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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!

Instant Beautiful Skin Regime

By John Russell

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Instant Beautiful Skin Regime:

Most of us have days when we look in the mirror and simply despair of our appearance. This is the plan for those moments. It will instantly reenergize your skin, making it look healthier and you feel better. We know that avoiding the four major toxins (smoking, alcohol, stress, and sunlight) will support beautiful skin in the long run.

Carry-out the following programme once to improve the look of your skin instantly, then use the elements marked with an * to support beautiful skin for good.

1. YOGA*

It sounds strange but actually starting by grimacing your facial muscles in repetitive motions actually tones your facial muscles by increasing circulation. Hold the grimace for longer and longer periods, inhale and exhale concurrently, slowly relax and allow the tension and stress to exit your body - 3-5 minutes totally is adequate timing.

2. CLEANSING*

Studies have shown and Dermatologists concur, effective skin cleansing is the foundation of beautiful skin. Find an all-natural product specifically suited to your skin type and use consistently. Massage gently with your fingertips and rinse only with cool water. IH Distribution LLC sells cleansing products specifically designed for individual skin types. You can have a free consultation on the products that fit your needs and order via E-mail at sales@ihdistribution.com.

3. EXFOLIATE

The use of a masque specifically developed for your skin type from all-natural products including herbs and amino acids will thoroughly clean the pores, significantly increase circulation, and provide the deep cleansing that is required to penetrate deep enough for maximum cleansing. There are three specific products distributed by IH Distribution LLC for distinct skin types:

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A. Mild Masque is recommended for normal-to-dry, mature, and sensitive skin. It should be used twice weekly. Its heart is apricot oil blended with fine white kaolin clay. It invigorates worn-looking skin.

B. Extra Strength Masque is recommended for normal-to-oil and acne prone skin twice per week. Cleanses and refines stubborn pores from a scientific blend of kaolin clay, cornmeal, jojoba, and ginseng. Improves color, clarify, and firmness.

C. Thermal Fusion Enzyme Masque is recommended for all types except sensitive. Should be used in the PM after cleansing and before toner. This is a revolutionary skin care technology that brings together heat and water and the secret Papain, an enzyme that removes dead skin cells by actually dissolving protein.

4. STEAM THE SKIN

Steaming helps release toxins and impurities that may be under the skins surface, blocking circulation. Fill a bowl of boiling water, then gently place your face about 4"-5" from the surface and hold for 2-3 minutes. This is NOT recommended if you have Asthma as it can irritate the respiratory tract.

5. SPLASHING*

Using cold water, quickly splash the skin 20-30 times with water, pat it dry, and do NOT rub. On a night when you haven't steamed the skin, this can be done with ice water to rapidly increase the flow of blood to the area. Cold water temperatures should be avoided on steam nights due to drastic temperature change and the possibility of stressing or breaking small facial veins. After splashing is a perfect time to use a toner and the best available is NutriMinC RE9 Resorting Mist Balancing Toner, available from IH Distribution LLC. This will set the correct pH, remove final traces of masque, and restores balance for maximum moisture retention. It will visually tone, firm, and smooth your skins surface while protecting against oxidative stress and environmental aging factors.

6. MOISTURIZING*

This step is the most critical for using the right product for your skin type. To moisturize, start at your chin, gently smoothing the skin upwards with fingertips. Don't tug at the skin, just smooth it. Repeat at least 5 times. Then, repeat the move over your cheeks. Pat the cheeks and jaw 5-10 times, start lightly but increasing the pressure. Stroke around the temples and forehead repeating the patting motion. When the middle of the forehead is reached, alternate each index finger to brush rapidly upwards from the middle of your brows to you hairline. Make this feel like a smooth, rolling motion. The NutriMinC RE9 products have the significant advantage of revolutionary technology that is applicable to all skin types (except sensitive). The product is available from IH Distribution LLC and comes in both an SPF8 Day Crème and Recovery Night Crème. The products protect against transdermal water loss and increase skin lipid barrier functions. The key to the product is the proprietary blend of 7 plant nutrients configured naturally without petrochemicals or animal by-products.

