

LUNAR SKIN CARE

The Moon's Role in Holistic Skin Care

evanhealy



Why we incorporate the phases of the moon into our holistic skin care practice.

Lunar skin care is a simple yet transformative practice in which the phases of the moon are utilized to enhance the therapeutic benefits of skin care.

It's a unique way to align oneself with nature's rhythms, as well as to witness, recognize and experience the interconnectedness of the natural world.

Being mostly water, humans are influenced by the moon in more ways than many of us can imagine, just like the tides. It affects us emotionally and physically. When the moon is full or new we are most susceptible to its impact, and have the greatest opportunity to use these rhythms to our advantage. During these two moon phases the body's ability to receive nutrients and expel toxins is amplified.

THE MOON & THE SKIN

Both the skin and the moon share a cycle of 28 days. A similar cycle that deals with both genesis and release.

The art of lunar skin care centers around specific techniques, rather than on individual products, that utilize the qualities of the lunar cycle to direct the actions of our skin care practice. By following the lunar cycle we are able to create unique skin harmony while cultivating regular practices that deepen our relationship with our skin.



PHASE 1

NEW MOON + WAXING MOON

Nourishment + Moisture Infusion

The first day of the lunar cycle — the new moon — begins Phase 1. It continues on through all the following nights as the moon appears to increase in size (known as the waxing moon), until the full moon.

This period is a time for genesis.
A time for building, feeding and nourishment.

PHASE 2

FULL MOON + WANING MOON

Exfoliation + Purification

The full moon begins Phase 2, and it continues on as the moon appears to decrease in size (known as the waning moon), until we return to the next new moon.

This period is a time for release,
purification and exfoliation.

PHASE 1

NEW MOON

We can think of the new moon as an empty cup. Something full of potential. It's a time to plant seeds, and a time to infuse the skin with deep nourishment and moisture.

As a simple practice, you can choose your most nourishing, most replenishing and most restorative products during the new and waxing moon. It's a good time for moisture masks, deep hydration, and nutrient-dense Oils, Butters, Serums and Balms.

OUR FAVORITE NEW MOON COMPANIONS



Cocooning
& replenishing
nourishment



Immense
nutrient density
& diversity

OUR NEW MOON SKIN RITUAL

Whipped Shea Butter Moisture Mask

1. The night of the new moon, cleanse skin with your favorite cleanser and saturate with HydroSoul.
2. Take two fingertips worth of Whipped Shea Butter (about half a teaspoon) and melt between palms. Massage into face and neck, starting at the jaw and working up the face in slow, rhythmic motions and then work down into the neck and décolletage.

If your skin feels like it could drink in more Whipped Shea Butter, add an extra half teaspoon (or more) until your skin feels fully enveloped.

3. Rest. Drink some tea. Sit in stillness. Or even take a bath in the dark. When ready, take a washcloth and submerge into hot water, wringing it out to remove excess moisture. Place the steamy cloth over face, pressing slowly and gently into the cheeks, forehead and chin. Repeat until all the Whipped Shea Butter is absorbed and skin feels supple and resilient.
4. Saturate the skin with an abundant misting of HydroSoul, press the droplets into the skin.

Check in with your skin and see if it asks for any more moisture. If it does, you can add a little extra Whipped Shea Butter, or a pump or two of your favorite Oil Serum.

PHASE 2

FULL MOON

The full moon is a full cup. It is a time to harvest and a time for release. The period of the full moon and waning moon is a great time to focus on exfoliation and purification.

As a simple practice during this time, you can commit to a weekly clay mask and focus on hydration to help support the skin's own detoxifying strategies. The Oil & Water Ritual is ideal for daily use throughout the whole of the lunar phase and supports barrier function, which in turn supports the skin's own purification abilities.

