

LAMAV

Organic Skin Science



Your essential guide to clearer skin.

Everything you need to know about Oily/Combination skin for a glowing, radiant, clear complexion.



As our body's largest organ, our skin can not only tell us a lot about the state of our complexion—but our overall health and wellbeing, too. It is a great indicator for what's going on inside our body and is also often the first place to show signs of a less than balanced diet, poor lifestyle practices, gut health issues, allergies or intolerances and the effects of environmental stressors.

It also has a lot of jobs to do! Responsible for protecting us from our harsh environment, infections and pathogenic bacteria¹, regulating and eliminating water and fat-soluble substances through sweat and sebum², conserving and maintaining body heat and protecting our vital organs—it's no wonder that sometimes our skin can behave in somewhat erratic ways and look less than glowing.

But instead of railing against it and turning to harsh topical treatments and

tinctures that are anything but natural—we first and foremost need to take a deep breath, assess our skin's symptoms and ask ourselves. What is our skin trying to tell us?

The answer will depend on your personal symptoms and primary skin concerns—but in this eBook, we'll explore what your oily and combination skin is trying to tell you—and give you some real, tangible and holistic solutions on how to care for it, combat excess oiliness and reveal your natural, inherent (shine-free!) beauty.

¹ Nguyen, Alan V, and Athena M Soulika. "The Dynamics of the Skin's Immune System." *International Journal of Molecular Sciences*, MDPI, 12 Apr. 2019. www.ncbi.nlm.nih.gov/pmc/articles/PMC6515324/.

² Makrantonaki, Evgenia, et al. "An Update on the Role of the Sebaceous Gland in the Pathogenesis of Acne." *Dermato-Endocrinology*, Landes Bioscience, Jan. 2011. www.ncbi.nlm.nih.gov/pmc/articles/PMC3051853/.

PART ONE:

Oily/combination skin 101

When shopping for skincare, are you confused when asked to filter products by skin type or skin concern? If the answer is yes, rest assured you're not alone!



In fact, many of us are unsure of our intrinsic skin type—which is largely determined by our genetics—as well as our primary skin concerns as they change and evolve throughout the course of our life. There are also a number of internal and external factors that can affect our skin including environmental stressors such as UV exposure and pollution; our age; hormones; medications and supplements; our gut health, immunity and overall wellbeing; the topical skincare we use; our climate; the season; as well as our diet.

The good news is, however, that despite all this, you can treat your concerns and transform your skin by feeding it the right nutrients (both internally and externally) and developing a daily skincare ritual that targets your primary concerns and nourishes your skin on a cellular level.

So what is oily/combination skin?

Just as it sounds, oily skin is characterised by excess oil and an over-secretion of sebum. While the production of sebum is a natural and important process—responsible for keeping our skin well-hydrated and protected—when this action goes into overdrive, it can wreak havoc on our complexion, leaving us looking shiny, feeling greasy, and prone to blocked pores, congestion, breakouts and even acne. Oily skin types often have larger, more visible pores and it can prove tricky to manage.

Combination skin, on the other hand, doesn't really know how to make its mind up and can be dry, oily or a combination of both. Unlike true oily skin which is often slick all over—combination skin is typically characterised by skin that looks oily across the T-zone, but is drier across the cheeks. Your pores can also vary in size across each zone of your face—with your nose pores appearing larger than those on your cheeks.

What about Acne?



Unlike oily or combination skin, acne isn't technically a skin type—however it is a skin concern that can be experienced by any skin type. It can also be complex to manage as there are different forms— inflammatory or non-inflammatory—and can be caused by hormones, digestive imbalances or a combination of both. Understandably, acne can affect your self-confidence and be incredibly frustrating to deal with when you're unsure of the underlying cause.

Acne most often affects oily and combination skin types as it is typically triggered by an over-production of sebum. When this excess oil is produced, it can clog pores with dead skin cells and manifest as pimples, whiteheads, blackheads or more seriously as cysts and nodules. While we usually associate acne with the hormones of our adolescent years, truth be told, it can affect us at any age—and women,

unfortunately, are also more likely to experience acne during the different stages of their menstrual cycle as their hormones fluctuate³. It can also be a skin condition that manifests with polycystic ovarian syndrome⁴—or during peri-menopause and menopause⁵ when hormones shift once again.

While it can be tempting to attack acne-prone skin with harsh stripping cleansers and medicated topical treatments, the first step is to work with an integrative healthcare professional, Ayurvedic practitioner or naturopath to determine the primary driver of your acne as this will determine the best course of action. However, no matter whether your acne is triggered by your hormones, digestive imbalances—or both—the diet and lifestyle tips we share here still apply and will help support your quest for clear, resilient and glowing skin.

3 Geller, Lauren, et al. "Perimenstrual Flare of Adult Acne." *The Journal of Clinical and Aesthetic Dermatology*, Matrix Medical Communications, Aug. 2014, www.ncbi.nlm.nih.gov/pmc/articles/PMC4142818/.

4 L., Iurassich S., Trota C., Palagiano A., Pace. "Correlations between Acne and Polycystic Ovary. A Study of 60 Cases!" *Minerva Ginecologica*, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/11319503/.

