



Natural
Skincare Secrets
Volume One

Edna Sousa
The Brazil Chemist

Natural Skincare Secrets

Volume One

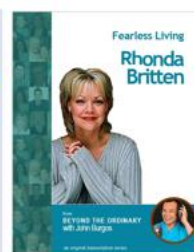
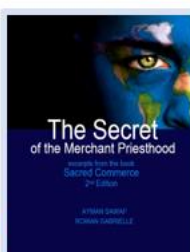
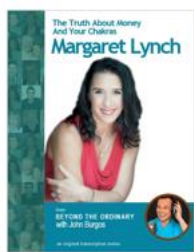
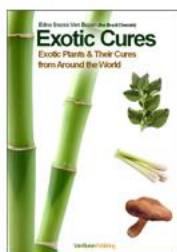
Copyright © 2015 by Edna Sousa.

All rights reserved. No portion of this e-book may be reproduced, stored in a retrieval system or transmitted in any form or by any means – electronic, mechanical, photocopy, recording, scanning, or other – except for brief quotations in critical reviews or articles, without the prior written permission of the publisher.

This Edition published by Van Buren Publishing. All Rights Reserved. Editing, cover design and interior by Van Buren Publishing.

Van Buren Publishing
1171 S. Robertson #124
Los Angeles, CA 90035
www.vanburenpublishing.com

For more high-quality mini-ebooks, visit
www.vanburenpublishing.com



About the Author:

Edna Sousa was born in Brazil and studied chemistry and cosmetics formulation in her native state of Minas Gerais. She traveled throughout Brazil and the world studying about natural ingredients and soon began consulting in Brazil — helping manufacturers develop more organic and natural product lines, while maintaining competitive product costs. She moved to the United States in 2006 and serves as an independent product formulator for companies all over the U.S., helping them with natural formulations and cost reduction.

Edna is the author of the popular column Exotic Cures in which she talks about exotic ingredients for health and beauty from all over the world. She has also written for numerous beauty websites, including understanding-antiaging.com and naturalnews.com. She has also helped companies with their online marketing and publicity. Visit her at www.brazilchemist.com.





Five Best Active Ingredients for Healthy Skin

As a chemist, I love looking at active ingredients in new products, where they come from, how they work in a specific area of the body, and what the area looks like after the application. So I found five active ingredients that really offer a look of lift...and give back your self esteem.

Hyaluronic Acid (HA)

The first active ingredient I found is **hyaluronic acid**. This acid is found in small amounts naturally in humans and animals...in young skin, tissues and joint fluid. Hyaluronic acid lubricates the skin and helps it retain water, giving the skin a more smooth, soft and toned look. The creme featured here is for removing creases and wrinkled around the eyes.

Oryza Sativa

Another great ingredient for natural beauty and skin health is good and ol' rice. At an anti-aging expo in Las Vegas awhile back, I came across products from Asia containing **oryza sativa** as a active ingredient and started looking into it. Turns out that rice promotes hydration, and collagen synthesis in the skin, thus increasing skin suppleness and firmness.

Ellagic Acid

Ellagic acid is found in vegetables, nuts, fruits and berries like raspberry, strawberry, cranberry and pomegranate. This acid is very important for the skin's health and appearance. Researchers found that this acid is super efficient at blocking the sun's UV rays, so it's a natural sunscreen. Ellagic acid works to protect sun damage and prevents wrinkles and skin cancer.

Acai Berry Antioxidants

Speaking of antioxidants...this is the one that you cannot afford to do without, acai berry. The acai berries are rich in fatty acids, vitamin C and phytosterol, all of which are excellent for skin health and youthful appearance. You can use them topically, and also find a good acai

juice for health on the inside. What more can you want in a single ingredient?

Cupuacu

And the last super ingredient is another Brazilian botanical, called Cupuacu, that is just Amazon...I mean, Amazing. It's also known in Brazil as the "alternative chocolate." Cupuacu is a cousin to chocolate, from the *Theobroma* family, and its butter promotes hydration and helps heal dry and damaged skin. Like acai, cupuacu can be used topically and internally and you'll find it in skin care products as well as juices.

So that's a look at five great active ingredients that will keep you active and young.



