

UP DO'S TO GET YOU THROUGH LIFE

why is everyone falling in

love with face oil?

baimeni



Welcome to baimeni's first edition of GLOW.

Each year I review my family's lifestyle. This means understanding the choices we make with regards to what we eat and apply to our body and re-calibrating the amount of sleep, relaxation, play, mental stimulation and exercise time we each receive. Knowing we all have constraints, we try our best to maintain a healthy balance.

It's important that my family uses as many chemical free products. The reason for this is because of the illness I faced after giving birth. Having fallen sick, I was forced to reconsider many personal choices. Now I feel that it is my duty not only teach my children how, but also why to live a clean lifestyle. I hope by doing so, I am prolonging their health so that they can live a much healthier, pain free life.

Fundamentally beauty is holistic. At the very core, it is how you treat your insides and that will reflect on your outside. With baimeni, I try my very best to stay true to this. baimeni is created right here in Australia, using natural and organic ingredients that are ethically produced by using sustainable products and no testing on animals. By using baimeni, you are caring for your health today and into the future.

I created this magazine to share our customers personal skin care journeys. Since starting baimeni, I have been touched by the number of beautiful stories which are sent in telling me about skin struggles and how baimeni has helped. I've enjoyed learning about how each person is living with their situation and what they have found that works for them. Furthermore, through social media and Glow, I'll continue to share our secret skin care, product and beauty tips.

So go on, sit down, put your feet up and take five minutes to yourself to enjoy the read.





JUST A
FEW OF
OUR
GLOW
BEAUTY
LOVES

SHEER COMPLEXION

OPT FOR BARE SKIN OR A
SHEER BASE. LET YOUR SKIN
SHINE.

GO CLEAN

REDUCE YOUR TOXIN INTAKE.

CHOOSE CLEAN.

BAIMENI'S COMPLETE SKINCARE

RANGE TO TRANSFORM YOUR

SKINCARE ROUTINE.

SKIN STRUGGLES

READ FOUR PERSONAL SKIN
CARE JOURNEYS. WHAT IS THE
STRUGGLE AND HOW THEY ARE
CONQUERING IT.



low slung bun

MIDDLE PART YOUR HAIR AND GATHER INTO A LOW SLUNG PONY AT THE NAPE OF YOUR NECK, WITH A SECOND HAIR TIE LOOSELY GATHER THE HAIR UP OVER THE ORIGINAL TIE INTO A MESSY BUN. PIN LOOSE ENDS OVER TO DISGUISE THE HAIR TIE. BRING OUT ANY STRANDS AND LOOSEN OFF AROUND THE FACE TO SOFTEN THE LOOK.

UP DOS TO

GET

YOU

volumised pony

APPLY DRY SHAMPOO AT
THE ROOTS TO ADD LIFT,
YOU CAN ALSO TEASE THE
HAIR CLOSE TO ROOTS,
GATHER HAIR BACK INTO A
TIGHT PONY. GENTLY HOLD
THE PONY SECURLY THEN
PULL OUT THE HAIR TO ADD
A BIT OF VOLUME. TAKE A
SMALL SECTION FROM
UNDER THE PONY TWIST
ROUND TO DISGUISE HAIR
TIE & PIN.

THROUGH LIFE

top knot

LUCKY FOR US THE
HUMBLE TOP KNOT IS NOT
GOING ANYWHERE. PILE IT
UP ON TOP OF YOUR
HEAD AND GET OUT OF
THAT DOOR.





As you massage the cleansing oil into your skin, it binds to the surface dirt and impurities. Then with a warm wet wash cloth remove the oil and grime by "pulling" out the dirt without clogging pores. And your skin doesn't feel tight, like you just had a face lift!

The reason this is the case is because a lot of oil-free cleansers strip our skin of natural oils, leaving our face unbalanced and then our body goes into overdrive producing more oil. Oil cleansers assist with keeping the skin's natural pH and avoids this overproduction of oil.

baimeni's Sweet Almond Oil & Vitamin E Cleanser (\$14) only contains cold pressed Sweet Australian Almond Oil, Organic Castor Oil and Vitamin E making it gentle enough for all skin types.

One of the biggest secrets behind the use of almond oil for skin treatments is the high level of fatty acids contained in the oil. Fatty acids serve as a natural emollient for the skin, and can help the skin lock in moisture by forming a protective barrier.

