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LITTLE WHITE BOOK

**AMANDA WINWOOD – FOUNDER  
OF MADE FOR LIFE ORGANICS –  
on all things organic...**

**How can you tell if something is organic – and can you outline some of the misconceptions of organic labelled products on the market and if they are not part of certain approved bodies, what this can mean for the composition in terms of organic product use? What should people look out for?**

This is an interesting one and the great Greenwash debate continues to roll on, with the Soil Association highlighting the idiosyncrasies and in some cases ensuring that Trading Standards take action against fraudulent claims from companies including Boots. When we first launched into the world of organic beauty 15 years ago, we were the first company to receive 100% accreditation from the Soil Association.

For us, this was about distinguishing ourselves to the public as an authentic and trustworthy company. To a point, there was a lack of understanding and organic was perceived as being a bit 'hippy' – brown rice, dirndl skirts and flip-flops. With a greater desire for wellness, we have noticed a massive change in terms of understanding and the requirement for clarity by the discerning consumer, which has really helped our brand.

The challenge for the consumer is that UK legislation permits any skincare product to be labelled 'organic' or 'natural' even if it only contains 1.75% ingredients of organic or natural derivatives. For me, this is unacceptable and needs change. Unless you have the

right qualifications, it can be very confusing!

My recommendation to those who are really interested in ensuring that what they buy is the real deal, is to look for a certified organic product. In Europe, the Soil Association, BDIH, Cosmebio, Ecocert and ICEA have teamed up to create an internationally recognised cosmetic organic standard known as COSMOS with a clearly identifiable logo. This ensures that beauty products such as ours achieve the standards they claim to meet. If you look for the logo of one of the certifying bodies along with the COSMOS Organic logo on all cosmetics claiming to be organic, or for the Soil Association logo on health or wellbeing products, then you can rely on getting what you see.

Certification means the following: COSMOS Organic demands that for a product to call itself organic 95% of its ingredients must be organic. However, it is worth noting that COSMOS also provide certification for products that state they are "made with organic ingredients", requiring 20% organic ingredients for leave-on products, and 10 per cent for rinse-off. All COSMOS Organic-approved products use only natural colour and fragrance, traceable and sustainably-sourced ingredients, and are never tested on animals.

There is also a COSMOS standard for Natural products. For us it is not complicated – when you produce 100% organic skincare, we simply demonstrate it is what it says it is by eating it. Given that the skin is the body's largest organ and absorbs up to 70% of what you place on it, for us it

makes sense to apply nourishing ingredients on the skin that aren't synthetic and are free from pesticides. Simple!

### **What are the processes that your company go through to be certified organic?**

Good question! To be certified organic is an extensive and intensive process especially with the Soil Association who are still regarded as having one of the most challenging audits to meet. In essence, it means that we have to demonstrate complete traceability of every single ingredient we use in any product.

### **What does this mean?**

All our suppliers must conform to agreed standards and also be approved by the Soil Association to ensure that no fields where the ingredients we use have been sprayed with any pesticides and that nothing has been tested on animals. There are also criteria to be met with packaging – we use recycled glass and FSC card and set the gold standard for packaging.

At home in Cornwall:

- In our lab, we do not use any chemicals for cleaning, instead we use COSMOS certified products and Lavendin Spray.
- Organic certification means that when we formulate new products we think about the end of the journey at the beginning. Our belief ties in with that of the Soil Association, i.e. the promotion of organic methods that respect the planet and nature are good for health on every

level. If we have a healthy planet, we as a race are more likely to be healthy, too. Every new product bears this in mind – we look at the composition of the skin and then work to choose ingredients that benefit and nurture.

- The annual audit to retain certification takes a full day with an auditing officer checking all our systems and processes from start to finish. It is exact and intense but we always learn from it and feel that it is worth it. A percentage of all our sales goes back into the Soil Association, which is a registered charity, and this promotes the work they do.

*Humans are meant to be inextricably linked with nature and when we are, we are at our most well.*

*When we start to appreciate this, we appreciate what we can do for ourselves.*

**Caution: All natural remedies are powerful healers and should be used carefully. If you are taking other medication, see your doctor before adding herbs or supplements to your programme. Always follow the instructions on the label.**

### **Some recommendations from Amanda Winwood' first aid home pantry:**

The Made for Life™ 100% organic first aid kit has always been in my home and still is, even though my two daughters are now 18 and 16.

This consists of

- **Soothing Bruise Balm** with Arnica for the little bumps in life
- **Soothing Muscle Balm** with Rosemary for any strains and it is also

great for headaches during exam revision – pop onto the temples!

- **Sore Skin Balm** with Propolis which is great for cuts, sores and any skin breakouts like acne

- My all-time favourite – **Skin Solve with Calendula**, a wonderful balm for soothing anything from nappy rash to insect bites, eczema and dry skin.

My Mother ALWAYS used to treat most issues with **Witchhazel** which is now making a big come-back. It is a wonderful tonic to have and its light disinfecting qualities means that it is great to apply to any cuts as well as helping with bruising. A household staple I would say – even 50 years on from my childhood!

Make sure you always have a **lemon** in the fridge – I have a cup of warm water with lemon in it every morning. It will help with your pH levels and has – for me – kept the colds and flu bugs at bay. At this time of year, I often add some thyme from the garden – see below for special winter infusion (please note that during pregnancy, consumption of thyme should be restricted) **Using compresses and poultices:**

Compresses have been used for centuries. Cold compresses are used for broken non-inflamed skin such as eczema, psoriasis and similar complaints. Heated compresses are used on unbroken skin, to treat conditions such as rheumatism, inflammations, sprains, pain and swelling. Hot compresses should never be directly applied to open wounds.

To make a compress you will need:

- A cotton cloth 30cm x 50cm (12 inches x 20 inches)
- Cling film or surgical tape
- Elastic bandage
- Woollen cloth

Lay the cloth on a flat surface and evenly spread about 200ml of compress paste in the middle of the cotton cloth. Fold each side of the cloth over the content before taping lightly with cling film or surgical tape to ensure the compress is secure. Place the compress on the area to be treated with the cloth side facing towards the skin. Wrap an elastic bandage around and secure the compress the affected area with tape. The compress may slowly begin to look unsightly as impurities, such as pus, are gradually drawn to the compress from the wound.

Compresses should be left in place overnight, but not for more than 10 hours at a time and should never be reused. Once removed, the area should be washed with a strong chamomile infusion.

#### **Poultices:**

A poultice is made up of a plant that has been crushed and then applied whole to the affected areas. You can also boil crushed plant parts for a few minutes to make a pulp or use a powdered herb and mix with boiling water. Because they are often applied with heat and use fresh parts of the plant, poultices are more potent than compresses.

#### **How to make a poultice with Amanda Winwood:**

Poultices are simple and easy to do. They were used for centuries for injuries but we have lost this ability and connection so it is time to reconnect!

Again my Mother taught me this and she always used to use Dock Leaf poultices for nettle stings, while Mustard seed poultices were used for colds by my Grandmother!

If you grow fresh herbs in the garden. you have you own supply of 'home remedies'. Alternatively, have a staple of dried herbs in your cupboard at home, including:

- Calendula petals – soothes insect bites and dry sensitive skin
- Rosemary – muscular strain and head-aches
- Plantain leaf – helps with wounds and itchy skin
- Chickweed – psoriasis and itchy skin
- Dandelion leaves – great for burns and stings

### **To make a poultice:**

1. Choose the herbs you need and look at the area required to apply the poultice to determine the quantity you need.
2. If using fresh herbs – cut them up and then crush with a pestle and mortar or simply pop into a blender with a small amount of water to make a paste.
3. For dried herbs – use warm water – boil the kettle and allow to cool for 5 minutes before mixing and then blend in the same way to a paste.
4. Apply directly to the skin and use gauze – keep some in the cupboard – to wrap around the poultice. Leave applied to the skin for at least 10 – 15 minutes.

### **Infusions:**

Effectively another word for tea, an infusion uses dried herbs, or in some instances fresh, which are steeped in boiled water for about 10 minutes. Infusions are most suitable for plants from which the leaves and flowers are used, since their properties are more easily extracted by gentle boiling.

