

A GUIDE TO SKIN HEALTH



Nourish

VOLUME 1
ANTIOXIDANTS



THE IMPORTANCE OF HEALTHY SKIN

The skin is a good indicator of general health, so in addition to wanting great looking skin, it is important to pay attention to the health of the skin. Healthy skin looks and feels smooth, exhibits an even tone and, above all, is well hydrated.

WHY ANTIOXIDANTS?

In winter, skin can feel a little dull and dehydrated and in need of a boost. This is when antioxidants can really help.

Including a range of antioxidants in the diet is highly recommended and eating 5 portions of fruit and vegetables a day is a good start. Go for variety - great choices are berries, broccoli, kale, citrus fruit and green tea due to their high content of vitamins A, C, E and K - all beneficial antioxidants.

Further protection can be achieved by applying antioxidants directly to the skin. This ensures rapid absorption into the protective epidermis; Vitamin C absorption is 20 times more effective when applied to the skin than when taken orally.

Other benefits of applying antioxidants directly to the skin include:

- Reducing inflammation to help reduce wrinkles and fine lines - especially vitamins C and E
- Improving skin tone by increasing circulation and cell metabolism
- Promoting cell renewal for a more youthful appearance
- Repairing effects of environmental damage by plumping skin after over-exposure.



3 X WAYS TO INCREASE NUTRIENT INTAKE FOR HEALTHIER SKIN

Brassica vegetables are the single most powerful group of vegetables to include in your diet. These contain an enzyme system that helps eliminate environmental stressors and protect skin cells from environmental damage. In addition they deliver antioxidants - Vitamins A and C in generous concentrations plus Vitamin K, iron and zinc. Kale and broccoli are well known but cabbage, sprouts and cauliflower bring the same benefits. Aim to eat a portion a day and go for minimal cooking time - think salads, smoothies or lightly sautéed.



Avocado will boost omega fatty acid intake - the building blocks of new healthy skin whilst the Vitamin E will improve natural protection against exposure to the sun. Avocado has now been shown to improve absorption and use of Vitamin A which has anti-ageing properties.

Add pumpkin seeds to your diet - try these as a mid-morning snack - rich in omega 3, these help to improve skin tone and radiance, aid skin renewal and the zinc content can help tackle acne.



ANTIOXIDANT BOOSTING SKIN ROUTINE

Your skin changes throughout the year and, during winter, colder temperatures together with indoor heating can make skin dryer and more sensitive than usual. Our morning and evening routines will help you with your winter skin needs.

MORNING ROUTINE

1. Apply Kale Enzymatic Exfoliating Cleanser to oxygenate and protect from urban pollution in the day ahead. Leave for 1 minute and rinse away.
2. Spritz with vitamin rich toning mist such as Protect Toning Mist.
3. For lasting hydration through the day, smooth a generous drop of Nourish Replenishing Peptide Serum over the face and neck and massage until absorbed completely.
4. Moisturise with Argan Skin Renew to stimulate collagen production and maintain hydration.
5. Finish with Kale Biomimetic Anti-ageing Eye Cream to protect and tackle fine lines. Gently pat a drop around the eye area.

Once a week treat yourself to an enriching home-made face mask.

YOU WILL NEED

- 1 tablespoon of a soya yogurt
- 1/2 tablespoon of finely grated orange rind
- 1/4 teaspoon of turmeric powder
- 1 drop of Argan Skin Rescue
- If too liquid add a pinch of oats or almond flour



Apply your home-made mask and relax for 20 minutes. Rinse off with cool water and then moisturise with Argan Skin Renew.

EVENING ROUTINE

To reduce the potential for damage to your skin, cleansing is possibly the most important part of your evening routine because it removes airborne pollutants.

1. Use Protect Refreshing Cleanser to remove make up and impurities then rinse away.
2. Spritz with Protect Toning Mist to improve hydration and balance the pH of your skin.
3. Apply a drop of Argan Skin Rescue and massage gently to oxygenate skin. Omega fatty acids and Vitamin E will help to repair the natural skin lipid layer.



PROTECT REPLENISHING PEPTIDE SERUM

With organic orange and mandarin oils, this peptide serum is a protective and effective hydrator that leaves skin visibly healthy and refreshed. Recommended for all skin types to help retexture the skin revealing a richer and rejuvenated look. A perfect protecting primer. 80% Organic.

