

# **Natural Beauty Secrets**

## **Special Report!**

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### Introduction

Let's accept the fact: many of us are skin conscious. As much as possible, we wanted to have a fresh, good looking skin. However, many of us failed to recognize that simple steps are the best ways to attain it. We just tend to ignore what is actually right or wrong for our skin. We tend to buy some beauty products that just worsen whatever skin imperfections we have as it turns out in the end. So, now is the time for change. We must do something to beat up all those bothering skin conditions we have.

### Think and Act CLEAN

One thing that is true in our society since the early days is, some companies, if not all, that produce skin care products would like you to believe that a perfect, beautiful complexion can be purchased in a jar. But the truth is, a truly radiant, blemish free and moist skin is a result of being clean. If I say "clean", it means clean from deep within and not just skin deep.

Most of the medical professionals commonly suggest that people with skin problems must practice certain skin care methods that will help improve the condition of the skin. One of the most recommended ways is to clean the skin gently by washing it with a mild cleanser, at least once in the morning and once in the evening, as well as after a heavy work out. But behind that way, there is one thing that's very crucial for maintaining a beautiful skin, and that is: to create clean blood that continuously supplies wonderful nutrients right to the doorway of each and every cell in your body. If you will start practicing this, there's no doubt that you're well on your way to having beautiful skin.

But, how can you make it possible?

Well, these days keeping toxins out of your blood and organs in the body seems difficult. The primary reason is that, most of us dwell in a "sea" of chemicals and drugs. We even

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eat mostly refined foods. Now, if your main “goal” is a healthy and beautiful skin, then it’s now time for you to have a somewhat conscious effort to cleanse these dangerous substances out of your system while placing in the finest nutrients. There is a particular good news that you must know about your own system, that is, your body is constantly in a cleansing mode. It was created with the ability to drive out toxins as long as the energy necessary for it to function is supplied.

The bottom line is: cleansing energy is more abundant when you supply your body with the nutritious foods. Note the word “nutritious”.

### Main Organs That Keep Your Skin Beautiful

Our body is made up of different organs that are responsible for providing us with beautiful and healthy skin. These specifically include:

- 1 Liver
- 2 Kidneys
- 3 Adrenals
- 4 Thyroid
- 5 Large Intestines
- 6 Small Intestines

Note that with these organs mentioned, you are accountable to them as well. It is now your role to keep them clean at all times. You will just find out in the end that beautiful skin will result from your daily efforts.

#### *Liver and Kidneys*

It is interesting to know that our liver and kidneys are the two filtering organs that provide ongoing “housecleaning services”, as I prefer to call it, constantly. You must be aware that these days, these organs are seriously well-worn and even underpaid. So, why

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overload them with outside challenges? Is it hard for you to just protect them from outside harm? It's not that hard though. Simply feed them well and they will keep you, including your skin healthy in the end.

### *Adrenals*

Also, lying on top of your kidneys are your walnut-sized adrenals. These organs are often called the “workhorses” of the human body perhaps for the reason that they are responsible for making a number of essential hormones like the DHEA, estrogen, progesterone, testosterone, and pregnenolone. Speaking of hormones, it is necessary to note that healthy hormones are the essential ingredient when seeking energy, as well as healthy skin.

### *Thyroid*

It is often said that if your thyroid is well nourished and energetic, it is capable of providing hormones and works closely with your adrenals to form essential energy. Note that a dry, sluggish and flaky skin is actually the evidence of a weak thyroid. So, strengthen it.

### *Large and Small Intestines*

Studies have revealed that the general well being of one's liver, kidneys, adrenals and thyroid is dependent on the general condition of the small and large intestines. Aside from providing nutrients to these organs, the small and large intestines hold the responsibility of removing whatever waste product is accumulated in the body. If the small and large intestines failed to perform this role, the waste that was meant for elimination will remain in your intestines and this will result to thickening of the skin, which will eventually produce oils and blemishes. Clean intestines actually mirror a pure and flawless skin.

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Several reports have noted that drugs, alcohol, chemicals and heavy metals like mercury and lead do daily damage to millions of people in the world. The liver is primarily damaged by the refined oils containing trans-fatty acids, while the kidneys are damaged by the common table salt that is devoid of natural minerals. Perhaps the main reason for this is the fact that thousands of processed foods that people usually consume everyday have trans-fats and refined salt. In addition, it was found out that those pasteurized as well as homogenized dairy products tend to clog the kidneys, thus they must be avoided. But, to attain a healthy and beautiful skin, you definitely need to add foods into your diet that nourish those mentioned six organs of the beauty.

