

My 3 step Guide to a Softer Silkie

glowing, healthy look

A top-down view of various natural skincare items arranged on a rustic wooden surface. In the center is a lit white pillar candle. To its left is a glass jar filled with white cream. Below the cream jar is a wooden bowl containing pink Himalayan salt crystals. To the right of the pillar candle is another wooden bowl filled with a thick, yellowish-white scrub. In the bottom right corner is a lit pink candle. Scattered around these items are fresh green leaves, a pile of white salt crystals, and a bundle of twine. A semi-transparent text box is overlaid on the bottom left.

Step three
is my
special
treat, for
sure!!



Things to avoid...

Dry skin is a common problem for everyone, and it's uncomfortable and often difficult to treat. If your dry skin problem just won't go away, try these home remedies for extremely dry skin.

Avoid Harsh Ingredients

You may think your apple scented body butter is helping, but it's probably not the best treatment for dry scaly skin. Body butters and lotions are often filled with harsh ingredients like added fragrance and colors. Your dry skin remedy should consist of natural ingredients to soothe your skin. Ingredients like sunflower, coconut and avocado oils are mild, natural solutions to soothe dry skin and trap moisture. If your skin is cracked and flaky, try an ointment with a blend of essential oils and olive oil to soothe, heal and repair skin.

Skip Hot Showers

Everyone loves a hot shower. Unfortunately, hot water irritates skin and makes dry skin worse. Try switching to a lukewarm shower temperature since extremely hot water washes away the body's natural oils. You might want to skip out on the fragrance soaps, too and use an all natural, essential oil infused soap.

Switch Up Your Laundry Routine

You may not realize it, but your laundry detergent could be causing major issues for your skin. Switch to a fragrance-free hypoallergenic detergent and avoid fabric softeners. This will soften clothes without the harsh ingredients that are harmful to skin. Avoid rough fabrics like wool and polyester. Instead, opt for 100 percent cotton items. These will keep your irritated skin comfortable all day long and avoid chafing.



Step one: dry brushing

Give dry brushing a try. Skin often starts to feel rough and dull as a result of the accumulation of dead skin cells. Dry air causes the top layer of skin to dry out and flake off, causing your skin's texture to feel less smooth. Brushing off those dead skin cells immediately makes your skin feel softer, and because the technique improves circulation, it also enhances your skin's silkiness in the long term.



Step two: shave regularly

Shave on a regular basis. If you want silky, soft legs, shaving or waxing regularly can help. Not only do these techniques remove hair, which can cause legs to feel less soft, but they also remove the dead skin cells that accumulate on the surface of your skin. Use a moisturizing lotion or shaving cream, rather than a cleansing gel, to prevent your skin from getting too dry.



Step three: exfoliate weekly

Use an exfoliating scrub. Scrubs are usually made with salt or sugar and lotions that hydrate your skin while you exfoliate. While you're in the bath or the shower, apply a heap of scrub mixture to the area of your body you want to exfoliate and gently rub it into your skin and rinse. The sugar or salt scrubs dead skin cells away without scratching or otherwise harming your skin. Use once or twice a week.

Sweet & Salty Body Scrub

donnasookraj.com



You are in for a treat...

This body scrub makes a girl feel Oh, so pampered!

I use it in the shower for that soft, silky, healthy glow. The light scent is something every girl needs to experience. It is absolutely amazing!

RECIPE INGREDIENTS:

- 1 cup Sugar
- A little less than 1/2 cup V-6 Vegetable Oil Complex

Essential Oil:

- 10 drops Ylang Ylang (supports the appearance of healthy skin)
- 8 drops Lavender (soothing skin support)
- 5 drops Frankincense (improves skin tone)
- 1 drop Rose is optional. But, hey... a girl needs to be pampered every-so-often (hydrates the skin & smells amazing) well they all smell amazing.

Mix salts and sugar together. Add essential oils & V-6 Vegetable oil and mix well. Apply to moist skin, rub VERY gently for just a few seconds and rinse with running water. I personally enjoy this as a foot polish or in the shower as an overall skin refreshing regimen. The light scent of Rose is wonderful.

Hey! I'm Donna

My new found Natural Living Lifestyle has come from slowing down a bit, re-visiting my walk with the Lord, realizing what a fulfilling time it had been, but also knowing that the busy-ness of life had taken center stage more times than I cared to admit. When I discovered the benefits of a more natural God-designed way to healthy, I felt a deeper sense of joy and was filled with the desire to take better care of the life given to me. The best choice I made was that of educating myself on the topic of a holistic kind of wellness, healing for the whole self, for the mind, the body and the spirit.

Four years later, I am so much wiser concerning the importance of care for the whole self using healthy God designed products. I have realized that I can make a difference in the quality of life, seeing the things I can change + learning to accept the things I can't. Staying healthy has become such a joy for me, and I am excited to share what I have learned with you. You are worth it, your wellness is worth it.

I would be honored to share the valuable wisdom I've acquired, things I have learned in my journey to better health & well-being. Let's schedule a time to visit.

[click here](#)
[to schedule](#)
[a chat](#)

xoxo

Donna

LET'S KEEP IN TOUCH

IG: donnaoilofjoy

FB: <https://facebook.com/donna.sookraj>

Email: donnasookraj1@gmail.com



DONNA