Lemon, Thyme and honey infusion for boosting immune – one cup  
(Hint – If you have a cold – use Sage to replace the Thyme as this is a really great decongestant)

- 1 tsp. dried thyme, or a small handful of fresh thyme (grow in the garden!) • A slice of lemon
- 1 teaspoon of honey (organic and/or Manuka if available)
- Boil some water. Turn off the heat and let the water sit for 30 seconds – 1 minute so it's "just off the boil"
- Put your thyme and lemon slice into a teapot
- Pour the slightly cooled water over the lemon and thyme and allow to steep for 5 minutes
- Pour into your teacup and add honey to taste

Honey and Orange 'Pick-me-up'

- 225g plain live yoghurt
- 1 orange peeled, sectioned and seeded
- 1 tbsp. lemon juice

- 1 tbsp. honey
- ½ tsp of grated orange rind  
Process all the ingredients in a blender until smooth and drink as needed.

Amanda Winwood's wellness tips can be integrated into all our lives....

- Take time to relax and 'smell the roses'. Practising mindfulness – even on a micro level - will be beneficial as it lowers cortisol and increases your oxytocin, i.e. it boosts your immune system. Sitting for even one minute – “One Minute Mindfulness” - and taking really beautiful deep breaths will boost your sense of wellbeing.
- Eat healthy home-cooked nutritious food with as much organically sourced ingredients as possible. Ensure that you have plenty of fibre and roughage as chemotherapy can make you constipated and removing toxins through regular bowel movements is a really good practice. Reduce consumption of sugars, red meat and ideally dairy, too. Nourish your body with wholesome food that makes you feel good - lightly cooked tomatoes are full of Lycopene and are fantastic for health, and lots of leafy greens and berries are great too.
- Exercise regularly – get out when you can, even for a brisk 30 minute walk, and get that heart pumping. Often when you are going through treatment, you may not be able to do this initially but when you can just seize the moment and go out with a good friend.
- Listen to your body – sleep when you need to sleep and don't push yourself to do all that you would do normally.
- Practice self-massage and use organic oils and balms to nourish your skin and scalp. If you have lymphedema or are at risk, then use a gentle light touch to the affected area with a beautiful scented oil. Self-care is a great technique to help you feel better.
- If you are having radiotherapy, drink plenty of green tea – the antioxidants combat the side effects of treatment.
- Drink plenty of filtered water.
- Have a hug (at least 6 seconds) with a loved one, be honest and share how you feel. Allow compassion and love from yourself and others – it will help.

## DE MAMIEL – FOUNDER OF DE MAMIEL - on all matters of sleep and how to manage exposure to environmental pollution

### Are you able to list several environmental pollutants that people are dealing with daily and when they are at home?

Air pollutants have been linked to asthma, lung problems, heart disease and the onset of type 2 diabetes.

While pollutant levels are highest in busy cities, the home contains pollutants with which most of us come into contact every day. Simple activities such as lighting a gas cooker, which can give off the same chemical as road traffic, or using a mobile phone or tablet can expose the body to some degree of pollution.

The six types of air pollution into which we come into daily contact are:

- Polycyclic Aromatic Hydrocarbons (PAH) are the most widespread organic pollutants. The main source of atmospheric PAH comes from residual wood burning, automobile exhaust fumes (especially from diesel engines) and in all smoke resulting from the combustion of organic material (including cigarette smoke).
- Particulate Matter (PM) refers to pollutants consisting of complex particles of varying size and composition that are suspended in the air. Factories, power plants, refuse incinerators, automobiles, construction activities, fires and natural windblown dust are some of the main sources of PM.

- Particles in the Nano size range, especially those from traffic sources, are considered among the most harmful components of ambient PM, since their particular physical properties make them highly reactive toward biological surfaces and structures and induce oxidative stress in human skin.

- Emission of Volatile Organic Compounds (VOC) originates from the use of organic solvents in paints, vehicle refinishing products in repairing car paint, tobacco smoke, stored fuels and exhausts from cars. VOCs, with the presence of sunlight and NO<sub>x</sub>, cause the formation of photochemical oxidant products - mainly O<sub>3</sub> - at ground level. Research showed that exposure to VOCs increases cytokines, which could then favour the development of inflammatory and/or allergic reactions such as atopic dermatitis or eczema.

- Oxides are another variety of air pollution, the most relevant being Nitric Dioxide which causes oxidative damage resulting in the generation of free radicals that may oxidize amino acids in tissue proteins and initiate lipid peroxidation of polyunsaturated fatty acids. One of the highest concentrations in the world is present at London's Oxford Street.

### How is this affecting our health and our skin?

The generation of oxidative stress caused by PM contributes to extrinsic skin aging. Skin exposed long-term to PM-bound PAHs, either through hair follicle or trans epidermal absorption, may lead to oxidative stress and skin aging. This can lead to spots and cysts

mainly on the face (outer sides of the eye and behind the ears) and neck.

Experimental evidence shows that ozone can induce damage in the epidermis of the skin, reduce the level of antioxidants such as  $\alpha$ -tocopherol (vitamin E) and ascorbic acid (vitamin C) and increase malondialdehyde (MDA), a lipid peroxidation. These effects lead to changes in the skin barrier, the production of lipid ozonation products, and inflammation. The first target of O<sub>3</sub> is the stratum corneum that contains a high level of unsaturated fatty acids and lipids with the generation of ROS. O<sub>3</sub> stimulation results in disturbed activity of matrix metalloproteinase (MMPs), responsible for the breakdown of extracellular matrix components such as collagen and elastin, implicated in extrinsic skin aging.

The main function of our skin and mainly the upper layer of the epidermis is to be a barrier and act as a shield against these physical and pro-oxidative chemicals, and high levels or prolonged repetitive exposure affects the integrity of this shield which leads to skin ageing and inflammatory or allergic skin reactions

However, environmental stress includes not only air pollution in its many forms, but also UV and electromagnetic radiation as well. Electromagnetic radiation comes from our digital world: computer screens, cellular phones, television etc., all affect our energy fields. We interact every day with these invisible stressors to the skin which affect our health and longevity without us being aware.

Pollution leaves a layer of particulates on the surface of the skin and these particles, sometimes 20 times smaller than pores, can infiltrate deeper layers of the epidermis causing not only inflammation and dehydration, starving the skin of oxygen, but also a cellular-level reaction that leads to lost elasticity and firmness, accelerating ageing and leaving it more vulnerable to damage. Irritation and sensitivity are also very harmful to the skin, creating free radicals which can alter the very DNA of the skin cells.

### **What we can do to reduce the results of this exposure and create a better environment in our homes?**

One of the best ways to purify and cleanse the air in our homes is by installing plants. Some of the most popular and easy to look after varieties include Spider Plants, Bamboo Palms and Peace Lilies. These species absorb common indoor pollutants such as formaldehyde, benzene and trichloroethylene, resulting in cleaner air.

To cleanse the skin and body of everyday toxins, it's best to remove all makeup straight away when entering the home. Not only will this help to ease congestion on the skin, it will also form part of a daily ritual where we are removing the daily stressors that attach themselves to us and allowing ourselves a much-needed pause.

### **How did you set out to create a product line that dealt with the skin's exposure to daily pollution?**

For thousands of years, Chinese medicine has understood the skin to be an extension of the lungs and, as such,



breathes, cools us, keeps us vital and protects us from external pathogenic stressors. Modern scientific research has now confirmed that the upper layers of the skin are almost exclusively supplied by external oxygen. Therefore, our skin literally breathes to keep itself healthy and to maintain its vitality; however, an additional external stressor we may not have considered is that many products not only pollute with more chemicals but also occlude our skin's ability to breathe - like a dirty window, the skin's function is blocked and marginalised.

This is what causes the skin to become dull and tired, along with increasing sensitivity resulting in locally inflamed and red patches. Most guests we see in London complain of dryness, a lack of moisture and premature ageing, which is essentially down to the skin's breathable protective barriers being broken from this exposure to pollution.

When creating Atmosphériques - a range of products designed to tackle the premature ageing effects of environmental stress on the skin, working together to clean, repair and protect the skin and allow it to breathe and function effectively - our goals were to unblock our skin and ward off external stressors and therefore allow the skin to breathe.

I also wanted to rejuvenate the skin on a daily basis and slow this unnecessary acceleration. This was a very rewarding process as we created thorough bespoke blends or found the most amazing antiinflammatory phytonutrients, skin-firming phyto-ceramides, nourishing fatty-acids, powerful anti-oxidants and anti-

occlusion breathable ingredients, to house them.

## **Why is sleep so important in maintaining the quality of our skin?**

*'A good night's sleep is one of the best weapons in your skincare armoury. In developing the sleep series, I have looked at the causes of what keeps us awake and holding that stress in our bodies prevents quality sleep' - Annee*

A lack of quality sleep is one of the biggest contributors to daily stress. Following research into the reasons why we do not sleep and what is keeping us awake, the series not only contributes to enhancing relaxation, but additionally addresses the root cause which is so different for everyone.

