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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**A Holistic Approach to Winter Skin Care**

**By Shreelata Suresh**

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Winter is the season when Vata rides higher than usual in most people's physiologies. Increased Vata can result in dry flaky skin, chapped lips and dry, brittle hair. Here are some ways to keep Vata dosha in balance and prevent Vata-associated skin problems:

Avoid exposing skin to harsh winter elements such as freezing temperatures and drying cold winds. Dress warmly, in layers, and wear a hat, scarf and gloves when you go out in cold weather. Wear a natural lip balm to protect your lips. A light layer of ghee (clarified butter) can also work as natural lip protection.

Protect facial skin from both cold winds and drying air from heaters with a rich natural moisturizer. Apply the moisturizer at least twice a day, once after your cleansing routine in the morning and again before you go to bed. Always apply moisturizer on clean skin, preferably after you apply a natural water-based toner. Your hands can also benefit from the application of a rich moisturizer in winter.

Three or four times a week, offer dry facial and body skin additional lipid support with a replenishing oil. Choose a nourishing base oil such as almond. Add six-eight drops of a Vata-pacifying pure essential oil such as lavender or neroli to two ounces of the base oil, and mix well. Apply to skin damp from the bath or shower to seal in hydration. Test first to make sure you are not sensitive to the essential oil you choose before you apply it on a regular basis.

The pre-bath warm oil ayurvedic self-massage, called abhyanga, is a must-do in winter. The massage not only keeps your skin silky-smooth, it also tones the muscles, calms the nerves and aids circulation. Pat excess oil off with a paper towel before you step into the bath or shower, and exercise care because oil can be slippery. Choose a nourishing oil such as almond or sesame oil for the massage.

The skin on your feet tends to dry and crack more in winter. Treat your feet to a relaxing soak at night, three times a week. A quick foot bath can be made in a large, wide-mouthed bowl with warm water, sea salts, Epsom salt and two or three drops of your favorite aroma oil. After the soak, rub in an herbal lotion or some shea butter or some almond oil on your feet. The foot soaking

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and massage rituals will not only keep your feet looking good; they will also help you ease into sleep faster.

Do not bathe or shower in very hot water. Comfortably warm water is much gentler on your skin. Do not bathe more than once a day if your skin is very dry.

Do not use harsh soaps to cleanse, as they will strip your skin of precious lipids. Use a non-soap cleanser or very mild soap to cleanse.

Give your skin lipid support from within by including soaked and blanched almonds, soaked walnuts, whole milk, fresh cheese such as paneer, and ghee (clarified butter) in your daily diet. Drink a cup of warm milk laced with 1/4 teaspoon ghee at bedtime for a daily boost of lipid support from within.

Eat fruits and vegetables high in water content at every meal. Zucchini, lauki squash, tender asparagus, tender greens, and carrots make excellent vegetable choices. Sweet juicy berries, cooked apples and sweet grapes are good fruit choices. Drink lots of warm water through the day.

Ayurvedic herbs such as Amla provide concentrated nourishment to the deeper layers of the skin. Amla is the richest known natural source of vitamin C and offers potent antioxidant support. Take the Amalaki Rasayana on a regular basis to replenish skin from within.

Remember that a holistic approach yields the best results and the longest-lasting results. Try and incorporate as many of the above suggestions as you can to keep Vata dosha in balance and your skin looking smooth, soft and beautiful through the dry winter months.

Note: This ayurvedic information is educational, and is not intended to replace standard medical care or advice.

Shreelata Suresh is a yoga instructor who lives in the Bay Area. She writes for various publications on yoga, ayurveda and Indian culture. For more articles on ayurveda and premier ayurvedic products, please visit <http://www.ayurbalance.com>.

### **Top 10 Benefits of Natural and Holistic Pet Care**

**By Mariangie Gonzalez**

#### **Top 10 Benefits of Natural and Holistic Pet Care by Mariangie Gonzalez**

There are a number of reasons for choosing natural pet foods, treats and supplies. First, use of natural products is consistent with a holistic view. A holistic approach considers all factors regarding your pet's health, not just individual symptoms. The top 10 benefits of choosing natural and holistic pet care are listed below.

1) Better nutrition– a natural diet reduces contact with unnecessary chemicals and preservatives while

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increasing the intake of quality nutrients and vitamins.

2) Less probability of developing disease– Quality natural foods can reduce the onset of a variety of health problems, including allergies, digestive disorders and more.

3) Treats source of disease not just symptoms– Holistic care also looks at an animal's surroundings for ways to improve health. Lowering potential causes of stress, such as loneliness or territorial conflicts, can be helpful in improving overall health. Sufficient exercise and grooming are also elements of good holistic care.

4) Longer lifespan– natural pet care will help pets live a long life and give you many years of faithful companionship.

5) Enhanced quality of life– there's no use on living longer if the quality of life is not good, holistic pet care, will provide a better quality of life for your pet.

6) Faster healing– Holistic treatment of existing conditions by use of natural products will promote faster healing as natural ingredients are generally absorbed better by your pet and thus speeds the healing process.

7) Human safety– another reason for using natural pet products is the reduction in human exposure to toxins. Most pets are in frequent contact with people, especially children. Contact with a pet can mean risk of exposure to whatever is on your pet, whereas natural treatments avoid these risks.

8) Protects the environment– also, natural products breakdown and are absorbed into the environment better than chemical agents and, consequently, are more earth friendly.

9) Saves time– you won't be wasting your time dragging your pets to the vet's office to treat different illnesses as the holistic approach targets the individual as a whole entity, treating existing conditions from their source, not just their symptoms, and preventing new ones from developing.

10) Saves money– you won't be wasting your money on cheaper products that ultimately can be a contributor to declining health in your pets and thereby creating more vet visit and bills.

Mariangie Gonzalez is an Agronomist with a major in Animal Science & Pre–Veterinary and runs the day–to–day operations of her home–based business and website which carries pet aromatherapy, pet natural remedies, pet herbal supplements and much more. She can also help you start your own home–based 100% natural pet supplies business, you can visit online at:

<http://www.MindBodyAndPaw.com>



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