Ayurvedic Skincare Secrets

by Roberta Striga

Did you know that skin is our largest organ? It comes as no surprise then it can show tell-tale signs if we are not feeling well (physically, mentally or emotionally). Ayurveda is all about the holistic approach and bringing all of you into balance. The same is applied to our skincare routines. And by skincare we are not talking about just your face. The rest of your skin needs plenty of nourishment too so try to keep that in mind.

While in the current economic climate Ayurvedic consultations might be too expensive to even contemplate, giving your skin the optimum care it needs to glow does not have to be difficult. Nor expensive. Try to incorporate any of these into your daily skin routines and watch your skin transform -- from sullen and gray to dewy and glowing.

Kapha skin types

Two major characteristics of Kapha skin type are thick base and being prone to oiliness. The latter is the main reason why Kapha skin types are prone to generating toxins (ama) just below the skin's surface. When it comes to daily skincare routines for Kapha skin type it is recommended to cleanse and tone the skin regularly.

If your pores get clogged up easily use gentle cleansers and try to exfoliate at least once a week with a clay mask. Another external process that might help in getting the Kapha skin into balance is a dry powder massage. Combine these external remedies and try to curb your sweet cravings and excess of fatty foods (which all add to the oiliness) as well as stock up on leafy vegetables and fresh organic foods. Use ginger as a spice as it should help remove the build-up of toxins in your body.

Try to get some exercise because through sweating you are releasing even more toxins.

Vata skin types

Since Vata skin type is very thin and dry, nourishment is the key to get it glowing. It is recommended to cleanse and provide plenty of moisture for Vata skin (from both inside and out). When it comes to cleansers invest in a gentle, moisturizing cleansers as anything harsher than that

will strip your skin. Opt for either a moisturizer that has all natural ingredients (without chemicals or harsh ingredients) or facial oils (these should be massaged into the skin of your face for added hydration and can be a wonderful protection in winter time). And do not forget to drink plenty of water!

To get the rest of the skin in tip top shape try warm oil self-massages that will hydrate the skin and banish that tight feeling. Combination of these external remedies should get you on the right path. Combine them with eating plenty of juicy fruits when they are in season and adding ghee (clarified butter) or extra virgin olive oil to your diet as this also benefits Vata types. While exercise helps Kapha skin types, routine and plenty of rest is essential for Vata skin types.

Pitta skin types

One thing people with Pitta skin types should invest in is a good sunblock. As Pitta skin is sensitive it is best to avoid prolonged exposure to sun and beauty treatments such as sun beds and whole body steams. As Pitta skin type needs both nurturing and cooling, it is advised to steer clear from skincare that is harsh and artificial, best option would be all-natural cosmetics (cleanser and moisturizer and in all probability you will not need a toner).

As with Vata skin types facial oil will be beneficial for Pitta skin types although it can be massaged every other day rather than daily. To get the rest of your skin in balance try self massage with a cooling oil such as coconut oil. To help with the balance from the inside Pitta skin types should try having rose petal jam with cool milk daily (as this is supposed to have a cooling effect on their fiery constitution). Food wise, sweet juicy fruits in season are beneficial, as is adding fennel and

licorice as spices in your food. Another thing that should be pointed out is that Pitta skin types (more than others) are prone to outbreaks due to emotional stress. So try getting plenty of fresh air and regular exercise to keep your stress levels down.



Homemade Exfoliation Treatments

With summer just around the corner, it's time to prepare your skin for more exposure. But if yours is not in the best of shape...don't worry! It's nothing that a good dose of TLC and homemade skin treatments can't cure. If your skin has that crocodile-like appearance or you need just received a bad wax treatment...there's nothing better than exfoliation to help restore your skin's youthful look and feel.

Exfoliation refines the skin, which makes it better for waxing and helps prevent ingrown hair. But besides that, exfoliation helps with circulation

and feeds the cells, stimulating collagen production which helps keep your skin looking young and glowing.

The process should be done in smooth, circular movements, to stimulate circulation. I generally do this at home, after a shower. This is a great time to exfoliate because the shower prepares your skin for the treatment — the hot water (but not too hot, ok) prepares your skin to receive the nutrients in the exfoliation mixture. The areas that deserve the most attention and care are the legs, groin, arms, buttocks, neck and hands.

Make your exfoliation mixture with almond oil if your skin is dry and a moisturizing lotion if your skin is normal. If you have oily skin, use a moisturizing liquid soap instead. Add ground loofah, ground almonds, spearmint essential oil, jojoba oil and a touch of lemon essential oil (just be careful as lemon can permanently darken your skin if it gets exposure to sunlight). These ingredients will help improve circulation and help the skin release toxins.