5 Khunger, Niti, and Krati Mehrotra. "Menopausal Acne - Challenges And Solutions." *International Journal of Women's Health*, Dove, 29 Oct. 2019, www.ncbi.nlm.nih.gov/pmc/articles/PMC6825478/#:~:text=The etiology of menopausal acne,acne, hirsutism and androgenetic alopecia.

PART TWO

Factors that impact oily or combination skin.

As we already know, our skin can be influenced by both internal and external factors—some of which are out of our control. But when it comes to oily or combination skin, there are some clear culprits that can negatively affect the state of your skin and trigger excess oiliness.

An Imbalanced Diet

Glowing skin begins within and in the case of oily and combination skin, this is particularly true. Ayurvedic medicine also reflects this philosophy, believing that our skin is a manifestation of our inner health and an imbalance in our Doshas (or energies) can also trigger an imbalance in our skin. Excess sugar, refined carbohydrates and processed foods have all been linked to skin inflammation and correlated with acne⁶—as has an imbalance in the ratio between omega-6 and omega-3 fatty acids. In our modern Western diet, we consume an excess of inflammatory omega-6s and are often deficient in

omega-3s⁷—which can trigger a cascade of pro-inflammatory processes in the body, and subsequently impact our skin.

Excess Caffeine & Alcohol

Although there are no studies to indicate a direct link between caffeine or alcohol consumption and oily skin or acne—there is evidence to show that skin dehydration may trigger an increase in sebaceous activity⁸. Both alcohol and caffeine are diuretic, which increases the amount of water and salt eliminated by the body and it's this action that can exacerbate skin dehydration and signal to our skin to make more oil.

⁶ Laettia Penso, MSc. "Association Between Adult Acne and Dietary Behaviors." *JAMA Dermatology*, JAMA Network, 1 Aug. 2020. jamanetwork.com/journals/jamadermatology/article-abstract/2767075.

⁷ <https://www.karger.com/Article/Pdf/73789#...text+In%20Western%20diets%2C%20the%20omega.of%20breast%20and%20colon%20cancers>.

⁸ Makrantonaki, Evgenia, et al. "An Update on the Role of the Sebaceous Gland in the Pathogenesis of Acne." *Dermato-Endocrinology*, Landes Bioscience, Jan. 2011. www.ncbi.nlm.nih.gov/pmc/articles/PMC3051853/.

Hormonal Imbalances

Although hormone fluctuations such as those experienced during our menstrual cycle can trigger oily or congested skin—as well as acne—it's not just an increase or sensitivity to a hormone like testosterone that can drive hormonal imbalances. Cortisol, our stress hormone, also directly impacts our skin by compromising our immune system and disrupting the microbial balance of bacteria in our gut⁹. It also stimulates the production of sebum¹⁰—leading to oily and congested skin—as well as skin inflammation such as acne¹¹.

Medication

Although there is undoubtedly a place for medication—it's important to consider any potential side effects before adding any new medication or supplement to your regime. There are a whole collection of medications that have been linked to acne and congested skin including corticosteroids, androgenic steroids, DHEA and drugs that contain bromides or iodide¹²—while contraceptive pills and hormone replacement medications can also contribute to excess oiliness. If you're unsure whether your current medications are contributing to your skin issues, we recommend speaking with your medical practitioner.

The Wrong Skincare

It sounds simple, but using skincare that's not suitable for your skin type can actually exacerbate any existing skin concerns and cause your skin to become oilier or contribute to combination skin issues. As the skin struggles to rebalance itself, it can activate sebaceous activity, resulting in oiliness and clogged pores. A good example of this is when during winter, many people simply switch their moisturiser to a heavier formula—even when their skin hasn't indicated it's required. Similarly, often oily and combination skin types tend to overdo their skincare—scrubbing and stripping in the hopes of ridding themselves of excess oil. In reality, this vigorous approach can have the opposite effect as your skin goes into overdrive trying to make up for the loss of moisture. Likewise, skipping moisturiser or being afraid of using facial oils because your skin is oily can starve your skin of much-needed hydration. Given oily skin is often triggered by dehydration, a suitable moisturiser or facial oil can actually help to calm sebaceous activity and rebalance your complexion.



²² Kam, Katherine. "Medications and Acne." *WebMD*, WebMD. www.webmd.com/skin-problems-and-treatments/acne/features/medications.

²³ Chen, Ying, and John Lyga. "Brain-Skin Connection: Stress, Inflammation and Skin Aging." *Inflammation & Allergy Drug Targets*. Bentham Science Publishers, 2014. www.ncbi.nlm.nih.gov/pmc/articles/PMC4082169/.

²⁴ Yosipovitch G, Tang M, Dawn AG, Chen M, Goh CL, Huak Y, Seng LF. "Study of Psychological Stress, Sebum Production and Acne Vulgaris in Adolescents." *Acta Dermato-Venereologica*. U.S. National Library of Medicine. pubmed.ncbi.nlm.nih.gov/17340019/.