OBSESSION

The skin on your face is delicate and often the products that promise results can be full of harsh chemicals resulting in drying or irritating your skin. An alternative is using a natural oil cleanser.

Sounds strange? So what makes a cleansing oil just as good or even better for your skin. Can people with oily skin use the oil cleansing method? How about dry skin? Combination skin?

The short answer is yes. No matter your skin type, cleansing oil mixes with the oils already on your face (i.e. sebum or cosmetics).

Emollients are especially effective for conditions like acne, eczema, psoriasis or rosacea.

Now, if you have oily skin, you might at first feel wary about putting any kind of oil on your skin. But the acne-forming oil that is produced by your skin is very different from the processed almond oil for skin treatments.

With acne, some people are more prone to produce a sticky oil called sebum that can clog the pores with dead skin cells and other debris. The fatty acids in almond oil actually help dissolve the sebum that your skin produces, resulting in cleaner pores thus helping to get rid of acne.

Additionally almond oil is absorbed by the fatty cells of the skin. The moisture in the oil is then utilised by the tissues to repair damaged cells and give skin a more youthful appearance.

The second ingredient in baimeni's Sweet Almond Oil & Vitamin E Cleanser is Castor Oil. Castor Oil is naturally astringent, so it helps pull impurities from the skin.

THE OIL CLEANSING METHOD

What is the Oil Cleansing Method? "The basic concept of this skin care and cleansing method is that the oil used to massage your skin will dissolve the oil that has hardened with impurities and found itself stuck in your pores. The steam will open your pores, allowing the oil to be easily removed."

Acne.org explains the benefits of oil cleansing: Oil dissolves oil. One of the most basic principles of chemistry is that "like dissolves like." The best way to dissolve a non-polar solvent like sebum or oil, is by using another non-polar solvent similar in composition: other oils.

By using the right oils, you can cleanse your pores of dirt and bacteria naturally, gently and effectively, while replacing the dirty oil with beneficial ones extracted from natural botanicals, vegetables and fruit that heal, protect and nourish your skin.

When done properly and consistently, the oil cleansing method can clear the skin from issues like oily skin, dry skin, sensitive skin, blackheads, whiteheads and other problems caused by mild to moderate acne-while leaving your skin healthy, balanced and properly moisturised.

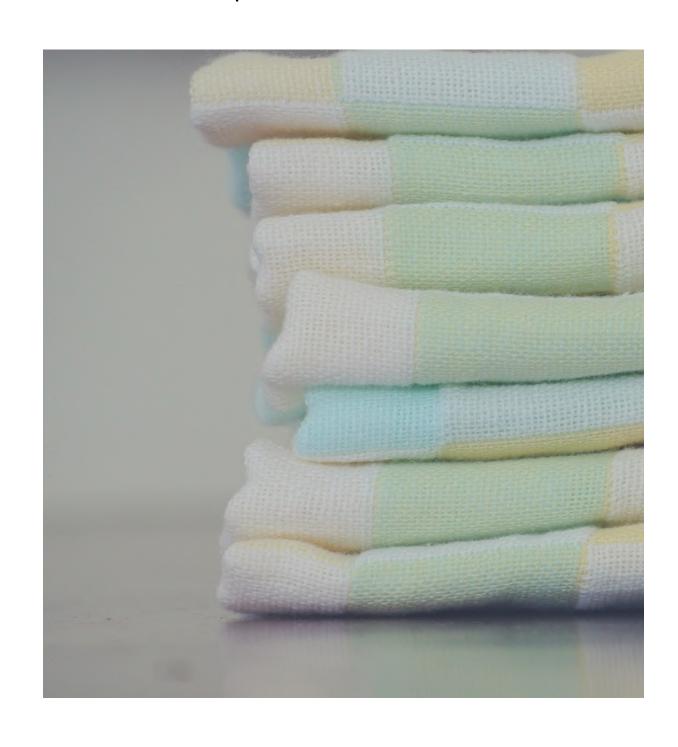
How to wash your skin with oil.

