

NAT.

Natural skin & body essentials

Perfectly **Natural**

The **NAT.** basic guide to beautiful, radiant skin, health and well being.

NAT.

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THE NAT.STORY

The Natalie Group is one of Australia's leading manufacturers of natural skin and body care, home fragrance, spa and well being products, aromatherapy and essential oils. Founded in 1987 the development and evolution of all Natalie Group products are influenced by the belief that plants, specifically plant essences, have natural therapeutic, restorative and regenerative properties.

The NAT. natural skin & body essentials is the latest product range developed by the Natalie Group.

Resulting from extensive scientific research, cutting edge technology and the selection of the best natural ingredients, all NAT. products are derived from pure plant essences that carry with them the incredible powers that only nature can provide. The range has been specifically designed to restore balance, beauty, health and wellness.

The guarantee of our product performance comes with the knowledge that our stringent manufacturing process at the Natalie Group is second to none. Our team of dedicated scientific researchers, and quality controllers, ensure the integrity, consistency and unbeatable quality of our products.

NAT. products are not tested on animals and our formulas are inspired by centuries-old traditions. Researched from scriptures, these recipes have been the powerful 'beauty secrets' of the most beautiful women throughout history.



NATURAL wonders

NATURAL WONDERS

As people realize how undesirable the effects of additives and preservatives are they look increasingly towards fibres, foodstuffs and cosmetics that occur in nature. Nowhere is this more evident than in the confusing world of cosmetics where there is an increasing trend to buy natural organic products. The popularity of these cosmetics has led to a proliferation and variety which makes informed selection incredibly difficult.

What is Natural Skin Care? Natural skin care is the care of the skin using naturally-derived ingredients such as essential oils, herbs, roots and flowers combined with naturally occurring carrier agents, natural preservatives, surfactants, humectants and emulsifiers. The classic definition of natural skin care is based on using botanically sourced ingredients currently existing in or formed by nature, without the use of synthetic chemicals, and manufactured in such a way to preserve the integrity of these ingredients.

Natural skin care has its origins as far back as the 4th millennium BC in China and the Middle East. It is believed that the Egyptians developed many natural skin care treatments for a variety of skin conditions and in modern day, many with unique skin types and specific issues such as sensitive skin, excessively dry skin or very oily skin have turned to natural skin care solutions.

Just as confusing as the number of products available is the wide range of ingredients in those products. Unlike food production which is closely monitored and regulated, cosmetics products are not subject to the same legal requirements. The consumer must largely make his own judgment as to the naturalness and efficacy of a cosmetic based on labelling which invariably claims remarkable results. It falls to the consumer to read the product contents closely and to look for those natural ingredients with a proven track record. In particular high quality natural skin care products can be identified with some knowledge of the science of blending of essential oils with necessary complimentary natural media.



Here are some basic tips to keep in mind when choosing your natural skin care:

1. Get professional advice from beauty therapists and beauty professionals. The best way to choose the right natural skin care products is to try it as facial treatments so you can see the results for yourself.
2. Make sure you do a patch test first in case you have allergic reactions to the ingredients. Just because its natural doesn't mean it is allergy free.
3. Choose the right natural products with the right balance of natural ingredient(s) suitable to your skin type and skin concerns. The therapist will be able to correctly diagnose your skin type and prescribe the correct products for your skin care regimen.

In case you missed it, here's an article from our NAT. website news archive on the difference between natural and organic:

http://www.natskinbody.com/index.php?option=com_content&view=category&layout=blog&id=5&Itemid=55&lang=en

Natural and Organic: despite the trend in cosmetics favouring these two, what really is the difference?

Walking through the cosmetics section of any department store or pharmacy these days, and you'll find yourself surrounded by products which are boasting points of differences as being 'natural' or 'organic'.

The packaging is always pretty; there are references to beautiful flowers, exotic fruits or earthy elements such as mud and minerals. Yet how are these claims of 'natural' or 'organic' ingredients verified and defined?

The truth is that the beauty industry itself doesn't yet have the answers and there is no uniformed consensus as to the terms of conditions necessary to claim something as 'natural' or 'organic' unlike the food and agriculture industries for instance.

In chemistry, any carbon-based compound is termed 'organic,' which, strictly speaking can include petroleum! And in terms of the word 'natural,' well, it has been argued, that everything and anything is 'natural' because it was originally sourced from something in nature to then be converted into something else.

Natural and Organic - What's the Difference?

So, when we as consumers are drawn to the terms 'natural' and 'organic,' what is it that we are actually hoping or expecting?

In a recent survey it was found that 74% of consumers did not know the difference between 'natural' or 'organic' products, and in another survey it was found that 70 to 76% of consumers believed natural products would: improve their health, have less side effects, and are safer to use in the long term. Natural solutions are perceived to be the better option.



It would appear that the general trend of directing our attention towards a 'natural' or 'organic' alternative to skincare has resulted from media exposés of sensitisation from synthetic preservatives and synthetic-based 'naturally derived' ingredients.

Yet without uniformed definitions or even strict regulations by industry or government, it is up to the consumer to do their own research and understand just what each brand is trying to sell them with the products being labelled as 'natural' or 'organic'.

How "Certified Organic" works

To start the process of some semblance of definition, Organic Monitor, a specialist research company, has come up with its own definition for natural and organic beauty products: "Organic products don't always have to be certified organic but they must contain certified organic ingredients. While, natural products must be made from plant extracts and natural ingredients and must contain low or minimal amounts of synthetic chemicals eg parabens, petrochemicals, and phthalates."

In general the term 'natural' is still undefined, yet 'organic' is a term used to describe how the ingredient has been grown and processed; without harmful pesticides, herbicides or insecticides. Certain organisations have been formed in order to ensure strict regulations, such as Australian Certified Organic. Companies whose ingredients make claims to being 'certified organic' must be able to prove the certification if anyone was interested to investigate. The good news for consumers is, as a rule, Australian natural cosmetic companies are ethical and go out of their way to produce natural cosmetics with nothing but the most pure and natural ingredients found in plants.

The NAT. natural skin and body care eBook is for sharing. It contains all those natural beauty tips and secrets you need to know. Included in the ebook is useful information to help you make sensible skin care choices. Your family and friends can also connect with NAT.on

<http://www.facebook.com/NAT.skinbodyessentials>

Your skin's health:

From chemical peels to botox injections and expensive plastic surgery, there seems to be no length to which we will not go to achieve youthful, radiant beauty. At NAT. we believe the answer to beautiful skin is simple and inexpensive. You can make your skin glow by maintaining good health and using natural toxin free skincare products from NAT.

The Natural Approach:

Beautiful skin requires patience and commitment. There is nothing difficult in the process. The quest starts with you understanding the basic needs of healthy skin.

In this chapter, we would like to start the quest to beautiful skin with an understanding of the basics that is your skin.



You may already know that the skin is very important and is the largest organ of the body, weighing approximately 2.7 kgs and is only about 0.07 inches (2 mm) thick. Its functions are many; ranging from regulating and maintaining a constant body temperature, protecting us from infection, heat and light and serving as storage for water, vitamin D, and fat. It is packed with sensory nerves making us experience pleasure or pain. Obviously our skin reflects our lifestyle and age. For this reason alone, most of us take pains to ensure that our skin is well and truly cared for. But what may not be so obvious is that this is part of a process. Once we understand the science behind what affects this precious organ and how it works we shall appreciate that we need to

focus on our internal health and be ever vigilant about the choices of products and preparations applied to the skin. A healthy regime would not be complete without exercise and leisure activities.

Let's start with your internal health, specifically the digestive system. What has this got to do with our skin? Plenty! A healthy 'insides' is the first on our checklist to achieving radiant and healthy skin. The digestive system not only breaks down our intake of food and drinks, providing us with the essential nutrients our body needs but it also flushes out toxins we may ingest, break down fats and create neuro -chemicals*. Our stomach is home to hundreds of bacteria that aid with these functions, but if the balance of good bacteria versus bad bacteria is not right, chances are the digestive system's output is not maximised and our skin suffers. Clearly a sensible solution is to eat healthy and live a balanced lifestyle; learn about what type of foods and drink are good for you and a thorough "gut cleansing" is recommended. Here are a few tips on how to detoxify the natural way.

