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