### **Think GREEN**

Today, there is what many dermatologists call as “Spring”. In Chinese medicine, spring is the season when the liver cleanses and heals naturally by way of driving out the dangerous toxins that were accumulated in the body through the refined foods that we eat. Many experts suggest green foods, including chlorella, as they are said to be excellent for the liver. Note that green foods refer to those green leafy veggies such as spinach, kale, dandelion greens and broccoli. These foods are what many people consider as the “especially wonderful foods”. Now, for a healthy and beautiful skin, have them cooked, raw, juiced and even cultured.

### **More Foods Necessary for Nourishing Your Body and Skin**

Generally, super food formulas provide a mix of nutrients necessary for the body and skin. These include the cereal grasses, algae and green veggies. So, it is best for you to look for one that contains organic ingredients, but also note that the food was designed to heal and nourish the small and large intestines. It is often said that such foods are ideal in the morning for the reason that they assist your blood to alkalize. Also, they are pleasant to take than a handful of supplements. They even provide minerals, fatty acids and protein to the body.

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Other foods known to contribute to healthy skin include the raw and virgin fats and oils. One particular perfect source is the coconut oil, which is especially good for the thyroid. Also, mineral-rich food such as dark green leafy vegetables, ocean vegetables and seafood are important. And, the antioxidant-rich foods like black currant and blueberry juice and green tea are a daily must as well.

Furthermore, there is one more group foods that is worth mentioning – the fermented or cultured foods. These foods are actually found in every traditional culture around the world and many have considered these as the news stars of a wholesome diet. Just like some of the above mentioned foods, they are necessary for maintaining a healthy and wonderful skin.

I am sure that every one of you is familiar with acne. Almost all of us got this skin disorder, right? Well, technically known as acne vulgaris, this skin disorder affects millions of people from different walks of life, annually. Studies have found out that most of the adolescents are the usual target of this disease, although infants and adults are also affected. It is even found out that about 80 percent of the teenagers develop acne, particularly for women.

### **What is acne?**

According to certain studies, acne varies from quite mild to tremendously severe. It typically forms when the lining of the skin duct as well as the sebaceous glands start to work overtime. With the onset of acne, the lining of the duct actually shed cells which are then transported away to the shell of the skin by the sebum. Once the duct is blocked, it is when the sebum and cells start to amass, forming a plug known as comedo.

Once the plug stays below the plane of the skin, whiteheads or “closed comedo” occurs. If the plug boosts and pops out of the skin duct, it is called “open comedo” or blackhead

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since the top is dark. As you may know, this is not absolutely dirt, thus it will not wash away.

There are a lot of factors that contribute to the formation of acne, but in terms of its real cause, no one is actually certain as to what exactly causes acne to develop or why it starts in adolescence. However, factor like hereditary top the list. It has long been deemed as the most important factor that plays a large role in the acne's development. As what most people believe, if a member of your family had acne, there is a great possibility that you will have acne too.

Although acne is very prevalent among teenagers, acne should not control your life. There are a lot of ways to fight acne, and one of those is maintaining a healthy lifestyle.

### Healthy Lifestyle Changes

Experts have said that when treating a person for acne, the only way to obtain results from effective treatments is through various healthy lifestyle changes. When I say "healthy lifestyle changes", it includes the way you eat, sleep, work, play, etc. As much as possible, you should try to focus on all areas that need changing. This is very important in order for a sustained effort to be completed. If your goal is to treat your bothering acne, then try to treat your whole self as many ways as possible.

### Overcoming Stress

One of the most common dilemmas that face people is stress. Stress that is not normal. So what happens when the body gets too stressed out? Experts have found out that in this case, the adrenal cortex converts adrenal androgens to the hormone testosterone in both men and women, which in turn results in overactive sebaceous glands. As found out, the ovaries of women are capable of producing 25 percent of the testosterone, while 75 percent of the hormone comes from the adrenal androgens.

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When the body of both male and female is stressed, more adrenal androgen is released, causing a double amount of testosterone. It is this doubling effect that causes the T zone of the face to be oily, while other areas are still dry from dehydration. Also note that adult acne is sometimes the by-product of stress and dehydration. And, water and estrogen are the factors that calm the body's stress alarm system.

### **Some Other Tips for Controlling Acne**

Here are some other tips that have helped hundreds of people suffering from acne. Hopefully, these will help you too:

#### ***Water is Best***

Water is by far the most effective treatment for acne. The main support for this claim is the fact that water is alkaline (pH 7.3) and can be considered as a natural treatment or an almost free acne treatment. Thus, it is best that you drink at least eight glasses of water per day (10 to 12 is better). This will help your body in getting rid of oil, waste and toxins, and water even helps to moisten your skin as it keeps your pores from clogging. Perhaps what is most important is that, water helps to relieve stress and relax your body in the end, so you can have a better sleep. Note that water and sleep are factors that help reduce stress. Along with this, try to lessen your coffees, sodas, teas and alcohols intake as much as possible. The reason behind this is that they are partial diuretics that they drive more water out of the cells of the body than they put in.