Natural Detox Guide from NAT. read the article found on:

http://www.natskinbody.com/index.php?option=com_content&view=article&id=131%3Anatural-detox-guide-from-nat&catid=5%3Anat-news&Itemid=55&lang=en

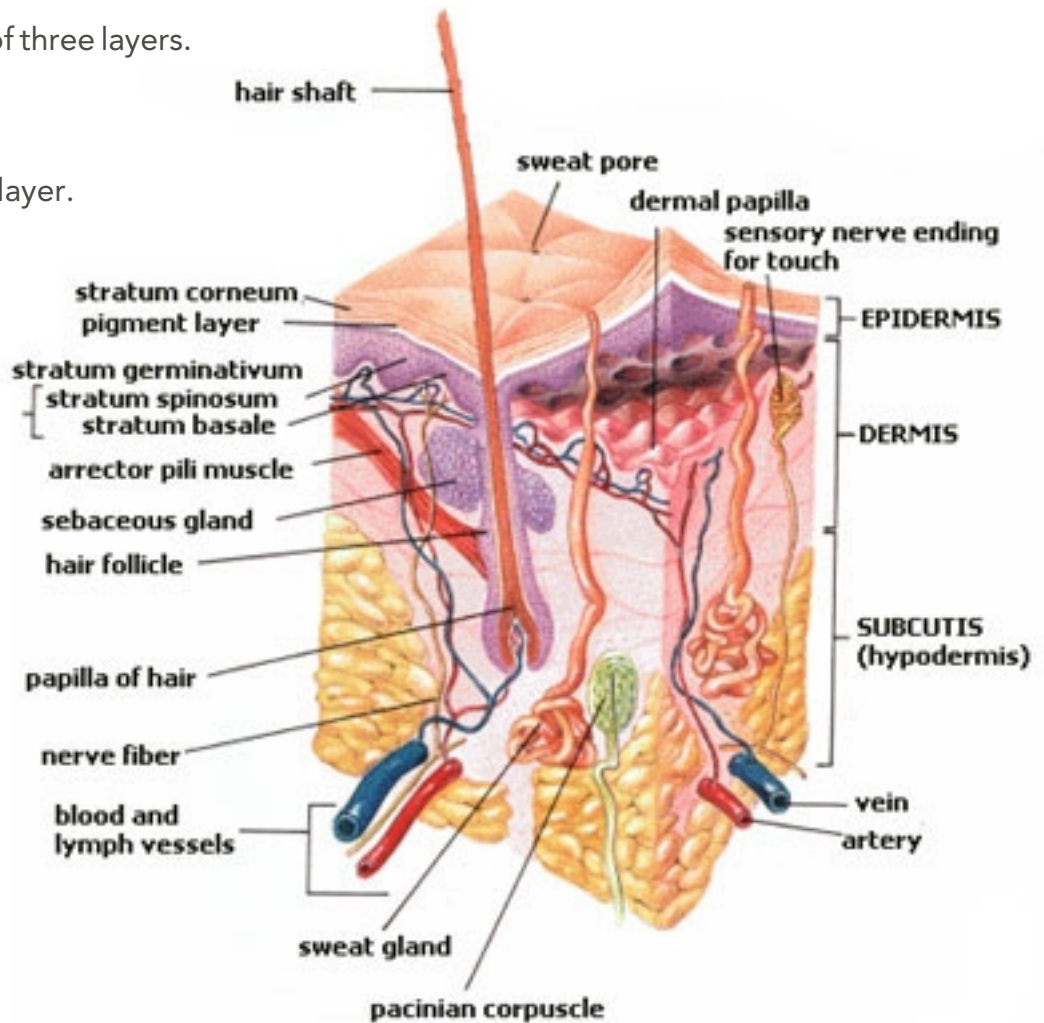
“Neurochemicals are chemicals involved in the functioning of an organism's nervous system. They have purposes such as regulating thoughts and emotions, transmitting signals from neurons, and promoting the growth and repair of the nervous system's cells. A person's neurochemistry can have profound effects on his or her health, abilities, and behaviour. Psychoactive drugs affect the user by altering his neurochemistry, and many health problems and disorders are the result of the sufferer's inability to produce or absorb neurochemicals in proper amounts.”

The Anatomy of Skin:

Now that we have established the connection between our internal wellbeing and the appearance of our skin, it is time to consider the skin itself.

The skin is made up of three layers.

- the epidermis
- the dermis
- the subcutaneous layer.



The layer which concerns us most is the epidermis or the outer layer. This is a tough protective layer that contains melanin, a class of compounds which protects against the rays of the sun and gives the skin its colour. Within the epidermis there are also horny layers which contain the keratinocytes or dead skin cells that continually shed and the basal cell layer, the regenerating layer where new skin cells are made to replace the keratinocytes. The process of cell regeneration which replaces old skin cells with new usually takes about 3 to 4 weeks although this process slows with age.

Under the epidermis is the dermis which contains nerve endings, sweat glands, oil glands, and hair follicles. To hold it all together is collagen that best known of proteins whose fibroblasts gives skin its strength and resilience. It is the collagen in the dermis which supports the epidermis. Similar to collagen is elastin which gives elasticity to the skin and allows it to spring back when stretched. Both of these proteins tend to lose their potency with age.

Under these two skin layers is a fatty layer of subcutaneous tissue (the word subcutaneous means "under the skin"). It consists of a network of collagen and fat cells which serve as the body temperature regulator and so protect other organs from injury.

Now that we have an appreciation of the skin's basic structure, it should be quite easy to see why most topical products applied to the skin only work on the outer layer or epidermis. There are some that may penetrate deeper. For these products to be effective, they must contain active ingredients that nourish the dermis and help in the production of collagen.

All in all, a holistic approach to skin health is the simplest and most effective. To keep those skin layers healthy and firm enjoy a balanced and nourishing diet, exercise sensibly and reduce stress. Choose skin care preparations with natural plant extracts as active ingredients that protect and repair skin.

NAT.'s 3 step skin management tip:

Remove dead cell build up (exfoliate regularly with gentle natural ingredients)

Rebuild: after exfoliation, remaining living cells need to be built up with proteins, other amino acids and nutrients

Protect: always protect against the sun, free radicals and other environmental factors.

The promise of great skin- Caring for your skin the natural way



Egypt was one of the greatest civilizations of all time. In Alexandria lived the legendary Queen Cleopatra who was famed throughout the known world for her beauty and adored by Julius Caesar and Marc Antony. Despite her exotic surroundings and an Egyptian taste for the mysterious, Cleopatra used simple natural beauty preparations made from local plants and herbs. If it worked for Cleo, it will work for you...although getting enough ass's milk for your bath could prove difficult.

Now, you too can look as stunning as Cleopatra, following these simple steps to radiant complexion and a healthy looking you.

1. Establish a morning and evening skincare regimen.

A good skin care routine involves the following:

Cleansing:

The foundation of good skin care is thorough, daily cleansing. Good cleansing is the very first step to achieving a smooth, soft, healthy skin. No amount of make-up can conceal blotchy, tired skin so get into the habit of cleansing morning and night. Find the right natural and gentle cleanser suitable to your skin type. Good cleansers effectively remove the dirt and grime deep down right into your pores, giving you an ultra-deep clean. Natural ingredients like Vitamin E oil known to be one of the best natural skin cleansers and Papaya are common ingredients in natural cleansers. Papaya for instance contains a very powerful enzyme called papain and has shown to be effective as a gentle exfoliant, promoting soft and youthful complexion.

We also suggest that you look for natural ingredients shown on the guide below. These ingredients are used on NAT.FACE cleansers:

- calendula extracts infused from the petals of marigolds into oil, known to have benefits such as soothing action that improves skin tone and protects skin suffering from couperose (fragile capillaries)
- sweet almond oil extracted from natural almond fruit: contains glycosides, minerals and vitamins B1, B2, B6 and E. rich in protein and is a known skin protectant.
- vitamin B5 extracted from vegetable oils: helps soften fine lines wrinkles

- vitamin E extracted from vegetable oils like soy beans are fat soluble vitamins that helps boost the production of collagen.
- rosehip oil, an emollient containing 80% essential fatty acids and known to repair damaged tissues. Aids in the regeneration of skin cells
- papaya fruit extract contains vitamins A and C. this helps to improve skin tone and texture
- olive extract is known to have properties that are soothing, calming and healing to the skin
- oat extracts are known to soothe, has anti-inflammatory properties and helps to buffer and repair damage from other skin stressors
- tea tree essential oil extracted from the tea tree leaves is famous for its antibacterial, antiviral, antifungal properties and is a healing agent
- panthenol extracted from vegetable oils helps condition and soften the skin
- chamomile extracted from chamomile flowers are known to be calming and soothing
- lavender essential oil extracted from the flowering tops of the lavender plant is known for aiding cell renewal amongst many other things
- glutamic acid extracted from vegetable oils is an amino acid that assists in cell stimulation

Toning:

Toners are used after cleansing to remove all remaining traces of oil, makeup and dirt. More importantly, toners allow moisturisers to work well. Some people swear by them, others consider them unnecessary. In fact there is constant debate among beauty experts on this issue although the prevailing opinion is that toning rebalances the skin so it can absorb moisturisers more readily. Make this two part process a part of your daily routine - cleanse then tone morning and night.

