

# SKIN CREAMERY

## Holistic Skincare Guide

2020 module



# Cleanse

## Oil-Milk Cleanser

For use on all Skin Types / Conditions

**Use:** AM & PM

Cleanser / Eye Make-up remover / Make-up remover

**How To:** Apply one pump of Skin Creamery Oil-Milk Facial Cleanser to the face, neck and eyes, using small, circular movements to lift impurities and make-up. For waterproof mascara / make-up, apply Oil-Milk Cleanser to dry skin using small circular movements (dissolves the make up) then rinse with warm water or a soft cloth.



# Alkalizing

## Why Alkalize?

Cleansing is the most important step in terms of correcting a skin condition or changing it. Alkalizing the body works hand in hand with proper cleansing and together they give your skin the best chance at self repair.

There are many external and internal influences that create acidity in the body ie: Stress, poor diet, Drugs, Alcohol & Sugar - to name a few

When your body is acidic your immune system is compromised. Your body can not fight disease in an acidic state.

### **You may also suffer from:**

Sore joints and muscles

- Gout
- Arthritis
- Poor absorption of nutrients
- Blood pressure problems
- Digestive issues

## DO

- Alkalize your interstitial fluid (fluid between your cells)
- Eat plenty of raw fruit and vegetables
- Drink a cup of warm lemon water in the morning to activate the metabolism
- Increase your water intake
- Stomach acid is essential for digestion and if it is neutralized it will create digestive issues

## DON'T

- Ingest these ingredients: Calcium Citrate & bicarbonate of soda. These are ingredients present in most alkalizing products. They contain a negative charge (-) and will therefore neutralize the Hydrochloric Acid in your stomach (contains a positive charge).

# Tone

## Skin Tonic

For use on all Skin Types / Conditions

**Use:** AM & PM After Cleansing

Tones, Remineralizes and Hydrates the Skin

**How To:** Shake bottle well to mix oil and water phase (+- 10 seconds). Pump the desired amount of Skin Creamery Skin Tonic into the palm of your hand and apply directly to the skin (2-2 pumps). The Skin Tonic is ideal to use after cleansing to help restore balance to the skin. It can be used on all areas of the skin in need of a little extra love and is ideal as a soothing, cooling after-sun or after shave treatment.

- Can be used over the eye area



# Skin Boost - Skin Tonic

Remineralizing the skin and working with the lymphatic system to create a youthful glow



## Why stimulate Lymphatic Drainage (face)?

People often incorporate facial lymphatic drainage into their beauty regimen as a weapon against puffy, dull complexion and skin irritation.

Lymphatic drainage can also be used to improve the appearance of the skin by reducing fine lines, wrinkles, and eye bags.

## What is the Lymphatic System?

The lymphatic system is a subsystem of the circulatory system in the vertebrate body that consists of a complex network of vessels, tissues, and organs. The lymphatic system helps maintain fluid balance in the body by collecting excess fluid and particulate matter from tissues and depositing them in the bloodstream. It also helps defend the body against infection by supplying disease-fighting cells called lymphocytes.



## USE

- Fingers
- Lymph Brushes
- Gemstone Roller

# Did you know...

Malachite, a mineral-rich crystal extract, has powerful antioxidant qualities. A semi-precious stone said to have a host of healing properties, malachite is renowned for removing impurities from the skin. It seeks out free radicals, effectively detoxifying skin. Rich in calcium, copper, zinc and magnesium, malachite extract helps to regenerate skin cells. It has anti-ageing qualities and protective benefits for those who love being outdoors.

Baobab fruit powder is high in vitamin C, while the floral splash of organic rose water gently balances the skin's PH with a touch of toning magic (helps close pores after cleansing).

The Skin Tonic also contains a beautiful Omega rich layer which feeds the skin and gives your skin a youthful glow!

The Skin Tonic contains essential vitamins and minerals that help remineralize and fortify the skin.

# Serum

## Wildflower Water-Cream

For use on mature and/or environmentally stressed skin.

**Use:** AM & PM - After Toning

Powerful anti-oxidants that fortify and boost the skin to create a dewy youthful glow

**How To:** Shake bottle well. Apply 1-2 pumps onto cleansed skin morning and evening. As a facial serum, apply the Wildflower Water-Cream under your moisturiser or use as a moisturiser after cleansing and toning.



# Importance of Anti-Oxidants

## What are free radicals?

Free radicals are byproducts of biochemical reactions that occur in our bodies. These are nasty molecules caused by a reaction called oxidation that can lead to organ damage, cell damage and in severe cases, cancerous growths.

Oxidative stress, caused by free radicals are thought to play a role in numerous diseases including Alzheimers, cardiovascular diseases and diabetes. Free radicals can be derived from internal processes, or external sources such as:

- Smoking cigarettes
- Drinking alcohol
- Radiation
- Pollution
- Chemicals

The build up of free radicals over time is linked to ageing. It's important that we counteract this through the enemy of free radicals - antioxidants.