#### ***Avoid Astringents***

If your goal is to have a beautiful skin, then you should try to avoid astringent natural soaps and any astringent agents that shrink your skin's pores, such as oatmeal, witch hazel, very cold water and rubbing alcohol. It was found out actually that when your skin pores shrink, more oils are clogged in the pores of the skin, causing the onset of acne.

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### *Avoid Stimulants*

Coffee, tea, cigarettes, as well as excessive sugar from sweets and soda should be avoided. It is often said that anything potential for affecting the entire body, brain and nervous system can easily stimulate the sebaceous glands to release more oil. This oil has to leave the body through the pores, worsening your acne in the end. Stimulants even trigger stress.

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### *Watch Your Diet*

Note that diet affects acne. So be careful with what you eat. As much as possible, try to eat foods that are low in fat, as fats produce more oils in the body that are capable of producing acne.

### *Avoid Alcohol*

A number of people think that alcohol is one of the best ways to relax and relieve stress. Well, alcohol may do this, but studies have found out that alcohol causes the formation of acne. It is considered capable for producing acne knowing that it is an astringent, thus it shrinks the skin pores, making them more prone to clogging. Aside from that, alcohol inhibits sleep, therefore causing more fatigue and stress, leading to worse acne.

### *Hot and Very Cold Count*

When considering baths, you should avoid hot and very cold water on areas of the skin affected by acne. Use warm water instead; perhaps well below 98.5 degrees on your skin.

### *Avoid Scrubbing and Abrasives*

Scrubbing and abrasives should be avoided. Experts have said that they irritate the skin, which should be left intact as a natural barrier against the acne-causing bacteria.

### *Sun for Beautiful Skin*

As you may know, sun does kill bacteria, but it doesn't mean that it won't harm the skin. Note that the sun also acts as an astringent that dries, tightens and clogs the skin pores. Thus, you should just spend limited time under the sun. At least 15 minutes to the face and arms daily is enough.

***Avoid Extremely Cold Weather***

If extreme heat causes clogging of the pores, extremely cold weather causes it as well. So, avoid extremely cold weather so you don't freeze and clog pores. It is ideal that you moisturize your face and body, and stay in temperatures ranging from 70 to 80 degrees Fahrenheit.

***Swimming Does Help***

Exercise for stress reduction by swimming in a properly treated indoor swimming pool. But, use the Ozone purified pool if possible. It is interesting to know that the swimming pool water is typically 75 to 85 degrees Fahrenheit, which is well below the normal temperature of 98.6 degrees of your body. Therefore, the swimming water cools your whole body, including the acne affected areas, while providing excellent exercise to the rest of you. This even reduces stress as well as physical attention.

***Think Clean***

It is also necessary that you change linens, wash cloths and body towels after each use. It is for the fact that they are great places for acne-causing bacteria to grow and be reapplied to the skin later. Also, wash white facial cloths, pillow covers, as well as personal undergarments daily with Vinegar, tea tree oil or essential oils of Lime, lemon or orange so to lessen the acne-related bacterial development. It is also often suggested that you apply a natural detergent for washing.

Indeed, there are a lot of ways to control and fight acne, but maintaining a healthy lifestyle is so far the best one to consider. It is important to note that healthy lifestyles will lead you to attaining a healthier skin and a healthier body. Changing your unfavorable habits will reward you with better general health, more energy, and clearer

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skin to show the world. If you were once afraid to make changes, please don't be. Of course, the initial affects may be hard to grasp at first, but as you go on, you will find out that you can quickly learn to adapt with them.

### 10 Beauty Tips

Many of us are skin conscious. We often want our skin to look young and healthy and we really do something just to protect our skin from whatever possible harms there may be in our environment. Well, our skin is our largest organ performing several functions. It primarily protects us against the invasion of foreign substances and it serves as the transfer point for the release of toxins from our bodies, thus our skin is just worthy of protection and care.

Now, if you found yourself coveting the gorgeous skin of fashion models and celebrities in most of today's magazines, here are some tips that will help you on for a beautiful skin.

#### Tip #1: Drink Water

It is often said that the simplest way to clear and supple skin that is no longer dry is to drink plenty of water. Water has long been considered as the most effective natural treatment or an almost free treatment for any skin condition because of its being alkaline, with pH 7.3. It prevents dehydration which is capable of producing sebum or oil from the sebaceous glands. Your skin needs water in order for it to function best, thus doctors and nutritionists recommend that a daily intake of between 6 to 8 glasses of water per day is highly needed.