If you like the way your skin feels after toning, we can highly recommend the NAT. treatment toners. Choose what's right for your skin type. To help you choose, go to:

http://www.natskinbody.com/index.php?option=com_content&view=article&id=32&Itemid=25&lang=en

or request for a copy of our product catalogue.

Simply email us: enquiries@nataliegroupp.com

Some effective, natural toners contain vitamin E, a great anti-oxidant and cell renewal ingredient. Cucumber extracts, rosehip oil and grape seed extracts are also popular active ingredients.

Moisturising:

After a good, deep cleansing and toning, it is essential to restore the skin's natural pH and moisture balance. Moisturising is a skin care beauty 'MUST' for everyone, no matter what skin type. Even if your skin is oily, it will benefit from it. Why? Moisturisers seal moisture into skin and on the most basic level, moisturisers hold water in the outermost layer of skin. They also act as a temporary barrier, allowing damaged surface cells time to repair themselves.

Choose the right natural moisturiser for your skin type. Look for natural ingredients such as almond and sesame oils, macadamia, wheat germ oil, carrot root, vitamins D3, B5, chamomile and for skin that is prone to acne and the over secretion of sebum, tea tree oil.

So how much should you moisturise? Your skin will tell you. When your skin is tight, it's crying out for moisture. Be careful not to over moisturise -- this can clog pores.

Here are some ingredients you will find in the NAT. moisturisers

- macadamia nut, almond and sesame oils: extracted from the dried kernels and seeds. These ingredients are rich in emollients that help skin to balance the loss and absorption of moisture.
- carrot root is an excellent source of beta carotene and vitamin A. Known to restore elasticity of the skin; also improves skin tone and complexion.
- wheatgerm oil is rich in vitamin E and antioxidants, moisturises, rehydrates and aids repair of environmental damage to the skin and contains squalane for cell growth
- naturally derived vitamins like vitamins D3, B5, are known to have skin healing properties. softens and helps to balance the skin natural PH. helps skin to retain moisture levels and a powerful anti-oxidant.
- herbal extract of calendula and sweet woodruff have anti inflammatory properties and are calming to the skin. Also known to reduce redness on the skin
- chamomile herbal extracts are excellent on delicate skin for its soothing and hydrating properties.
- natural alpha hydroxy acids (AHA) helps the skin shed cells easier thereby preventing a build up of dead skin on the surface which causes dull complexion. The acids are known to stimulate collagen and elastin in the skin.
- tea tree essential oil extracted from the leaves and twigs of tea tree have anti-bacterial, anti-viral, antifungal properties known to aid in the healing of skin tissues

The Eyes are the windows to your soul- Look after the skin around your Eyes:

Beauty experts strongly recommend using eye creams or gels for the simple reason that the skin around the eye contains no fatty tissue and is therefore very thin and prone to wrinkles. Face moisturisers are formulated for the skin on the face and many are not Ophthalmologically tested. This means they are not specifically formulated to work near the eyes and can cause irritation. Eye gels or creams can help in targeting certain concerns such as puffiness and circles under the eyes and the proverbial 'crow's feet'. Most face creams and moisturisers are not formulated to achieve this.

Natural products that are made for the sensitive skin around the eye area normally contain chamomile extracts, pansy and lime blossoms, cucumber extracts and natural alpha hydroxy acids(AHAs) such as those found in milk, lemon juice, vinegar, blackberries, grapes, oranges, tomatoes and apple juice.

2. Always protect your skin against the sun:

The sun's damaging UV rays are known to be one of the most significant causes of skin ageing, not to mention skin cancer. Apply sun screen all year round.

Before 10 am and after 4 pm it's usually safe to be in the sunshine, but between those hours it's wise to put on a wide brimmed hat and apply SPF (Sun Protection Factor) 15+ sunscreen. Not only will you avoid the onset of premature wrinkling and pigmentation you will have gone a long way towards protecting yourself from skin cancer caused by sun exposure.

Look for natural sunscreens that have:

Natural zinc , antioxidants to protect from sun, Echinacea, ginkgo, gotu kola, coconut oil, safflower oil, almond oil, sesame oil, macadamia nut oil, lecithin, essential oils of citronella, clove, peppermint, and lavender as well as vitamins A, C, and E.

Our NAT. team like the range from Island tribe: www.tamethesun.com

3. Exfoliate

Exfoliation is a step most people skip in their weekly skincare routine. So what is exfoliation?

Exfoliation is the removal of the oldest dead skin cells that cling to the skin's outermost surface, allowing the newer skin cells underneath to come to the surface. Exfoliation is important because it exposes new skin cells filled with keratin to the surface. Without it, dead skin cells can accumulate and make the skin appear rough and dry.

There are two different types of exfoliants: **mechanical** and **biological**.

Mechanical exfoliation is the act of physically removing dead cells with an abrasive. These range from gentle scrubs with jojoba beads, rice bran and sea salt to more aggressive methods like microdermabrasion.

Biological exfoliation uses enzymes such as alpha and beta hydroxy acids to loosen the glue like substance that holds our cells together, and usually come in the form of facial peels.

We recommend using natural exfoliants as follows:

Sea salt:	one of the best and most popular
Oatmeal:	great for dry, sensitive skin
Baking powder:	Baking soda (sodium bicarbonate) is acid neutral and falls under the category of mechanical exfoliant due to its fine, but hard powder making it a gentle and highly effective in removing dead skin cells
Corn Flour:	great for oily skin
Brown Sugar:	The most gentle of homemade exfoliants
Ground Coffee:	most potent
Papaya:	improves the skin's elasticity
Cranberry Seeds:	when added to facial mixes cranberry seed is great for mild and gentle exfoliation

You will be amazed by the immediate visible improvement in skin tone and feel that will result from your weekly exfoliation.



**The NAT. FACE range of products offers solutions for every skin type, naturally.
To find the right NAT. FACE product for you, visit:**

http://www.natskinbody.com/index.php?option=com_content&view=article&id=32&Itemid=25&lang=en

4. Serums :

Facial serums can give your skin added moisture especially in the dry winter months or if you have mature skin. A facial serum has qualities which enable it to reach the deeper layers of your skin where a regular moisturiser will not penetrate.

At NAT. all our serums are 100% natural and preservative free.

Imagine the healing power of botanicals and its natural 'life force' in a small bottle. All NAT. serums are 100% natural using only the best essential oils brimming over with nature's beneficial properties. These products are renowned for slowing down the signs of ageing.

Here are some of NAT. serums' active ingredients:

- jasmine essential oil extracted from the delicate petals encourages cell growth and increases skin elasticity making it a potent treatment for wrinkle defence.
- natural vitamin E extracted from vegetable oils are fat soluble vitamin that helps boost the production of collagen and help repair the top layer of skin. It has antioxidant properties and helps maintain cell integrity
- rose essential oil extracted from evening primrose plant. Contains properties that are balancing, relaxing, comforting, to the skin and refines its structure .Rose essential oil is known to promote healthy cell renewal.
- lavender essential oil is extracted from the tops of the lavender flower and has soothing and calming properties. . Lavender is known also for its healing properties and can be safely used on skin irritations and to balance oil secretions. It increases blood flow and promotes cell renewal.
- juniper extracted from ripe berries has a toning and cleansing effect on oily and combination skin
- tea tree essential oil is known to have antiseptic, anti-fungal, anti-viral properties that are especially good on skin that has a tendency to break out.
- neroli essential oil extracted from the petals of the bitter orange tree relaxes and soothes muscles. Helps to increase blood flow and promotes cell renewal.
- evening primrose oil extracted from the evening primrose plant. Its essential fatty acid (EFA) called gamma-linolenic acid (GLA) in the oil exerts anti-inflammatory and anti-ageing properties.
- frankincense extracted from the resin of the boswellia tree is known to have relaxation properties and is ideal for wrinkle defence; it smooths the skin and helps to increase blood flow to the skin cells.
- sandalwood essential oil extracted from the evergreen tree relaxes, purifies and richly nourishes the skin. A truly rejuvenating oil which works wonders on dry, sun damaged and ageing skin.

