



#MyCleanBeautyShelf: What Tammy Fender, Founder of Tammy Fender Skincare, Uses In Her Daily Routine

Wellness expert and legendary aesthetician Tammy Fender pioneered a movement towards natural, plant-based luxury skincare and holistic health, guiding clients into vibrancy for more than 25 years. Tammy is known for her award-winning holistic skincare collection, her vast knowledge of plant remedies and traditional healing modalities, which restore vitality to the whole being—body, mind and spirit—and for a devoted celebrity following, who swear by her legendary facials. So what does this skincare powerhouse use in her daily routine? Let's take a peek into her beauty cabinet in the latest [#MyCleanBeautyShelf](#).



My beauty philosophy is...

I'm thrilled that the idea that beauty begins within has become popular over the past several years. So many of us have discovered that natural beauty is revealed through holistic lifestyle choices, and is supported by botanical skincare remedies. We know that less stress makes a difference and slows the aging process.

But for me true beauty also encompasses a deeper balance on the spiritual plane, and includes the vibrant health of our loving relationship with the earth. When we are in a deep and caring relationship with nature, that is truly beautiful.

First thing in the morning, I...

I devote my very early morning, beginning at 4 or 5 a.m, to an hour of prayer and meditation, which is also how I spend my last hour of the day, before sleep. Spending this time in contemplation each day helps me continue to opening myself to new insights. For me, it's essential.

My morning skincare routine

I'm a huge fan of all the daily habits that encourage detoxification. Every morning, even before taking a sip of water, I practice oil pulling, swishing a small spoonful of sesame oil around the mouth to remove toxins without stripping plaque from teeth or harming the gums. Then I start my day with a glass of lemon water, in order to improve digestion. And I'm also a fan of dry-brushing, which helps activate the lymphatic system, again supporting detoxification.

I cleanse my skin with gentle, light **Cleansing Milk**, which leaves the complexion soft and radiant. Then I apply **Awakening Eye Gel**, an ultra-nourishing eye cream that's rich and supportive, but light and silky enough to layer. I follow with **Plant Milk**, the perfect daytime treatment serum, nurturing sensitive skin with traditional plant remedies such as white Lily and Mountain Arnica, protecting the complexion. To finish, I apply a light layer of **Intensive Repair Balm**, an intensively hydrating moisturizer that seals in all the benefits.



My morning haircare routine

Once a week, I give myself a scalp massage with warmed argan oil, which does amazing things for my hair. The scalp is replete with pressure points, so this is such a wonderfully stimulating way to start the day. Once I've finished the massage, I wrap my head in a warmed towel and let it soak in for 10 minutes before showering.

My morning makeup routine

I don't wear makeup very often but I do occasionally use tinted lip balm.

My favorite beauty tip

For me, clearing the time for self-care is one of the greatest benefits we can bring to the skin—it's such a luxury to spend time creating a beauty ritual with conscious intention. It's not about the money; it's more about taking the time to power down the devices and apply a beautiful treatment masque or to take an evening bath infused with a poultice of fresh flowers and herbs.

My desert island beauty product

I created **Plant Milk**, my newest formula, especially for these times, as a way to support de-stressing and soothing the skin in an increasingly fast-paced world. It's both profoundly nurturing, providing a wealth of nutrients, and wonderfully protective, helping to shield the skin from environmental factors. It also goes on beautifully sheer, giving the complexion a dewy sheen. Like all milks, it is complete!