

## The Salad Facial

Lynn Parentini

Salad ingredients are loaded with beneficial nutrients and phytochemicals that are good for you, both inside and out. Here are some fun ways to incorporate natural ingredients into your home-care skin routine.

While making your own products may sound complicated and messy, it's not. Anyone with a juicer, a food processor, and a fresh market nearby can transform a standard home facial into something tangibly earthy, organic, and special.

### GORGEOUS GREENS

No salad would be complete without greens. There are many that impart cooling, hydrating, and soothing effects

Parsley is high in vitamin C. On skin, the herb is known to help shrink pores as it regulates the production of sebum. It also stimulates the production of collagen, which aids skin healing and reduces wrinkles. Parsley is a free-radical scavenger and helps repair damaged keratinocytes, the most common type of skin cell.

Romaine lettuce can be used not only as a compress or wrap, but also in a juice. The extract of this lettuce is high in vitamin K, which strengthens capillaries, and vitamin A, which normalizes skin cell turnover.

Watercress is diuretic and therefore anti-inflammatory. This mustard green



Incorporate fresh vegetables into your skin care routine.

on skin, but those of note include dandelion greens, parsley, romaine lettuce, and watercress.

Dandelion green extract has a cleansing and detoxifying effect on skin. The ingredient has been used on eczema and psoriasis, and is known to contain high levels of antioxidants and zinc, which boost immunity.

contains high levels of sulphoraphane, which is antimicrobial and a cancer fighter. Watercress extract has been shown to boost the skin's UV protection as well.

A popular addition to a green salad, or a salad facial, is avocado. The natural oils

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*"Feeling gratitude and not expressing it is like wrapping a present and not giving it."*

- W. A. Ward

### Office Hours and Contact

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in avocado offer moisturizing benefits and have gained popularity in skin care products and cosmetics as an organic substitute for petrochemicals. Avocados are high in sterols, which are phytochemicals with an anticholesterol effect that heal dry skin and eczema. Avocado extract has also been shown to boost the skin's natural sun protection, and it works against skin laxity as it boosts collagen production.

#### Salad Greens Facial Mask

Use only organic ingredients in this facial rejuvenation mask.

##### Ingredients:

1/4 cup dandelion greens

1/4 cup parsley

1/4 cup romaine lettuce

1/4 cup watercress

1/4 cup sunflower seed oil

Half a ripe avocado (optional)

A few drops of lemon or lime juice (optional, for scent and to maintain color)

1/4 cup of fennel (optional, for scent)

Wash and dry all the salad greens. Pulse a few times in a food processor. Slowly add the sunflower seed oil in a constant stream while the food processor is on. Allow the mixture to set for at least 10 minutes before application.

#### A Touch of Vinegar

Apple cider vinegar contains acetic acid. On skin, it is antifungal and antibacterial, normalizes pH, and cleanses skin as it breaks up excess sebum. It is often used as a foot soak to remedy athlete's foot and other fungal conditions. Combine it with honey for even more antifungal, antibacterial, and humectant (moistening) benefits. Honey never goes bad because it has a high acid pH and low water content. It is good for acne and eczema, as it soothes skin and prevents infections.

#### Apple Cider Vinegar Tonic

Use this tonic as an astringent, to remove product, or to freshen skin.

##### Ingredients:

7 tablespoons apple cider vinegar

1 liter distilled water

2 tangerines

1 tablespoon baking soda

Add baking soda to water, and soak the whole unpeeled tangerines in it for one hour. This maximizes the amount of oil that will be extracted in the next step. Peel the tangerines, cut the peel into small pieces, and soak the peel pieces in the apple cider vinegar for up to seven days in the refrigerator. Strain and pour into a sterilized bottle.

*Lynn Parentini is an author, educator, esthetician, massage therapist, and author of *The Joy of Healthy Skin* (Prentice Hall, 1995).*



**A calming mask leaves the skin hydrated and refreshed.**

# What is LED Therapy?

Carrie Patrick

LED therapy is a skin care treatment that uses light-emitting diodes (LEDs) of various colors, normally red, blue, and infrared, to maintain healthy skin. LEDs produce a low-powered glowing light, which is positioned to shine onto the face or other area being treated. No heat is produced by the LEDs, and it should not be confused with laser therapy.

The skin benefits of different colors of LED light have been identified through a broad array of studies. The most often cited study is the Whelan study, published in 2001 by NASA's Marshall Space Flight Center, which found that LED light helped speed up wound healing.

Red light is most often used for general skin improvement and to reduce the visible signs of aging. Blue light has been shown to destroy acne bacteria. Infrared light may have beneficial effects on the skin's natural supply of collagen and elastin, which are responsible for maintaining skin firmness and

resilience. A series of regular treatments will provide the best results.

## WHAT CAN I EXPECT?

No special preparation is necessary. Simply arrive to your appointment on time, relax, and enjoy the treatment. Your skin care professional will cleanse your skin and may also apply a serum or other facial products to enhance the benefits of your session, depending on your goals and the range of treatments offered.

The LED device will be positioned on your skin, or up to a few inches away. Your eyes will be covered so that the light does not bother you. Relax and rest while the glow of the LEDs bathes your skin.

Typically, no sensation is felt. Some people may feel a slight tingling, or see flashes in their vision temporarily as a result of having a light source close to their face. Keeping your eyes closed and covered during the treatment will help

avoid this.



LED therapy can help maintain healthy skin.

# Foods to Boost Your Mood

Don't let your diet get you down. If you're looking for a quick pick-me-up that will boost your mood but go easy on your calorie count, consider these "superfoods" recommended by Mehmet Oz, MD, vice-chair and professor of surgery at Columbia University and contributor to Oprah.com.

## KEFIR MILK

Try it if: you're looking to calm down.

Made by fermenting more traditional milk with kefir grains, this drink is high in the amino acid tryptophan, which produces a relaxing effect on the nervous system. As a bonus, the drink also contains a healthy amount of B vitamins.

## ASPARAGUS

Try it if: you're feeling low.

This vegetable is loaded with folic acid, which is good news for your mood, as low levels of the vitamin have been tied to depression. In fact, one 5.3-ounce serving contains 60 percent of your recommended daily folic acid allowance. Plus, asparagus is low in calories and contains no fat or cholesterol, so it

won't ruin your diet.

## ORANGES

Try it if: you're stressed out.

Why? Vitamin C. This powerhouse nutrient can help support your immune system, skin, and more, but its stress-fighting powers come from its effect on your blood pressure. Studies have shown that consuming 500 milligrams of vitamin C daily can dramatically lower cardiovascular and stroke risk. One orange contains about 80 milligrams.

*"Acknowledging  
the good that  
you already have  
in your life is the  
foundation for  
all abundance."*

-Eckhart Tolle

#### A Note From Lilly

Thank you. I start each Leading Lady Newsletter with Gratitude, in fact I feel it would be an insult for me not to! I am so thankful for all your support and kind words. Thank you for referring my services to your friends and family. Thank you for trusting me with your skin.

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