²⁵ Chen, Ying, and John Lyga. "Brain-Skin Connection: Stress, Inflammation and Skin Aging." *Inflammation & Allergy Drug Targets*. Bentham Science Publishers, 2014. www.ncbi.nlm.nih.gov/pmc/articles/PMC4082169/.

PART THREE:

Caring for oily or combination skin

No matter your skin type, it's essential to take a holistic approach to your health, beauty and wellbeing—embracing both diet and lifestyle practices that support your goal for clearer, more resilient skin.

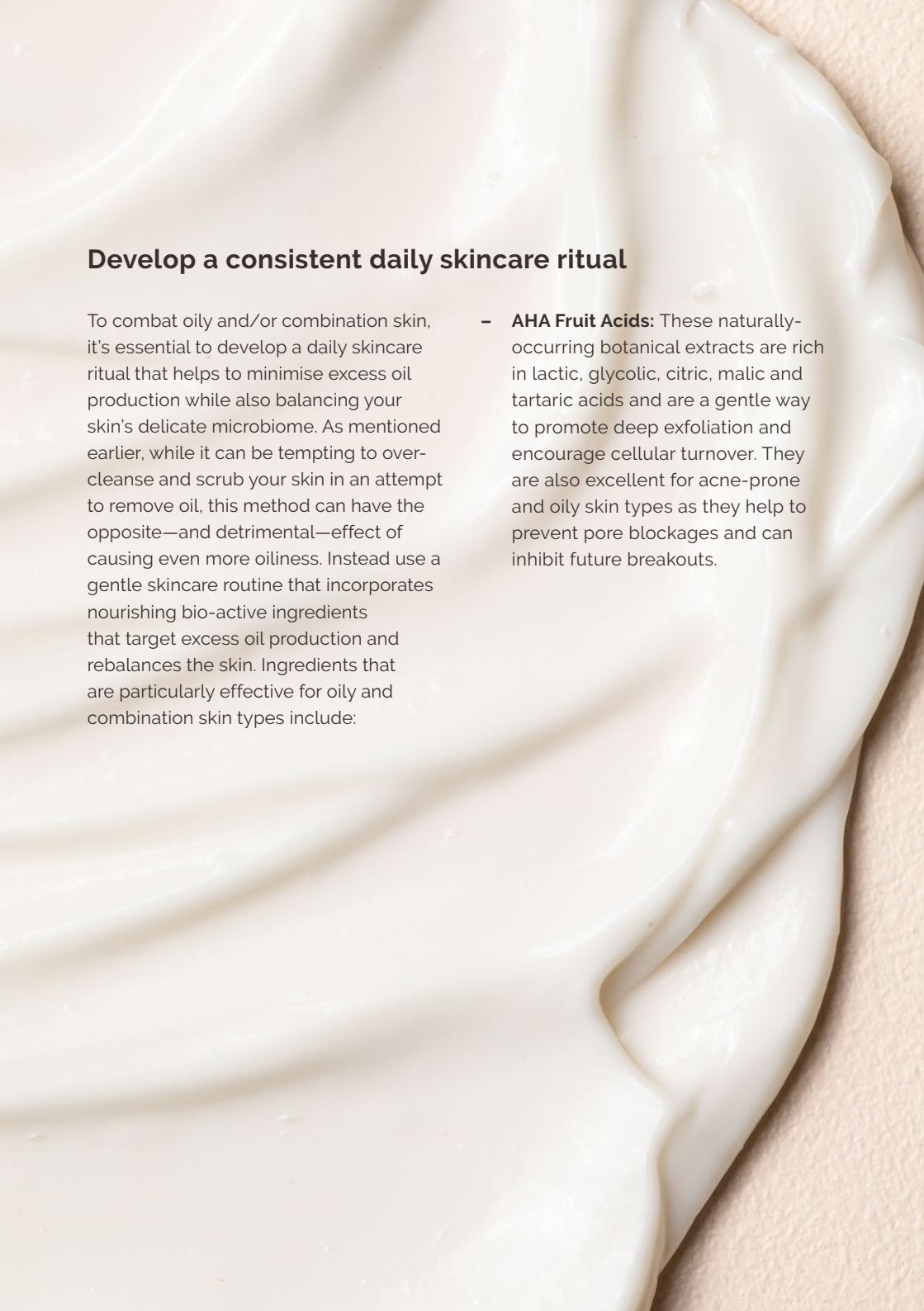
At LAMAV, our philosophy reflects this approach and we are passionate about combining ancient wisdom with modern science—both in terms of our products which are rich in Ayurvedic ingredients, native Australian plant extracts and potent bio-actives. Although it can feel overwhelming at first when making diet or lifestyle changes, we encourage you to be gentle with yourself—but to trust that with patience and dedication, you can experience truly transformative results.



