

# cleanse

BEAUTIFY FACE YOGA - 2023  
WINTER FACIALS



# WINTER RENEWAL

Nourishing moisture & fats add a renewing quality to the skin with nurturing ingredients like these!



## Winter Squash Facial

Mix 1 TBS of freshly steamed kabocha, acorn, or butternut squash with 1 tsp of cooled and steeped fresh rosemary herb tea.

Apply to face, neck, and décolleté. Allow to rest for 10 - 30 minutes for maximum benefits.

- A potent vitamin A source, winter squashes can refine the appearance of the skin
- Additions of moisture and vitamin C offers gentleness in exfoliating the winter skin.

For sun-damaged skin: add matcha green tea powder

For acne prone skin: add honey, hibiscus flower powder, dried turmeric, rosemary tea,

For dull skin: add turmeric, drops of olive oil, cinnamon, honey, rosemary tea

*take a break from these:*

- long hot showers (can zap moisture)
- microneedling
- acid peels
- IPL
- Harsh scrubs or cleansers

The North American winter can be in flux with temperature changes or cold weather. Focusing on gentle exfoliation and inside-out moisture will foster deep nurturance and radiant skin.



# Hydration

Hydration is the key to life on the Earth's biome. The same is true in your body's biome. Hydration fosters cleansing by clearing the body's tissues and cells of toxins and unhealthy waste that may be recirculating in your systems.

Are you hydrating throughout the day?

## Do I need to cleanse?

Begin listening to your body's messages to you. Some indications that you may need to cleanse seasonally is when the seasons change (see ➡), you may have:

- skin rashes, body acne, dry or oiliness
- have smelly perspiration, odors in your vaginal discharge, or gas.
- appear to be bloated and don't look or feel like yourself.



## Cleansing Internally

Cleansing the body internally is a healthy activity during the Spring and Fall months in your home area, depending upon where you live.

This can vary depending upon variability of climate, so use this guide below decide when and if your body needs help cleansing:

- When **cold/cool** temperatures change to **warm** temperatures.
- When **hot/warm** temperatures change to **cool** temperatures.

"You cannot have a healthy body without drinking a great deal of water. But remember, you cant just drink a glass of water and tell a glass of water to please go straight to your skin and moisturize your complexion. Water has to be there all the time, doing what it does naturally in a healthy body."

- Diane Von Furstenberg, *Book of Beauty*



## Add Fresh Herbs

Keep these herbs in your pantry, plant them in your garden

- thyme
- rosemary
- marjoram
- sage
- parsley
- cilantro
- lemon balm
- passionflower
- tulsi (holy basil)
- St. John's wort
- mint (all varieties)

## How do I cleanse?

If you are going DIY with a cleanse, simply add a few extra actions to your day to bring gentle balance to your body and skin's appearance.



Harsh cleanses for those of us over 35 can deplete our bodies and create discord in our body's systems.

Think of this time as a gentle cleanse. You can always do more after trying the gentle approach.

Begin with hydration and additions of culinary herbs, seeds, and teas to renew your body.

Add Culinary Seeds, Teas & Wild Things  
Keep these herbs in your pantry, plant them in your garden, fresh is always best when possible:

- cumin
- coriander
- fennel
- licorice root
- rosehips
- cinnamon
- goji berries
- nettles
- rose petals
- peel of lemon, orange, and lime
- mugwort
- yarrow
- cardamom
- dandelion root
- turmeric rhizome
- ginger rhizome
- rooibos
- star anise
- peppercorns
- cloves
- calendula
- echinacea





# Try Intermittent Fasting

If you are new to this practice, begin in this way:

- Have a light breakfast at your usual time.
- Make lunch your main meal.
- Have an early light dinner of soup or a salad. Drink lots of water.

This is a simple way to leverage the warmth of the sun and the height of warm energy in our bodies. When we eat our largest meal at mid-day, we maximize our bodies' potential to absorb nutrients.

By minimizing the digestive activity with lighter breakfast and dinner, we restore our digestive fire over time and create a more efficient and healthier digestive systems.

This creates a greater chance of higher function and self-efficacy in our later years in life.



**Boost your lifestyle during a cleanse:** Be social in ways outside of dining. Connect with family & friends for a power walk, yoga, a hike, or chat over tea, meditate together. Get creative and connect without food.



*add* **Ferments:**  
Add sips of kombucha and kefir, & bites of kimchi, sauerkraut, tempeh, miso, & greek yogurt or your favorite vegan yogurt during a cleanse.