It is when we sleep that our body is able to repair and restore the effects of daily stress most efficiently. A good night's sleep is written all over your face, making quality sleep an essential part of a daily skincare routine.

## **How do we set the stage and create all the environmental conditions necessary to sleep well?**

- The temperature of the room needs to be 18 degrees
- There should be NO screens on in your room, this includes reading on your phone, watching movies on TV or iPads - anything with a backlight is going to stimulate you so this should be switched off 30 minutes before going to bed.
- Reading a book is very helpful and, due to touch and the natural

element of the paper, will begin grounding you. The reading light in your room should be dim, but not too dim to strain your eyes, so find what is comfortable. Any bright lights will prevent your brain from producing melatonin, the chemical which induces sleep.

- A thoughts journal is an important tool and there has been a great deal of research done into this. Emptying your mind of everything bouncing around inside it, along with all the tasks you want to achieve or to remember for the future, will ensure you release and reduce this anxiety as well as having everything you need to refer to the following morning.

- Baths are very beneficial and although we recommend bathing for at least 20 minutes – which might seem like a long bath – in reality, this is a short, fast decompression that should take you several paces down to a more relaxed state.

It is important to note that the reasons behind lack of sleep are very different for all of us so there are not many all-encompassing solutions, however we suggest:

- Vetiver, Sandalwood or Lavender Essential oils to promote grounding.

- Eucalyptus essential oil can be used across the board and is really good to promote the deepening of the breath, which will ensure you are ready to begin your breathing exercises when you are in bed.

**Best practice:**

Essential oils are so beneficial, but very potent, so I would advise filling a basin with piping hot water next to the bath and adding a few drops of the neat essential oil into the basin so you breathe them in. This ensures that even sensitive skins can benefit and we can all use them without being diluted.

- Avoid stimulants such as caffeine, cigarettes, alcohol and fatty/spicy foods

### **Let's get the record straight on**

**coffee:** It is important to understand the caffeine element and how you are consuming this – this is worth looking into as some of us are missing an enzyme that helps with the digestion of coffee.

For many people, an espresso after dinner will work as a digestive and then they will be able to sleep with no trouble – but if they instead have a latte and essentially adulterate the coffee, they will not sleep. Coffee in its purest form will not necessarily interrupt or break the sleep cycle, for example, Italian culture has always been to have a shot of espresso in the evening to keep their digestive juices flowing.

There is so much conflicting research into the effects of coffee, such as some studies advising that coffee is not recommended if you have palpitations, whereas other studies show pure coffee actually benefits the heart and circulatory system.

This is why it is important to understand your body, what affects it, if you have radical changes to the diet in regards to stimulants, the way you consume foods to how you were raised, then this will

impact your ability to metabolise food and breakdown stimulants.

**Are you able to shed for light on the science behind your new sleep series that is helping us sleep better?**

A great deal of research went into understanding the reasons why we do not sleep and what is keeping us awake, so our sleep series not only contributes to enhancing relaxation, but additionally addresses the root cause, which is of course so different for everyone. This is why we have different options for guests to use, once they ascertain what is more or less affecting their sleep. It is also very important to understand that, in order to deal with daily stressors, we need to have optimum levels of B vitamins, Magnesium and Selenium in our bloodstream.

We understand that for the body to produce melatonin, there is a chemical process where the neurotransmitter Serotonin needs to be converted into Tryptophan, (an essential amino acid used in biosynthesis of proteins) and then converted into the hormone Melatonin.

If we are deficit in Magnesium, Selenium and B vitamins, we will not be able to convert the Tryptophan and make Melatonin. This is one of the main reasons why people cannot sleep. You will note in all the base oils we use to hold the essential oils blends for the Sleep Series, they are all rich in Magnesium and B vitamins. It is also why there is significant research promoting protein before bed as all of this will optimise the process of conversion.

**EVE LOM – CRANIO-SACRAL THERAPIST AND FOUNDER OF EVE LOM SKINCARE... a story about the breath**

**A common and increasing concern we have with our skin at today's rushed pace is the resulting lacklustre skin and wrinkle formation.**

**Eve Lom is in a unique position of having worked in skincare and wellness for the last 35 years and, over time, her knowledge and experience has not only become extensive but also evolved to so much more than skincare.**

**Eve is now a Cranio-Sacral therapist and is very passionate about how the mind and emotions affect the body physiologically to set about the process of ageing amongst a myriad of other complications – “you can tell lies to your mind/brain, but not to your body”.**

**Eve tells us a little more about this and what we can do to assist this:**

- We can all train our minds for the functional, physiological processes of the body.
- Stress, anxiety, rage, depression and pain are part of everyone's lifestyle and we all deal with these differently.
- The most common and noticeable reaction in a state of stress is 'CONCEALED BREATH' – meaning you are not expelling the carbon dioxide out of your body.

- Breathing in oxygen is an involuntary reaction of the central nervous system\*, no matter how high the stress level.

- Conscious breathing and exhaling activates the parasympathetic nervous system\*\* responsible for the natural relaxation response reducing anxiety, increasing clarity and focus, fully oxygenating the brain and mind, and promotes ultimate bodily functions.

### **So what can we do to improve this?**

Correct and mindful breathing exercises that will both quiet the mind and ensure it is less stressed, as well as expel any toxic residue that has been caused from this stress:

Being lazy by nature easily distracted by one's surroundings, I feel that a lying down breathing position allows for a better and unified feeling of the Central Nervous system - being the body's main control centre in coordinating all of the processes and movements of the body.

### **Recommendations on how this is done.**

- It is key to use Mala Beads - wooden mala beads are an excellent tool to assist with breathing as we do not want to impose 'counting on the brain', and what is more includes the 'touch sense in warmth and grounding, while massaging the beads'

- Lying down, feel the sacrum, spinal cord and back of your head.

- For taking breath IN, count for 3 and hold for 2, breathe OUT for 5, OR you will be breathing in to a count of 5,

holding for 2 and breathing out for 7. It is important to do what you are comfortable with - if this type of exercise is new to you, then I would recommend beginning with 3-5; if you are an athlete or in good physical condition and therefore have a large lung capacity, you can do the slower and longer breath of 5 or even be bold and do 7 and 9 (without forcing the breath, it is important that the breath feels relaxed).

- Start inhaling - it is imperative that you do this through the nose and do so till you reach the end of your first count. Begin at the sacrum, move up the spinal cord and finish at the back of your head.

- You will then hold your breath to the count of 2 at the top of the head, feel the sensation of the pause.

- Then exhale, measured against the count of 5 or 7, following the roof of your mouth, back of your neck, heart, diaphragm, abdomen and finally the pubic bone.

- The exhale is always 2 counts longer than the inhale.

You are essentially creating a 'loop of breath', in up the back of your body, and out down the front of your body - this is one loop.

To begin with, tie a ribbon after the 9th bead and start your breath in, and out, therefore 9 'loops of breath' to begin with, and after 7- 10 days, increase to 18, and after a similar time period to 36. You will then slowly progress each week till you reach 108.

This can be done at night or morning in bed with a pillow beneath your legs, (approximately 15cm in height) and be included in any lifestyle or routine.

The clear winners are:

- A clear mind
- Less broken capillaries on cheeks•  
Cleaner and clearer complexion
- Light wrinkles will be more supple
- Smiling and relaxed heart - reduction in stress and anxiety will also remove pressure on the heart

It is important that you commit yourself to your own health. One can always seek professional assistance from the wellness industry, but it is a team effort and the efforts you make on your own behalf will greatly assist and optimise the outcome.

**ALEXANDRA SOVERAL –  
FOUNDER OF SOVERAL**  
...focusing on atopic inflammatory  
skin conditions.

**The rise of various inflammatory skin conditions is notably a symptom of modern day living, its rise started over a decade ago and cases are increasing each year. After seeing hundreds of such cases over the years, I was able to determine what my clients all had in common and just as importantly what can be done about it - interestingly, it is often something to do with lifestyle and self-care.**

This information may be of help for those suffering with:

- Overly sensitive skin
- Acne
- Rosacea
- Eczema

The causes of these skin conditions may be derived from the following:

## **ACNE**

Hormones have a huge impact on the activity of the sebaceous glands and thickness of the skin. An imbalance between the androgen hormones can have devastating effects on the skin's health.

