

Solay Wellness Inc

Don't cover up your beauty. Uncover it... naturally

Simple Guide to Great Skin Care

Written by Maria Snyder

My grandmother used to tell me all the time that skin is important for many more reasons than just good looks. We all have heard that we have to take care of our skin. But how frequently do we think about just how amazing our skin is? Let's take a look.

Here are some fun statistics to start with: the skin is the largest organ in the human body. For an average adult, the skin has a surface area of about 20 sq ft and weighs about 20-25 lb. The average square inch of skin holds 650 sweat glands, 20 blood vessels and more than a thousand nerve endings¹. The skin eliminates 2 pounds of waste each day!²

There are some other vitally important functions our skin performs. It holds in place, protects and insulates all of our body parts—the bones, muscles and inner organs. It serves as a barrier to keep out the toxins and pathogens in the environment. The skin participates in heat regulation by dilating or constricting capillaries to make the body cool off or conserve warmth. The skin prevents excessive fluid loss and acts as a water resistant barrier so that essential nutrients aren't washed out of the body. The skin synthesizes Vitamin D that is crucial for healthy immune system, strong bones and overall well-being of our body. A complex flora of microorganisms exists on the skin surface, and when the balance is disturbed, there may be an infection or overgrowth of pathogenic microorganisms. Thus, proper skin cleansing methods become very important. Our skin gives us the gift of sensation: it reacts to heat and cold, pressure and touch. Finally, others make quick judgments about our attractiveness and health just by looking at our skin.³

I speak several languages, and it never ceases to amaze me that every language has expressions about the connection between the skin and our feelings and emotions. In French, attractive people are described as the ones who “feel good in their skin.” Russians have a saying that literally translates as “I feel it with my skin” and refers to intuition. In English, to describe intense duress we say that we feel so bad we want “to crawl out of our skin.”

If the skin is so crucially important, how do we take care of it? Of course, there are many components to nurturing the body inside and out, and it is wise not to leave any important parts out. Very importantly, our mood and psychological health affect our skin. A good

night's sleep will wipe away years of stress and tension off our faces. Getting reasonable amounts of sun will ensure proper Vitamin D production and protect us against seasonal affection disorder. Dissolving past hurts will lift an emotional burden that has imprinted itself on our skin.

Proper nutrition makes a dramatic difference in how our skin looks. Keeping hydrated and drinking plenty of pure water will keep the skin supple and clear. Dark orange fruit and vegetables such as squashes, cantaloupes, apricots and pumpkins are rich in beta-carotenes and improve the skin. Dark leafy greens, apples, avocados and parsley are fantastic. Good fats are a must, and most vegetables and fruit should be accompanied by high-quality fats for good digestion and nutrient absorption. [Coconut oil](#), extra virgin olive oil and avocados are all wonderful and, among many important health functions, help to prevent wrinkles.⁴ Using [high-quality sea salt](#) provides the body with much-needed trace minerals.

Detoxifying the body in appropriate ways inevitably reflects on the skin health. As toxins leave our bodies, blush return to our cheeks, our skin starts glowing and wrinkles disappear. Detoxification diets, juicing, hydrotherapy, [using sauna](#), and enjoying detoxifying baths with [pure sea salt](#) are all wonderful time-proven methods of improving our overall health and skin condition.

Finally, the importance of skin hygiene, especially today, cannot be overstressed. When the skin is not cleaned properly, not only does it look bad, it creates a health concern. The skin flora is disturbed, not protecting us against pathogens in the surroundings. About 2% of oxygen enters our body through the skin, and that function is disturbed when the skin is not clean.⁵ The skin covered in a mixture of sebaceous glands secretions, sweat and dead cells cannot expel toxins. Unclean skin is more likely to become damaged.

Moisturizing and nourishing our skin is equally important. We have to be very careful with what products we put on our skin. According to some sources, our skin can absorb 60 to 80% of whatever is put on its surface. This fact is already employed in medicine, and some research suggests that topical application of certain medications can be more effective than taking drugs orally.

Given the importance of our skin, it is scary to realize that there is no official regulatory body that governs skin care products. FDA regulates food and medicine, but not cosmetics. That means that anyone can put some poison in a pretty jar, hire a team of clever marketing experts and sell that product as the next panacea against all skin problems. Unbelievable? Not really. Most skin care products sold today fall exactly into this category. Let us take a

closer look at some of the ingredients commonly used in most basic skin care products that we use every single day.