If you are a fan of hair removal, but you have a tendency to get ingrown hairs — especially in the groin area — make sure you use thin and smooth granules when you work on this area. Also, the neck and hands are delicate areas and require small or thin granules that will not scratch. Use brown sugar, oats or even wheat germ in your mixture instead of the other granules. The application is from the feet toward knees, and knees toward groin area.

If you get ingrown hairs on your arms or buttocks, this is likely because your clothes are rubbing these areas. This can be treated by adding certain products to your mixture, including those with anti-inflammatory

properties (such as ginseng, chamomile, spearmint, comfrey root, Witch Hazel, and calendula flowers). These can help to clean the area and dry-out the inflammation. Apply the products in circular and upward motions.

The Benefits of Collagen in Skincare and Anti-Aging



Collagen is the most important and abundant protein formed by a number of amino acids. Its main function is to sustain hydration in the skin. Collagen grows naturally in the body, but starts to decrease in adults, beginning at age thirty. At fifty, the human body produces only 35% of the collagen necessary for sustaining the skin and other organs.

There are many types of collagen found throughout the body...such as in the connective tissues, cartilages, organs (including the liver, kidneys, and spleen). It's also in the neural system, the eyes and in the muscles and skeletal cells.

Aging & Collagen Loss

The loss of collagen is among the first signs of aging; its deficiency in the body is called collagenesis. Muscle loses its tone, bone density decreases, cartilage that surrounds the bones and joints turns fragile and porous, ligaments lose strength and elasticity and the skin starts showing wrinkles and stretch marks. Besides the skin, the appearance of nails and hair are also affected by the level of collagen in our bodies.

Collagen Renewal

So that means it's time for collagen renewal, which can be done through food, supplements and cosmetic products. But healthy habits adopted early can help delay collagen loss and signs of aging.

The main source of collagen is from animals; chicken meat with bones and cartilage, beef, powdered gelatins, collagen in capsules, it's even in candy. Collagen replacement using capsules of hydrolyzed collagen is being used for hydration and skin elasticity and firmness. Ingesting collagen is most useful method of adding more to your body, but here are a few tips to keep in mind:

- Take collagen with Vitamin C, which is responsible for the synthesis of collagen in human tissue.
- Pineapple is rich in enzymes that protect the elastin fibers and collagen in the tissue.
- Don't forget about water, which keeps the body hydrated and balanced.
- Use a skincare product with HA, vitamin C and quality oils.

Home-Made Skincare: Moisturizing Oil for Your Skin



Try this little mixture of vegetable oils for healthy skincare recipe that you can make easily at home:

- ¼ cup of grape seed oil
- ¼ cup of sweet almond oil
- ¼ cup of olive oil
- ¼ cup of sunflower oil
- ½ tablespoon of sesame oil
- 5 drops of rosemary essential oil

Mix all the oils in a glass or ceramic bottle (plastic is ok if you don't have glass). If stored properly, the mixture should last at least two months.

You can substitute other essential oils for rosemary, such as geranium oil or lavender oil.



Skin Brushing for a Natural Glow

A good brushing can make your skin more healthy, supple and soft. Plus, it adds color and vibrance to your aspect. Just go to you local (or online) health products store to find a skin brush, then use it every day before you shower. Brush every part of your body vigorously with long, even strokes. You'll notice a difference in your skin within a few days!



Beauty Trends: The Newest Oils for Hair (and skin)

The hottest thing in skin and haircare is the arrival of some new and exotic oils from the far reaches of Planet Earth. Oil, as you know, has always been an essential ingredient in beauty and a treasured substance, often being more valuable than gold itself.

Today, we're seeing oils that are light and viscous (slippery) while still being clean and fresh...perfect for skin and hair. A quality oil will add shine and body to hair, moisture and elasticity to skin, and leave you smelling wonderful at the same time! Here are a few of the newest oils to find their way to our homeland:

Macadamia Oil

One of the most exciting oils is Macadamia Oil...made from the Macadamia nut. It's light and really nourishes your hair, leaving it silky, not oily. It also helps reduce drying time and protects hair against UV rays. This oil comes from the South Pacific and is mixed with Argan oil in products by Macadamia Hair. Worth checking out!

