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Holistic Skincare

Our face reflects our inner life and every emotion experienced in our life is reflected in our skin. Brides glow with a radiance not from a jar of cream but from love and when embarrassed or angry our face turns red. Sudden shock, emotionally or physically can change our skin color to a white pallor.

The most expensive or well-researched line of skincare product cannot buy beautiful skin but there are natural alternatives to obtain naturally healthy clear skin. We can invest in our inner life, to know the very core of ourselves, to nurture ourselves with love and acceptance and to live the life we were meant to live. This is a continuous process that will unfold itself gradually as we learn to obtain emotional and spiritual harmony. Physical improvements will be reflected in our skin

SKINCARE

We can also try to understand the connection between the face and internal organs. "You are what you eat" holds true in many examples. In Oriental diagnosis puffiness and dark circles underneath the eyes indicate a problem with the kidneys and cutting down on fatty foods and increasing water intake may help.

Choosing the appropriate foods for your body type will contribute to internal and external health and beauty.

Conscious living – this is the choice to use natural substances derived from living matter on our skin. Aromatherapy skincare formulations use plants in a variety of ways to nourish and rejuvenate the skin. Herbs and aromatic oils – essential oils – are the most concentrated and refined extracts from the plant. They are the life force of the plant and, like plants, human beings have an energy that comes from the universe. It seems only natural to use substances that are alive and not dead. Synthetic creams and lotions involving animal extracts – hormones and placentas is barbaric and senseless. How can something that is dead improve the state of the skin!!

Essential oils have the ability to penetrate deeply into the layers of our skin (unlike synthetic substances that just sit on the epidermis, the first layer of our skin, — blocking our pores with artificial fragrances potentially causing skin irritations). Essential oils not only affect the surface of the skin as the oils are absorbed into the capillaries and



blood stream influencing your spirit and physical well-being. Most essential oils are antiseptic, antibacterial and cicatrisant (aids formation of scar tissue), and of course have a appealing scent which make them wonderful for facial treatments. If we feel good, we look good! This is what holistic skincare is about — working from the inside out, which, to me, is the only way to work towards a clear and healthy complexion. SHIREEN CALUCIN

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