OUR FAVORITE FULL MOON COMPANIONS



Deep purification
& exfoliation
without disrupting
the skin's protective
hydrolipid barrier



Gentle exfoliation
without disrupting
the skin's protective
hydrolipid barrier

OUR FULL MOON SKIN RITUAL:

1. The night of the full moon, cleanse with your favorite cleanser and mist with HydroSoul.
2. In a small bowl blend French Rose Clay or Green Tea Clay with HydroSoul (about one half teaspoon) until a creamy consistency is reached. Apply to face and neck.
3. Remove the mask. There are two techniques to choose from. You can allow the mask to dry naturally, and then rinse with warm water, or keep a HydroSoul nearby and mist every few minutes to keep the mask hydrated. This mask-extending trick creates a more intensive masking experience. Clay is only active while it's damp, so keeping the mask damp for longer periods of time increases the detoxification and mineralization qualities of the clay. You can keep rehydrating your mask for up to 30 minutes before rinsing clean.
4. Rinse thoroughly with warm water. It's okay if skin is flushed. This is actually an indication of the activity of the clay and the redness will diminish throughout the rest of your evening.
5. Time to hydrate. Mist skin with an ample drench of HydroSoul and press into skin. Follow with an application of your favorite Oil Serum, massaging slowly into the skin in upward motions.

HYDRATION & THE MOON



Ancient & Authentic Hydration

The pinnacles of the lunar cycle (the new & full moon) are also important times to focus on hydration. You can mist skin with HydroSoul throughout the day, or simply layer more HydroSoul into your morning and night routine.

Make sure to drink plenty of pure water on these days as well.

CONSIDERING THE WHOLE

What we mean by truly holistic skin care

While the entire concept of lunar skin care may seem unconventional, we consider it to be a special part of holistic skin care.

Often, people mistake the word 'holistic' for 'natural' but they are not synonyms.

By definition, holistic implies an integrated approach recognizing and supporting the entire matrix of an organism. For many this concept will end with the 'self', an individual person. The unification of mind, body and spirit to create true health and wellness.

For us that is still only the first step. We like to think of 'holistic' as something grander.

To us 'holistic' transcends individualism.

There are many 'wholes' — and a whole individual is one part of a greater whole, the way a single cell is a whole part of the larger organism it exists within. To be truly holistic, we must recognize ourselves as part of that larger whole, and always consider our role as humans interwoven into the more immense ecosystem we are a part of.

This is why we at evanhealy embrace the rhythms of nature and the roles they play in total health. A few of the many ways we do this are by practicing seasonal and lunar skin care, and paying attention to the ways our bodies are microcosms for the larger natural world around us.

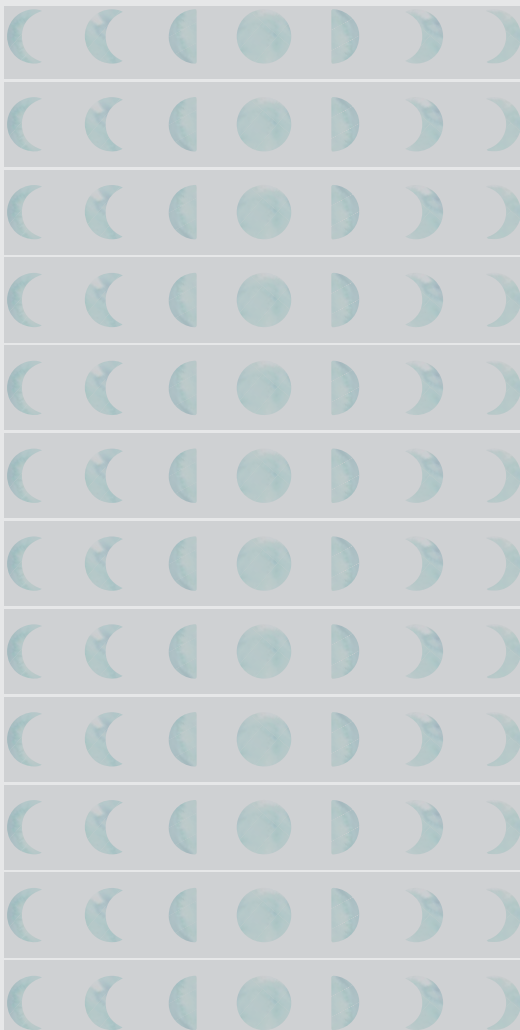
A close-up photograph of a hand holding a lit matchstick, about to light a small, round, teal-colored candle. The candle is already lit, with a bright yellow flame. The background is dark and out of focus, showing another hand resting on a surface. The overall mood is warm and intimate.

To read our full Lunar Skin Care Ritual
visit: evanhealy.com/blogs/stories/lunar-skin-care-guide



The Moon lives in the
lining of your skin.

~ Pablo Neruda



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