**What to omit during a cleanse:**

Keeping foods light and moving toward a plant-based experience during a cleanse can re-set the digestive system with simple ease. Try omitting these items and enjoy the benefits:

- \*mood-altering substances like alcohol, cigarettes, cannabis
- \*additions of sugar and sugar-added foods
- \*animal-based foods (meat, poultry, fish, milk, cream)

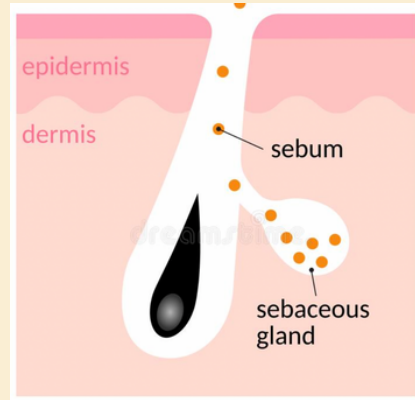
*exception*

yogurt and other ferments build and protect the biome during a cleanse



*cleanse the outside*

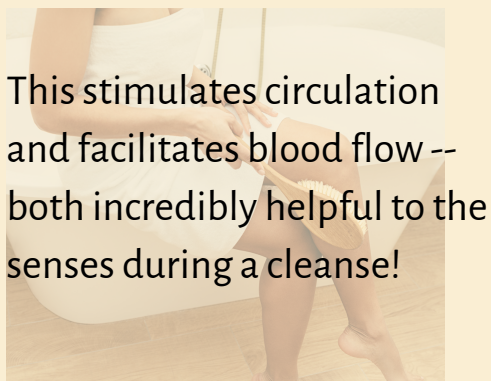
Holistic External Cleansing Hydration, Exfoliation, and Nourishment for our biggest organ: the skin. Let's focus on holistic practices to establish a healthy sebum layer. The layers of the skin look like this:



as we get older, sebum production creates a natural 'glow'

Start from the bottom.

Before showering in the morning. Everyday, and especially during a cleanse, dry-brush the entire body. Begin with the soles of the feet and move up in a circular motion toward the heart. Brush the entire body gently.



This stimulates circulation and facilitates blood flow -- both incredibly helpful to the senses during a cleanse!

## Holistic Cleansers & Soaps

- During a cleanse, it is a great time to omit fragrance and to add organic soaps to your hygiene.
- Try a holistic skin care line. Minimize harsh peels and scrubs during this time.
- Create an experience of gentleness for your body during this time.
- Try simple glycerin soap and omit any harsh detergents or sudsing agents from your beauty repertoire.

Use clear filtered water when available. *relieve your systems*

For both inside and out, filtered water will relieve your body from filtering what is left in municipal treated water. The liver and kidneys take on this task and during a cleanse, you may find that your elimination system is working in overdrive.



treat yourself

## Holistic Facial Masks

When we were younger, we were trained to enjoy harsh masks as teens when we produced too much sebum to create clogged pores and acne.

As we grow older, commercial masks and treatments can deplete the precious sebum layer which can benefit from nurturing. Gentle cleansers designed for sensitive or mature skin is better suited for those of us 35+.

why 35  
benefit from  
these holistic  
actions?

At age 35, most women's bodies begin a natural process of shifting hormones. This delicate process calibrates a myriad of processes in the body and the skin may show the first signs of aging. The sebum layer can begin to show signs of dryness or crepe-y skin at 35 or earlier. Dry or crepe-y skin are signs that the sebum layer is slowing down and can benefit from nurturance.



## Nourish Skin

Why go to the pantry for skin?

"Skin care must be good enough to eat!"  
- Joanna Runciman, *The Radiant Woman's Handbook*

Enjoy the mask recipes on the following page which are designed to be made on the fly, requiring very small amounts of ingredients. So keeping these items on hand in your fridge or pantry offer ease in establishing a practice of nourishing your skin with edible ingredients. You will also benefit from the gentle exfoliating and moisturizing benefits of adding holistic practices like these to vibrate higher through your skin's radiance.

## Same Application For All Recipes

Simply apply a thin-thick layer to face, neck, and decollete. Allow mask to rest on the face from 10 - 20 minutes. Do not allow to dry, as this may be too exfoliating

*take your time*

### Yogurt Facial

For sun-damaged skin: add matcha green tea powder

For dull skin: add turmeric, drops of olive oil, cinnamon

1 tsp of your favorite yogurt (cow's milk, coconut, almond, etc.)

- the probiotics in the fermentation boost the skin's presentation and glow
- gentle exfoliation of lactic acid in all cultured yogurts mentioned above

For acne prone skin: add honey, hibiscus flower powder, dried turmeric

### Avocado Facial

2 Tbs of mashed avocado

- omega-3 fatty acids nourish the skin topically
- anti-inflammatory and may reduce acne scarring

### Egg White Membrane

left over white & white membrane from 1 cracked egg

- egg white contains collagen
- take the egg white all the way up to the lower eye lid to decrease dark circles



*90 second glow-maker*

### Complete Rinse Cycle

In your shower or at your sink, take the time to splash your face 100 times with cold water! This big finish to your skin care daily skin care routine ensures that your begin with delightfully clean skin that hasn't been stripped with harsh chemicals. This super-powers your skin's glow and over time you will notice benefits of beautifully toned skin from this practice.