1. Pour a small amount of baimeni's Sweet Almond Oil & Vitamin E Cleanser into your palm.

- 2. Apply to face, gently massage into skin in small circular motions for 2 minutes.
- 3. Use a clean, warm, wet washcloth and place over face for 10-15 seconds.
- 4. Gently wipe oil off. Repeat until any remaining oil is removed. There will still be a thin layer of oil on the skin and this is beneficial.
- 5. Follow with baimeni's Apple Cider Vinegar with the Mother & Aloe Vera Toner and Hydrating Eye & Face Serum with Hyaluronic Acid. If you have dry ski, then apply baimeni's 9 Nourishing Face Oil for a moisture boost.

EXFOLIATION IS YOUR FRIEND

Using an oil is just the beginning. When looking after your skin, it is important that you invest in good washcloths. Cotton muslin gently exfoliates the skin to help get rid of dirt and impurities. Making it a part of your daily routine will help you maintain healthy, radiant looking skin. A cotton muslin washcloth is an absolute must for those with sensitive skin, as it gently exfoliates without irritation. We have one for each day of the week in our cotton muslin wash cloth 7 pack (\$21).



MAGICOILS baimeni

You've heard of superfoods right? Well essential oils are basically superfoods for your skin.

Using a blend of 9 natural essential oils scientifically proven to help reduce the fine lines and wrinkles associated with ageing, baimeni's 9 Nourishing Face Oil smooths, clarifies and improves the skin's elasticity for a firmer and smoother appearance. Enriched with vitamins and minerals. baimeni's 9 Nourishing Face Oil exclusive formula is all natural and plant based.

The magical ingredients included are Apricot Kernel Oil, Carrot Seed Essential Oil, Rosehip Seed Oil, Sandalwood Essential Oil, Geranium Essential Oil, Lemon Essential Oil, Frankincense Essential Oil, Myrrh Essential Oil and Rosemary Essential Oil.

Let's get the glossy on a few of the amazing essential oils that make up baimeni's 9 Nourishing Face oil (\$23.50).

MYRRH

Deemed so valuable in ancient times that it was valued at its weight in gold. For skin, you can expect a reduction in wrinkles, saggy skin and fine lines. If you are an acne sufferer Myrrh's anti-inflammatory and antibacterial properties mean bacteria is eradicated from your skin by getting rid of the impurities and can help shrink your pores. Furthermore Myrrh can add luminosity to your skin. That's a win in the glow stakes!

FRANKINCENSE

Used by the Egyptians to revitalise their skin, Frankincense is known as a super oil. It's especially useful in anti-aging by helping skin regenerate, which encourages a brighter complexion and reduces scars and ages spots. Frankincense is also great for those with oily skin as it can also help to regulate sebum. It may come as a surprise that using an oil on oily skin is a good idea, but with all of these benefits who could say no?

ROSEHIP

A powerful anti aging ingredient, Rosehip is packed with antioxidants that fight off free radicals. It can enhance skin texture, making your skin look smoother. Rich in Vitamin C, it is known for it's anti-aging properties. This nutrient is great for creating collagen for providing flexibility and elasticity of your skin. Rosehip also has high amounts of Vitamin A which is good for decreasing fine lines and wrinkles.

CARROT SEED

This oil is rich in Vitamin A and E, providing protection to your skin from oxidative damages. It has great tightening and toning agents that help to reduce the size of pores. And with over 600 carotenoids, Vitamin E. and tocopheryl, carrot seed oil helps to protect and heal skin from sun damage.

A FACE LIFT IN A BOTTLE

For an amazing glow, pair your facial oil with baimeni's Eye & Face Serum with Hyaluronic Acid (\$28.50). Each Hyaluronic Acid molecule can hold up to 1000 times itself in moisture. Dehydrated fine lines will disappear in their plumped-up state. baimeni's serum has an amazing ability to help retain water in the skin which makes for a plumper, hydrated and perky looking complexion.

- If you have oily skin you'll reap the benefits of the serum soaking up the excess oil and holding on to it for a tightened, matte skin finish.
- If you are on the dry side, follow up with a moisturiser, face oil or facial water mist to add some extra moisture to allow the serum to work its magic, plumping up fine lines.
- The serum is also an amazing 'base coat' for SPF and seems to absorb some of the 'wet finish' that sun protection often results in.

MOOD LIFTERS

Along with all of these amazing skincare benefits, essential oils have mood lifting properties which when inhaled can help you feel uplifted and happier!