- rose oil extracted from the delicate petals has balancing, relaxing, comforting properties and refines the structure of the skin, thus promoting healthy cell renewal.



5. Eat well, Eat right for your skin:

The human race has been driven by the quest for eternal youth since the world began. From the search for the elusive “Fountain of Youth” to the present day obsession with everything from creams to drugs to surgery both men and women have a fundamental desire to stay young - or at least to appear to.

At NAT. we think there's a simpler way to stay youthful looking, without all those expensive and complicated processes. We've all heard the same diet advice: cut back on saturated fats, sugars, carbohydrates and burn more calories than you consume. This mantra is repeated over and over again because it works. It'll make you slimmer, feel healthier and look younger. All you need is some will power, and perhaps a quick trip to the nearest supermarket or grocery store.

Following these simple tips will make all the difference to how you look and how you feel.

The Diet:

This diet is for everyone, regardless of age or gender. A healthy balanced diet is answer to youthful, glowing skin because many nutrients such as vitamins, minerals, essential fatty acids, flavonoids and others are responsible for the repair and maintenance of the skin's structure and function. According to research published in the Journal of American College of Nutrition, there are some diets that can significantly decrease the signs of ageing. This diet has a higher intake of food rich in anti-oxidants. It not only works wonders at keeping those dreaded wrinkles at bay, it also boosts the body's immune system and lowers cholesterol. Fruits and vegetables reduce oxidative stress, the process by which the collagen in your skin is damaged and creates wrinkles and lines. Fruit and vegetables also nourish healthy cells. Your skin will glow with good health because of its increased hydration.

- Fruits high in antioxidants and leafy green vegetables are delicious, come in a variety of flavours and can be prepared in a number of ways. You don't need to buy exotic fruit to get those antioxidants; an apple or some cranberries will do the job just fine. Fruit and vegetables are full of carotenoids which are powerful antioxidants. Studies have shown that high levels of carotenoids make skin look healthier and younger and as a result more attractive.

The following is a list of Antioxidant Rich Foods that are both delicious and affordable:

Fruits

Berries (Cherry, blackberry, strawberry, raspberry, crowsberry, blueberry, bilberry/wild blueberry, black currant), pomegranate, grape, orange, plum, pineapple, kiwi fruit, grapefruit.

Vegetables

Kale, chilli pepper, red cabbage, peppers, parsley, artichoke, Brussels sprouts, spinach, lemon, ginger, red beets.

Dry Fruits

Apricots, prunes, dates.

Beans

Legumes Broad beans, pinto beans, soybeans.

Nuts and seeds

Pecans, walnuts, hazelnuts, ground nut or peanuts, sunflower seeds.

Peanuts contain high concentrations of antioxidant polyphenols, roasting boosts its overall antioxidant content by as much as 22 per cent. Roasted peanuts are far richer in antioxidants than apples, beets and carrots and comparable to the antioxidant content of strawberries and blackberries.

Cereals

Barley, millet, oats, corn.

Spices

cloves, cinnamon, oregano

- High fibre foods. The human immune system requires a healthy digestive system and a high fibre diet keeps the digestive tract in good working order. Fruit, vegetables, nuts, seeds and pulses are all good sources of fibre. Cereal-based foods such as breakfast cereals, pasta, rice and bread are rich in fibre but the amount of fibre depends on how much of the outer layer of the grain has been stripped away in the milling and refining process. The more processing a cereal has had, the lower its fibre content will be.



- The 'good' fats, like Omega-3 essential fatty acids, quality protein and high fibre foods are 'smart foods' with beauty and health benefits. Increase your intake of Omega 3 and limit intake of Omega 6 fats. Omega-3 fats are anti-inflammatory and great for skin and cell health. Some common sources of Omega-3 are salmon, nuts (eg walnuts and pecans), hemp seeds, flax seeds, olive oil, and avocados. Omega 3 fats aren't only beneficial to the skin's health; they also help reduce the risk of heart disease, stroke, degenerative diseases, autoimmune disorders, and more.

Other diet tips:

- Satisfy your sweet tooth with natural low fat and sugar free yogurt
- Switching your diet and alternating foods between meals will help beat that monotonous feeling of a diet.
- Start with simple changes first, cutting back on those fizzy drinks, switching white bread with wheat to gluten free options, slowly working out empty calories from your regular diet. Watch out for those foods that could sabotage your diet. Anything that ends with "ose" is a sugar and contains empty calories. Coffee dehydrates your skin, so replace that extra cup of coffee with a glass of water.
- Diets require some bit of discipline. You can cheat every once in a while, but no more than once a week!

6. Regular Exercise:

The benefits of regular exercise are beyond counting. It not only keeps us fit, but it helps us to lose weight, improve our mood and it prolongs our life by promoting a strong healthy heart. Just as important is that it makes us look and feel younger too.

At NAT., our favourite exercise regime includes Yoga and Pilates. These are the reasons why.

Pilates is a non-aerobic method of exercising that lengthens and stretches all the major muscle groups in the body in a balanced fashion.

Yoga brings the body and mind together and is built on three main structures - exercise, breathing and meditation. Yoga and Pilates both improve muscular and postural strength

Pilates health benefits

- Improved muscle strength and tone
- Increased flexibility and strength of the abdominals and back (core strength)
- Improved posture and rehabilitation or prevention of injuries related to muscle imbalances
- Increased lung capacity and circulation through deep breathing
- Improved concentration
- Increased body awareness
- Stress management and relaxation.

Yoga health benefits

The practice of yoga asanas (postures) develops strength and flexibility, while soothing the nerves and calming the mind. The asanas affect the muscles, joints and skin, and the whole human body - glands, nerves, internal organs, bones, respiration and the brain. The benefits of yoga include:

- Improved muscular and postural strength
- Increased flexibility of the muscles and joints
- Reduced fatigue
- Reduced pain and muscle stiffness
- Enhanced ability to concentrate
- Improved energy levels and ability to cope with stress



NAT. Winter skin Care Tips:

The chill in the air spells winter and with harsh winter conditions outdoors and dry heated air indoors, skin can quickly become dry, flaky, rough, chapped and irritated.

We have put together some tips to keep skin and body protected during winter.

1. Hydrate: Hydration is a very important part of skin care. An intake of plenty of water helps considerably. Water maintains the steady hydration not only of the skin, but of the entire body.
2. Regular exercise is another important activity that must be included in your weekly routine. Cardio exercises or activities that especially cause your heart rate to increase and respiration to increase strengthen your heart muscle, increase your lung capacity and improve the condition of your body all over - while burning calories. Highly recommended to improve blood circulation and get rid of toxins through sweat which in turn is good for the skin.
3. Maintaining a healthy and balanced diet rich in essential nutrients, vitamin C, and other antioxidants. Eat more fruits and vegetables. They reduce oxidative stress and nourish healthy cells, making skin glow. Fruits and vegetables are full of carotenoids which are powerful antioxidants and help skin look healthier and younger
4. Use cosmetic products that are natural and compatible to the personal skin type. This ensures that the application will lead to supple skin with no risk of inflammation or irritation. To maintain beautiful skin during the winter, you will need to follow a good skin care routine.