## Antioxidants and their function

Antioxidants are substances that can help prevent cell damage from free radicals. Adding antioxidant rich foods and supplements to your diet will reduce your chance of developing disease or illness.

Antioxidants can be found in many fruits and vegetables, as well as red wine, nuts and dark chocolate.

Chlorophyll, found in the Skin Creamery Wildflower Water-Cream is a powerful antioxidant that can be applied topically, as well as consumed through eating chlorophyll rich foods such as:

- Spinach
- Kale
- Spirulina
- Broccoli
- Collard Greens

It is recommended that these vegetables are eaten raw or undercooked for maximum nutritional value.



# Day / Night Cream

## The Everyday Cream

For use on all Skin Types / Conditions

**Use:** AM & PM as a face and body moisturizer

Hydrates without clogging and blocking pores  
(no mineral oils used)

**How To:** Smooth a generous amount of Skin Creamery Everyday Cream into the skin to encourage absorption, while allowing the beautifully light fragrance to soothe and revitalise the senses.

(The Everyday Cream is perfectly safe to use during pregnancy.)



# Coconut Oil

## The Everyday Cream

This versatile key ingredient of our Everyday Cream provides a wide range of holistic health benefits. Not only can it be used on the skin and in your hair, but it can also be used in cooking.

Coconut Oil is high in saturated fats that have antimicrobial properties. It helps the body absorb nutrients, vitamins and minerals for optimal digestion.

Recommended daily amount of coconut oil is 10ml.  
It contains Lauric acid which is an:

- Anti-viral
- Anti-fungal
- Anti-bacterial

This nutrient boosts immunity and improves gut health

## Tips to keep your gut healthy

- Avoid processed foods that cause inflammation.
- Probiotics (good bacteria) and prebiotics (food source for probiotics) are your guts best friend.
- Consume fermented vegetables, spices such as ginger and tumeric and herbs like slippery elm

## Gut health

- At least 70% of your immune system is found in your gastrointestinal tract, also known as your gut
- Your gut is full of microbiome - these microorganisms help break down food and convert nutrients
- Microbiome are good bacteria that help keep bad bacteria away creating a balance
- Gut health is important for overall health, and effects mood, sleep, metabolism, energy and skin

# Nourish & Protect

## Facial Hydrating Oil

For use on all Skin Types / Conditions

**Use:** AM & PM or once daily, dependent on the skins need for moisture

Moisturizes and hydrates the skin (Omega Elixir)

**How To:** Mix two drops of Skin Creamery Facial Hydrating Oil with two drops of water. Rub between the palms and gently pat onto skin. Use as a daily burst of moisture after cleansing, or as a restorative treat. For the ultimate natural glow, use in conjunction with the Skin Creamery Deep Cleansing Powder.



# Facial Hydrating Oil

We mindfully used omega-enriched Jojoba Oil when curating our Facial Hydrating Oil because of its powerhouse nutrient qualities.

Not only is Jojoba high in Omega 3 and 6, but also, Vitamin A, which in turn assists with skin cell regeneration and renewal, aiding in maintaining that beautiful youthful glow.

Vitamin D and E are other notable fat-soluble nutrients that keep the skin hydrated and nourished.

## Other reasons why we, and your beautiful skin, love Jojoba:

- Reduces Skin Inflammation with its antibacterial and anti-inflammatory properties.
- Reduces redness caused by dry skin and other skin conditions such as eczema and psoriasis.
- Is compatible with a more oiler skin too! Because Jojoba shares such likeness with the oil our skin naturally produces (sebum); it has the profound ability to send a signal to the skin to stop secreting more oil, thereby rendering balance and harmony.
- Excellent for skin regeneration, firming and reducing fine lines and wrinkles.
- Leaves the skin feeling hydrated and cared for, thanks to Jojoba having a large number of ceramides that help support and maintain the skin's natural barrier (your skin's natural defense).

## Did you know

Jojoba is also the only plant that creates a wax ester that closely resembles the skin's natural oils/sebum, which means it is highly compatible with our human skin. These esters allow for deep penetration into the skin's layers, allowing it to be readily absorbed so you aren't left with a sticky oily residue after application. Another great aspect about using plant waxes is that they deeply hydrate and nourish the skin, without clogging pores (unlike crude mineral oils), allowing your skin to breathe and maintain its own natural harmonious rhythm.

# Did you know...

Omega Oils, aka Essential Fatty Acids, are most definitely an “essential” when it comes to maintaining a balanced wholesome lifestyle. They have long been prized as the “Super Hero” of the nutrient whole-food world and here’s just a couple of reasons why:

- Eye Health- DHA (a type of form of Omega 3) is a key structural component in your retina, the part of your eye that is needed for visual recognition.
- Brain Health: Omega 3 is a “brain food” and assists with cognitive function.
- Muscle and Joint Health: Omega 3 has wonderful anti-inflammatory properties
- Skin Health: Omega 3 supports your skins membranes and strengthens the epidermis (outer most layer of the skin)

There are different types of Omega’s (3,5,6,7,9) and each one has benefits the body in a certain way.