7. EYE CARE*

Using a product such as NutriMinC Re9 Corrective Eye Crème, dab a little cream along the socket bone line below your eye (cream should never go directly on the eye), massage well using gentle upward strokes. Complete by patting your first finger along the eye socket bone.

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It is absolutely essential to use a premium, natural, skin care line that is developed from botanicals using amino acids and herbs as the foundation for the product. NEVER use products from petrochemical or animal-based formulations. Be consistent with the skin care products that you use, changing constantly can potential aggravate the skin and worsen its appearance. IH Distribution LLC sells products that are formulated in Switzerland for the European health spa industry and are now available from production sources in the US.

IH Distribution LLC can be contacted at sales@ihdistribution.com, free samples can be obtained for postage and handling of \$3.95, and a free skin consultation is also available.

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Pure. Natural. Beautiful from IH Distribution. IH Distribution specializes in health areas such as acne

skin care, anti-aging cream, anti-wrinkle cream, hormones and natural hormone replacement therapy, natural progesterone cream and skin care cream. We offer beauty care products such as natural cosmetics, facial products, skin care products, eye make up and dermatologist approved cleansing products.

The Secrets to Beautiful Skin

By Cheryl Haining

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The Secrets to Beautiful Skin

Everyone wants their skin to be the best possible. Here are some ideas and information to help you have radiant, healthy skin. Start a new skin care program now to ensure great results.

Background Information

Your skin is the body's largest organ. It weighs between two and four kilos, covers between one and two square metres and completely renews itself every seven to ten weeks.

Your skin reflects your state of health, being soft and smooth when well cared for, or dry and flaky when taken for granted. To be the proud owner of beautiful, soft, young-looking skin, you need to take care of it.

Tips on skin care

- Drink 2 litres of water a day
- Enjoy a diet rich in fresh fruit and vegetables
- Try to have a sound, restful sleep

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- Take high quality supplements including a vitamin & mineral supplement and an Omega 3 essential fatty acids supplement
- Practice a daily skin care regime
- Know your skin type
- Exercise regularly
- Keep stress levels to a minimum
- Limit intake of caffeine and alcohol
- Avoid excess exposure to extremes of temperature

Daily Skin Care Regime

Men as well as women will see a marked improvement in their skin if they follow a good skin care plan. Cleanse, tone and moisturise daily. Then exfoliate and use a mask a regularly.

We all need to cleanse our face and neck, morning and night. The accumulation of dead cells, perspiration and make-up mixed with the grime in the atmosphere, clogs up our pores and results in a dull and lifeless appearance.

After cleansing a toner is used to remove the last traces of cleanser and tighten and tone the pores. Toner leaves the skin feeling invigorated and cool.

Next use a moisturizer. Pollution, sunlight, harsh weather, air conditioning and central heating remove moisture from the skin. This causes dry and dull skin. Two litres of water daily will hydrate your skin from the inside. You should also add moisture from the outside. A good moisturizer will help prevent your skin's moisture from evaporating into the atmosphere. All skin types, including oily, need moisturizers.

Extras to ensure a radiant skin

An appropriate exfoliant will remove dead cells from the skin's surface. This speeds up the production of new cells. It also improves blood circulation, which gives the skin a healthy glow.

Eye creams are designed for the sensitive areas around the eye. Choose one that reduces puffiness, dark circles and wrinkles.

It is better to use a day and a night cream. They have different formulations. This will improve skin elasticity, texture and appearance dramatically. During the night your skin needs a special cream to rehydrate and rejuvenate skin cells so that you wake up with a refreshed, softer complexion.

In the shower use a soap free body wash. This is gentler on the skin and cuts down on cleaning the shower recess!!

Apply a cream, or spray on, body moisturizer to your whole body after showering.

Follow this regime and you will have beautiful skin for the rest of your life.

Cheryl Haining is a skin care and nutrition coach. She has her own successful business. Her mission statement is to ensure everyone reaches at their optimum body shape, size and condition. Contact Cheryl at <http://trimlikeme.net/?refid=ea-27547> or email her at cherylhaining@yahoo.com.au



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