Apply one pump of baimeni's 9 Nourishing facial oil to the palms of the hand rub together inhale deeply from the palms of your hands and apply to skin.

Only the highest quality and purest essential oils are used in baimeni's natural skincare system so you can rest assured we are using only the best ingredients to nourish your skin.

Once you fall in love with oils there's no turning back!



LUSCIOUS LIPS

Oils such as Peppermint help give lips a hydration and plumping boost. For an intensive night lip treatment, pair the Superbalm (\$10) and Organic Mint Lip Balm (\$5). Apply before bed.

"The best face oil ever!
I absolutely love this gorgeous
natural face oil. I am 38 years old and
my skin has never looked so good. I
love how my skin is a nice even tone,
soft and smooth. I use the serum with
the oil as the serum helps the oil
really penetrate my skin. And I find
that the oil doesn't feel oily if used
together as it absorbs more quickly
than the oils I have used in the past
(Rosehip Oil or Coconut)."

-Joanne

GLOW

NURTURE YOUR SKIN

FOR A BARE SKIN LOOK, HEALTHY SKIN IS KEY. I RECOMMEND THE COMPLETE SKIN CARE SYSTEM BY BAIMENI AS THE PRODUCTS WORK BEST TOGETHER. THE NATURAL INGREDIENTS USED IN THE PRODUCTS HELP YOUR SKIN RETAIN MOISTURE AND LOOK PLUMPER. SMOOTHER AND CLEARER.



PROTECT

AFTER YOUR SKINCARE ROUTINE ALWAYS USE A FACIAL SPF. I FIND BY WEARING THE HYALURONIC ACID SERUM UNDER THE SUNSCREEN IT REALLY HELPS TO STOP SKIN FROM BECOMING OVERLY TACKY. IT ALSO CREATES A BETTER BASE FOR APPLYING MAKEUP. IF YOU STILL FEEL YOUR SKIN IS TOO TACKY BLOT IT ALL OVER WITH A CLEAN TISSUE TO REMOVE ANY EXCESS.

FIND YOUR MIX

TO CREATE A FRESH LOOK A LIGHT COVERAGE FOUNDATION OR BB CREAM IS BEST OR TRY YOUR OWN CUSTOM BLEND: ON THE BACK OF YOUR HAND MIX A PUMP OF 9 NOURISHING FACE OIL WITH YOUR NORMAL FOUNDATION. DOT IT IT ALL OVER FACE, THEN USING A BUFFING BRUSH, BLEND INTO SKIN. OR JUST USE IT ON THE AREAS YOU FEEL YOU NEED THE COVERAGE.

HIGHLIGHT

HIGHLIGHTERS HELP TO LIFT THE COMPLEXION BY REFLECTING LIGHT. FOR A NATURAL GLOW TRY BAIMENI'S SUPERBALM. APPLY IN A 'C' SHAPE AROUND THE OUTER CORNER OF THE EYE AND TOP OF CHEEKBONES.

ANOTHER GREAT PLACE FOR HIGHLIGHTER IS ON THE LIPS. WITH THE SUPERBALM, YOU WILL ALSO ENJOY THE ADDED BENEFIT OF NOURISHING YOUR LIPS WHICH ALWAYS MAKES THEM LOOK PLUMPER.

> GLOW beauty editor & professional make up artist Amy Hughes talks us through how to get the perfect glow in your makeup without looking to made up. Sheer is key.



GLOW

C L E A N . . . it's been a buzz word of late, hasn't it? Eating clean, clean beauty, clean living. Less is definitely more. If you can read the ingredients of a food item then it is likely a good choice. The same is true of your skincare.

Fact is we know a banana is a healthier option than a chocolate bar, or a glass of wine, or *insert your guilty pleasure here*. Though we know this, sometimes the banana is just not going to cut it! When it comes to making choices sometimes we are not great at always making the healthy choice.

Do we think if something is green, eco friendly, low tox that it might not work as well? The hundreds of new eco-friendly, clean beauty companies that are launching everyday say no this is not the case. Rather, clean products are just as good as, if not better, than their toxic counterparts.

With all these facts and information, it can become overwhelming. Sometimes we just don't want to have to think about it, we want to buy good, clean and healthy stuff.