Omega 3 (EPA/DHA) and 6 (GLA) are most important. However, we sometimes consume too much Omega 6 and not enough Omega 3, which sometimes causes an imbalance, which can trigger a pro-inflammatory response in the body. It’s important to aim for an ideal 4:1 ratio between Omega 3 and 6.

## Sources

- Oily/dark skin fish (remember to wild-caught where possible) eg:
  - Mackerel, Salmon.
- Nuts and Seeds
- Avocado Oil, Virgin Olive Oil and other Plant Oils
- Chia Seeds
- Algae

# Exfoliate / Mask

## Deep Cleansing Powder

For use on all Skin Types / Conditions

**Use:** 1x Week as a Mask

2-3x a week as an exfoliator

\*not to replace your Oil-Milk Cleanser (not a cleanser) Purifies the skin while removing dead skin cells

**How To:** As an Exfoliator - pour a coin sized mound of Skin Creamery Cleansing Clay Powder into the palm of your hand. Add a few drops of water to activate, and mix into a luxurious paste. Apply to the skin, taking care to avoid the eye area.

As a Mask - pour a coin sized mound of Skin Creamery Cleansing Clay Powder into the palm of your hand. Add some Everyday cream, and mix into a luxurious paste. Apply to the skin, taking care to avoid the eye area. Leave on the skin for 15-20mins then remove with warm water.



# Down-low on detox

Just like planting a garden; it is always important to begin by refreshing and renewing the soil by eliminating impurities, first and foremost, before we start sowing seeds for the future. It is very much the same with our bodies. Every journey towards a more balanced wholesome lifestyle begins with elimination and renewal.

## Ways to detox

- Begin each morning with a cup of warm water and a dash of fresh lemon juice
- Drink water: as simple as it sounds, nourishing your body by drinking water is the easiest way to begin your detox journey
- Avoid packaged foods, processed foods and foods that are high in sugar
- Include fresh leafy greens and whole-foods in your diet
- Nourish your gut with probiotic foods and supplements
- Include herbals teas in your day to day life, that assist with detoxing our bodies and assisting our digestive systems: green tea, fenugreek, mint and cinnamon
- Practice mindful eating
- Focus on sleep: hop on the dream-train and make sure you are asleep between the hours of 10pm-12 midnight, as this is when the body produces the magical sleep hormone called Melatonin, ensuring that you have restful sleep.
- Remember, a restful sleep allows the brain to reorganize and recharge as well as assisting the body to remove waste by-products and toxins that accumulate in the body. Get active and M-O-V-E your body
- Choose natural skin and body care: using natural body and skin care products decreases your exposure to chemicals that disrupt our hormones and endocrine systems. Consider chlorella: a superfood and super nutrient that has many health benefits, one of them being the elimination of toxins and heavy metals.

# Take a digital detox

Becoming caught up in the frenetic hum of the world we live in today is a reality. It is therefore important to know when to “Log Off” and take time away from the screen.

By doing so, we can improve sleep patterns, productivity, mood and emotion as well as allowing our brains and bodies to relax and recharge.

Try and spend 15-30minutes each day away from the screen. Enjoy a walk in nature, connect in-person with a loved one or take time to cuddle your pet. Read a book, take a class and learn a new hobby or maybe, just jot down a couple of things you're grateful for in your journal.

# Dry Brushing

This is an excellent and affordable way to improve circulation and stimulate your lymphatic system (riding your body of toxins), as well as remove excess dead skin cells (naturally exfoliating)

Invest in a long-handled natural bristle body brush. Add just a few drops of natural essential oil (1-2) onto the brush and start at the heels of your feet and brush upward in a circular motion, moving towards your heart.

Do so each morning or evening, before hopping into the shower. Remember to use a natural skin care lotion or body butter (we recommend our Everyday Cream) afterwards to keep the skin hydrated.



# Bountiful B's- Buchu, Baobab and Bentonite

Calcium Bentonite is a mineral rich clay that helps absorb excess oil on the surface of the skin, without drying it out. It is also extremely effective in removing and drawing out impurities and toxins from the skin.

Baobab fruit powder, from the fruit of the baobab tree, is high in vitamin C - renowned for its anti-ageing properties and integral to the body's production of collagen and elastin, the proteins responsible for youthful, supple skin.

Buchu, an indigenous herb, works as an anti-bacterial agent and adds to the powder's refreshing scent. It has also been favored for its gentle eliminating and detoxing qualities by the Koi San people for decades.



I might not be perfect..  
but my skincare routine is!

[www.skincreamery.co.za](http://www.skincreamery.co.za)