**Delicious smoothie,
deliciously smooth skin.**

Scan the code to discover our refreshing Beetroot Smoothie and more complexion boosting recipes in our mini eBook: [*Gut-loving recipes for glowing skin*](#)





Develop a consistent daily skincare ritual

To combat oily and/or combination skin, it's essential to develop a daily skincare ritual that helps to minimise excess oil production while also balancing your skin's delicate microbiome. As mentioned earlier, while it can be tempting to over-cleanse and scrub your skin in an attempt to remove oil, this method can have the opposite—and detrimental—effect of causing even more oiliness. Instead use a gentle skincare routine that incorporates nourishing bio-active ingredients that target excess oil production and rebalances the skin. Ingredients that are particularly effective for oily and combination skin types include:

- **AHA Fruit Acids:** These naturally-occurring botanical extracts are rich in lactic, glycolic, citric, malic and tartaric acids and are a gentle way to promote deep exfoliation and encourage cellular turnover. They are also excellent for acne-prone and oily skin types as they help to prevent pore blockages and can inhibit future breakouts.

- **Probiotics:** Naturally anti-inflammatory and antimicrobial, probiotics can be applied topically to the skin to help support our skin's delicate barrier, strengthen its immunity to pathogens and also help prevent inflammatory skin conditions like acne¹³. In the same way our gut has its own ecosystem, so too does our skin—so probiotics can also help to rebalance the skin, providing it with a healthy dose of beneficial bacteria.
- **Argan Oil:** As a non-comedogenic oil, argan oil is able to rebalance skin's natural lipid levels, moisturise and hydrate oily and acne-prone skin types, without clogging pores. It is also naturally rich in vitamin E and essential fatty acids which nourish the skin on a cellular level.
- **Vitamin C:** Undoubtedly the most important vitamin for skin health, this potent antioxidant supports healthy skin function and protects the skin against free radical damage and inflammation caused by external stressors. For oily and acne-prone skin types, vitamin C also works to brighten and heal skin¹⁴, reduce the appearance of pigmentation and scarring—and increase collagen production¹⁵.
- **Vitamin A:** Second only to vitamin C is vitamin A—another powerhouse antioxidant which has been studied for its ability to improve pigmentation and treat acne¹⁶. For oily and combination skin types, vitamin A is also particularly beneficial as it helps to regulate sebum production and support skin healing and regeneration.

¹³ Knackstedt, Rebecca, et al. "The Role of Topical Probiotics in Skin Conditions: A Systematic Review of Animal and Human Studies and Implications for Future Therapies." *Wiley Online Library*, John Wiley & Sons, Ltd, 18 Sept. 2019, onlinelibrary.wiley.com/doi/full/10.1111/exd.14032.

¹⁴ Wang, Kaiqin, et al. "Role of Vitamin C in Skin Diseases." *Frontiers in Physiology*, Frontiers Media S.A., 4 July 2018, www.ncbi.nlm.nih.gov/pmc/articles/PMC6040229/.

¹⁵ Pullar, Juliet M, et al. "The Roles of Vitamin C in Skin Health." *Nutrients*, MDPI, 12 Aug. 2017, www.ncbi.nlm.nih.gov/pmc/articles/PMC5579659/.

¹⁶ "Vitamin A and Skin Health." *Linus Pauling Institute*, 1 Jan. 2021, lpi.oregonstate.edu/mic/health-disease/skin-health/vitamin-A#topical-application.

Drink More Water

We all know we should be drinking at least eight glasses of filtered water a day—but aside from keeping our bodies well-hydrated, water plays an essential role in maintaining both superficial and deep hydration of the skin¹⁷. This is equally important for oily and combination skin types which can both be triggered by dehydration. Similarly, studies have shown that those with acne-prone skin also benefit from remaining well-hydrated as dehydrated skin is an underlying factor in acne pathogenesis¹⁸.



¹⁷ Palma, Lidia, et al. "Dietary Water Affects Human Skin Hydration and Biomechanics." *Clinical, Cosmetic and Investigational Dermatology*, Dove Medical Press, 3 Aug. 2015, www.ncbi.nlm.nih.gov/pmc/articles/PMC4529263/.

¹⁸ Makrantonaki, Evgenia, et al. "An Update on the Role of the Sebaceous Gland in the Pathogenesis of Acne." *Dermato-Endocrinology*, Landes Bioscience, Jan. 2011, www.ncbi.nlm.nih.gov/pmc/articles/PMC3051853/.

Focus On Your Inner Health

While topical skincare plays an important role in supporting your skin's health, our complexion is actually a great indicator for what's going on in our gut. In fact, the two engage in a constant dialogue via the gut-skin axis¹⁹. This bidirectional pathway has also been well-studied, with research indicating that inflammatory skin conditions—such as acne—often manifest due to an imbalance in our microbiome. As such, one of the most important ways to support our skin health and combat any skin concerns such as oiliness, is to turn our attention inwards and focus on a nutrient-dense diet that supports optimal gut health. Some of the best nutrients to include are:

- **Antioxidants:** The main role of antioxidants like vitamin C is to combat and mop up free radicals—damaging compounds that are produced by our body's own metabolic processes as well as extrinsic factors such as UV radiation, exposure to pollution and other toxins. Linked to the etiology

of countless health issues²⁰, free radicals are also enemy number one when it comes to glowing skin—contributing to cellular ageing, collagen degradation and even acne pathogenesis²¹. The good news is, by consuming an abundance of fruits and vegetables daily, we can experience the free radical-fighting benefits of antioxidants. And the more colourful the better! Darker, more vibrant varieties pack a greater nutritional punch and are richer in both antioxidants and polyphenols—bioavailable plant compounds that not only exhibit antioxidant activity, but are also proven to help modulate microbial balance and prevent the growth of pathogens²². Considering the importance of fostering a rich and diverse microbiome for our overall health, immunity and wellbeing, the consumption of a variety of antioxidant-rich fruits and vegetables is a simple—yet profound—way to make a positive impact on your gut and skin health every single day.