Twice daily, you should:

- **Cleanse:** use a gentle cleanser that doesn't dry out the skin.
- **Tone:** After cleansing, use a gentle toner that does not contain drying ingredients like alcohol. A good toner will close your pores, restore the skin's pH balance and condition your skin for the next step, moisturising

- **Moisturise:** This is important all year round. Moisturisers not only prevent moisture loss from the skin by forming a barrier, they also protect against the harsh elements. If your skin loses moisture, it will become dry and cracked. Since the air is very dry during the winter, both indoors and out, you are twice as much at risk of dry skin. During winter, you should use a heavier moisturiser than you would during the warm months
- **Exfoliate:** Dermatologists and beauty therapists advise exfoliation at least once or even twice a week. Exfoliation is a process that removes the dead skin, dirt, and oils from your skin. But like most good things in life, a balance must be struck so everything must be done in moderation. Beauty experts recommend that oily or acne prone skin should be exfoliated more than twice a week while sensitive or dry skin can be exfoliated less frequently, perhaps once or twice a month. It also depends on the type of exfoliant or product used so choose a gentle exfoliating scrub which will not irritate the skin. If unsure about any product, test it on your inner elbow, where the skin is especially tender. If the scrub causes irritation, this may not be a good choice for you. We also recommend that before you choose your exfoliant, get advice from your favourite beauty therapist. And finally, make sure that you always moisturise your skin after exfoliation as it has just been stripped of its uppermost layer. It not only needs moisture but it also needs a protective barrier to the new skin that has just been uncovered.
- And don't forget; give your skin a 'booster' with Facial serums. This is highly recommended for extra dry skin or skin that is mature.

A facial serum has qualities which enable it to reach the deeper layers of your skin where a regular moisturiser will not penetrate.

At NAT. all our serums are 100% natural and preservative free.

To find out which NAT. Face and BODY product is right for you, have a look at:

http://www.natskinbody.com/index.php?option=com_content&view=article&id=11&Itemid=43&lang=en

Or request for a copy of our product catalogue, **email: enquiries@nataliegrou.com**



Spring into summer: Some helpful tips:

The cold winter months are over and we can finally put away the woollies for another year and look forward to the promise of spring. This is the perfect time to spend a bit more care on your skin and body beauty regimen before summer demands we look our "beach best". Our team has once again compiled a few tips to help you spring into summer.

As the temperature rises, your skin will need changes in your beauty regimen and the products you use. Here are some health and beauty tips:

• Shed Your Winter Skin

Our bodies slow in the winter and the exfoliation process is no exception. We need to shed the dead skin cells to reveal younger, newer skin. This simple process can take years off our appearance in a matter of minutes. Exfoliation results to skin that is smoother and more vibrant. When exfoliating be gentle. The key is to remove the dead skin cells but leave healthy ones intact. Look for exfoliants that contain only natural ingredients. NAT.FACE replenish exfoliating treatment and rebalance treatment scrub is ideal for the face. For the body, everyone loves the NAT.BODY sea salt smoother.

• Unmask beautiful skin

According to beauty professionals, one of the most effective methods in revealing beautiful spring skin after a long winter is to apply a mask. "Masks help to detoxify the skin and are usually gentle exfoliants as well. These are great to help in removing debris and toxins. They also encourage the shedding of old dead skin cells for a younger, smoother look."

• Lighten up

With the humidity and high temperature, it's time to lighten up your moisturisers and body creams. Heavy moisturisers aren't necessary during the summer months because our skin isn't exposed to the harsh environment of winter, heating and extreme cold weather conditions which are factors that can be damaging to skin. Choose natural products that suit your skin type and should be mild, gentle and hydrating.

• Soak up, exercise, eat well and pamper yourself

Drink six to eight glasses of water every day to hydrate your skin from the inside out and eat plenty of food rich in fibre and vitamins. Walk, swim, cycle or do Yoga and Pilates to boost the immune system. And if you can, indulge and pamper yourself with a regular visit to your beauty therapist for that heavenly massage and occasional facial you deserve.



For those who love the beach and the sun, let's not forget the old cliché, cover up and protect your skin from the harmful UV rays of the sun. As the old advertising campaign goes, Slip on a shirt (or sarong), Slop on some sunscreen and Slap on a hat

Now you're ready for a sizzling summer.

Nourish your skin...Home Facials using nature and science's best.



HOME Facial ADVICE from our Hong Kong team.

Get wonderful skin this winter. Don't let the cold, crispy, dry air take its toll. Follow these simple steps from NAT. to maintain supple, smooth skin this season specially if you don't have time to see your favourite beauty therapist..

step 1

Wrap your face with a warm towel (optional: sprinkle warm towel with your favourite NAT.AROMA essential oil)

step 2

Remove makeup with makeup remover and apply restore cleansing lotion to face, neck and décolletage.

Tip - to make the cleanser creamier, dip your fingers in water before massaging it into your skin.

Remove cleanser with a warm towel.

Repeat the process

step 3

Complete cleansing process with restore treatment toner to skin.

step 4

Apply replenish exfoliating treatment evenly onto your skin, dip your fingers in a little water and massage face and décolletage area.

Remove exfoliating treatment with a warm towel.

Tip - it is better to use a towel than sponge as it removes this product easier

step 5

Apply restore serum to skin and massage.

Tip - Massage using firm pressure on the forehead, continue around eye contour, work from top to bottom of nose then spread out to cheek bones, pressing upper lip gently and finish working along jaw line and down to the neck.

step 6

When massage is completed, proceed with replenish mask. Apply evenly on face and neck area and leave it on for approximately 10 minutes. (optional: During this time, you can massage your legs and feet with NAT.body butter)

step 7

Remove mask with a warm towel, apply restore treatment toner all over face and then apply eye gel starting from outer corners of your eye.

step 8

Finish ritual with restore moisture cream and a warm cup of tea.

With Nat., you won't have to worry about dry skin anymore.

Difference Between Skin Types & Conditions

What's the Difference Between Skin Types and Skin Conditions?

There is often some confusion between the term 'skin type' and 'skin condition'. Understanding the difference between these two, knowing what type of skin you have and identifying it will help you in your selection of the most suitable skin care products.

Your skin type is what you were actually born with. It's genetic and isn't going to change. On the other hand, your skin's condition is something that has happened or is currently happening with your skin. Some examples are things like acne, redness, and dehydration. Your skin condition is changeable and is influenced by internal and external factors. However, your skin condition or concern could influence your skin type. Your skin condition is susceptible to external influencers and changes in:

- > your environment (including weather and pollution)
- > diet
- > stress
- > medications
- > hormones
- > sun damage
- > and age

A skin type is classified as oily, dry, normal or combination, and sometimes sensitive. Sensitive skin can be both a type and condition and can be corrected in most cases.



Normal skin is soft and has a smooth texture, where there are fine to medium pores. Normal skin is not too oily or dry and blemishes are uncommon; skin is firm, with a healthy appearance. It is generally smooth with small pores. Good care and the right products are recommended to maintain this type of skin.

Oily skin has excess oil or sebum and enlarged pores. This skin is prone to acne and can look shiny and coarse in texture and may have recurring blackheads due to the enlarged pores. It may also have patches of flakiness around the nose where excess oils have dried.

Dry skin lacks oil, has fine pores and is sometimes referred to as alipidic skin (dryness due to lack of fatty lipids). There is often confusion between dry skin and dehydrated skin. Dehydration is a lack of water, while dry skin has a lack of oil or sebum. Though it may look smooth with fine pores and few blackheads or blemishes, it may also have a tight, leathery appearance.

What people refer to as combination skin is skin that may be part oily and part dry. This skin type has an oily T-zone across the forehead, nose and chin, but a normal to dry area around the cheeks and throat. Another combination pattern is oily along the chin, jaw line and at the temples, but normal to dry skin everywhere else. During skin type analysis, it is important to look at pore size and how much sebum is being produced by the skin.

Sensitive skin is often characterised by broken capillaries, and vessels beneath the surface of the skin. Sensitive skin should not be over stimulated because it can react to anything extreme. Sensitive skin is sometimes skin that has been sensitised by using the wrong products or products that are too harsh for sensitive skin.

When analysing skin you need to touch and look at the skin. Be sure to check the skin for pore size, tone and texture. Check to see how far out do the enlarged pores around the skin go out onto the cheek area; find out and see how the skin reacts to a light pinch. Elasticity will tell you a lot about the condition of the skin as well. Is the skin dry or dehydrated? Be sure to know the difference. Is the skin oily with larger pores around the nose?

Age plays a great role in the dehydration factor of the skin and as we evolve and mature, dehydration becomes more complex. A person with oily skin may also be dehydrated. It can be confusing when more than one situation presents itself. If you remember to check pore size, tone and texture it will help narrow down the proper results. Healthy skin is balanced properly with water and lipids. You will come to recognize the difference immediately. Better yet, visit your beauty therapist and ask her professional advice.

NAT. Body Care

Body Beautiful. Keeping your Body in Tip Top condition for all seasons, the natural way.