Hormonal Acne related to Hormonal Contraceptives & Menopausal Acne

Hormonal-based contraceptives offer the skin a steady supply of oestrogen or progesterone (or both), coming off it is often disastrous for those with the tendency for breakouts and until the body

learns to produce its own steady stream of hormones, the skin will not find balance. For some it never really does, the amount of hormones in contraceptives are always higher than what the body would normally produce and for those more sensitive to hormonal changes, the endocrine system may always be somewhat unbalanced. This may result in chronic acne and even overly sensitive skin.

Similarly, during the peri-menopause and thereafter, the decline of oestrogen in the body means that skin becomes drier whilst at the same time the sebaceous glands becoming overactive, the latter is due to the hormone responsible for activating them (DHT) is now more prominent. The result is an unexpected acne breakout that can be rather severe.

## **SELF CARE FOR ACNE**

1. Exfoliating  
Over stripping the skin is a major cause of skin sensitiveness. Whilst keeping skin clean and avoiding a build-up of dead cells is vital in the fight against acne, over scrubbing, using peels, skin resurfacing products and even harsh soap can aggravate the condition. Anything that causes inflammation, over stimulates the circulation or removes the skin's acid mantle is not good for acne. The skin's delicate acid mantle provides the right environment for the good bacteria that lives on the surface of the skin to thrive and good bacteria is vital in the fight of the bacteria causing acne. Remove the skin's outer layer and with it you are removing your first line of defence. The good bacteria compete with the bad bacteria for nutrients, thus ensuring bad bacteria does not take up

their space on the skin. Good bacteria thrive on oxygen, bad bacteria thrive on rancid oil.

## 2. Extractions

Extractions should never be performed on acne prone skin. This is a way of spreading inflammation as well as re-awakening dormant acne bacteria.

Similarly, one should never squeeze one's own spots.

## 3. Daily Cleansing

Avoid all harsh cleansers and soaps. Remove make up with a gentle milk cleanser that does not foam. Then dampen some cotton pads into warm salty water and remove all residues of the cleanser. You just need to add a teaspoon of sea salt to a shot measure of warm water and stir. Be careful going over any abrasions on the skin as the salt may sting, in such cases you may want to reduce the amount of salt diluted in the water.

## 4. Nourishing Acne Skin

Acne skin also needs to be cared for, nourished, and protected from pollution and harsh environments. Choose a light natural moisturiser that has a good amount of vitamin E and does not contain any heavy fatty oils.

## **OVERLY SENSITIVE or DRY SKIN**

May be the result of:

- An unbalanced gut – anyone with digestive problems and sensitive skin should seek the help of a reputable nutritional practitioner.
- Sulphate-based washing products – Check your body wash, face

wash and shampoo for any ingredients with the word 'sulphate' in it. Similarly, avoid hard soap.

- Solvents in skincare - These remove the first layer or more layers of dead or nearly dead skin; that layer is there to protect the more delicate layers of the skin that cannot cope with being exposed to the various environmental pressures we encounter on a daily basis. They also remove the skin's Acid Mantle, which provides the skin with the right acidic PH to fight bad bacteria and viruses. Such solvents come under many names, the main ones have the word 'acid' at the end.

- Skin peels and all resurfacing treatments - Avoid all such treatments until the skin has regained balance.

- Excess vitamin-based skincare - Too much of a good thing can have the adverse effect. Vitamins are powerful substances that, if used in excess, may cause the skin to react and become overly sensitive. Retinol-based products are known for irritating the skin as well as causing it to peel. Vitamin C in high quantities eats away at the skin just like an acid and too much vitamin E can break down the capillaries, causing the skin to bleed. If your skin is sensitive or overly dry, stop using any high vitamin-based skincare and see if the skin starts to balance itself out. Favourite ingredients and some home care blends:

## **Honey**

Designed exclusively for the nourishment of the honey bee, it is estimated that each bee makes just half a teaspoon of honey

in its entire lifetime. With tons of honey produced every year, honey bees work hard to supply demand.

The bee's work begins with the several miles they must travel to collect nectar from local flowers. Enzymes in the bee saliva then convert the nectar into honey via a simple chemical reaction. The bee then travels back to the hive to deposit the honey into the honeycomb walls. The rapid movement of the bee wings aerates the honey, decreasing its water content and making it ready to eat. Honey has long been considered a treat for centuries, it is rich in potassium which helps balance acid in the body and has traditionally been used as a soother for sore throats and coughs.

The health benefits of honey depend very much on its processing and the quality of the flowers used by the bees when collecting pollen. Raw honey (that has not been pasteurised, clarified or filtered) retains more of the beneficial phytochemicals which are lost during the standard processing of honey.

We would recommend either raw or Manuka honey. Tilt the jar/bottle of honey, the slower it moves the less processed it is. If it moves fast, you can see very quickly that it has gone through a boiling process and its chemical constituency has been broken down.

It is said that eating some of the local honey will sensitise you to the local pollens, making the honey a natural remedy for hay fever and all its symptoms

It is best served in its natural form or warmed gently to ensure it retains its

nutritional value and is healthy for consumption. Never boil honey or add it to boiling water - if you want to use it for cosmetic purposes and blend with other ingredients, heat it very slowly to a low temperature to enable this.

- Food pantry: Organic soy products; Flaxseeds; Oats; Barley; Lentils; Sesame seeds; Sweet potatoes; Alfalfa; Apples; Carrots; Pomegranates; Wheat germ; Fennel; Parsley; Peanuts; Chickpeas
- Herbal tea pantry: Fennel, Liquorice root, green tea, red clover

Additional Essential oils pantry: **Please ensure the below are only used for the recipes and dilutions provided by Alexandra Soveral**

1. Jasminium Officinale (Jasmine):  
Country of origin – China, India

Extraction: Alcohol extraction  
Analgesic; anti-inflammatory; antiseptic

2. Foeniculum vulgare (Sweet Fennel):

Country of origin – Europe  
Extraction: steam distillation from crushed seeds  
Anti-inflammatory; antimicrobial; circulatory stimulant

3. Pelargonium Graveolens (Geranium):

Country of origin – South Africa, Egypt  
Extraction: Steam distillation of the leaves, stalks and flowers  
Astringent; anti-inflammatory; antiseptic

**Hormonal Balancing oils and preventative suggestions by Alexandra Soveral:**



For those wishing to come off hormonal contraception but are worried it may result in an acne break out as well as for those not wishing to start HRT (Hormonal Replacement Therapy) for the menopause, here are some preventative techniques:

- Food pantry: Organic soy products; Flaxseeds; Oats; Barley; Lentils; Sesame seeds; Sweet potatoes; Alfalfa; Apples; Carrots; Pomegranates; Wheat germ; Fennel; Parsley; Peanuts; Chickpeas
- Herbal tea pantry: Fennel, Liquorice root, green tea, red clover

Hormonal balancing body oil:

- Add 1-2 drops of essential oil per tablespoon of your chosen vegetable oil such as Almond, Sunflower or Apricot Kernel

Hormonal balancing face oil:

- The oil content of 3 capsules of Evening

Primrose Oil

- 2 tablespoons of Apricot Kernel oil
- 2 drops of Geranium Essential oil
- 2 drops of Sweet Fennel essential oil (do not use if Epileptic)

**HENRI CASSAR – FOUNDER OF LOVE HENRI ...some truths on using local ingredients and infused oils**

- 1 drop of Rose or Jasmine essential oil

### **Exfoliation technique for all skin types by Alexandra Soveral**

**(Please remember honey's active ingredient, if you are having any form of medical spa facials, this should be avoided till your recovery period has passed and you check with your doctor.)**

Gentle Honey Exfoliation:

- 1 teaspoon of runny honey
- 1 face flannel
- Tea Tree essential oil
- Lavender essential oil
- Cotton bud

Spread a little runny honey onto the skin using your fingers, wet one finger and gently massage onto the skin to loosen the honey a little. On inflamed areas, add a little more honey. Then gently pat the skin using the four flat fingers, do a peeling motion starting on unaffected skin and slowly moving into the problem area, you may then just use the tips of your fingers if the area is sensitive. The idea is to allow the stickiness of the honey to pull away any loose skin and unclog the pores a little. Remove the honey with a damp hot flannel. Then apply a drop of pure lavender essential oil mixed with one drop of pure tea tree essential oil directly onto the spots, you may do this using a cotton bud.