**Tip #2: Watch Your Diet**

Nutrition plays a vital role in skin health too. Specific foods such as those acidic foods and dairy products are said to be potent in causing an allergic reaction in some people. Also, one of the widely debated topics in the area of nutrition today is chocolates. Some say that chocolate does affect the condition of the skin, while others say it doesn't. Whatever the result may be, the best recommendation is just to follow a nutritious diet that has a number of fresh fruits and green-leafy veggies, as well as fiber.

**Tip #3: Consider Exfoliants**

Many experts say that exfoliating your skin is another great way to attain a beautiful skin. So, try to invest in a good body exfoliant or “loofah”, as it is commonly called, as it is capable of eliminating the dead skin cells from your body. Accordingly, this should be done once or twice a week so to free the skin to breathe. What's more, exfoliants help to prevent ingrown hair from developing.

However, it is necessary to avoid using any body exfoliant on the skin on the face. The main reason for this precaution is that the facial tissue is more sensitive and finer than those tissues of the body.

Today, there is a myriad of exfoliating sponges in the market, as well as a number of really good exfoliant gels that are especially formulated for the skin on the face. Nevertheless, one of the necessary things to note is that those people with skin affected by acne should not apply exfoliating gels or sponges, as these may aggravate the acne infection. Try to consider those exfoliating products for acne prone skin in the form of a skin peeling treatment instead. These products are now commonly offered my most salons anywhere in the world. And, perhaps what is best to consider is to consult a skin specialist before undertaking any form of skin peel.

**Tip #4: Consider a Healthy Routine for Facial Care**

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When it comes to facial skin care, getting into a healthy beauty routine is not bad. Most of the doctors today highly recommend that you cleanse, moisturize and tone your skin twice every day. When cleaning, never fail to remember cleaning the area on the neck, including your face. Apply a moisturizer or neck cream after.

Before going to bed at night, always remember to remove all make up. Clean your skin before you sleep, no matter how tired you may feel. It was found out that during the night, the skin goes through a process of elimination and cannot breathe properly if it is clogged with make up. And, you may also find out that sleeping with your make up on will cause your skin to “break out” with spots on it.

When it comes to shaving for men, some men may experience shaving rashes. For many, these rashes lower their self-esteem, but this is actually not a big problem to think about. There are a lot ways to avoid rashes. Perhaps one of the best is to make sure that when shaving, the razor strokes are following the direction of hair growth. That’s simply it!

Also, scarring on the face can sometimes be unsightly. To heal a scar, it is recommended that you use jasmine or neroli essential oils diluted in carrier oil. This is deemed effective for elimination facial scars, and it even works on stretch marks too as well. However, if you noticed that the scar or stretch mark has gone silver or white in color, note that it cannot be removed anymore. And, if it is pinkish or red in color, there is a great possibility that it can be healed.

When it comes to bruises, there are arnica creams and ointments out there that are useful in healing bruises. It is also interesting to know that one way of dealing with bruises fast and effectively is to use Vicks Vaporub on the affected area.

### **Tip #5: Heal Your Feet**

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When it comes to skin care, the feet are often neglected. So, if care you found no time for a professional pedicure, try to fill a footbath or basin with warm water and add your favorite essential oil. Soak your feet for about fifteen minutes. Then, dry them and apply a rough skin remover onto them. Rinse this off and dry your feet well. And, if you consider pedicure, simply add some body cream to your feet for an easy and quick fix pedicure.

### **Tip #6: Tie Your Fringe Out of Your Face**

For many people, trying their fringes out of their faces for a few hours each day is somehow necessary. The support for this claim is the belief that it will prevent spots from forming on the forehead, especially if you are prone to oily hair. It is noted that sometimes, these oily deposits on the hair can be transferred to the skin which eventually causes the skin to develop acne or any disorder.

### **Tip #7: Avoid Too Much Exposure to the Sun**

One of the most common precautions when it comes to skin care is avoiding too much exposure to the sun. As you may know, over exposure to sunlight causes sunburn. So, while current sunblocks only block out the UVB rays and still let in harmful UVA rays, it is still wise to cover up before venturing into the hands of Apollo. If possible, use a wide brimmed hat while tending your garden to keep the sun from your face.

### **Tip #8: Exercise**

Aside from considering a healthy diet, exercising your body also helps keep your skin healthy. Note that a proper exercise does not only keep the body fit by regulating the oxygen; it also improves the glow of the skin as well.

**Tip #9: Take Enough Rest**

One common problem that face people is stress; the one which is not normal. It was found out that when a person is stressed, the adrenal cortex converts adrenal androgens to the hormone testosterone in male and female, which in turn results in overactive sebaceous glands. These adrenal androgens are released causing a double amount of testosterone, causing the face to be oily, while other areas of the body are still dry from dehydration. So, taking proper rest that includes 6 to 8 hours of undisturbed sleep daily is the best way to rejuvenate the skin.