Your Body, Your temple

"Your body is a temple, but only if you treat it as one." ~Astrid Alauda

The skin on your body deserves just as much nurturing and care as the skin on your face. Consider the impact of that flawless glowing skin clad for summer in that pretty little skirt or those barely there bikinis. Remember that prolonged exposure to the elements is also detrimental to the skin on your body and fast tracks the ageing process. A regular body care routine is vital to prevent dryness and flakiness and to keep skin looking youthful.

Here are some NAT. body care tips to remember:

1. Regular exercise: Your body needs to sweat in order to cleanse itself and this helps improve skin health. At the same time exercise get rids of excess toxins which are flushed out in perspiration. Make it a habit to do some regular cardio exercise, preferably outdoors.
2. Regular exfoliation: In its natural cycle, dead skin usually sheds within 28 to 31 days on average, but this process slows down with age, so the skin needs a little help. Keeping the skin exfoliated ensures that your other skin and body care products, like lotions and body butter work more effectively on new skin cells which need nurturing. There are many products in the market to choose from. We recommend NAT.BODY sea salt smoother, one of our best sellers. It is rich in marine minerals and will leave skin smoother, soothed and calmed. Skin will be rejuvenated by the natural exfoliants in NAT. sea salt smoother; a combination of marine salt crystals, soya oil, peppermint and sweet fennel oils.
3. Hydration and moisture: Like the skin on our face, the rest of the body needs to be hydrated and moisturised. After a shower or bath, slather a generous amount of natural body lotion on your skin. As part of your regular body care routine, we recommend the use of NAT. body lotion which is full of pure extracts from macadamia nuts, almond and apricot oils. These active natural ingredients are known for their skin repairing properties. NAT. body lotion is also rich in Omega 7 (Palmitoleic Acid) and Vitamin A to help moisturise and regenerate the skin helping to balance moisture levels. Skin is left feeling soft and supple.

If skin is excessively dry, try NAT. body butter - particularly good in winter and a favourite amongst NAT. beauty therapists. It is a rich butter containing 31% oil extracted from cocoa butter, shea butter, macadamia nut oil bound with a rich gum harvested from a North African tree. These ingredients provide the ultimate healing, repairing and nourishing care for skin in desperate need of rehydration and nourishment.

4. Hand care: Some say that “the hands tell much about someone's personality. Beautiful hands reflect a person's deep sensitivity.” Hands can also give away a person's age. As they are the primary agents of touch they need to be clean and well looked after.

Regular cleansing of the hands with soap or other preferred antiseptics can dry the skin on your hands so it is advisable to use soap with mild natural ingredients. Hands do dry out after prolonged exposure to water and detergent, so moisturise them with an application of mild hand lotion, right after washing. Massage them firmly to stimulate blood circulation and to restore their natural warmth. Skin exfoliation is also desirable at least once a week in order to get rid of dead skin cells. NAT. BODY sea salt smoother is ideal for this followed by application of NAT. hand cream, a beautifully nourishing hand cream with a rich blend of nut oils, calendula and essential oils of lavender, ylang ylang and geranium. NAT. hand cream absorbs into the skin with no sticky residue. Once in a while pamper yourself with a manicure. Not only will your hands look pretty, your nails will gain strength and your cuticles will stay healthy and strong.

5. How to Get Beautiful Skin on Legs? First, get rid of unwanted hair on the legs. This can be done by shaving, waxing or by getting permanent hair removal done at a clinic. (the latter can be expensive) Shaving is the most convenient but we recommend regular waxing as a better option. Waxing leaves a smoother effect on the skin and dead skin cells is also removed in the waxing process. According to our beauty experts, waxing of legs and the bikini line not only boosts your morale but is also hygienic. After waxing, soothe the skin with aloe vera or a product that contains aloe vera.
6. Your feet and your toes: The feet are the most 'worked' and perhaps the most neglected body part. They could use some much-needed pampering. For softer feet, try dipping them in warm water, mixed with sea salt soak from NAT. Leave them in for a good 15 minutes, before drying them. Then apply body the NAT. body lotion or body butter as a final treatment. This treatment will help in the rejuvenation and exfoliation of the feet, and promotes healthier blood circulation in the area. Try doing this every night before going to bed for two weeks and see favourable results. Treat your feet to regular pedicures and paint your toenails brightly. Pretty toes in stylish open toed shoes or sandals can make your spirits soar.
7. And finally, we all know that sleep deprivation not only affects our mood and concentration but our skin suffers as well. Lack of sleep leaves a dull, dehydrated and wrinkled complexion all over. That's because sleep promotes cell regeneration, the process where fresh, new skin cells replace the old skin cells.

Experts say sleep influences how your skin behaves. So if you have trouble sleeping, consult your friendly GP, naturopath or visit : <http://www.sleepfoundation.org/> for more information.

Did you know that the body rids itself of toxins while you sleep? During the day, our skin and body is exposed to dust, dirt, grime and even airborne toxins. It is therefore important to cleanse and wash off the dirt and grime that has settled on the pores of your face and body before you sleep.

SuperFood

Super foods- Eating well for your skin:

Superfoods, by definition, are foods that are especially good for you - they are packed with nutrients and contain levels of vitamins and minerals that are higher than your typical packet of frozen peas. Different kinds of fruits and vegetable, both exotic and grocer-friendly are not all created equal, and doing your homework can help create optimal health inside and out.

So what are the superfoods that can give your skin a boost? Skin superfoods are anything that is rich in the Essential Fatty Acids (EFAs), fibre or antioxidants, all things that can be found in a number of different places. Our favourite is the acai berry, which contains all three.

Though you may not have heard of acai, studies show that this little berry is one of the most nutritious and powerful foods in the world! Acai is harvested from the forests of Brazil, and is a dark, juicy, purple berry which holds a remarkable concentration of antioxidants to help combat premature ageing. It contains many healthy fats, fibre and phytosterols to retain the skin's suppleness, and an almost perfect essential amino acid complex to help with muscle and cell regeneration.

The acai berry might not be available in your regular supermarket, however it can be picked up from any health food store, most chemists and local gourmet stores in a juice form, powder or even dipped in dark chocolate (our favourite!).



Other superfoods we love for skin:

Deep sea fish - apart from being a great source of protein, which the skin needs for maintenance, repair and healing, they also contain the essential fatty acids keeping skin flexible and hydrated.

Green leafies - full of antioxidants, vitamins, minerals, essential fatty acids, water and fibre. The antioxidants help with cell renewal and the chlorophyll has a detoxifying effect on the body. (The darker green the better!)

Green Tea - Green tea is a great skin tonic - both topically and internally. Full of nutrients and antioxidants to support the skin, helps reduce inflammation and clear out toxins. 1-3 Cups a day will do wonders for skin detoxification!

Aromatherapy

“We have captured nature's life force in our products... Aromatherapy is at the heart of NAT. ”

NAT.AROMA

Aromatherapy successfully employs the powerful physical and emotional responses generated by our sense of smell in our search for good health and inner peace. This potent connection between nasal receptors and brain is the reason why aromatherapy works.

Aromatherapy: Take a Deep Breath and Relax

The image is chaotic: you're rushing to work or an urgent appointment, half a piece of burnt toast hanging between your teeth, you're dodging foot and car traffic, meanwhile, your smart phone is beeping nonstop. You've just received three emails about the project due tomorrow morning. 5 o'clock and still, sitting in traffic, there's still so much to do. What's for dinner? What do you need to do for that project? Pause. Wait, take a deep breath, and relax. Can't? Go to a spa when you have a moment of free time. And why not? The spa industry is a multi-billion dollar industry. It's booming, and with good reason.

At the spa, relaxation is achieved through many techniques. One of the most commonly utilised is massage, using the sense of touch. By coaxing stress from our bodies with massages, facials and even hydrotherapy, we can take the load off our shoulders, at least for a little while. These practices however are seldom alone. More often than not, they're accompanied by an increasingly popular but ancient practice of aromatherapy.

Aromatherapy utilises our sense of smell and touch, which has a great effect on our physical and emotional well-being. This practice uses essential oils such as sandal wood, lavender, jasmine, rose and eucalyptus to ease stress. It is often paired with other holistic techniques such as acupuncture, or therapeutic massages in which the essential oils are massaged into the skin and lightly dabbed under the nose for maximum effect. The oils applied to our skin are absorbed into our bloodstream and brings multitudes of benefits to the body.



