

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**The Ayurvedic Skincare Routine for Facial Skin**

**By Shreelata Suresh**

**The Ayurvedic Skincare Routine for Facial Skin by Shreelata Suresh**

Clear, healthy, lustrous skin can be yours at any age if you spend just a few minutes taking care of it everyday.

A skincare routine should ideally start in the pre-teen years and be followed regularly for the best results. Also, a healthy balanced diet and an efficient digest-absorb-assimilate cycle inside your body are crucial for vital, healthy skin.

Three simple twice-a-day steps for facial skin:

Ten minutes is all it takes each morning and evening to care for facial skin.

**Cleansing:** Cleansing not only removes surface grime, make-up and impurities, it also stimulates your skin and preps it for topical nourishment. For the face and neck, it's a must-do each morning and night. Choose a non-soap cleanser appropriate for your skin type, or a tridoshic formulation balanced to work on all skin types. If you have dry Vata skin (space or air predominant skin), choose a rich, nourishing cleanser that won't strip the natural oils from the skin, with ingredients like oatmeal, almond meal and cream. If you have sensitive fire predominant skin, choose a gentle herbal cleanser that will purify without irritating the skin. Sandalwood in fine oatmeal with a little cooling milk and rose water makes a gentle Pitta-pacifying cleanser. For oily earth or water predominant skin, a stimulating product that contains oil-balancing herbs such as lavender, lemon, neem and tulsi helps cleanse and clarify.

Prepare your cleanser if you are starting with a dry mix. Then splash your face with lukewarm water to open the pores. Never use hot water on your skin; it will cause your skin to literally wilt. Using your fingertips or a soft washcloth, gently apply the cleanser to your face and neck in smooth upward strokes. The skin surface should get stimulated without being pulled or stretched. Rinse off with warm water, and finish with a final splash of cool water. If you wear make-up, two cleansings of the face at night may be appropriate to make sure all of it is cleansed off.

## The Ayurvedic Skincare Routine for Facial Skin

**Toning:** Toning is an important step in the daily skincare routine because it removes any lingering impurities or greasy residue and helps balance the pH of the skin. It closes the pores and stimulates circulation, helping to prepare the skin to absorb nutrition from the moisturizer that follows. Choose a toner appropriate for your skin type, and look for toners without alcohol, colors or artificial fragrance. Rose, sandalwood and cucumber would be good choices for Vata, Pitta and Kapha skin respectively.

If your toner is a spritzer, close your eyes and gently mist on face and neck. Dab any excess gently with a ball of cotton. Alternatively, apply the toner to the face and neck with a ball of cotton, using smooth, gentle upward strokes.

**Moisturizing:** All types of skin need a moisturizer. Moisturizers seal in surface moisture and help keep skin soft and supple. If enriched with skin-friendly herbs and essential oils, moisturizers also nourish the skin and enhance skin immunity. Natural ayurvedic moisturizers contain herbal extracts and

essential oils in an oil base richer oils for dry skin and light oils for oily skin. Gotu kola, Shatavari, Turmeric, Sandalwood, Brahmi, Amalaki, Tulsi and Neem are examples of nourishing, ojas-building herbs that are considered skin rasayanas in ayurveda.

Apply moisturizer immediately after the toner, while your skin is still slightly damp. If using a facial oil, all you need are 3–4 drops. Gently massage the moisturizer into facial skin with smooth upward strokes. For extra-dry areas, use a little additional moisturizer. Additional care, once or twice a week

Exfoliation once a week for Kapha skin and once every other week for Vata and Pitta skin adds that extra glow.

**Facial Mask:** All types of skin benefit from periodic deep-down exfoliating treatment; if you have really oily skin, you may want to exfoliate at least once a week. At its most basic, a facial mask is a little oatmeal or chickpea flour mixed with water and a touch of honey. You can add almond meal and a couple of drops of wheat germ oil for dry skin, almond meal and pure aloe vera juice for sensitive skin and Bentonite clay for oily skin. You can also enrich the mask with pure essential oils suitable for your skin type. Exfoliation removes dead skin cells, embedded dirt and toxins, and stimulates the skin, making it receptive to the nutrient-rich facial mask that should follow.