**Tip #10: Other Helpful Tips for Skin Care**

There are a lot of home remedies for skin care. One of the most commonly suggested is blending the egg white and honey well and then apply them on the face. Experts believe that this makes your skin smooth and helps to reduce wrinkles.

Also, you should try blending turmeric powder with milk and apply on the face. This specifically removes the tan and assists in reducing the growth of facial hair. When it is already applied on the face, scrub it off with a good face scrub and then wash with cold water. Not the extremely cold water. You can even keep it overnight.

Some experts also recommend blending oatmeal along with curds and tomato juice for facial care. This is often kept for 20 minutes and washed off with cold water. This is also potent for removing the tan and keeping the skin light.

Did you know that cucumber juice is an excellent astringent for a beautiful, smooth skin? Yes it is. Applying cucumber juice on the face helps tighten the skin pores. However, it is necessary to wash it off after 15 minutes for better result.

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Another great tip for skin conscious is to apply Vaseline over the entire body after a shower. Then, shower again after one hour and repeat this twice a month. This also improves the condition of the skin.

Finally, you can use glycolic acid (mild peel) and trichloroacetic acid (medium peel solutions). As found out, these peels are safe and not overly aggressive. They do not necessitate time off from work or social activities, and these peels smoothen, soften and freshen the skin.

Always note that your skin reflects your health. It is your body's canvas and one of its valuable assets. So, for good skin care, start developing healthy habits that generally protect your valued possession, which the skin, from the outer and inner forces. Your daily habits mean everything as it is the only skin you'll ever get.

## 10 Problems and Their Solutions

Our skin may just feel like a mere shield that protects us from the world outside. But, the fact is, it's more than just the "mask" that keeps your insides in. It is a very unique and remarkable complex organ that reflects our general health. Thus, it is worth protecting from the outside and inside forces. It is commonly said that for a young, good looking skin, we must provide it with essential nutrients and protect it from external damage. Thanks to some pros out there that making this aim possible is not at all difficult to make. Pores S, and

Here is a look-terrific and stay-healthy guide to a dazzling skin. Note that this guide is presented with the six skin problems that commonly face people of all ages. The solutions for these problems are presented as well.

### **Problem #1: *Fine Lines and Wrinkles***

Experts commonly said that the factors responsible for the development of fine lines and wrinkles are mostly sun exposure. However, repeated use of muscles to squint, frown or pucker is also responsible. Now, what is the commonly recommended beauty fix for these?

Several dermatologists recommend exfoliants. They believe that exfoliation softens skin, and making the superficial lines less noticeable. One of the most recommended products available in the market these days is a cream that contains retinol, which is a derivative of Vitamin A that kindles production of collagen, the fiber the keeps the skin smooth and firm. This item is said to bring dramatic results without a prescription. Here are two products to try for lessening fine lines and wrinkles:

1. Olay Total Effects Intensive Restoration Treatment with VitaNiacin
2. Pond's Dramatic Results Active Face and Neck Moisturizer with glycolic acid.

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And, for faster results, about 12 to 16 weeks, you can try Renova, which is a prescription retinoid cream.

If you do nothing else, here is a very potent solution: wear sunscreen every day. Many experts note that if you wear sunscreen, your skin will start to repair crinkling and wrinkling. Select an SPF 15 or a much greater formulas that will shield your skin against UVA and UVB rays. Also, you can try Neutrogena Healthy Defense SPF 30 Daily Moisturizer.

### **Problem #2: *Puffed-up Pores***

When it comes to skin pores that were distended or enlarged, experts said that the main cause of this problem is the accumulation of dead cells and sebum in pores. What causes the pore openings to stretch is a buildup of these stuffs which happens over time.

One of the possible solutions for preventing pore openings to enlarge is a regular use of retinoid as well as alpha- and beta-hydroxy acids and returning them to their smallest natural circumference. This can help purge pores of trapped debris.

Other than that, good skin care habits, such as not letting your make-up on overnight can help prevent the skin pores from getting plugged by sebum. And, as commonly suggested, you need to protect your skin from the sun as UV rays can contribute to pore dilation. So, avoid extreme exposure to the sun.

### **Problem #3: *Brown Spots***

The usual cause of the development of brown spots on the skin is sun exposure. Perhaps this is for the reason that exposure to the sun causes the cells that produce melanin, the natural pigment of the skin, to shift into overdrive.

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To prevent brown spots on the skin, you can consider a laser therapy. Many pros believe that laser therapy is the speediest solution to this problem. This technique is done by way of focusing a beam of light that erases the splotches on the skin. However, just like some other clinical techniques, the treatment's aftereffects, like redness and scabbing, can take a few weeks to go away, although the energy of the laser doesn't affect the surrounding skin. With a laser therapy, it is noted that about twenty spots can be zapped in just one 15-minute session. About the cost, many clinics offer this treatment at \$300.

