

# Women's Skin Care

Essential Oils for Every Day and Every Body

## Glamorous Personal Care

*The Orchid:  
"Nature's  
most elegant  
moistening  
and free  
radical  
fighter"*



It's no secret that many things in the environment and in our lives impact our bodies and our skin. Would you like to be inspired to take a look and dig deeper for solutions?

In this newsletter we have laid out some of the risks and a few safe and powerful solutions from Young Living.

### WHAT IS INSIDE

- ❖ The importance of skin health
- ❖ What things impact our skin health
- ❖ How to support healthy skin and minimize damage
- ❖ Essential oils that are most desirable for various types of skin
- ❖ What Young Living products

With age comes wisdom...  
wrinkles are optional

Let's start with the Young Living Seed to Seal process, as it ensures quality and purity you can rely on. It further keeps our promise to be "stewards of nature's living energy." There will always be more but start here.

## Seed to Seal

### Seed

- ❖ Essential oils that work and come from plants whose species have been authenticated
- ❖ Species certification involves scientific research, field study, university partnerships, and on-site planting certification

### Cultivate

- ❖ Young Living owns many farms where we learn the best growing and harvesting methods
- ❖ Co-op farms are visited regularly to certify the growing processes

### Distill

- ❖ Combined ancient and modern techniques
- ❖ Recognized as an essential oil distillation innovator

### Test

- ❖ Each essential oil must pass stringent specifications to ensure optimal bioactive natural compounds are present
- ❖ Internal labs plus third-party laboratories verify that every essential oil exceeds international standards

### Seal

- ❖ Individually bottled and ships to members



# Skin is Your Defense

## Skin –

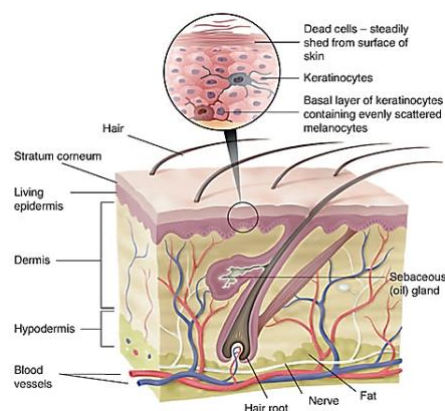
- ❖ The largest organ of the body
- ❖ Covers approximately 20 square feet of the body's outside surface
- ❖ First line of defense against harmful substances, infection and dehydration
- ❖ 15 to 20 percent of an average adult's total body weight
- ❖ Provides physical, chemical, and biological barriers
- ❖ Regulates body temperature, blood storage, sensation, excretion and synthesis of Vitamin D

## Structure of the Skin –

Consists of two main parts:

- ❖ **Epidermis** – thin layer composed of *epithelial tissue*. Found on fingertips, palms and soles
- ❖ **Dermis** – deeper, thicker connective tissue. Blood vessels, nerves, glands, and hair follicles are embedded in the *dermal tissue*

Skin cells are pushed to the skin's surface and old ones slough off.



## Skin Challenges –

### External

- ❖ Sunburn
- ❖ Environmental contact (poison ivy, metals, jewelry, etc.)

### Internal

- ❖ Diet (acidic foods, gluten, lactose, etc.)
- ❖ Chemicals (personal care and cleaning products, etc.)

### Other Contributing Factors

- ❖ Physical & Emotional Stress
- ❖ Inner toxicity
- ❖ Accumulation of irritants
- ❖ Elimination failure
- ❖ Hormone imbalance
- ❖ Endocrine imbalance
- ❖ Lack of proper hydration
- ❖ Compromised immune system

## Sun Exposure –

- ❖ UVB rays can cause sunburn and result in tissue damage
- ❖ Tissue damage is the production of free radicals that disrupt collagen and elastic fibers in the skin
- ❖ Results in wrinkling and aging of the skin
- ❖ Long term exposure results in dilated blood vessels, age spots, freckles and changes in skin texture
- ❖ May cause photosensitivity characterized by redness, itching, blistering, peeling, hives and even shock

## Aging Skin –

- ❖ Collagen and elastic fibers begin to decrease in numbers around the late forties
- ❖ Decreased size of sebaceous glands leads to dry and broken skin
- ❖ Aging skin is thinner, and the migration of new cells slows considerably
- ❖ Production of sweat diminishes
- ❖ Skin heals poorly and becomes more susceptible to pathological conditions



## Signs of Aging –

- ❖ Fine lines and wrinkles
- ❖ Coarse skin texture
- ❖ Uneven skin tone
- ❖ Enlarged pores
- ❖ Age spots
- ❖ Dryness

## Keep in touch

for more tips and information, visit our Blog: <https://sharescents.com/blog>

## Irritants to Your Defense System

### *Natural versus Synthetic*

Science is only beginning to understand how synthetic chemicals affect our health and the health of our planet. We are learning that even minute amounts of some chemicals, may cause serious harm. Many of the thousands of synthetic chemicals used in consumer products have never been required to go through safety testing.

Synthetic chemicals are often used to replace authentic essential oils. It seems that just about everything is being replaced by imitations, but these imitations are proving harmful and even toxic to the human body.

Let's taklook at what might be in your personal care products and compromising your health.