Argan Oil

This oil is an ancient secret from the *Argania Spinosa* tree found only in Morocco. It's a fairly light oil that is full of antioxidants and helps protect hair from UV rays and free radical damage. It contains vitamins and minerals that nourish and strengthen hair. It's available in products from Moroccan Oil and Earthly Body.

Acai Oil

You may recognize the name Acai from the Acai Berry diet programs. Well, it's not just the fruit from this Brazilian palm that's useful, but also the seeds, the stems and every part of the plant. Acai oil is rich in minerals and softens thick hair, strengthens brittle hair and adds shine and silkiness to all hair types. It's available in products by defabulous.



Healing Like a Rose, RoseWater for Beauty & Healing

One of the oldest and most effective skincare treatments is also one of the most pleasant...simply rose water. Rose water is distilled water with essence of roses and it has been around for centuries. It's an excellent makeup remover and facial cleanse, plus it hydrates your skin, helps heal damage from sun and environmental toxins and generally makes you feel great. Search the Internet for good deals on rose water and use it every day on your skin.

Common Ingredients That Heal



This week I was questioned about “what exotic cures I love the most?” For me the answer was automatically “Aloe vera.” I think Aloe vera is the most versatile plant in the west. It’s good for health and beauty – it’s used as a remedy for hair, skin and internal organs.

But for getting exotic results we have many common ingredients that you might use every day in your kitchen. These ingredients are being added to cosmetic formulas for anti-aging beauty and even skin protection. Here are some of the best common ingredients found in effective cosmetic formulations:



Sesame oil is rich in lignan, sesamin and sesamolin and the trace minerals copper, calcium and magnesium. Sesame oil also contains Vitamins A, B, C and E well known as powerful antioxidants that protect the skin against damage and aging. Sesame oil is responsible for preventing sunburns, stretch marks and eczema and psoriasis, plus it acts as a hydrating agent.



Parsley is rich in carotenoids such as lutein and zeaxanthin, folate and vitamins A, C and K. Parsley oil acts in the skin as an antimicrobial agent, fighting bacteria and microorganisms, and clearing dark spots and acne. The oil also possesses the quality of toning and firming the skin.



Pea extract (from green peas) is another ingredient that has natural moisturizing factor (NMF), preserving the water in the skin, rejuvenating, firming and toning the skin.

Chamomile has bisabolol the anti-inflammatory compound that heals, clarifies and soothes skin imperfections. Chamomile extract can be used for any skin type. Besides being astringent, it deep cleans pores and heals eczema and small wounds.





Cucumber extract is another popular ingredient in cosmetics that works wonders. Rich in Vitamin C, cucumber extract soothes irritated skin and reduces swelling. The caffeic acid and silica invigorates the skin, refining wrinkles and developing firmness.

So, as you can see, all the ingredients above provide excellent skin treatment for repairing, rejuvenating and invigorating your skin. Don't think that only exotic ingredients from the far corners of the world are good for your skin...for a better more youthful complexion, these really common ingredients have a lot to offer.



The Caracol Effect: Slowing the Aging Process to a Snail's Pace

I can't think of anything more exotic and exquisite than escargot. Being high in protein and low in fat, this exotic French appetizer is made from snails and is enjoyed (or at least sampled) with special silverware in many countries and cultures around the world.

So it's no surprise that snails would find their way into the beauty industry, after DMAE (made from Salmon), silk protein, whale sperm and other countless bioactive ingredients have been used in beauty products with effective results. The escargot (in French) known as snail

(in English) or caracoles (in Spanish) has properties that regenerate, enlighten and firm the skin's tissue. When combined with other powerful nutrients, you have a skincare and anti-aging powerhouse.

First, I'd like to talk about the *Helix Aspersa Muller*. This snail has a secretion that is being used in beauty industry as an anti-aging ingredient. The secretion drawn from the snail's body is rich in protein, sugar, lipids, trace minerals, enzymes, copper, peptides, amino acids and much more.

For many years the snail's secretion has been used for skin and health problems. It has antioxidants, regenerative, moisturizer and reconstructive properties and works perfectly with human tissue, without harm or allergic reactions.

As we age, the cells lose their capacity to produce collagen and elastin, which are essential for keeping the skin's youth and elasticity. Collagen and elastin are proteins, which can be stimulated through the increase of essential and non-essential amino acids. Add these amino acids to the regenerative effects of snail secretion, and your anti-aging program is complete.