**Henri is a massive campaigner for using indigenous flora, we asked her to elaborate this concept and why we**

## **are seeing such exceptional results using local herbs and floral extracts.**

I am a firm believer that we can find everything we need in the local and indigenous flora to deal with indigenous health issues faced in Britain. There is an ancient concept that is gaining traction again in Britain and this is of the medicinal hedgerow\* – which is essentially growing local herbs and plants that complement each other and can be harvested for remedy use in the home. This was an age-old tradition passed down through generations and is something we can reintroduce to our lifestyles as it fully complements a wellness lifestyle.

The other factor is that this is also an activity that will be incorporated into home life and form a crucial part of education on the environment and preventative self-care to the next generation, apart from being a very healthy activity to do with your loved ones.

### **What is Hedgerow medicine?**

Britain's hedgerows and countryside abound with medicinal plants. People have always used local wild plants and herbs for food and medicine, however much of this knowledge has been lost.

We are so lucky in Britain to have hedgerows and miles and miles of public footpaths, giving us access to a wealth of wild plants to harvest for food and medicine. In newer countries, like the US and Australia, there aren't hedgerows and there is no tradition of communal access to the land, but wherever you live there will be weeds and other healing plants all around you.

Even if you live in the city, many useful plants thrive on vacant lots and wasteland, or grow wild in the smallest gardens. Elder, nettle, plantain, dandelion, dock, cleaver, yarrow and self-heal are among the most potent of medicinal plants, yet grow almost everywhere.

The book "Hedgerow Medicine" gives clear instructions on using 50 common medicinal plants, with details on harvesting and recipes for making your own teas, tinctures, poultices, ointments and other preparations.

### **Why is Hedgerow medicine gaining so much public attention and traction as a movement?**

An excellent reason to harvest and make your own local herbal medicines is the pleasure the whole process brings. You will also have the peace of mind of knowing exactly what is in your remedies – remedies for free.

If you pick your own herbs, there are no air miles to consider. Also, the current regulatory environment is running against over-the-counter herbal preparations, and there is almost certain to be less choice and more control in future. All in all, the best option is to learn to make your own remedies.

### **Indigenous infused oils and favourite ingredients:**

*My all-time must have and favourite is:*

Comfrey Infused Oil:

1. Comfrey (*Symphytum officinalis*):  
Country of origin - native to Europe  
Healing and anti-inflammatory. Commonly referred to as Knitbone as it has

tremendous properties in its abilities to heal ligaments. Contains Allantoin which helps repair damaged tissue. Lots of research is being done here to support the recovery of torn ligaments in sporting fields.

There is restricted use of Comfrey in the UK and sadly, it is a victim of bad press. However, I feel it is very misleading as the trials done were on Russian Comfrey (*Symphytum uplandicum*) rather than common

Comfrey (*Symphytum officinale*) which grows in our hedgerows. We are allowed to use it externally, though not internally.

Allantoin is an important ingredient in Comfrey as it is a cell proliferate that helps to repair damaged tissue and you can find it on the ingredient listing of many cosmetic products.

Recommendations for use of Comfrey infused oil:

- Apply liberally to the affected area 4 x day.
- Add Roman chamomile for extra anti-inflammatory effects (ensure the dilution is below 3% - 6 drops of essential oil to 10ml Comfrey Infused oil)

*The key ingredient in my beautiful rose facial oil is.....*

Rosehip Seed Infused oil

2. Rosehip seed oil (*Rosa Rubiginosa*): Country of origin – Chile (Do not use *Rosa Canina* - The *Rubiginosa* one is the Chilean one)  
Contains Vitamin A (retinoid acid).  
Clinical trials in the 1980s in Chile on scars and UV damage - hydrates the

skin, smooths wrinkles, reduces inflammation, rejuvenates and absorbs quickly and leaves no heavy greasy aftermath so a stunning facial oil. Can be used for tissue regeneration.

*My desert island herb in all its glorious forms from dried through to a cream through to an essential oil is...*

3. Chamomile: the options are:

- Roman chamomile (*anthemis nobilis*) – excellent essential oil – see notes in home pantry

- German chamomile (*matricaria chamomile*) - best for the dried flowers for making teas, hand and foot baths. Recommendations for the use of Chamomile:

- Use 2 tablespoons of dried chamomile flowers in a bowl of water - temperature depends on the conditions and person being treated.

- Teas - infuse for at least 10-15 minutes, it's best to make strong concoction so you have the initial dose and then add more hot water and honey for taste. The tea should taste bitter in its initial dose. This is how the therapeutic oils are drawn out of the flowers.

Chamomile tea has a wonderful demulcent and calming effect on the digestive tract.

A client of mine whom had Lupus used to have foot baths with Chamomile flowers and her 10 year old son used to do the same for his irregular sleep patterns. Such a beautiful, simple and bonding ritual they fell into together and very therapeutic.

4. Calendula (*Calendula officinalis*): Country of origin - native to Europe, southwest Asia and Mediterranean. Antiseptic, anti-inflammatory and antifungal. Soothing and healing so great in skin preparations. Great for chapped and broken skin.

5. St John's Wort (*Hypericum perforatum*): Country of origin – France. Anti-inflammatory and anti-microbial. Excellent for bruises and swollen muscles, also for wounds due to nerve tissue damage. Traditionally used for the treatment of nerve damage.

**Please note:**

- **Unlicensed herbal products cannot be sold by shop outlets to the general public, only licensed ones.**
- **Although we can use easy to prepare herbal home remedies, I strongly advise people to see a proper qualified medical herbalist (MCPH or MNIMH) for a full package of holistic herbal care. Medical Herbalists train for at least 4 years and have a knowledge of anatomy and physiology second to none.**
- **Herbs and infused oils are fine for yourself and your children (pending any medical conditions), but tinctures must be left to the medical herbalists.**
- **The Human Medicine Regulation of 2012 says only products tested can be sold which then leads to the problem of isolating ingredients, standardisation and synthesised herbal products being produced mass market in a laboratory. This is**

**not herbal medicine where herbs grow in our hedgerow in our climate and should be ingested as a tea or a tincture, applied as a poultice or taken as hand and foot baths.**

- **Fortunately UK law allows us to see medical herbalists who can diagnose and prescribe herbal tinctures.**

- **Tinctures: Powdered, fresh or**

**dried herbs are placed in an air tight container with alcohol and left for up to 8 weeks. Alcohol extracts the essential parts and preserved them for the longest possible time.**

- **Suppliers - Organic Herb Trading Company, Phyto Pharmaceuticals Ltd**

**AROMATHERAPY INGREDIENTS:**

**For the below-mentioned essential oils and carrier oils, we have given you the ideal country of origin and extraction method to ensure you obtain the best quality available**

**Henri Cassar's top 8 essential oils for every household:**

**Lavandula Angustifolia (Lavender):**

**Country of origin - Best quality comes from**

**France grown at high altitude (50/52)**

**Extraction: Steam distillation from the flowering tops**

**Actions: Calming, soothing, anti-bacterial**

**Note for blending: Top note**

**Boswellia carterii (Frankincense):**

**Country of origin – India Extraction:**

**Steam distillation from gum resin**

Actions: Rejuvenating, stress relieving and relaxing, excellent for mature skin  
Note for blending: Base to middle note

Anthemis nobilis (Roman Chamomile): Country of origin - France  
Extraction: Steam distillation from the flowers

Actions: Anti-inflammatory, soothing, analgesic, calming and relaxing  
Note for blending: Middle to top note

Salvia sclarea (Clary Sage): Country of origin – France  
Extraction: Steam distillation from the flowering tops

Actions: Calming, relaxing, muscle relaxant

Note for blending: Middle note

Citrus Limonum (Lemon): Country of origin - Italy

Extraction: Cold pressed from the peel

Actions: Anti-bacterial, antiseptic, uplifting and great household cleaner

Note for blending: Top note

Origanum majorana (Sweet marjoram): Country of origin - Egypt (and Europe)

Extraction: Steam distillation from the flowering tops

Actions: Warming, relaxing, fortifying, muscle relaxant  
Note for blending: Middle note

Rosa centifolia (Rose maroc absolute): Country of origin - Morocco

Extraction: Alcohol extraction

Actions: Uplifting, de-stressing, relaxing and rejuvenating, excellent for a variety of skin conditions

Note for blending: Middle note

Thymus Vulgaris (Thyme linalol): Country of origin - Spain

Extraction: Steam distillation from the flowering tops

Actions: Antiseptic, anti-bacterial, stimulating, and excellent for steam inhalations and sinus congestion

Note for blending: Middle note.