Is it not a simple request that we don't want to think about what a particular ingredient might be doing to our thyroid, or causing cancer or damaging our reproductive heath? After all, our skin is our largest organ, and here we are spreading 'stuff' all over it!

It would be nice to know that when you are having a mini facial in your ensuite that your skincare has got your back! That you can enjoy your 'me time' safely. Furthermore, we want our products to do what they say they will AND not cost a weeks salary.

THE RIGHT FIT

Making the change to natural ingredients is a preventive step protecting your body from the toxins and chemicals with the added benefits of getting glowing skin, healing your skin and helping with anti aging. So how do we 'go clean'?

START SMALL

Don't think you have to empty your vanity directly into the waste basket and start again. that will just be expensive and frustrating! Start by replacing items as you run out. Don't automatically buy the same toner as you always do at the supermarket try and source one with natural ingredients. We love the baimeni Apple Cider Vinegar Toner which is organic and all natural. Once you start seeing the results this will become addictive! Beware!

READ INGREDIENTS

The next time you go to buy your usual face cream, stop and read the side of the bottle. If you've never looked before you might be taken aback by the ingredients!

Choose products with ingredients that are exactly what the say they are with no unpronounceable words and numbers. The same goes for when you are doing your food shopping! Particular warning words you may want to look out for are ingredients that contain the words Parabens, Synthetic Colours, Fragrance, Phthalates, Tricolson, Sodium Lauryl Sulfate (SLS), Sodium Laureth Sulfate (SLES), Formaldehyde and Propylene Glycol.



GLOW

FRAGRANCE

I think we all assume the word fragrance has positive associations like nice fresh linen, your best friends perfume, or any other smell that evokes emotion but what does 'Fragrance' even mean? Vanessa Cunningham's "10 Toxic Beauty Ingredients to Avoid" tells us the term was created to protect a company's "secret formula." But as the consumer you could be putting on a concoction of chemicals that are hazardous to your health!

THINK OUTSIDE THE SHOP

Sometimes it pays to avoid the store bought option. You'll be amazed by the variety you can find online!

Not only could it be less expensive, as many online shops do not have the traditional brick and mortar costs, but you can also have your goodies delivered straight to your door.

Online shops also allow you to read reviews. Reviews are fantastic as customers describe why they love or hate a product. Reading reviews will help you work out if a product is as good as they say it is and leaving reviews helps to!

Australia has an amazing online market place and things like subscriptions, postage options and fast delivery makes buying online so much easier!



baimeni's skincare range is packed with natural, organic ingredients that are great for your skin & health.

Made in Australia, never tested on animals & 100% virtuous.

Shop now at www.baimeni.com.au



Follow Us & Subscribe for sales, new products & beauty tips.









APPLY SWEET ALMOND OIL & VITAMIN E CLEANSER

OR

ALOE VERA & CITRUS GENTLE FACE CLEANSER

WASH OFF WITH WARM WATER & MUSLIN WASH CLOTH



TAKE A TEASPOON OF HONEY FACE MASK- USE AS A SCRUB AND/OR LEAVE ON AS A MASK

OR

USE SILKY SKIN FACE
EXFOLIANT BY MIXING
WITH WATER OR OIL
CLEANSER. APPLY TO
FACE THEN REMOVE WITH
MUSLIN WASH CLOTH



SPRITZ ON APPLE CIDER VINEGAR & ALOE VERA TONER TO RESTORE PH BALANCE

OR

APPLY TO A COTTON PAD AND SWEEP OVER THE FACE

7 Steps to Glowing skin.



{ MOISTURISE }



APPLY EYE &
FACE SERUM
WITH
HYALURONIC
ACID ALL OVER
THE SKIN
REMEMBERING
EYE, NECK &
DECOLLETAGE



APPLY 9 NOURISHING FACE OIL & SWEEP UPWARDS IN MASSAGING MOTIONS

OR APPLY
RESTORATIVE
ORGANIC FACE CREAM
OR MIX THE OIL AND
CREAM



USE ORGANIC MINT LIP BALM TO PLUMP & MOISTURISE & SUPERBALM FOR AN INTENSE MOISTURE BOOST



APPLY
HYDRATING
ORGANIC
BOTANICAL
BODY LOTION
ALL OVER
BODY FOR
FIRMER MORE
SUPPLE SKIN

We are all so different when it comes to our challenges with loving the unique skin we are in...