Each individual responds differently to the effects triggered by aromatherapy. There may be a physical response or an emotional one, or perhaps even both. Our sense of smell has such a strong connection to our memories. Imagine, your favourite, freshly baked cake, just the way Grandma used to make. The drool you're wiping off your chin is the physical, while the nostalgia is the emotional. Powerful stuff isn't it? It's no wonder that aromatherapy is one of the most common forms of eradicating stress and by doing so, promotes balance and wellbeing.

Aromatherapy is a great way to keep anxieties at bay and create a relaxing environment. And if you are really too busy, you don't have to go to an expensive spa to get the experience. A few hours of free time and some scented candles or essential oils diffusing on a vaporiser do the trick, and voila, you have just created your own personal spa.

Some FAQ on Aromatherapy:

Essential Oils: What are essential oils and their benefits?

Plant extracts or essential oils are odorous and highly volatile and have a consistency like water, rather than "oil". They are nature's antiseptics and have various medicinal properties - anti bacterial, analgesic, antiviral and calming.

Plant extracts have healing effects - on a direct physical level because of their ability to increase blood supply to the tissues and thereby relax the body and on an emotional plane, to calm, relax, uplift and invigorate.

Essential oils affect emotions through the senses of smell. When an essential oil is inhaled it stimulates the olfactory nerves in the nasal passages, which transmit messages - via the olfactory bulb, which decodes aromas to the area of the brain, which then evokes emotions and memory.

Depending on the properties of a particular essential oil, inhalation will induce a specific effect. For example: to calm, to relax or to uplift

How does the essence of living plants heal the body?

The interaction of healing scents from essential oils through the olfactory sense has a profound influence on the nervous or limbic system which is responsible for emotions, behaviour, motivation and memory. In fact, the olfactory system is the only sense out of the five human senses that has a direct link to the brain and therefore has a profound influence on the physiological and psychological well-being of humans including the production of hormones.

In a simplistic way, it's easy to imagine why healing scents from essential oils used in aromatherapy can relax, sedate, stimulate and even invigorate and regenerate the body and mind.

What is the relationship between essential oils and aromatherapy?

Aromatherapy can be defined as both an art and science which utilises essential oils, the fragrant and therapeutic essences distilled from plants and other botanical extracts. Essential oils are highly concentrated; containing natural vitamins and hormones with therapeutic, regenerative



and healing properties. Used in aromatherapy diffusers, aromatherapy blends, aromatherapy massages and through inhalation, it is a natural and non-invasive preventive and in some cases, active treatment.

How can I use essential oils?

Essential oils can enter the body in a number of ways they include:

- Massage. Absorption through the skin and through olfaction.
- Olfaction (smell). Inhaling
- Ingestion

I have a chronic sleeping problem? What can you suggest?

Essential oils a wonderful aid in relaxation and there are a number of essential oils that are very useful in treating insomnia and other sleeping problems. The first that I'm sure would come to mind for many is Lavender essential oil however Roman chamomile, Neroli, sweet/Spanish marjoram, petitgrain are also very effective in relieving sleeping disorders. Try any of the essential oils on their own or a combination of them in your vaporiser before going to bed. If you don't have a vaporiser try putting a couple of drops of your chosen essential oil or oils on a tissue, place it on your pillow and breath in the vapours or take a warm relaxing bath before bed with your chosen essential oil. Most important you need to try and understand why this sleeping problem is occurring and symptoms persist see a doctor.

What has aromatherapy got to do with relieving stress?

Aromatherapy is considered one of the best ways of treating and preventing stress. As well as creating calm and tranquillity in our lives it is used to relieve menstrual disorders, lift depression, assist our body's detoxification processes, improve our energy levels, relieve respiratory disorders, alleviate skin conditions and treat muscle and joint problems. The therapeutic value of essential oils in aromatherapy works through the limbic system of the body.



Can essential oils cause allergy?

Essential oils are generally considered to be safe but with a certain amount of precaution needs to be taken as essential oils are highly concentrated. Skin irritation can be common on individuals with sensitive skin with some oils and may result in a localised red patch of skin or a rash and can result in allergies in some individuals. Hence, you need to always carefully read safety warnings on essential oils and always use a directed to maximise the benefit you will receive when using essential oils.

NAT.AROMA signature blends

"From the goodness of plants that heal, aromatherapeutic essential oils are the natural solutions to ambient air care. Air freshening shouldn't be just about removing unpleasant smells. Disinfecting the harmful microbes that linger in the air and altering moods to promote a general feeling of relaxation and well being are good reasons to use aromatherapy air fresheners."

NAT.AROMA has taken the hard work out of blending your own essential oils and has a beautiful selection of pre blended oils that you use in your home, work place or any environment.

NAT.AROMA essential oils

Aromatherapy seeks to identify and direct the mood altering properties of smells and so enhance the body's ability to heal itself. Try our selected range of 100% pure essential oils and blends for your ambient air care and aromatherapy needs.

To know more about the **NAT.AROMA** range, visit:

http://www.natskinbody.com/index.php?option=com_content&view=article&id=40&Itemid=28&lang=en

Article: Stress- A major cause in premature skin ageing

Stress is a factor of our busy modern lives, and often may be used to our advantage when channelled correctly in situations such as having to meet tight deadlines or thriving in public speaking.

As a part of our natural "fight or flight" instinct, stress is a defence mechanism which has helped humans survive throughout the ages. Yet in today's modern society, we are not so much being faced with predators who are physically attempting to eat us, as we are being faced with predators often imagined as a threat - the office gossip who's out to destroy your reputation and climb into your chair, or your company's major competitor creeping up alongside in consumer preferences.

Whatever the cause of stress, in the short term, it is usually not so harmful to have a stress response, however in the long term, if stress has been maintained for so long that the body even forgets what it's like to be in a normal, non-stressful state, then there is a lot of damage to all the body's cells, tissues and organs that are being inflicted. This kind of damage is then manifested not only in fatigue or further anxiety, but also on the skin: wrinkles, acne, dryness, etc.

Understanding and acknowledging the presence of stress triggers or symptoms is the first step towards alleviating it from one's life. The second step, is knowing how to alleviate the stress.

Through a variety of simple techniques such as deep breathing, mental affirmations, meditation, massage, soothing music and gentle exercises such as Yoga or Tai Chi, stress can be effectively managed in a way that it does not interfere with everyday life, yet can be channelled in moments when it is needed for optimal performance.

Aromatherapy is a form of complementary medicine which has been widely used to target stress, and consequentially may have positive effects on the stress manifestations in the skin. Oils such as lavender and rose are calming, balancing oils which bring about a relaxed mental state.

Aromatherapy can be experienced through a variety of methods. The essential oils may be vaporized with an oil burner or electric vaporizer in a room, so that the environment is calming and soothing. The oils may also be added into a steam facial treatment or skincare products, so that their healing properties may be directly absorbed through the skin. Often oils such as geranium are also great for circulation, which results in the body having greater ability to heal itself, as the blood circulates and delivers nourishment to the tissues and cells.

One other major cause of stress may be lack of good quality sleep due to fast-paced or stressful lifestyles. Chamomile, tangerine and lavender oils are excellent for relaxing and “de-cluttering” the mind so that one may fall into a restful and peaceful sleep. Whatever your stress level is, the lifestyle choice is yours but regular “down time” to revitalise the body, mind and spirit is almost mandatory in the 21st century.