Please note:

- Essential oil and Carrier oil storage: Should always be in a dry, cool and secured place - regard them as you would any medicines being stored in your home.
- Essential oils should never be applied directly onto the skin or into the bath without a 3-5% dilution in a carrier oil or instruction from a qualified Aromatherapist who has provided you with a full health consultation.

- Not be used during periods of pregnancy or breastfeeding

Henri Cassar's Top 6 carrier oils for every household

Grapeseed (Vitis Vinifera): Country of origin -

France, Spain, Italy

Extraction: Cold pressed

- Is the base of all my treatment oils
- Good one to use if any nut allergies
- Moisturising, rich in essential fatty acids and Vitamin E
- Regenerative and good for all skin types

Apricot Kernel (*Prunus Armeniaca*):  
Country of origin - Spain  
Extraction: Cold pressed

- Moisturising, rich in essential fatty acids and revitalising
- Excellent for dry inflamed skin

Sweet Almond (*Prunus Amygdalus Dulcis*):

Country of origin - EU/USA  
Extraction: Cold pressed

- Emollient, softening and nourishing

Sesame (*Sesamum indicum*): Country of origin - Asia  
Extraction: Cold pressed

- Naturally anti-fungal, anti-bacterial and anti-inflammatory
- Packed with vitamins and minerals, Vitamin E as excellent as a treatment on its own with no essential oils
- Good for young skin.

Joboba (*Simmondsia chinensis*): Country of origin - Argentina  
Extraction: Cold pressed from the seeds of the desert shrub  
Forms the base of my Beautiful Rose Facial Oil

- Anti-inflammatory, anti-oxidant, moisturising and more of a wax
- It penetrates the epidermis so excellent in facial blends
- Emulsifier so unclogs pores and reduces impurities so good for acne
- Excellent as a hair conditioner

Rosehip Seed Oil (*Rosa canina*): Country of origin - Chile  
Extraction: Cold pressed

- Contains omega 3, vitamins C and E
- Wonderful oil for scars and skin and has the best rejuvenating and regenerating ingredients
- Scientific research has been carried out over the last 30 years in Chile to study its effectiveness on scars and Rosehip Seed Oil has gained medical recognition in Chile
- Excellent for mature, dry and damaged skin
- Contains an easily absorbed form of Vitamin C by the skin so helps in the formation of collagen.

Essential oil blending:

The below blending recommendations are by Henri Cassar for the top 8 essential oils and top 6 carrier oils listed previously.

- A balanced blend requires a combination of top, middle and base notes
- A safe dilution for home use is 3-5% which is 6 drops of essential oils to 10ml of carrier oil
- Combine the essential oils based on your requirements to a number of 6 drops and then add to the carrier oil
- Combine the carrier oils based on your requirements to a quantity of 10ml

- If you want to benefit from only 1 essential oil, then just put 6 drops of this into the carrier oil which can also be only 1 carrier oil rather than a blend
- Keep the blend in a tinted bottle and secure the lid tightly
- Store in a cool, dry and secure location

A note on caring for children by Henri Cassar:

- Chickweed cream on itchy spots/rashes as it is anti-pruritic
- Calendula balm on cradle cap (and cracked nipples)
- Honey facemask on teenage spots (for bacterial spots and if hormone reasons, then a holistic lifestyle programme might need to be adopted, although the honey masks will give symptomatic relief and clean the area). A beehive is the most sterile environment known to mankind!
- A drop of neat lavender essential oil on spots, bites and redness (avoid mucus membranes)
- Lemon essential oil for cleaning kitchen if one wants to avoid harsh chemicals
- Chamomile foot baths and teas to assist in promoting better sleep patterns

**IRITA SHARP & FIONA KAMALE -  
TEAM aqua SPECIALISTS ...on all  
things bright and beautiful**

“Do not use your nails as tools – they are jewels” Nail must-have home kit:

- Conditioning base coat
- Fast dry top coat
- Nourishing oil
- 3 standard colours - dark red, classic red, French pink
- Nail file, wooden orange stick and a nail buffer (must be soft to avoid damage to nails)
- Nail polish remover and lint/fuzz-free cotton pads

When looking for supplies, most high-street shops are fully stocked, they understand the nail business very well and are keeping up with trends. You can also buy nail supplies in small doses each time you visit your manicurist, slowly building up your home kit.

We have a no-nonsense approach to having healthy nails, it's important to have a simple routine that works:

- File your nails at least once a week (always in the same direction), keeping the nail edges smooth with a soft nail buffer. This will prevent your nails from breaking and catching in your hair, tights and anything that snags.
- We recommend applying cuticle oil and hand cream at night, as your body regenerates while you sleep. As we tend to use a lot of antibacterial gel/wipes/ hand wash in the day, moisturising your hands during the day becomes counterproductive.
- When choosing an oil for your nails, go for one that is nourishing - nails are made of layers and respond well to oils like coconut, vitamin E, almond and olive oil.

- For working on your own or anyone else's feet, always ensure you wear gloves and file (always in the same direction) rather than using nail clippers
- Use a foot file on a regular basis, especially in summer time, on dry feet - it is easier to see how much hard skin you are actually removing.
- To make your feet super soft before that great date night or party - apply foot cream (the ones which contain urea and glycerine are our favourite ones) and put on a pair of cotton socks. Leave them on for as long as you wish.
- Sugar scrub – a wonderful all over body scrub made from brown soft sugar mixed with almond oil and a few drops of uplifting grapefruit essential oil.

Nails 101 – procedure:

- File nails, apply oil and buff nail base and free edge.
- Clean underneath nails with an orange stick.
- Wipe nails with nail polish remover and lint-free wipes
- Apply base coat, two layers of colour, wait 5 minutes, then apply quick drying topcoat.
- The polish will take up to 30 minutes to dry, please note that you still have to take care even when the nails feel dry.

### **Balms and scrubs for the hands and feet by the aqua spa specialists:**

- Coffee grounds are a wonderful exfoliator, great for removing dead skin and any odour stains from strong foods such as fish, onion and garlic.
- How to whiten underneath your nails? A super easy homemade method is to soak your fingers in lemon juice. Squeeze 2 lemons in a bowl and soak your fingertips for approximately 10 minutes. Rinse your hands with warm water, then make sure to apply hand cream.



## THE HEALING CRISES by the agua spa specialists:

### What is a healing crisis?

Any person receiving bodywork can experience what is known in the industry as a “healing crisis”. Such an occurrence can be frightening, both for the client and for the therapist. Learn how to identify the symptoms of a healing crisis and what steps for prevention you can suggest to clients.

Also known as the “Herxheimer Reaction”, a healing crisis occurs when the body tries to eliminate toxins at a faster rate than which they can be disposed. The more toxic one’s bodily systems are, the more severe the detoxification experience, or healing crisis. This reaction signifies that the bodywork received is working and that your body is going through the process of cleaning itself of impurities, toxins and imbalances. While a healing crisis is temporary, it can occur immediately, within several days, or several weeks after a bodywork session. Symptoms usually pass within several days, but can persist for several weeks. Often the crisis will come after a client feels their very best.

A healing crisis is a reaction to previously sequestered toxins being systemically released. Such poisons can be stored in all kinds of tissues, primarily muscle, fascia and adipose. During manipulation, whether a deep tissue massage, energy work or reflexology, these poisons are squeezed out of the holding body tissue into the bloodstream. This sudden increase in blood toxicity causes a toxicity reaction, until the body is able to

effectively process and eliminate the poisons. Whilst not a pleasant experience, a healing crisis signifies that a cleansing and purifying process is underway.

Whilst cleansing can be physical, emotional or spiritual, a true healing crisis typically involves all three of these aspects. Due to the body’s fascinating ability to store memories and emotions in the tissues, their recollection or release can accompany the manipulation of those tissues. Most practitioners refer to the surfacing of memories or emotions without physical symptoms as an emotional release. An emotional release is a typical component of most healing crises. **Emotional releases**

Most people have some emotional issues or traumas occurring sometime in their life. Whenever an emotional trauma or situation happens, it is stored in the nervous system. Though we may think we are over it and not even remember it, the mark or impression could still be there and negatively affect our health and psychology. During any form of bodywork, it is possible to release these stored issues or traumas and an emotional release may give rise to feelings of anger, grief or another emotion. This release is indicative of a healthful body transformation, where the body clears itself of the negativity previously stored within.