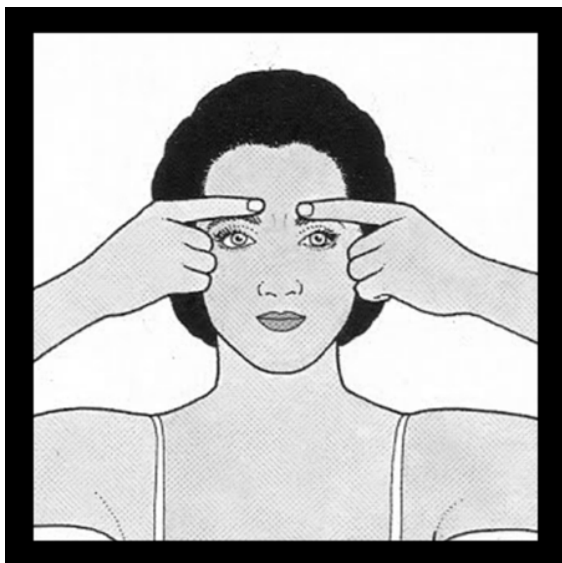
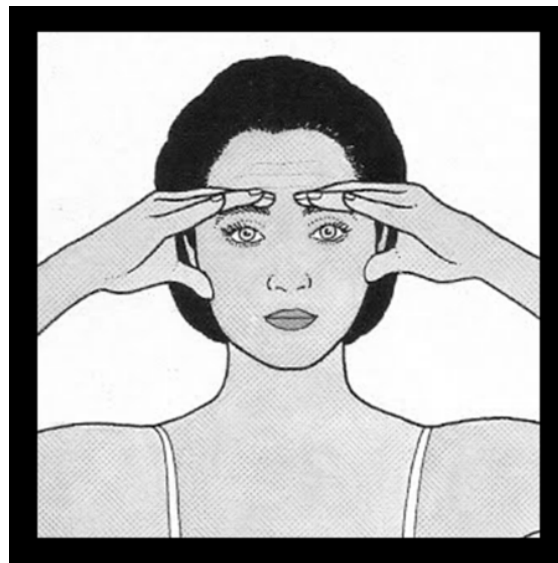


FACIAL YOGA

Help keep facial muscles firm and prevent drooping of your features by performing these simple exercises daily.

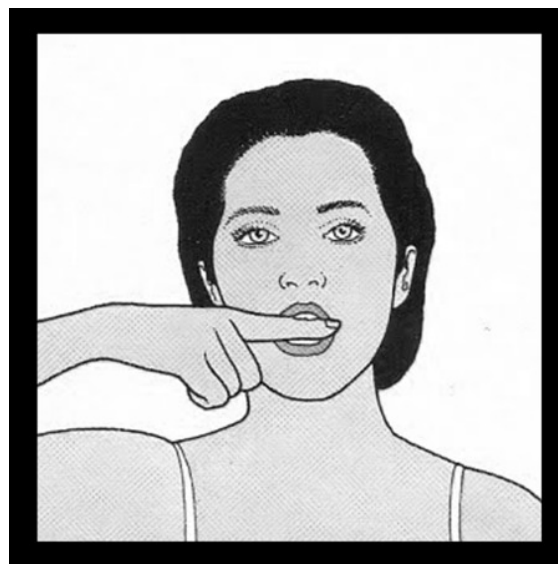
HORIZONTAL FOREHEAD LINES

Place the side of your forefingers gently but firmly against your forehead, allowing your thumbs to rest on your cheeks. Raise your eyebrows against the resistance of your finger. Hold for 6 seconds and repeat 10 times.



VERTICAL FOREHEAD LINES

Place the underside of your forefingers flat against your forehead, just above your eyebrows. Pull gently towards the temples. Hold for 6 seconds and repeat 10 times.



DROOPY CHIN

Hold your head up straight, chin level, shoulders back and relaxed. Place your forefinger horizontally between your teeth. Push your tongue against the roof of your mouth while keeping your teeth touching your finger. Hold for 6 seconds and repeat 10 times.

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