¹⁹ Lee, Young Bok, et al. "Potential Role of the Microbiome in Acne: A Comprehensive Review." *Journal of Clinical Medicine*, MDPI, 7 July 2019, www.ncbi.nlm.nih.gov/pmc/articles/PMC6678709/.

²⁰ Lobo, V, et al. "Free Radicals, Antioxidants and Functional Foods: Impact on Human Health." *Pharmacognosy Reviews*, Medknow Publications & Media Pvt Ltd, July 2010.

²¹ Mills, Otto H, et al. "Addressing Free Radical Oxidation in Acne Vulgaris." *The Journal of Clinical and Aesthetic Dermatology*, Matrix Medical Communications, Jan. 2016, www.ncbi.nlm.nih.gov/pmc/articles/PMC4756869/.

²² Filosa, Stefania, et al. "Polyphenols-Gut Microbiota Interplay and Brain Neuromodulation." *Neural Regeneration Research*, Medknow Publications & Media Pvt Ltd, Dec. 2018, www.ncbi.nlm.nih.gov/pmc/articles/PMC6199944/.

- **Fibre-rich plant foods:** Similarly, the consumption of fibre is an important way to foster a diversity of gut bacteria. Found in fruits, vegetables, nuts, seeds, beans and legumes, fibre is considered prebiotic— fuelling our 'good' gut bacteria and subsequently encouraging them to multiply²³. When it comes to glowing skin and maintaining healthy skin function, fibre also plays an integral role as it improves our ability to absorb and assimilate key vitamins, minerals and nutrients²⁴—which our complexion would otherwise be starved of. Another incredible benefit of fibre consumption is the creation of short-chain fatty acids (SCFAs)— anti-inflammatory compounds which are produced when fibre ferments in the gut²⁵. While these potent metabolites are linked to a whole range of health benefits—including improved intestinal barrier function, immune and brain health²⁶—there is also research to show how their antimicrobial properties can help modulate the skin's microbiome and potentially protect it against the organisms linked to acne²⁷.
- **Minerals:** As with vitamins and antioxidants, minerals play an essential role in our health so we must ensure we consume enough through our diet daily. And zinc is one such mineral that boasts incredible benefits for our gut, immunity and skin! Proven to help support intestinal barrier function and help prevent gut permeability²⁸—zinc also exhibits anti-inflammatory and antioxidant-like behaviours which helps to bolster immune health²⁹. Zinc is also widely recognised as an essential mineral for normal skin function³⁰, improving wound healing and reducing the severity of inflammatory skin conditions such as acne³¹.
- **Probiotics and fermented varieties:** The simplest way to support our gut health and overall wellbeing is to include probiotic-rich or fermented foods in our diet. Proven to bolster overall digestive health³²—fermented foods also help to improve digestion and strengthen the gut wall, combat inflammation and support immunity³³. As a staple part of the Ayurvedic diet for centuries, fermented foods are known to stimulate digestive fire and help to rebalance the Doshas. Good examples of fermented foods include sauerkraut, kimchi, miso, dosa, paneer and lassi.

²³ Slavin, Joanne. "Fiber and Prebiotics: Mechanisms and Health Benefits." *Nutrients*, MDPI, 22 Apr. 2013. www.ncbi.nlm.nih.gov/pmc/articles/PMC3705355/.

²⁴ Lattimer, James M, and Mark D Haub. "Effects of Dietary Fiber and Its Components on Metabolic Health." *Nutrients*, MDPI, Dec. 2010. www.ncbi.nlm.nih.gov/pmc/articles/PMC3257631/.

²⁵ Lee, Young Bok, et al. "Potential Role of the Microbiome in Acne: A Comprehensive Review." *Journal of Clinical Medicine*, MDPI, 7 July 2019. www.ncbi.nlm.nih.gov/pmc/articles/PMC6678709/.

²⁶ Silva, Ygor Parladore, et al. "The Role of Short-Chain Fatty Acids From Gut Microbiota in Gut-Brain Communication." *Frontiers*, Frontiers, 1 Jan. 1AD. www.frontiersin.org/articles/10.3389/fendo.2020.00025/full

²⁷ Lee, Young Bok, et al. "Potential Role of the Microbiome in Acne: A Comprehensive Review." *Journal of Clinical Medicine*, MDPI, 7 July 2019. www.ncbi.nlm.nih.gov/pmc/articles/PMC6678709/.