Learning to suppress our feelings typically causes them to go into our physical bodies. The tensing of neck muscles will prohibit frowning, holding one’s breath can replace crying, and jaw clenching may stifle yelling. When these patterns are repeated, emotional

suppression becomes a habit, the unconscious mind takes over, and the body becomes a storehouse for unexpressed, unconscious feelings. Environmental toxins accumulate in tissue throughout the body, especially fat tissue. Additionally, the human body has bacterial colonies. When you cleanse your body, the toxins dislodge and the bacteria die off and release endotoxins. When the toxins and waste are dislodged, the body begins to flush them into the bloodstream to be filtered and eliminated. This sudden circulation of toxins can temporarily impact your wellbeing and symptoms of illness (sweating, fever, discomfort, etc.) may occur.

Suppressed emotions and traumas are a key factor in the development of muscular tension, high blood pressure, heart disease, immune weakness and other diseases. Most practitioners agree that real healing begins when this suppression is released, freeing the body to heal at the deepest level.

### **What are the symptoms of a healing crisis?**

While each individual's body is unique, there are some common symptoms typical of a healing crisis and below is a list of Herxheimer Reaction symptoms most often experienced after receiving bodywork:

- Dizziness and light-headedness – low blood pressure
- Fatigue
- Nausea and vomiting
- Low grade fever
- Joint and muscle aches
- An odd or metallic taste in the mouth
- Mood swings
- Nose congestion

- Anxiety
- Muscle cramps
- Skin eruptions or irritations
- Intense emotional states
- Increased sweating, urination or defecation

### **How to minimise the course of a healing crisis:**

The best strategy to prevent or minimise a healing crisis is to support and facilitate the body's toxin removal and encourage emotional health. Essentially, the healthier you are, the less intense the course of this detoxification will be.

The best ways to facilitate toxin removal are:

- Pre Spa Treatments (if possible) - Anything that combines heat and hydration as this helps with the absorption of essential oils, therefore the client gains even more benefit from the treatment itself and ensures a kick start to the detoxification process.
- Hydration - Drinking extra water immediately following and sequentially after bodywork to aid the body in toxic elimination through urination and perspiration.
- Fibre - Increasing dietary fibre will support the gastrointestinal system's swift removal of waste via the bowels.
- Sleep – Feelings of fatigue or sleepiness are best honored. Listening to one's body by getting the rest it asks for will help the body in its recovery process.

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Results may vary. Information and statements made are for education purposes and are not intended to replace the advice of your doctor. agua spas do not dispense medical advice, prescribe, or diagnose illness. The views and nutritional advice expressed by agua spas are not intended to be a substitute for conventional medical service. If you have a severe medical condition or health concern, see your physician

## GROOMING DO'S AND DON'T'S – WAX, LASER AND BEARDS BY DOMINIQUE GIBSON – SPA MANAGER, aqua SPA

### Understanding Wax Hair Removal

The hair on your body grows in cycles of 4 stages, and it may be there is a new growth waiting below the surface of the skin that will grow up quickly following your treatment. This is not breakage of the hair, but a new cycle of growth. It will generally take 3 consecutive treatments to provide a smooth and lasting result.

Your body will have a heightened sensitivity to pain in the following conditions:

- During menstrual cycle
- During the first trimester of pregnancy
- If you are dehydrated (e.g. hangover)• If you are overtired or your body is under stress

Hair removal is a trauma to the skin which results in redness and inflammation at the site of the follicle and will pass within 24 hours.

Waxing over time will damage the vascular supply to the hair matrix, causing it to grow back, thinner and softer. Due to the weakness of the new hair, it will struggle to push through dead skin cells on the surface of the skin. This is why exfoliation is key to prevent ingrown hairs which can become infected and cystic.

### Do PRIOR

- Exfoliate 24 hours prior to waxing. This will help to remove dead skin cells and release any ingrown hairs, ensuring a more thorough hair removal session.
- Hydrate the area in the days leading up to the treatment, but forgo any lotions on the day of your treatment.

### ON THE DAY

- Plenty of rest will make the treatment easier on you. Dehydration from previous night's fun will also impact your sensitivity.
- Taking an analgesic medication 30 minutes prior to the treatment may reduce the pain you feel.
- Wear loose fitting clothing with natural fibres.
- Apply gentle cooling products such as aloe vera to help to calm the skin.

### AFTER 48 HOURS

Once the skin feels calm, you can begin to treat the area for prevention of ingrown hairs. Products containing lactic and salicylic acid can help to gently exfoliate and prevent ingrown hairs and infection.

Sensitive areas such as the pubic areas and underarms respond better to a topic exfoliant, like those mentioned above, whereas larger areas of the body, such as legs, arms, back and chest, will benefit from a mechanical exfoliant like a body scrub.

Continue to treat the area 2-3 times per week until your next treatment to ensure great results.

**Don't • Trim!** Resist the impulse to trim longer hairs. Your therapist will do this if necessary - by grooming at home, you run the risk of trimming hairs too short, thereby preventing a smooth result.

- Shave between treatments. This will prevent you from achieving the best possible results.

### **Understanding Laser Hair Removal**

The laser produces light energy which is then absorbed into the dark pigment of the hair. This energy is adjusted based on the colour of your skin, the pigment in your hair and the depth that the laser can penetrate. During treatment, the hair follicle will reach a temperature sufficient to cause irreversible thermal damage, keeping the epidermis below the damage threshold. Hair growth is then reduced without damaging the surrounding tissue.

Laser hair removal is only effective during the active growth phase of your hair's growth cycle. Approximately 20% of your hair is in this phase at any given time, which is why multiple treatments will always be necessary to achieve complete results.

It is important to ask as many questions as possible during your initial consultation. Use your therapist as you would Google. This will help you to feel comfortable with the treatment and ensure you understand the reality of what is possible, as not all hair types and skin types can be treated by all lasers. For

example, white hairs and light blonde hairs have little to no pigment, therefore the laser will have nothing to seek and you will not have the results you are seeking. Additionally, certain conditions can impact the results you receive, such as polycystic ovarian syndrome or menopause.

### **PRIOR**

#### **Do**

- Avoid the sun 4-6 weeks before and after treatment.
- If you have had a history of cold sores, Zovirax may be used prior to treatment and continued one week after treatment.
- Shave the area the day before the treatments to ensure as much hair as possible is removed.

#### **Do Not**

- Use depilatory creams from one week prior to treatment.
- You must avoid bleaching, plucking or waxing hair for 6 weeks prior to treatment.
- **TANNED SKIN CANNOT BE TREATED!**

If treated, you may get hypopigmentation (white spots) and this may not clear for 2-3 months or more. The use of tanning cream must be discontinued two weeks before treatment.

### **AFTER**

Immediately after treatment, there may be redness and swelling in the treatment

area, this may feel like mild sunburn. Following your laser treatment, the damaged hairs will shed which may take anywhere from 5-19 days following your treatment. Remember that this will only be 20% of current hair growth and within your first few treatments, you may not have a hairfree period as the next stage of hair growth will be emerging. It is important to keep your treatments in line with your therapist's recommendations to ensure you are targeting the correct growth cycles.

### **Do**

- The application of aloe vera gel can continue at home for the next 3-4 days. This may be kept in the refrigerator for additional cooling benefits.
- After the underarms are treated, use a powder, instead of deodorant, for 24 hours following your treatment to reduce skin irritation.
- Avoid sun exposure to reduce the chance of hyperpigmentation or darker pigmentation. Use sunscreen SPF 30 or greater at all times throughout the course of treatment.
- Avoid hot baths and heat treatments and treat the skin gently, as if you had sunburn, for the first 48 hours

### **Do Not**

- Pick or scratch the treated skin. Do not use any other hair removal treatment methods (waxing, electrolysis or tweezing) that will disturb the hair follicle at the treatment area for 4-6 weeks after treatment. Shaving or depilatories may be used

## **Understanding Beard Care & Shaving**

The face tells a story and provides a crucial first impression. There are many ways to ensure that skin remains glowing and puts the best face forward, so to speak.

A home shaving ritual is critical to reduce the redness, irritation and ingrown hairs so often associated with shaving. A few small steps can improve this, the first of which is knowing which ingredients to look for in the products. Get to know the ingredients list. There are many helpful resources that will explain these in further detail than we are able to do here.

### **Do Look for:**

- Nourishing carrier oils derived from plant sources such as Wheat Germ, Sunflower, Jojoba, Boabab or Coconut Oil - these ingredients are also found in other skin grooming products because of its nourishing properties.
- Essential oils. While essential oils add scent, that's not their only purpose. Essential oils also provide nourishment to the skin that helps fight ageing, tighten skin, heal scars, relieve inflammation and is a natural antiseptic to help kill bacteria that may enter the skin's pores post shave.