There is also a much slower option, one that requires no downtime for eliminating brown spots – the use of retinoids or alpha-hydroxy acids (AHA) combined with bleaching agents such as hydroquinone and kojic acid. This treatment is said to inhibit the formation of melanin. Also, the retinoids or AHAs alone could take up to six months to produce the obvious improvement on the skin. This is according to Amy B. Lewis M.D., the director of dermatologic surgery at the Downstate Medical Center in New York City. A particular product recommended is Alustra, a twofer dermatologic favorite which contains retinol as well as a four percent concentration of hydroquinone. This item actually costs about \$70 for one ounce, and the treatment lasts one to two months.

For further solution, products with antioxidants such as vitamins E and C as well as green tea are highly recommended. These are said to prevent brown spots on the skin by way of squelching the production of free radicals, which are destructive molecules that can contribute to skin discoloration. Also, smoothing on a broad spectrum sunscreen like the well-known L'Oreal Ombrelle Sunscreen Lotion SPF 30 every day is a must for eliminating brown spots on the skin.

### **Problem #4: *Blemishes***

Blemishes usually develop on the skin because of stress and hormonal flares. Both of these culprits are said to set up sebum production, the reason that you may break out when you are under pressure. So, if your skin pores are not strong enough to handle the

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increased production of sebum, the bacteria will start to accumulate on the skin and thrive there. With that, the stage is set for an outbreak.

So, how to fight blemishes?

Note that mild to moderate cases of acne, characterized by less than seven pimples a month, can be treated with over the counter products. This may include those treatments containing glycolic acid or retinol, which is potent for unclogging skin pores. Also, the benzoyl peroxide, which is an antibacterial agent, can be applied.

There is one specific ingredient that is particularly effective in treating blemishes – salicylic acid. This is actually an efficient exfoliator that dissolves skin oil. To mention but one specific product available, you can try Neutrogena Healthy Skin Anti-Wrinkle Anti-Blemish Cream which boasts both salicylic acid and benzoyl peroxide.

However, if breakouts are more severe, contact a dermatologist. The expert will likely prescribe an oral or topical antibiotic, as well as a prescription retinoid such as Retin-A, Avita, Tazorac or Differin. And, to speed clearing of pimples and pigmentation that linger for about month after a blemish heals, a product named Azelex is usually prescribed by dermatologists.

If for instance acne flares around ovulation or during your period, most experts commonly suggest birth control pills. Your gynecologist may prescribe one birth control pills that contains skin-friendly hormones. However, it is important that you get enough rest and sleep. One particular explanation for this is that when your body is literally combating to stay awake, it will secrete a slew of stress hormones that could affect your skin condition.

### **Problem #5: *Redness on the Skin***

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Rosacea most likely acts as the main cause of redness. It is actually a chronic condition that first appears as a flushing or subtle redness on the nose, cheeks, forehead and chin. It then progresses from intermittent mild redness to persistent ruddiness as well as permanent, dilated blood vessels and acne-like bumps.

It is worth noting that rosacea is not curable, but it responds well to treatment. Speaking of treatment, many experts recommend prescription topical and oral antibiotics as they assist to prevent pimples and redness from developing. However, in severe cases, a product known as Accutane is commonly prescribed. Some dermatologists also suggest pulsed-eye lasers like the Vbeam which costs \$500. This treatment is said to treat broken capillaries. It is also potent in lessening the need for topical medication. And, there are gentle and hypoallergenic products these days which may provide solution to skin redness like the B. Kamins, Chemist Booster Blue Rosacea Treatment. As noted, this product is capable of neutralizing redness on the skin with its light blue hue that contains soothing ingredients.

Another possible solution for redness could be to determine and then try to avoid what actually triggers your episodes of intense flushing and blushing. The usual triggers for such episodes are spicy or piping-hot foods, caffeine, alcohol, stress, heat, sun, wind, exercise and anything, including massage, hot water and facial steaming that bring blood to the face.

Switch to physical sunblocks. These items are less likely to irritate the skin because they generally contain ingredients like zinc oxide or titanium dioxide that reflect UV rays and aren't taken into the skin. But, to ensure an absolute shield from the UVB rays, experts commonly suggest one with octyl methoxycinnamate which is the most hypoallergenic.

**BONUS Solution:** *Dullness of the Skin*

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Dullness of the skin typically occurs around age 30. During this stage, the natural ability of your skin to slough off dead cells from the surface slows down. When the dry and dead cells build up, it is the time when the skin looks dull.