So I started the hunt for some great skincare. I literally feel like I tried every product under the sun. I've tried the most expensive products which I didn't notice an improvement. I also became worried about the chemicals I was applying to my body and I simply couldn't maintain buying these expensive products. Then about a year and a half ago I was lucky enough to receive a sample size of the baimeni serum. I've never looked back since.

I am now an avid user of every product in the baimeni range. I still suffer from sleep deprivation but my skin feels calmer, looks clearer and is more nourished than ever before!

I couldn't live without my Eye & Face Serum with Hyaluronic Acid. Every morning and evening I look forward to my baimeni skin care routine...it's my little bit of me time. It's introduced me to using products like a face oil that I otherwise would never have tried.

STRUGGLES

SLEEP DEPRIVATION

Jessica's skincare journey is one of long nights, under eye bags and a lightbulb moment! Chronic interruptions to sleep and insomnia took a massive toll on Jessica's body.

I am a busy mother of two. Since having my daughter I noticed a huge decline in the health of my skin. I suffer from sleep deprivation which has caused me to have severe under eye bags and I look and feel generally exhausted. This is on top of the fact that I already have very fair skin and sun damage that has resulted in freckles and fine lines around my eyes from too much sun exposure.

Over the past year I have introduced friends to baimeni. Originally they were convinced that an all natural skin care regime was not the answer. I'm happy to say they have now changed their minds and agree with me. It's great when friends share the love about the products that really work!

"No matter what I tried my skin was not being hydrated enough then along came baimeni."

SILENT DISEASES

When something happens to you that causes you so much pain everyday how do you manage it? How do you keep going on? Being diagnosed with Osteoporosis and Osteoarthritis at the young age of 38 came as a shock to Juanita, she has subsequently made it her mission to become a patient advocate for young sufferers like herself.

I have now suffered a double back fracture and a hand fracture, both of which were caused by stress and doing normal, everyday activities.

I had to stop doing EVERYTHING until my nervous system could calm down. I became so sick, that anything I put on my skin or in my mouth I experienced a reaction, either good or bad. This has sent me on a war path to find the very cleanest things for my body.

Chemicals are the main things that affect my hormone levels. This makes me very careful about everything I eat, put on my skin, nails and hair and even the detergents I use in and around the house. They all have an enormous impact on my health.

I have suffered from sensitive skin my whole life, so naturally I've always gravitated towards natural and organic products.

"Skin is our largest organ, so it absorbs everything we apply on it."



But when I started to read each of the product's ingredients label that I was using, I became quite frustrated. There were so many chemicals listed…even in so called "natural" products.

That's when I broadened my search to non-supermarket or over the counter products and found baimeni. I love the whole range. Two products from baimeni that I simply cannot live without are the Honey Face Mask & Facial Cleanser and Eye & Face Serum with Hyaluronic Acid.

I love that these goodies are made with love, no nasties, Australian owned and cruelty free. I also love that they care about the product and what their customers think and need. I am a strong believer of a holistic approach, so if I can help my body heal from the outside, as well as the inside, I'm going for it! Since I have begun using natural and organic products, such as baimeni, my skin and hair has never looked so good!



ACNE

My journey in finding the best skin care has finally come to an end, all thanks to baimeni.

When I was 15 or 16, I remember acne on my cheeks and pain from this down my neck and in my ears. I was washing my face in the shower before school one morning and I was crying in agony, it hurt so much to even touch my face, let alone rub products on my face. My mum heard me crying and realised the extent of the pain I was going through, not to mention the embarrassment of going to school and makeup not even hiding it.

Enough was enough, off to the doctors with a referral to the dermatologist that followed. I waited weeks as being in a small town there was a wait list.

I remember being told that this medication would help my skin, "roaccutane"..... this stuff is strong. It stripped all of the oils from my skin and I remember everything from my eyebrows to my lips, to my whole body was so itchy and dry. It had many side effects.

Fast forward to age 19. I had since gone off this as I recall it was only a 12 month course and stayed in your system for a little while later. From 20-24, there was nothing but the smallest of pimple, once a month. Then around 25 years old it all started again, my hormones were a mess and my health had spiraled out of control.

