

# Thyme For Me/August

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Summertime often means running around outside barefoot and soaking up the sunshine, both of which can wreak havoc on our skin. It's important to remember to take care of your skin during this season, as it often takes a beating. These natural exfoliators, many of which you might already have in the pantry, will help you do just that.



When it comes to your skin, removing dead skin cells from the surface, known as exfoliating, is important to keep your skin healthy, moisturized, and glowing. There are two ways to do this: chemically or physically. The former uses natural acids to separate the dead surface layers from the newer skin cells. These acids, such as alpha-hydroxy acids and beta-hydroxy acids, often found in fruits, help remove the dead cells without using abrasive force that can cause irritation to sensitive skin types.

The other more commonly known method is using a physical exfoliator, such as sugar, salt, or coffee, that removes the dead cells via scrubbing the skin. To determine which type of exfoliator is best for you, first, figure out your skin type. Depending on how your skin reacts to certain ingredients and levels of force will impact your results.

## 2023 FALL WORKSHOPS

**SEA SALT BODY POLISH-** *The star of this recipe is the velvet French gray sea salt, as its silky texture and fine grains help to remove dead skin gently. We also added squalane oil and seaweed extract to moisturize, polysorbate 80 to help the scrub wash away cleanly with no greasy residue, and emulsifying wax to prevent separation. All of the ingredients together create a soft, spreadable consistency you'll love.*

**CALENDULA, HONEY & LAVENDER LOTION BARS-** *These bars are simple to make and perfect for the autumn months. They have a lovely fragrance, and the oils are soothing for sunburn, bug bites, or rashes. Calendula is a perfect companion plant in the vegetable garden, as it repels many pest insects. The plant itself is useful to herbalists in many ways, and I personally use it in tinctures, infused oils, and tea.*

**ELDERFLOWER SALVE-** *Elderflower salve is a true treat for the skin. The nourishing herbal salve is deeply moisturizing and can help to ease many skin issues. Our homemade salve recipe is made with natural, skin-loving ingredients and has a lovely floral scent. The gorgeous spring blossoms are packed with healthy nutrients, such as vitamins, fatty acids, and antioxidants, that may soften and soothe the skin.*

**HAPPIER SKIN WITH FACIAL ICING-** *Morning rituals greatly impact how we effectively start our day. Maybe it is reading the news while enjoying a hot cup of coffee, or running miles while breathing the sweet morning dew — no matter what our morning routine looks like, there is something undeniably powerful in how we begin each day with intention. The treatment is an instant pick-me-up that not only positively impacts the skin's appearance but also brings attention and focus to your well-being. Facial icing is simply applying an ice cube to the skin, decreasing blood flow to the affected area; this in turn can reduce inflammation and pain, and may decrease swelling. When ice is applied to the skin, the blood vessels in that area constrict, minimizing the appearance of pores. Because of this pore-shrinking effect, it is best to perform facial icing on clean skin to prevent locking debris and dirt in your pores. Lightly applying ice to the face is fabulous for combatting puffy eyes as well as mitigating symptoms associated with blemishes. The calming aroma has been acknowledged for its support in reducing anxiety and stress.*

*Let me know which workshops are of interest to you and I will contact you with the dates, times and prices of each.*