Wash your face with lukewarm water. Apply the mask with smooth upward strokes with your fingertips or a ball of cotton. Wait a few minutes in a relaxed position while the mask dries. Rinse off with plenty of warm water and follow with a moisturizer appropriate for your skin type.

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

About the Author 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>.

**Men Have More Delicate Skin Than Women! - Natural Men's Skincare...**

**By Chrissy Birdsall**

It's a fact. Men's skin is more delicate than women's.

Yep, you heard right! The daily shaving ritual aggravates the skin, destroying the hydrolytic film on the skin's surface, thereby increasing dryness and reducing the skin's natural protection. What's more, men - especially outdoor men - tend to expose their skin to a torturous array of damaging conditions including sun, wind, water, salt, building products, chemicals, cuts, scratches, and grazes.

It's no wonder, then, that the man of today is more concerned about his skin than ever before. Like his level of fitness and health, his apparel, and his grooming, a man's skin says a lot about him. Unfortunately, this new-found awareness is leading some men to the conclusion that they should be using their wives' skincare products. This is a mistake! A man's skin is different to a woman's, so it needs to be treated differently.

Why is men's skin different to women's?

Before we can talk about how natural men's skincare caters to men's unique needs, we need to understand what those needs are. Why is men's skin different to women's skin? There are four main differences between men's skin and women's skin:

- Men have thicker skin (although many women would beg to differ)
- Men have oilier skin
- Men have more delicate skin
- Men's skin has smaller sebaceous glands

Why natural men's skincare?

There's little point using a skincare product which is made for a woman's skin. Quality-made natural men's skincare addresses the differences between men's skin and women's skin (without turning skincare into a tedious, never-ending chore).

A quality men's facial scrub is formulated to combat the drying effect of shaving while at the same time exfoliating and replenishing the skin's natural defenses. A men's soap contains specially selected oils and organic ingredients which not only cleanse but which also accelerate healing. Men's shaving supplements leave the face feeling fresh and moist, not dry and aggravated. And of course, men's all-in-one face and eye moisturizers provide convenient yet dynamic skin rejuvenation while simultaneously minimizing the damaging effects of excess sunlight.

Quality natural men's skincare doesn't contain chemicals which strip out the skin's natural moisture. It doesn't contain petrochemicals, sulphates, and chemical preservatives which can have an hormonal impact. It doesn't contain artificial fragrances and parabens. In fact, quality natural men's skincare contains only pure and organic ingredients. It consists of a blend of essential oils, vitamin extracts, spices, beeswax, and pure oils which is tailored to the specific needs of a man's skin and a man's environment and lifestyle.

As a result, a quality natural men's skincare range can make a man's skin feel less irritated, dry, and

## The Ayurvedic Skincare Routine for Facial Skin

itchy. It can maximize the skin's elasticity, and enhance the complexion. Perhaps most importantly, it can make it far more pleasant to a woman's touch... Conclusion

As it turns out, men need skincare just as much as women, maybe even more. Their skin is more delicate and it is continually exposed to damaging conditions. But because a man's skin is thicker and oilier and has smaller sebaceous glands, it needs a tailor-made skincare range. So when it comes to skincare don't settle for second best. A man's skin needs a natural men's skincare range - a range which reduces dryness and irritation, replenishes natural defenses, enhances skin rejuvenation, and makes his skin all the more touchable...

Chrissy Birdsall is a renowned beauty and skincare authority, with over 40 years industry experience. Her boutique skincare business, Purestuf, features a natural men's skincare range Purestuf Warrior which is available for purchase online at

or by contacting Sydney Australia

+612 9909 3222 or

.



**This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).**



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