



# The Federmal™ Good Skin Care Guide

## Basic Facial Routine and Its Elements

We are subjected everyday to aspects of our environment that are harmful to our skin. To protect our skin requires dedication and commitment to proper, healthy routines. This involves proper knowledge of both internal and external maintenance and care of our largest organ-the skin. With this type of knowledge and dedication to caring for our skin, we will see wonderful results. Our skin will respond positively and reflect this special care by aging more slowly and beautifully. In the next pages you will see how important it is to follow some type of routine care toward what and how we eat, our life style, and our choice of products we use.

## Basic routine overview

Healthy skin requires commitment to a simple system of management at home. The best thing to do is to view this as part of your morning and evening hygiene, thus it will become routine and easily performed. The basic steps to facial care are: cleanse and exfoliate, tone and moisturize and protect the skin. We can always add to this basic routine with facial masks and special serums for the different age groups and for different skin problems.

The skin is our largest organ and will reflect and react to whatever we put into our body as well as what we put on our skin. Therefore part of the basic skin care routine includes the following:

Get at least 7 hours of sleep each night. While we sleep the skin is very active, renewing, cleaning oxygenating. The skin can't do this cleanup and renewal if it doesn't have time. Getting enough sleep will help to delay the aging of the skin and keep the skin in good shape avoiding bags and darkness under the eye.

Stress increases all the hormones that increase oil, causes our bodies to remain in the fight/flight mode, decrease our immunities, etc. Most important is to reduce our daily stress in whatever ways are available: exercise daily, walk, lift weights, aerobics, yoga, and meditate or even take a 10 minute nap daily.

Exercise will get our circulation moving thus increasing the oxygen through our body and bringing much needed nutrients to our organs, and remember that the skin is our largest organ.

Drink at least eight glasses of water each day. All our organs especially the skin (our largest organ) benefit from maintaining the water content they need. Since our body is mostly water, we need to maintain this so that our lymph can drain the toxins from our body.

Make sure that you include enough fiber and fruits and vegetables in your diet to maintain consistent elimination of toxins from your body.

Include Omega 3 fatty acid at least 2 per day, or eat fatty fish 3 times a week. The Omega is not only good for your cholesterol but it is an anti inflammatory and helps keep our skin supple as well.

Take supplements of antioxidants each day, they include: all our vitamins, A, B, C, D, E, and other antioxidants such as Alpha Lipoic Acid, Grape Seed, Silica.

Antioxidants destroy the free radicals that run through our body and skin before they have a chance to attach to our cells (be it the cells of our body or skin).

Use 'Hydrator' ingredients that hold 1000 times their weight in moisture, such as Hyaluronic acid and Sodium PCA.

Avoid sugar and processed foods and simple carbohydrates.

Avoid the sun from 10:00 - 2:00 and wear sun block.

Avoid excessive alcoholic beverages, antihistamines, diuretics and smoking as they are dehydrating and prevent the flow of oxygen to our cells.

No matter what gender or skin type we must cleanse and exfoliate (dead skin cells) with a professional Enzyme cleanser. The reason we cleanse with enzymes is that they actually eat dead skin cells, which is important for exfoliation to occur. Without exfoliation, the dead skin cells act like a blanket on our skin and thus natural oils that we produce cannot come out (and we develop blackheads, whiteheads or pimples) and anything therapeutic we put on our skin doesn't go anywhere. The very least we can do is to cleanse with enzymes as we are exfoliating whether we know it or not, and we don't have to add an extra exfoliation step into the basic facial routine.

Before cleansing, women must remove makeup with a professional make up dissolver, as most cleansers do not dissolve makeup. Once makeup is dissolved you can remove the dissolver with water.

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## Toning

We tone for many different reasons. It is an option that I included to the basic routine as it can be very helpful. Toners can help remove remnants of dirt, they help to remove any cleanser residue and it can help the skin with oil control. As well, toners can be damaging to the skin if using the wrong toner for your skin type. One must be careful when selecting a toner to use, or elect not to use one at all. When I address each different skin type I will suggest a toner to use.

## Moisturizing

We use a moisturizer to add hydration to our skin. We can also use the moisturizer to add specific ingredients that the different skin types need such as: oil for oil dry skin, moisture to dry skin, oil absorption for oily skin, acids for aging and acneic skin, soothers for sensitive skin and sun block, vitamins, minerals and antioxidants to heal and protect skin.

## Exfoliation

As I explained thoroughly under cleansing, exfoliation is essential to remove dead skin cells. We shed dead skin cells constantly, but we need to stimulate this process as we age and for those that have acne in particular. When dead skin cells accumulate, they act like a blanket on our skin, thus preventing our natural oils from coming out and preventing anything beneficial that we apply from going into the skin. When our natural oils cannot come out to the surface, we develop black heads, whiteheads, and pimples. It is crucial to good skin hygiene to help this natural exfoliation process along. There are many different types of exfoliation ingredients we can use such as: enzymes, scrubs, acids and derivatives of Vitamin A.