### *Not So Sexy –*

#### *Hidden Chemicals in Perfume and Cologne*

#### **FRAGRANCE (PARFUM)**

- ❖ Immune system toxicant
- ❖ Can contain between 10 and 300 different chemicals, many of which have never been tested for safety

#### **BENZYL ACETATE**

- ❖ A solvent hidden within "fragrance"
- ❖ Possible gastrointestinal, liver, and respiratory toxicant
- ❖ Possible neurotoxin

#### **PHTHALATES**

- ❖ Hidden within "fragrance"
- ❖ May cause sperm damage in men

[www.safecosmetics.org](http://www.safecosmetics.org)



### *Deodorants and Antiperspirants*

#### **ALUMINUM ZIRCONIUM and OTHER ALUMINUM COMPOUNDS**

- ❖ Linked to the development of Alzheimer's Disease
- ❖ Probable neurotoxin; possible nervous system, respiratory and developmental toxin

#### **MINERAL OIL**

- ❖ Skin, eyes and/or lung irritant
- ❖ Organ system toxicity (cardiovascular, stomach, digestive tract and respiratory system)
- ❖ Impaired capacity to fight disease and repair damaged tissues in the body

[www.cosmeticdatabase.com](http://www.cosmeticdatabase.com)

### *Shampoo and Conditioners*

#### **COCAMIDE DEA / LAURAMIDE DEA**

- ❖ Foaming agents in shampoos and bath products
- ❖ Toxic to human immune system

#### **FORMALDEHYDE**

- ❖ Found in deodorant, soap, shampoo, shaving cream
- ❖ Known animal carcinogens and probable human carcinogens, according to the EPA

#### **SODIUM LAURETH SULFATE (SLS)**

- ❖ Alters skin structure, allowing other chemicals to penetrate deep into the skin
- ❖ Affects sense organs such as loss of hearing and loss of sight

### *Body Wash and Soaps*

- ❖ Benzalkonium Chloride
- ❖ Benzethonium Chloride
- ❖ Triclosan
- ❖ Coal Tar



Check our [website](http://www.sharescents.com) for more information about skin and personal care!

# Health Care for Your Skin

*Help your body function better:*

## Four Key Young Living Supplements

- ❖ **OmegaGize<sup>3</sup>** – Synergistically supports general wellness
- ❖ **NingXia Red<sup>®</sup>** – Energize, fortify, and revitalize the body
- ❖ **Essentialzymes-4<sup>™</sup> (or other YL enzymes)** – Promotes optimal nutrient absorption
- ❖ **Sulfurzyme<sup>®</sup>** – Supports beautiful skin and hair

*Nourish and replenish your skin:*

- ❖ Lavender Mint Shampoo & Conditioner
- ❖ Copaiba Vanilla Shampoo & Conditioner
- ❖ Mirah Shave Oil
- ❖ Lavender Body Wash,
- ❖ Hand & Body Lotions – Genesis, Sensation, Lavender
- ❖ LavaDerm After Sun Spray
- ❖ Lavender Essential Oil
- ❖ Frankincense Essential Oil
- ❖ Rose Essential Oil
- ❖ Rose Ointment
- ❖ Satin Facial Scrub – Mint
- ❖ Bloom Brightening Cleanser
- ❖ Bloom Brightening Essence
- ❖ Bloom Brightening Lotion
- ❖ Bloom Brightening Cream
- ❖ Boswellia Wrinkle Cream
- ❖ Sandalwood Moisture Cream
- ❖ ART<sup>®</sup> Skin Care System
- ❖ ART<sup>®</sup> Beauty Masque
- ❖ ART<sup>®</sup> Crème Masque
- ❖ ART<sup>®</sup> Renewal Serum
- ❖ ART<sup>®</sup> Intensive Moisturizer
- ❖ Inner Beauty Collagen



Check our [Blog](#) for more information about skin and personal care!

## Oils for Skin Types

### Normal Skin

#### Maintain & Balance

- ❖ Lavender (cleanse), Geranium (hydrate) Frankincense (prevent fine lines)
- ❖ Rose, Neroli (hydrate & tone), Sacred Sandalwood (balance)

### Dry Skin

#### Cool & Hydrate

- ❖ Geranium (hydrate), Roman Chamomile (cool), Sacred Sandalwood (balance)
- ❖ Roman Chamomile (cool), Clary Sage (hydrate), Frankincense (prevent fine lines)

### Oily Skin

#### Clean & Close Pores

- ❖ Cedarwood (regulate pores), Roman Chamomile (calm)
- ❖ Geranium (hydrate), Lavender (cleanse, regulate, calm)

### Combination Skin

#### To Cleanse & Hydrate

- ❖ Cedarwood (regulate pores), Roman Chamomile (calm), Geranium (hydrate)
- ❖ Lavender (calm), Myrrh (repair), Sacred Sandalwood (tone, hydrate, balance)

### Mature Skin

#### Hydrate, Nourish, Tone

- ❖ Clary Sage (hydrate, regulate), Neroli (tone)
- ❖ Palmarosa (regenerate), Rose (hydrate, tone)
- ❖ Sandalwood, Frankincense, Patchouli, Myrrh, Lavender