With so many doctors, kinesiologist and naturopath appointments, blood tests, etc, I could go on.... my body was toxic. In return my face was suffering. It had started again... cyst pimples, pimples, blackheads, discolouration, uneven skin tone, etc. It seemed the more I worried about it, the worse it got.

Now at 28, I found baimeni. There was something about it when I was scrolling the page thinking, what do I have to lose? It was extremely affordable (after spending hundreds if not thousands on products, face masks and microdermabrasion.) I knew I could afford this if it worked.

I put in my first order x2 bottles of the Eye & Face Serum with Hyaluronic Acid. What a nice little surprise this was...so I made another order. I ordered the Sweet Almond Oil Cleanser, Apple Cider Vinegar & Aloe Vera Toner and the Silky Skin Exfoliant plus a sample pack. I began to feel like I had hit the jackpot.

Within a week I could already see an improvement in my skin. It felt hydrated and smooth. I had NO pimples and it felt PLUMP and my skin was glowing. I have since ordered the Organic Mint Lip Balm, Superbalm, 9 Nourishing Face Oil, the new Citrus & Aloe Vera Cleanser and Restorative Organic Face Cream.

Ask me to choose a favourite and I won't be able to tell you. I love my baimeni skin care routine every morning and every night. I have never had clearer, more healthy skin in my life.

I have recommended baimeni to my friends and we all simply love it. I can't thank Jennifer enough for creating such an amazing skin care range that is kind to earth, your back pocket and most importantly your skin.

Each product will love your skin no matter which one you chose, but having the whole range will love you the most. Even if you don't have problem skin like I have suffered, give it a go to see how much more healthier it could be.

Much Love, Elle



2016-17 This is my 'bad' skin. It was so much agony.

CYSTIC ACNE

"Seeing so many girls struggling with acne makes my heart ache for them because I remember how horrible it was." Demi tells us.

Demi wants to share the knowledge she has learnt through her skin journey to help others who might be experiencing similar symptoms.

Taking to social media to tell her inspiring story she tells us about overcoming painful cystic acne by acquiring and using only natural products.

"For me personally I felt ashamed. I've always been into exercise and healthy eating so how could my skin look like this?"

Not only was Demi's skin affecting her appearance, it also hurt. "I would cry in the shower my skin would throb and ache then I would cry going to sleep because it would hurt to lie on a pillow.

I have recently been diagnosed with Coeliac Disease, Fibromyalgia and PCOS.

I knew my body was inflamed on the inside and was crying out for help!"

Demi consulted a naturopath and researched all natural alternatives to medication and has managed to completely turn around her skin.

One product Demi fell in love with is baimeni's 9 Nourishing Face Oil. Using oils can really help add and replace vitamins and hydration to your skin.

Demi's journey shows how commitment and embracing natural ingredients can help to change lives.



1

Make it a date. Book in your weekly 'me time' whether its a warm bath or going out for a run mark it in your calendar and stick to it. Give self care the same importance as you would your children's swimming lessons or your work meetings.

Drink more water-keeping your body hydrated means your organs can work at full efficiency. Make goals to drink a glass of water per hour or buy a gorgeous water bottle, drink and keep refilling throughout the day.

Give yourself a minifacial. Taking the time out to nourish your skin and yourself can really make a difference to stress levels. Use skincare with great quality organic and natural ingredients for a the optimum effect!

to a g

Listen to a guided meditation. Taking the time to think about and recognise the days events is sometime all you need to switch off your mind.

istening to

Listening to music can help uplift your mood and can keep you going through challenging moments in your day.

Its time for me...

7

Try a facial massage: Using baimeni's 9 nourishing facial oil. Start by warming the oil between your palms and apply in sweeping motions up your neck and face, any excess oil is perfect to rub into hands and cuticles.

6

Enjoy a glass of red.
Full of antioxidants,
a relaxing glass of
wine may be just
what you need to
help you wind
down.

Get a sufficient amount of sleep. For adults this is around 7 to 8 hours. Fresh linen, have a warm bath, diffuse lavender oil to help you enjoy a restful sleep.

With busier schedules than ever it is up to us to book in some me time....here's 8 ways how to enjoy some down time & keep your glow.

skincare with A HALO



AFFORDABLE EFFECTIVE NATURAL CRUELTY FREE VEGAN FRIENDLY AUSTRALIAN MADE & OWNED 100% VIRTUOUS