²⁸ Michielan, Andrea, and Renata D'Incà. "Intestinal Permeability in Inflammatory Bowel Disease. Pathogenesis, Clinical Evaluation, and Therapy of Leaky Gut." *Mediators of Inflammation*, Hindawi Publishing Corporation, 2015. www.ncbi.nlm.nih.gov/pmc/articles/PMC4637104/.

²⁹ Prasad, Ananda S. "Zinc in Human Health: Effect of Zinc on Immune Cells." *Molecular Medicine* (Cambridge, Mass.). ScholarOne, 2008. www.ncbi.nlm.nih.gov/pmc/articles/PMC277319/.

³⁰ Gupta, Mrinal, et al. "Zinc Therapy in Dermatology: a Review." *Dermatology Research and Practice*, Hindawi Publishing Corporation, 2014. www.ncbi.nlm.nih.gov/pmc/articles/PMC4120804/.

³¹ Gupta, Mrinal, et al. "Zinc Therapy in Dermatology: a Review." *Dermatology Research and Practice*, Hindawi Publishing Corporation, 2014. www.ncbi.nlm.nih.gov/pmc/articles/PMC4120804/.

³² Dimidi, Eirini, et al. "Fermented Foods: Definitions and Characteristics, Impact on the Gut Microbiota and Effects on Gastrointestinal Health and Disease." *Nutrients*, MDPI, 5 Aug. 2019. www.ncbi.nlm.nih.gov/pmc/articles/PMC6723656/.

³³ Bell, Victoria, et al. "One Health, Fermented Foods, and Gut Microbiota." *Foods* (Basel, Switzerland), MDPI, 3 Dec. 2018. www.ncbi.nlm.nih.gov/pmc/articles/PMC6306734/.



Support Your Body's Elimination Channels

While there are a number of organs that play an important role in eliminating toxins from the body (including the skin!)—when these elimination channels aren't functioning optimally, it can contribute to a buildup of waste and toxins which, when recirculated, can trigger systemic inflammation—as well as skin issues. Dry body brushing is a simple and effective way to help support the body's elimination channels, stimulating the lymphatic system to help transport and remove toxins from our cells. In Ayurvedic healing traditions, body brushing is known as Garshana and is known to invigorate and energise the body, boost circulation and increase vitality, while also exfoliating and revitalising the skin. For oily and combination skin types, dry body brushing can

also play an important role in keeping skin clear as by supporting lymphatic drainage, wastes, toxins and excess oil is less likely to surface and clog pores.



Mindfulness & Meditation

While you may not immediately think of meditation and mindfulness practices as important parts of your daily skincare ritual—they can, in fact, help to keep your skin clear, healthy and glowing. This is because each has been proven to help manage stress levels and reduce cortisol³⁴—a hormone that can wreak havoc on our complexion. Similarly, meditation has also been shown to help regulate the body's inflammatory response and actually change how our genes express themselves³⁵. To experience the benefits for yourself at home, try implementing a simple Pranayama breathing practice into your day. Begin by gently closing your eyes and then breathing in your nose for the count of three, before exhaling to the count of three. Repeat 10 times, lengthening your breath and exhaling fully each time.

Move Mindfully

Just like dry body brushing, staying active is a great way to improve lymphatic flow, rid the body of excess wastes and toxins and subsequently promote a clearer, more balanced complexion. By selecting a mindful movement practice such as yoga, you can also experience a double dose of benefits—helping to reduce stress and calm the mind at the same time. Recent studies have also shown that exercise may help to boost the production of short-chain fatty acids³⁶—the protective anti-inflammatory compounds that bolster gut health, modulate the skin's immune system (helping to reduce oiliness and acne breakouts) and support overall wellbeing.

³⁴ P., Turakitwanakan W; Mekseepalard C; Busarakumtragul. "Effects of Mindfulness Meditation on Serum Cortisol of Medical Students." *Journal of the Medical Association of Thailand - Chotmaihe Thangphaet*. U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/23724462/#:~:text=So, mindfulness meditation should decrease serum cortisol.&text=Conclusion: Mindfulness meditation lowers the disorder, peptic ulcer and migraine.

³⁵ Venditti, Sabrina, et al. "Molecules of Silence: Effects of Meditation on Gene Expression and Epigenetics." *Frontiers*, Frontiers, 1 Jan. 1AD, www.frontiersin.org/articles/10.3389/fpsyg.2020.01767/full.

³⁶ Monda, Vincenzo, et al. "Exercise Modifies the Gut Microbiota with Positive Health Effects." *Oxidative Medicine and Cellular Longevity*, Hindawi, 2017, www.ncbi.nlm.nih.gov/pmc/articles/PMC5357536/.

PART FOUR:

Your LAMAV daily
skincare ritual



To properly nourish your oily, combination or acne-prone skin, we've created the ultimate LAMAV daily skincare ritual for you to try at home. Each product has been specifically formulated to nurture your skin on a cellular level to rebalance, brighten and reveal your glowiest skin yet!

