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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!**

**Exfoliate For Amazing Movie Star Skin**

**By Kerri Stalton**

Exfoliation is a simple idea and has long been a trick of the professional stylist's trade, but only

recently has exfoliation hit the mainstream. When you exfoliate your skin you buff away the dead skin cells that linger on the top of your face, thereby revealing a glowing layer of fresh, young skin. The layers of new skin that your face produces are smooth and soft, and are the perfect surface for flawless makeup application. If you are troubled by flaky areas on your face, or if you find your makeup clumping rather than settling evenly onto the natural contours of your nose, cheeks, and chin, exfoliation may be the answer to your beauty woes.

The most affordable and convenient way to exfoliate is at home with an over-the-counter facial scrub. A scrub containing small, abrasive granules of sugar, crushed walnut shell, or oatmeal can help you whisk away dead skin cells on your face and body. For best results, thoroughly cleanse your face with warm water; then apply the scrub using your fingertips. Draw small circles with your fingers all over your face to gently buff away the dead skin. Splash your face with cool water, pat dry, and enjoy the healthy look of your radiant complexion. Exfoliating helps keep your best looking skin out in the open where everyone can see it, instead of trapped under a thin layer of dead skin cells that can obscure your natural beauty.

For a more complete exfoliation, visit a cosmetologist or a plastic surgeon that specializes in microdermabrasion. This unique treatment makes use of modern technology to give you the most thorough possible exfoliation without damaging the vulnerable young skin you are seeking to reveal. In microdermabrasion, a device not unlike a sandblaster is used to coat your skin with tiny crystals; then a gentle mix of abrasion and suction is applied. The crystals loosen the dead skin cells from the surface of your complexion; then the suction lifts them away.

With multiple treatments, microdermabrasion may reduce the appearance of small wrinkles, helping you achieve a perfect, youthful looking visage for far longer than mother nature intended. This makes microdermabrasion very popular with people in the entertainment and fashion industries, where a youthful appearance is almost a job requirement. However, microdermabrasion can cost a pretty penny. Exfoliating at home can be done quite inexpensively, as facial scrubs start in the range of five to ten dollars. By contrast, a single session of microdermabrasion can cost well over a hundred and fifty

dollars.

Kerri Stalton is a featured writer for MySkinCareTips. To learn more about exfoliation, visit us at

<http://www.myskincaretips.com/exfoliation/>

and

<http://www.myskincaretips.com/exfoliation/bestexfoliator/>

## **Are You Sugar Scrubbing Yet?**

**By Carrie Lauth**

Sugar Scrubbing is a gentle way to exfoliate the skin just about anywhere on your body. A basic sugar scrub includes of course sugar and some sort of liquid and lotion or moisturizer. For a very simple sugar scrub mix some sugar with enough of your favorite body lotion to form a paste that's easy to rub into you skin.

But why would you want to use a sugar scrub in the first place? Sugar scrubbing is a great way to exfoliate your skin. Exfoliating removes dead skin particles, as well as any oil and residue. This will soften your skin and preparing it for anything else to follow such as a moisturizer. A sugar scrub stimulates the lymph system, which is responsible for eliminating toxins out of the body. The gentle massage of rubbing a sugar scrub into your skin also improves the circulation of the blood right under you skin, giving you that healthy glow.

Start your sugar scrubbing treatment by cleaning your skin with a gentle soap or other cleanser and warm water. Then grab a handful of the sugar scrub and massage it into your skin in circular motion. The grainy sugar will gently exfoliate your skin. Rinse the sugar off with plenty of cool water and use some more cleanser to get any sugary residue off your skin. Gently pat your skin dry with a soft, clean towel and follow with your favorite moisturizer. You should use a sugar scrub to exfoliate once or twice a week as needed to maintain that soft skin and healthy glow.

Are you ready to give sugar scrubbing a try? Here are some great recipes you can put together in no time at all and give this a try.

### **Invigorating Lemon Sugar Scrub**

Ingredients:

1 cup of sugar ½ cup of extra virgin olive oil 1 tsp lemon juice 3 - 5 drops of peppermint essential oil

Combine all ingredients to form a paste. Rub it into your skin in a circular motion and rinse.

Tip - For a calming sugar scrub, replace the peppermint essential oil with lavender or rosemary oil.

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### Almond Grapefruit Sugar Scrub

#### Ingredients:

1 cup of sugar ½ cup of almond oil 5–10 drops of grapefruit essential oil

Mix the sugar and almond oil until well combined, then slowly add the grapefruit essential oil drop by drop until you get the desired fragrance. Use like the sugar scrub above.

Give sugar scrubbing a try. You'll be amazed at the results this simple beauty treatment provides. Not only will your skin get soft and glowing, but the scents in your sugar scrubs uplift your spirits as well. Before you know it you'll be mixing sugar scrubs on a weekly basis, experimenting with different oils or

lotions and using different essential oils.

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