Read more **NAT.** articles on:

http://www.natskinbody.com/index.php?option=com_content&view=category&layout=blog&id=5&Itemid=55&lang=en

And on our Facebook notes tab:

<http://www.facebook.com/NAT.skinbodyessentials#!/NAT.skinbodyessentials?sk=notes>

NAT. - INGREDIENT

Glossary

almond oil

source: natural almond fruit.

purpose: contains glucosides minerals, vitamins a b1 b2 b6 and e. Rich in protein. A skin protectant and lubricant. For inflammation, eczema, psoriasis and wrinkle defence.

alpha hydroxyl acids (ahas)

source: natural fruit acids (apple, berries, etc).

purpose: active ingredient. A mild peeling of the epidermis resulting in a softer skin, a more radiant complexion and smoother texture.

apricot oil

source: apricot kernel.

purpose: rich emollient, softening to the skin, revitalizing properties.

ascorbic acid

source: fruits.

purpose: antioxidant, a preservative.

avocado oil

source: avocado.

purpose: high in essential polyunsaturated oil. moisturises and helps the skin retain its elasticity.

black pepper

source: crushed unripened black pepper berries.

purpose: active ingredient to soothe muscular tension, arthritis, rsi and other muscle and joint pain.

ceteth - 20

source: derived from natural fatty alcohols from coconut oils.

purpose: emulsifier, helps spread ability of product.

cetyl alcohol

source: fatty acid from coconut oil.

purpose: emulsifier and thickener.

chamomile extract

source: aromatic herb chamomile.

purpose: used as a natural fragrance, soothes the skin and helps redness.

cholecalciferol

source: part of the vitamin d group.

purpose: vitamin d3 that helps retain even skin colour and is used in conjunction with vitamin a.

citric acid

source: fermentation of citrus fruits.

purpose: antioxidant, used to adjust pH also a preservative.

camphor

source: camphor tree.

purpose: cooling and stimulating, also a preservative.

chamomile essential oil

source: chamomile flowers.

purpose: active ingredient to soothe skin, ideal for calming red sensitive skin types.

candelilla

source: reed-like candelilla plant.

purpose: adds viscosity to cleanser and creams, also moisturises skin.

caprylic/capric triglyceride

source: vegetable derived.

purpose: emollient.

carrot root oil

source: carrot extract in soybean oil.

purpose: vitamin a, rich emollient, helps balance skin oils and a great pore cleanser.

cetearyl glucoside

source: based on alkyl polysaccharides derived from coconut oil and glucose.

purpose: emulsifier. gives creams and lotions a unique dry feel. Excellent in roll-on deodorants and anti-perspirants.

cetomacrogal 1000

source: vegetable derived.

purpose: emulsifier to mix oil and cream.

cholecalciferol

source: part of the vitamin d group.

purpose: vitamin d3. Helps retain even skin colour. Used in conjunction with vitamin a.

cocamidopropyl betaine

source: fatty acids derived from coconut oil.

purpose: a mild secondary surfactant, excellent in shampoos. Combined with a primary surfactant, produces a product with a low irritancy profile.

cocoa butter

source: obtained from the seeds of theobroma cacao.

purpose: emollient and moisturiser.

coconut butter

source: coconut tree.

purpose: lubricant to soften skin.

coconut fatty acid and derivatives

source: coconut palm and various fractions, sometimes mixed with other vegetable oils.

purpose: emulsifier and humectant that helps the skin retain moisture.

dimethicone

source: silicone.

purpose: lubrication.

d-alpha tocopheryl acetate

source: naturally derived vitamin e - vegetable oils e.g. soya bean.

purpose: antioxidant for essential oils, helps all body tissue.

eucalyptus oil

source: eucalyptus tree.

purpose: antiseptic action on skin surface.

evening primrose oil

source: evening primrose (oenothera).

purpose: rich in gamma linolenic acid (gla) and exceptional moisturising properties.

fagus silvatica (gatuline rc)

source: beech tree buds.

purpose: helps reduce the appearance of fine lines and improves skin moisturisation.

fatty acid esters & derivatives

source: coconut, cottonseed, castor, olive, safflower and other vegetable oils.

purpose: humectants, emollients, thickening agents, emulsion stabilisers, soothes and adds silken feeling to formulations.

glutamic acid

source: vegetable amino acid.

purpose: protein-cell stimulant for healthy tissue.

glycerin (glycerol) vegetable

source: obtained from coconut and palm oils.

purpose: an excellent moisturiser and humectant for hair and skin care products.

grapefruit essential oil

source: obtained from the rind of the fruit.

purpose: active ingredient. has an excellent toning affect on the skin and body.

geranium essential oil

source: obtained from the herb.

purpose: active ingredient for relaxing muscles. soothes and calms nerves.

glycerin (glycerol) vegetable

source: obtained from coconut and palm oils.

purpose: an excellent moisturiser and humectant for hair and skin care products.

iris florentina extract

source: obtained from the orris root.
purpose: active ingredient.

rosemary essential oil

source: obtained from the herb.
purpose: active ingredient to help balance an oily skin type. Invigorating to the body.

sweet woodruff

source: obtained from the sweet woodruff plant growing in woods and shaded hedge banks.
purpose: excellent moisturising properties for sensitive skin types.

imidazolindinyl urea

source: natural mineral excretion.
purpose: topical antiseptic. Preservative in formulation, soothing.

japan wax

source: rhus tree fruit.
purpose: botanical substitute for beeswax, thickening agent.

jojoba oil

source: jojoba bean.
purpose: softens hardened oil and wax build-up under skin, emollient.

kakadu plum

source: kakadu plum fruit.
purpose: high levels of vitamin c.

laureth-3

source: vegetable - fatty alcohol.
purpose: dispersant and emulsifier.

lactamide mea

source: lemongrass and lime.
purpose: fluid retention, helps maintain healthy capillaries, refreshing and energising.

lavender oil

source: lavender flowers.
purpose: deep cleansing, the fragrance has a soothing and calming effect.

lecithin

source: derived from soybean.
purpose: emulsifying, dispersing, antioxidant, penetrating agent. Essential to cells, great conditioner of skin.

macadamia nut oil

source: macadamia nuts.
purpose: moisturizer, helps keep skin smooth and supple.

colliadated oat flour

source: oat grain. pure ground.
purpose: soothing protection for skin.

palm oil

source: seed of the palm tree nut.
purpose: used in making botanical soap.

panthenol

source: part of the vitamin b group, vegetable derived, other name pro-vitamin b5.
purpose: of particular value in hair care products, it is readily absorbed into the hair shaft, giving excellent moisture control and imparts gloss and sheen.

peppermint oil

source: peppermint leaves.
purpose: soothing and cleansing to skin, a fresh clean fragrance.

polysorbate 20 & 80

source: sorbitol and fatty acid esters.
purpose: surfactant, emulsifier and dispersing agent.

retinyl palmitate

source: naturally derived vitamin a.
purpose: alleged skin-healing properties, helps retain small pores.

rice bran

source: rice bran extract.
purpose: soothing protection for skin.

safflower

source: safflower seed.
purpose: softening agent, high in linoleic acids and sterols of vitamin f, moisturiser.

sesame oil

source: sesame seed.
purpose: emollient, softener.

shea butter

source: fruit of karite tree.
purpose: softens and moisturises the skin.

sodium bicarbonate

source: common baking soda.
purpose: deodoriser, absorbent and extremely soothing to skin.

sodium chloride

source: common sea salt.
purpose: exfoliating and softening.

sodium p.c.a. sorbitol

source: hydrogenation of fruits and berries.
purpose: emulsifier and stabiliser, moisture conditioning humectant.

sorbitol

source: naturally occurring sugar from fruits and vegetables.
purpose: humectant, attracts water

soybean oil

source: soybean.
purpose: softening agent and moisturiser.

spearmint oil

source: spearmint leaves.
purpose: fragrance, stimulant and cooling to skin.

stabilising buffer

source: secret combination of natural digestive enzymes and minerals.
purpose: o used in aloe vera gel as a digestant and preserving compound which prevents oxidation and deterioration of fresh gel.

stearic acid

source: coconut or vegetable.
purpose: lubricant, builds body and thickens creams.

tea tree oil

source: melaleuca alternifolia tree.
purpose: an antiseptic and healing agent.

tincture of benzoin

source: balsamic tree derivative.
purpose: healing agent, soothing and preservative.

titanium dioxide

source: natural mineral.
purpose: coloring agent, broad spectrum uva and uvb protection.

tricaprylin

source: derived from coconut oil.
purpose: soothes and relaxes.

tetrasodium edta

source: synthetic amino acid.
purpose: used as a pH buffer and an emulsifier.

vanilla

source: vanilla bean.
purpose: natural fragrance.

wheat germ oil

source: vegetable oil.
purpose: natural emollient.

witch hazel

source: hammamelis vergeniana herb.
purpose: skin freshener, cleanser, deodorant, healing and soothing to skin and local anesthetic.

xanthium gum

source: polysaccharide gum.
purpose: used as a thickener in gels and lotions.

ylang ylang

source: white flower grown in South Pacific.
purpose: soothes and relaxes.

zinc oxide

source: natural mineral.
purpose: broad spectrum uva and uvb protection, also have mild astringent, antiseptic and protective properties.

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Claire Mitchell



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