STEP ONE: Double Cleanse

Cleansing is the most important step in your skincare routine but for oily or combination skin types, it can exacerbate issues if you use the wrong products. Using the [Marula Oil Cleanser](#) followed by our [Sweet Orange Balancing Cleanser](#) (pictured opposite) will help to support your skin's natural lipid barrier, whilst gently removing excess oil, makeup and impurities.



STEP TWO: Tone

Balance your skin's delicate microbiome with our [Probiotic Toner](#)—to fortify its immune defences and combat the proliferation of pathogenic bacteria.



STEP THREE: Boost *(every second day)*

Supercharge the benefits of your skincare and receive a potent dose of natural vitamin A by adding our [Bakuchiol 4% Natural Retinol Alternative](#) to your regime. As a gentle alternative to harsh retinoids, bakuchiol helps to heal and calm skin, boost collagen synthesis and promote a more even complexion—without irritating.



STEP FOUR: Eyes

Protect your delicate eye area from dehydration and combination skin issues. We suggest using our [Anti Dark-Circle Eye Gel](#).



LAMAV

Beauty Restore™

Multi-strain pre and probiotic liquid
with Ayurvedic Beauty Blend™ for
balance, gut, health and radiant, clear skin.

INNER BEAUTY

6.01 FL. OZ.



50% C

50% P



STEP FIVE: Serum

For acne-prone and combination skin types, serums can often add weight. Our Daily Vitamin C Serum, however, is lightweight and has been formulated to help strengthen the skin structure while helping to reduce the blemishes for more even complexion.



STEP SIX: Facial Oil & Massage *(twice a week)*

To help promote more even skin tone and texture, experience the benefits of skin-loving vitamin C by incorporating our [Vitamin C Brightening Oil](#) into your regime.

Use in combination with your [Quartz Gua Sha and Roller Set](#) for even better results.



STEP SEVEN: Moisturise

The final step is to lock in hydration with a lightweight moisturiser that won't clog pores. Our [Rumex Day Cream](#) fits the bill and contains potent bioactives that work synergistically to brighten skin and reduce pigmentation. Or our [Skin Balancing Fluid](#) has been formulated to help reduce shine and mattify the skin.

STEP EIGHT: Sip!

Nourish your inner health and support glowing skin from within by sipping on our [Beauty Restore](#) daily. As part of your skincare and self-care ritual, this pre and probiotic blend helps to balance the gut, for a clearer, more radiant complexion.

The most important aspect in any skin and wellbeing routine is consistency. Depending on your gut or skin imbalance it can take time to repair and see results. Be patient and kind to your skin. If you are not sure of your skin type, take our skin quiz: lamav.com/pages/quiz



BIBLIOGRAPHY

Chen, Ying, and John Lyga. "Brain-Skin Connection: Stress, Inflammation and Skin Aging." *Inflammation & Allergy Drug Targets*, Bentham Science Publishers, 2014, www.ncbi.nlm.nih.gov/pmc/articles/PMC4082169/.

Filosa, Stefania, et al. "Polyphenols-Gut Microbiota Interplay and Brain Neuromodulation." *Neural Regeneration Research*, Medknow Publications & Media Pvt Ltd, Dec. 2018, www.ncbi.nlm.nih.gov/pmc/articles/PMC6199944/.

Geller, Lauren, et al. "Perimenstrual Flare of Adult Acne." *The Journal of Clinical and Aesthetic Dermatology*, Matrix Medical Communications, Aug. 2014, www.ncbi.nlm.nih.gov/pmc/articles/PMC4142818/.

Gupta, Mrinal, et al. "Zinc Therapy in Dermatology: a Review." *Dermatology Research and Practice*, Hindawi Publishing Corporation, 2014, www.ncbi.nlm.nih.gov/pmc/articles/PMC4120804/.

Kam, Katherine. "Medications and Acne." *WebMD*, WebMD, www.webmd.com/skin-problems-and-treatments/acne/features/medications.

Khunger, Niti, and Krati Mehrotra. "Menopausal Acne - Challenges And Solutions." *International Journal of Women's Health*, Dove, 29 Oct. 2019, www.ncbi.nlm.nih.gov/pmc/articles/PMC6825478/#:~:text=The etiology of menopausal acne,acne, hirsutism and androgenetic alopecia.

Knackstedt, Rebecca, et al. "The Role of Topical Probiotics in Skin Conditions: A Systematic Review of Animal and Human Studies and Implications for Future Therapies." *Wiley Online Library*, John Wiley & Sons, Ltd, 18 Sept. 2019, onlinelibrary.wiley.com/doi/full/10.1111/exd.14032.

L.; Iurassich S;Trotta C;Palagiano A;Pace. "[Correlations between Acne and Polycystic Ovary. A Study of 60 Cases]." *Minerva Ginecologica*, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/11319503/.

Laetitia Penso, MSc. "Association Between Adult Acne and Dietary Behaviors." *JAMA Dermatology*, JAMA Network, 1 Aug. 2020, jamanetwork.com/journals/jamadermatology/article-abstract/2767075.

Lattimer, James M, and Mark D Haub. "Effects of Dietary Fiber and Its Components on Metabolic Health." *Nutrients*, MDPI, Dec. 2010, www.ncbi.nlm.nih.gov/pmc/articles/PMC3257631/.

