

Aging Skin

Be Well, Massage Magazine

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Introduction

The first step to looking younger than our biological years is recognizing what causes premature aging and modifying your lifestyle accordingly. And if you already are seeing signs of aging, take note as help is on the way. Wrinkles are basically the skin folding in on itself. The skin's collagen has become hard and criss-crossed, thus greatly diminishing its ability to hold moisture. The areas of the body most prone to the signs of aging are the ones exposed to sun and weather, such as the face, neck, and hands, so protect these as much as you can.

Oxygen deficiency is one of the key underlying causes of the process of aging. When your cells do not receive oxygen your cells suffer from oxygen and nutrient deficiency and cannot function optimally. Primary causes of oxygen deficiency today are air pollution, highly processed foods, secondary smoke, chemically treated water, sprayed and radiated fruits and vegetables, toxic homes and workplaces and a lack of exercise and shallow breathing. Environmental toxins accelerate aging and unfortunately the list is long. Some of the major chemical toxins to avoid include chlorine, bromine, pesticides, preservatives, heavy metals, household chemicals, as well as residues of prescription drugs.

Other factors that cause premature aging are excessive sun exposure, alcohol, and smoking. They rob your cells of oxygen, and youth-enhancing nutrients. Fluctuations in weight and a nutrient-deficient diet also play a part in creating wrinkles and although you may not notice the cellular damage immediately, over time these factors will take their toll.

Holistic Solutions

Aromatherapy

Nut and seed carrier oils, and essential oils, are the perfect softening agents for mature and wrinkled skin. They soften, moisturize, tone, firm, and protect the skin. Essential oils work at the deepest level by reaching the tiny blood vessels of the skin and nourishing new emerging cells. Excellent facial oils are made with light, vitamin dense plant derived oils and are a necessity for mature skin. These vegetal oils are high in anti-oxidant properties and GLA content and are highly sought after in the highest quality anti-aging skin products. Make your own facial and body lotions and oils or look for products containing black currant, borage, carrot seed, hazelnut, kikai and macadamia nut, evening primrose and rose hip seed oil.

Skin cells replenish every twenty-eight days or so, therefore you should continue your natural therapies, lifestyle and diet alterations for at least a month (or longer) in order to see improvement and reap the benefits of a more youthful transformation. Your skin will

begin to appear smoother, firmer, and moist. If you perform a gentle facial massage when you apply your facial oils, you will multiply the youth rendering effects.

Hydrosols, the water solution that remains after essential oils are produced by steam distillation, are the ultimate remedy for aging skin as they are naturally pH balanced (most have a 5 – 6 pH which balances the acidic mantle of the skin), and are instrumental in healing, hydrating, moisturizing and preventing further signs of aging. The best time to use them is during the day to replenish your dry skin, and prior to applying your facial oil. By misting your face with hydrosol you will be adding a layer of moisture to the skin's surface, in addition to gently toning the skin. Some favorite rejuvenating hydrosols for aging skin include rose, neroli, sandalwood, carrot seed and chamomile. Avoid using facial toners that contain alcohol which is not skin friendly and too harsh for mature skin and delicate tissues.

Regular spa treatments such as facial steaming, compresses, nourishing and firming masks are remarkably for aging skin. The moisture renewal facial mask below is a fine example of a special spa treatment and is considered essential for waning complexions because of its softening and replenishing properties. It will leave your skin feeling so smooth and renewed!

Renewal Moisture Mask

1 tsp. natural plain yogurt (with active live cultures)

2 tsp. raw honey

1 Vitamin E capsule

1 tsp. Oat flour (or finely ground oatmeal)

2 drops Carrot seed essential oil

2 drops Palmarosa essential oil

1 drop Geranium essential oil

Combine yogurt and honey. Squeeze Vitamin E capsule's contents into mixture. Add essential oils and mix completely. Add oat flour and mix to a smooth paste. Adjust flour as necessary. Apply the mask to the entire facial area and neck. Lie down and relax with the mask on for 20 minutes. Rinse with warm water to remove. Follow with floral water or facial mist.

Diet

Drinking plenty of pure water is one of the best things you can do. Eat a healthy diet composed of fresh organic raw fruits and vegetables, and whole grains will insure healthy elimination, provide you with enzymes, anti-oxidants and powerful nutrients and energy. Add sea vegetables to your diet for their detoxifying and nutritive, mineral-rich benefits. They are every concentrated so a little goes a long way in maintaining health and beautiful skin.

Bee pollen contains potent natural-occurring antibiotics that aid in reversing the normal effects of aging and has shown to correct darkened skin areas, wrinkles and adult acne. Bee pollen is known to stimulate cell renewal and possesses rejuvenating properties for

enhancing beauty inside and out. Eat more foods that encourage an alkaline balance (rather than acid-forming foods) such as citrus fruits, dark green leafy vegetables, papaya, raw nuts and seeds, dates, figs and flax and coconut oil. Green and herbal teas are much better for you than caffeine-containing beverages as the latter decreases DHEA, which helps to inhibit the aging process.

Hydrotherapy

One of the best beauty treatments known is the European secret of always ending your facial cleansing regime with a cold water splash. The cold water will tone your skin, close your pores, boost local circulation, prevent premature aging and promote a healthy and radiant complexion. I do this everyday in my shower also!

Lifestyle

Protecting your skin with a good sun block, getting regular moderate exercise will boost circulation and help with stress. Stress, in and of itself, contributes to accelerated aging and encourages oxygen deficiency which clearly speeds up the rate your cells age and eventually die. Getting a good nights sleep can help too, but be cognizant of whether you sleep on your side or on your stomach, as these positions will deepen your facial lines over time.

Studies show that strong supportive and loving relationships can do wonders for turning back your biological age, as well as taking up new activities and hobbies to keep your brain and body active. Enjoy life, have more fun, laughter and move more. Yoga,

meditation, and massage will prove their age defying benefits overtime so be sure to practice them regularly.

Conclusion

Make time for a few pleasurable facial treatments, your favorite stress-preventing activities, and some simple dietary changes and you will be amazed how you can turn back the perils of time and enhance your youthful appearance. Be well.