To freshen your skin, consider a regular exfoliation which brings fresh and translucent cells to the skin surface. You can try lotion or creams that contain alpha- and beta-hydroxy acids, which dissolve the glue that keeps the dead cells attached to the skin. Retinoids are also out there that for you to use, as they speed up the renewal of the skin cells. One particular choice is Elizabeth Arden Ceramide Defining Skin Brightener with light-reflective particles for instant radiance.

Also, you can cleanse your skin with facial scrub formulated with rounded microbeads. This is said to be potent for gently washing the dead cells loosened by AHAs and retinoids.

Keep your skin moisturized. If you do so, the moist cells will slough off more easily than hard and dry cells. Just select the items that are crafted with both occlusive ingredients like the petrolatum and dimethicone, which trap water in the skin, as well as the humectants like hyaluronic acid, urea and lactic acid, which bind water to the skin.

Considering those tips will most likely bring you to obtaining a healthy, good looking skin. So, if you have been dreaming for coveting the skin which most celebrities of today's era possess, then there's no reason for you to note what have been said. Always remember that our skin, being the largest organ of the body, tells of who and what we are, thus it's worth protecting.

As you all know, our skin is the obvious appearance of who or what we are, or perhaps would like to be. However, it is more than just a simple mask. It is the largest organ of our body, which is a complex and highly dynamic system that plays a very crucial role to our general well-being. Our skin even sometimes reflects our health as well. It's our body's canvas and one of its most valuable assets.

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Knowing how important our skin is, we should do something great for it. Perhaps starting a healthy habit is the most primary move to take as this helps our valued possession from outer and inner sources. Note that it's the only skin we have, so it's worth protecting.

### Three Habits to Break

Is your skin as soft and healthy as you'd like? You may be sabotaging it without even knowing. So here are three of the habits that you must break as they wreak havoc on your skin. Note them in order to attain a beautiful and healthy skin.

#### **Bad Habit #1: *Shaving Dry***

It is important to note that shaving legs and underarms dry can cause irritation, ingrown hairs and razor burn. So, to nurture the skin, softening it in the shower for about 10 minutes is worth considering. Most experts even recommend this stuff for those who wish to attain good looking skin. After doing it, you must apply a layer of shaving cream and not soap, which will just dull the razor and invite cuts. You must shave in long strokes. And, slather on body lotion post-shower.

#### **Bad Habit #2: *Ignoring Incidental Sun Exposure***

It is true that walking from your car or wherever you may be to the office under the sun may not be as damaging as spending hours baking on the beach. However, it is important to note that even just a few minutes of exposure here and there doesn't mean that you won't get wrinkles. It does bring on wrinkles just the same. For that, you should try wearing a daily SPF lotion specially formulated for facial application. Many experts suggest brands of SPF lotion like the Clinique and Neutrogena as they have versions that really work well under makeup.

**Bad Habit #3: *Avoiding Exfoliation***

It is often said that considering exfoliation of the skin brings out great results. Perhaps this is for the reason that if you just ignore exfoliation, dead skin cells will start to build up on the skin, causing itchiness and rashes, especially on the unpredictable or dry weather. So, it is often recommended that you scrub your skin daily with a puff, a loofah, or a grainy exfoliator to help sweep rough skin away. After scrubbing, apply moisturizer to lock in softness.

**Nine Habits to Maintain**

Now that you already know about the three bad habits to break, it is now time for you to consider what habits are to maintain in order to covet the best looking skin on earth. The following habits are actually shared by most dermatologists as their best advices for a clear complexion. So, if you want your skin to be on its behavior, you need to change your act now for the better and follow a few rules.

**Good Habit #1: *Avoid Too Much Cosmeceuticals***

Numerous experts have said that with more and more beauty potions with alpha-hydroxy acids (AHAs), antioxidants, salicylic acids, and retinoids in them, blending a cleanser from one line with a scrub or daytime moisturizer from another, then a night cream from yet another can lead to over-exfoliation as well as irritation. This can no doubt add up to a real dilemma, especially for those women who have olive and darker complexions. This is also possible for women who are more prone to discoloration when their skin is irritated.

So, to play it really safe, it is important that you only stick with one line of products. But, only use the line of products which are formulated to work together. It is often said that if for instance you use any prescription products like the famous Renova, the advice of

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your dermatologist is highly needed. Ask your specialist regarding on how to mix prescription treatments with the over the counter cosmeceutical products. Just don't overdo beauty products.

### **Good Habit #2: *Consider a Healthy Exercise***

Exercise is great for a beautiful skin. So, considering at least twenty to thirty minutes of any aerobic exercise is worth trying. It will give you a glow, as it is often said. One of the supports for this is the fact that exercise boosts blood flow. It is this increased blood flow which will bring more nutrients to the skin. However, it is important to be aware that the accumulation of sebum or oil through perspiration can result in sweatband acne, folliculitis, as well as spiky heat. But, don't worry; there is a simple solution for this – shower as soon as possible after shaking your booty.