Lee, Young Bok, et al. "Potential Role of the Microbiome in Acne: A Comprehensive Review." *Journal of Clinical Medicine*, MDPI, 7 July 2019, www.ncbi.nlm.nih.gov/pmc/articles/PMC6678709/.

Lobo, V, et al. "Free Radicals, Antioxidants and Functional Foods: Impact on Human Health." *Pharmacognosy Reviews*, Medknow Publications & Media Pvt Ltd, July 2010, www.ncbi.nlm.nih.gov/pmc/articles/PMC3249911/#:~:text=Free radicals damage contributes to,or by promoting their decomposition.

Makrantonaki, Evgenia, et al. "An Update on the Role of the Sebaceous Gland in the Pathogenesis of Acne." *Dermato-Endocrinology*, Landes Bioscience, Jan. 2011, www.ncbi.nlm.nih.gov/pmc/articles/PMC3051853/.

Michielan, Andrea, and Renata D'Incà. "Intestinal Permeability in Inflammatory Bowel Disease: Pathogenesis, Clinical Evaluation, and Therapy of Leaky Gut." *Mediators of Inflammation*, Hindawi Publishing Corporation, 2015, www.ncbi.nlm.nih.gov/pmc/articles/PMC4637104/.

Mills, Otto H, et al. "Addressing Free Radical Oxidation in Acne Vulgaris." *The Journal of Clinical and Aesthetic Dermatology*, Matrix Medical Communications, Jan. 2016, www.ncbi.nlm.nih.gov/pmc/articles/PMC4756869/.

Monda, Vincenzo, et al. "Exercise Modifies the Gut Microbiota with Positive Health Effects." *Oxidative Medicine and Cellular Longevity*, Hindawi, 2017, www.ncbi.nlm.nih.gov/pmc/articles/PMC5357536/.

Nguyen, Alan V, and Athena M Soulika. "The Dynamics of the Skin's Immune System." *International Journal of Molecular Sciences*, MDPI, 12 Apr. 2019, www.ncbi.nlm.nih.gov/pmc/articles/PMC6515324/.

P., Turakitwanakan W;Mekseepralard C;Busarakumtragul. "Effects of Mindfulness Meditation on Serum Cortisol of Medical Students." *Journal of the Medical Association of Thailand = Chotmaihet Thangphaet*, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/23724462/#:~:text=So, mindfulness meditation should decrease serum cortisol.&text=Conclusion: Mindfulness meditation lowers the,disorder, peptic ulcer and migraine.

Palma, Lidia, et al. "Dietary Water Affects Human Skin Hydration and Biomechanics." *Clinical, Cosmetic and Investigational Dermatology*, Dove Medical Press, 3 Aug. 2015, www.ncbi.nlm.nih.gov/pmc/articles/PMC4529263/.

Prasad, Ananda S. "Zinc in Human Health: Effect of Zinc on Immune Cells." *Molecular Medicine (Cambridge, Mass.)*, ScholarOne, 2008, www.ncbi.nlm.nih.gov/pmc/articles/PMC2277319/.

Pullar, Juliet M, et al. "The Roles of Vitamin C in Skin Health." *Nutrients*, MDPI, 12 Aug. 2017, www.ncbi.nlm.nih.gov/pmc/articles/PMC5579659/.

Salem, Iman, et al. "The Gut Microbiome as a Major Regulator of the Gut-Skin Axis." *Frontiers in Microbiology*, Frontiers Media S.A., 10 July 2018, www.ncbi.nlm.nih.gov/pmc/articles/PMC6048199/.

Silva, Ygor Parladore, et al. "The Role of Short-Chain Fatty Acids From Gut Microbiota in Gut-Brain Communication." *Frontiers*, Frontiers, 1 Jan. 1AD, www.frontiersin.org/articles/10.3389/fendo.2020.00025/full.

Slavin, Joanne. "Fiber and Prebiotics: Mechanisms and Health Benefits." *Nutrients*, MDPI, 22 Apr. 2013, www.ncbi.nlm.nih.gov/pmc/articles/PMC3705355/.

Venditti, Sabrina, et al. "Molecules of Silence: Effects of Meditation on Gene Expression and Epigenetics." *Frontiers*, Frontiers, 1 Jan. 1AD, www.frontiersin.org/articles/10.3389/fpsyg.2020.01767/full.

"Vitamin A and Skin Health." *Linus Pauling Institute*, 1 Jan. 2021, lpi.oregonstate.edu/mic/health-disease/skin-health/vitamin-A#topical-application.

Wang, Kaiqin, et al. "Role of Vitamin C in Skin Diseases." *Frontiers in Physiology*, Frontiers Media S.A., 4 July 2018, www.ncbi.nlm.nih.gov/pmc/articles/PMC6040229/.

Yosipovitch G;Tang M;Dawn AG;Chen M;Goh CL;Huak Y;Seng LF; "Study of Psychological Stress, Sebum Production and Acne Vulgaris in Adolescents." *Acta Dermato-Venereologica*, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/17340019/.