### **Look Out For**

- Drying type of alcohol most often seen listed on an ingredient label as SD alcohol, denatured alcohol or, less often, isopropyl alcohol.
- It is important to note that there are other types of alcohols, known as fatty alcohols, which are non-irritating

and can be beneficial for skin. Examples on ingredient labels include cetyl, stearyl, and cetearyl alcohol.

- **Fragrance.** Non-irritating products will be scented through the careful blending of essential oils which treat at the same time. Chemically-based fragrances can cause more irritation than the act of shaving on its own.

## 5 Steps to a Flawless Shave

### 1. Hot Shower

The heat and steam from a nice warm shower will soften hair follicles, making it easier to cut. It also removes any excess oily residue on the skin that may clog up the razor.

### 2. Preshave

A quality pre-shave oil is critical in the first stage of shaving. This will continue to soften the hairs and provide a barrier between razor and skin to reduce drag and the irritation that follows. It is also the first stage in lifting the hairs, preventing them from lying flat against the skin, so the razor is able to provide a closer shave.

## MEDI-SPA AND KATE KERR – OWNER OF KATE KERR LTD

Kate's results-driven facial treatments are gaining international attention, here we chat with Kate about her philosophy on skincare and approach when treating her clientele.

Firstly, Kate has a multi-faceted approach to advance treatments, combining a primary focus on skincare with technology for the best results.

### 3. Brush

A quality shaving brush is more than a hipster trend. The bristles help to lift the hairs, pulling them away from the face further, ensuring a close shave. The circular motion made with a natural bristle will also help to scrub away dirt, dust and dead skin cells, preventing ingrown hairs and folliculitis.

### 4. Shave

The main event - a sharp, clean razor - is key to a close shave. A safety razor is a great way to get started as the guard is adjustable and there are many options for disposable blades to help keep the razor sharp and clean. The secret to a close shave is 2-3 passes with the razor: first downward, second at a 30 degree angle downward - never against the direction of hair growth.

### 5. Aftershave

The product to finish the shave with will be the final protection against irritation, ingrown hairs and folliculitis. Forget the stories that came before us - an aftershave should not sting! Instead, it should provide a calming relief.

Some of the more popular treatments are:

- **IPL** is a trusted method, especially for red veins, broken capillaries and superficial hyper pigmentation.

- **Fractional ablation** is another one of my favourite treatments. It is very intense, as it gently ablates microscopic columns of skin to increase the production of collagen to repair damaged tissue and remodel existing collagen. This treatment targets, and offers

incredible results for broken capillaries and hyperpigmentation.

There are plenty of options available, but from experience, the most important thing is still skincare. There is no point in investing in costly and advanced skincare treatments if your skin is not functioning properly first.

I like to use the analogy that you would not put new wheels on a car with a poorly functioning engine, would you? You would of course get it working first and then you would know your car would drive at a maximum speed.

The goal here is optimisation, if we can get the skin working properly as an organ first - and then we boost this with advanced treatments. You then get the best and more importantly, most predictable results with less down time for recovery.

### **How do we do this?**

If you are having collagen stimulating treatments, and your collagen production is a bit sleepy, we provide you with a skincare regime that boosts all cell functions and an increased production of collagen, then everything is optimised.

Each cell process has a knock on effect to other cell processes and they all need to work in tandem with each other. Using skincare that works at a cellular level will optimise cell function to ensure skin health and slow ageing.

We have to begin seeing the skin as an ecosystem, essentially a city where all its businesses are functioning. All aspects of the skin need to function well for the

whole organ to run optimally and it is important that we stop isolating single issues and treat the situation in a much more holistic manner.

### **What are the symptoms of low functioning skin?**

When you analyse the skin and can visibly see an accumulation of dead skin cells, resulting in dull skin that does not reflect light. We then know the skin's carrier is impaired and mitosis (cellular reproduction) is slow, and therefore we have impaired functioning skin.

There are also the obvious skin disorders that are visible and are all situations where the skin is not functioning optimally. These would need to be treated with a consultation, specialised clinical facials and an appropriate skincare prescription:

- Acne
- Rosacea
- Perioral dermatitis
  
- Seborrheic Dermatitis
- Hyper pigmentation

### **Inflammation is something that occurs regularly after Medi-spa facials, can you clarify why this happens and how it should be dealt with?**

Just to clarify, when one sees inflammation in your skin, it can be quite scary and this is viewed as a negative thing, however it is important to understand that inflammation is repair and the area healing itself, and this is why you have increased inflammatory action.



We often hear that inflammation is key cause of ageing but again to clarify:

- Acute inflammation is a repair response to trauma
- Chronic inflammation is much more long term and this is what triggers ageing

If you experience inflammation after a treatment, pull back on all the active ingredients that you are using, let it calm down and slowly reintroduce the products to your regime.

### **Collagen treatments and ingestion of collagen is a hot topic at the moment, what is the best and most effective way of doing this?**

It is important to note that when collagen is ingested, it does not automatically stay whole and work on collagen production in the areas you need. The collagen is digested and breaks down in the gut. What happens after this is that you have an influx of amino acids in the bloodstream. This only ever happens naturally when the body goes through trauma leading to a wound healing cascade where the end result of this is an increase in fibroblast action. This is the stem cell that produces collagen, elastin and hyaluronic acid.

We promote a drink called SKINADE, it comes in sachets which you can add to your daily liquid intake.

SKINADE kick starts the process and it is not just your skin that benefits, but the entire system and anywhere in your body that is made up of collagen including arteries, organs and your nails etc., so it is very beneficial for you across the

board. You will begin to see the benefits of hydrated skin within 2-3 weeks and after one month see a decrease in chronic inflammation (this is due to the ingredient glucosamine). In terms of collagen improvement, you will see this only after 3 months. A single sachet will not transform you, and I like to offer it so that guests can trial it and see if it is something to which they would like to commit – it is more about taste and fun when you trial something like this.

### **What is the advice you would like to offer for guests post-advanced skincare treatments?**

We provide information to all of our guests along with giving a 60 minute in-depth initial consultation to ensure we understand everything about their lifestyle and how to treat their skin for the best and most predictable results.

Skin ageing is a degenerative process caused by intrinsic (chronological ageing), and extrinsic, (environmental ageing). Both intrinsic and extrinsic factors contribute to visible signs of ageing including a loss of skin's radiance and firmness, as well as wrinkles, laxity, and pigmentation.

To prevent and correct the appearance of ageing skin The Anti-ageing Rejuvenation Treatment we offer incorporates a 0.2mm Dermapen micro-needling for enhanced product penetration, a superficial peel and active ingredients to exfoliate, reduce the appearance of hyperpigmentation and stimulate the skin's production of collagen. **Post-Treatment Information**

- Day 1-3 Skin may feel tight or

dry and some peeling may occur. DO NOT PICK!\*

- If necessary, use a gentle AHA & BHA free cleanser such as Cetaphil Gentle Skin cleanser or ZO hydrating cleanser.
- Do not apply retinols or benzoyl peroxide until the skin returns to normal.
- Apply SPF every morning and re-apply during the day if necessary.

If the skin has returned to normal after Day 3, then your current skincare regime can be reintroduced.

The use of Retinol, Hyaluronic Acid, Growth Factors and a Vitamin C Antioxidant Serum help accelerate the regenerative processes and maximise treatment results. These cosmeceutical products with their active ingredients are the gold standard for a serious antipigmentation and anti-ageing regime.

To dramatically enhance the absorption and efficacy of these products a Medik8 Titanium Micro-needle Home roller with a needle length of 0.2 - 0.3mm can be used 2-3 times per week.

#### **Other Instructions:**

- Use a broad spectrum SPF 50 sunscreen every day for at least two weeks
- Do not pick at the skin or use abrasive exfoliation products to remove flaking skin
- Use tepid water only and pat the skin gently with a clean, soft towel

- Mineral or Lycogel foundation only for the first 24 hours
- Avoid extremes of heat
- Avoid AHAs or BHAs for 48 hours what are these
- Avoid direct sunlight exposure

You should never hesitate to consult your therapist about your skin changes, as clients may have different experiences depending on skin type and the treatment they are having.

## THANKS AND REFERENCES

On behalf of agua spa, we would like to thank all our contributors for sharing their knowledge with the agua community.

We hope that you all have the chance to learn something new.

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