### **Good Habit #3: *Intimate with the Phone? Don't Be!***

Always note that constant rubbing on the mouthpiece may lead to rashes around the chin and mouth. This is what many people have believed, including dermatologists. So, it is important that when talking to somebody on the phone, hold the phone away from those mentioned areas when talking. Also, clean the phone often with a mild soapy solution or perhaps rubbing alcohol.

### **Good Habit #4: *Examine Your Birthday Suit for Spots***

When it comes to skin care, any sudden or suspicious-looking mole, bump or other growth on the skin is a reason to see a dermatologist. Nevertheless, as skin cancer rates skyrocketed, having a full body check up by a professional is very crucial. This is especially true for those us living in the baby-oil-and-iodine, pre-sunscreen generation.

Also, it is said that those who belong in a high risk group, meaning having a personal or family history of skin cancer, a lot of moles, fair skin, or light eyes or hair, should consult

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a specialist for a regular check up. The regular examination should start in their teens and probably no later than age 35. However, even if you do not belong in a high risk group, it is still recommended that between the ages of 20 and 40, people must have a cancer-related check up. The check up must include skin exam and must be considered every three to four years. Once you hit your 40s, start undergoing a cancer-related examination with skin exam every year. Aside from that, it is advisable that you do monthly self-exams in order for you to keep an eye out for changes and growths.

### **Good Habit #5: *Eat Healthy Foods***

Healthy foods refer to those that help your skin and body fight against the bad forces outside and inside. You must consider antioxidants such as vitamin A, C and E as they are highly potent for sun damage and fight certain cancers, including skin cancer. This is actually the reason that makes antioxidants essential to your health. Along with this, a well balanced diet is highly recommended. This means making yourself comfortable with a diet filled with at least five servings a day of fruits and vegetables, plus a multivitamin that meets the RDA standards.

### **Good Habit #6: *Avoid Wearing Your Makeup to Bed at Night***

I guess, all of you know this rule, but just sometimes do it anyway. Well, it is necessary to note that layers of foundation, powder and even blusher left on overnight can cause the skin pores to clog and lead to acne or folliculitis. Knowing this warning, you must then take it all off before bed. You can do this by way of using a mild non-soap cleanser. However, remember not to waste bucks on a cleanser with glycolic acid or AHAs. As often said, it's not on your face long enough to absorb into the skin. The mentioned ingredients are more effective in moisturizer than in cleanser.

### **Good Habit #7: *Hands off Those Zits***

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We all get zits. That's the truth. But, it doesn't mean that we will just let those zits ruin our lives. We must do something to prevent them from forming, and we must do it by simply not to poke, prod, pop, or squeeze them. These actions can just prolong a zit's life and make the problem worse. They may even lead to scarring as well as spread of infection. So, to speed up healing, never squeeze or poke them. Simply cleanse your face, and then apply a warm compress, like a clean and damp wash cloth. Then, dab your face on an over the counter cream or lotion containing a drying agent like the salicylic acid, benzoyl peroxide or sulfur.

### **Good Habit #8: *Rest and Get Enough Sleep***

Many of us don't get enough sleep and are stressed. Actually, there haven't been any conclusive studies on how being tired affects the condition of the skin. But, the effects are not generally hard to detect. One of the most common effects is under-eye circles. So, to avoid whatever unfavorable effects there may be, you must budget in sleep time. This may include a short afternoon nap whenever you can manage it. However, don't sleep in the same position for years on end as this can lead to wrinkles. Perhaps the best way to consider is looking for a special pillow that helps prevent sleep creases on your face.

### **Good Habit #9: Drink Plenty of Water**

The bottom line here is to adopt plenty of water everyday as your mantra. You should know that drinking water does keep you hydrated. This even helps your skin to look and feel better. So, get in the standard of 6 to 8 eight-ounce glasses throughout the day. You can drink more if you are a heavy exerciser. And, if you are into low-cal liquids, drink more water to avoid dehydration. Note that most of the new sugar substitutes today are dehydrating.

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As presented there are a lot of habits that we oftentimes ignore, thinking that they don't play a significant role in our lives. But, the truth is, everything we do has a corresponding meaning and role that needs to be revealed and considered. If your main goal is attaining beautiful skin and general well-being, then a healthy lifestyle is worth maintaining. Note that our daily habits mean everything.

### Conclusion

As presented, there are a lot of ways to attain and maintain a beautiful skin. All you need to consider is to exert some efforts on changing your habits. Eating nutritious foods such as those mentioned above are perhaps one of the most necessary moves to consider if you want a good looking skin. Simply think clean and green and have a beautiful skin.