Most soaps, shampoos, facial cleaners and many toothpastes have sodium laurel sulphate or sodium laureth sulphate listed as the main ingredient. Those two substances are known mutagens.⁶

Amazingly, sodium laurel sulphate and sodium laureth sulphate can be found in a wide range of skin care products, from the least expensive generic brands to the most exclusive high-ticket solutions. Remarkably, even many of the “all natural” and “organic” soaps and shampoos contain SLS. I have experienced it first hand, when I worked with Fortune 500 companies that manufactured surfactants, or surface active agents (sodium laurel sulphate and sodium laureth sulphate). In the luxurious foyers of their manufacturing facilities, there were shelves and shelves of skin care products, from the cheapest to the priciest, where the surfactants manufactured at the plants were used. Buyers, beware: people working at those plants told me openly that the main differences between cheap and expensive cleansers are dyes, perfumes and marketing.

Almost all bar and liquid soaps contain coloring and perfumes. I will highlight only one ingredient here, toluene, that has been found in nearly all perfumes. Toluene is a heavy-duty industrial solvent categorized as “hazardous.” It is a known carcinogen, and workers in manufacturing plants have to exercise great caution working with it. We expose ourselves to toluene regularly and inadvertently when we shower, moisturize and wear our favorite perfume for that special occasion.

It gets even trickier with antibacterial soaps. In addition to all the harmful ingredients of regular soaps, antibacterial soaps contain harsh substances that kill the protective bacterial layer on our skin, thus taking down the natural defense barrier and opening our body to the pathogens in the environment.

Most toothpastes contain sodium laurel sulphate (a mutagen), titanium dioxide (a carcinogen and a highly abrasive powder), alcohol, polysorbate 80, artificial colors FD&C Blue 1 and FD&C Yellow 5. Mouthwashes employ many of the same ingredients. All of those chemicals have officially tested as dangerous to health.⁷

SLS is mutagenic (worried about giving a birth to a healthy baby, anyone?). Titanium dioxide (TiO₂) is carcinogenic.⁸ TiO₂ in its physical appearance is a fine white powder used—ready?—in paints and coating manufacturing to give industrial paints white color. It is also extremely abrasive and special equipment has to be used to pump it in the factories. As a

matter of fact, toothpaste is considered to be one of the most challenging fluids to pump because of its high abrasiveness. It wears out metal and rubber equipment components to the point where those contaminants have to be monitored. Yes, I am saying that there may be tiny metal, rubber and plastic particles in your toothpaste.

So, let us put things into perspective. When we need an immediate release medicine, we put it in our mouths and suck on it, waiting for the med to go straight into the bloodstream through the mucus surface in our mouth. What do we send in our bloodstream every day when we brush our teeth and rinse our mouths? Now we know.

Creams and body lotions contain petrolatum, a by-product of oil refining, mineral oil that may be contaminated with xenoestrogens (chemical substances that can mimic estrogen in the body) and parabens. Parabens are preservatives widely used to extend the shelf life of products.⁸ I very strongly recommend that you avoid anything that contains parabens as they are notorious carcinogens. Not long ago, I had a great discussion with a skin care professional who told me that parabens were banned in Sweden after they were found in the breasts of women who suffered breast cancer.

Many years ago, I made a pact with myself: I will only buy and use products that have the cleanest, purest ingredients. My rule about skin care is: if an ingredient does not grow on a tree and if I cannot make a similar product in my kitchen, that product does not go on my skin. So, in my search for health and wellness, I was delighted to meet Isabella of Solay Wellness. It was a chance meeting, and I could not be any happier about the company philosophy and products. In fact, many of Solay Wellness products are on the top of my Christmas wish list. They are wonderful.

Solay Wellness products are made in the US from the pure, natural, organic and fair trade ingredients and are packaged in glass or other reusable containers. There are never any harsh or hazardous chemicals that I have described above. Solay products are made by hand, in small batches according to real demand. That ensures that you never get a product that has been sitting in a warehouse for months or years.

The products contain only the most nourishing ingredients that work for all skin types, even for the most sensitive skin. At the core of the product line is pure Himalayan salt that contains **84** life enhancing healing minerals that are optimally balanced for natural skin health. Among those minerals are sodium to maintain the body's fluid balance in and out the cells, iodine for healthy thyroid function, iron to manufacture hemoglobin, and many others. For more in-depth information on the 84 miraculous minerals of Himalayan salt, please see

<http://sodaywellness.blogspot.com/search/label/84%20minerals>. The richness of minerals ensures that Solay skin care products will never dry your skin, but gently cleanse and nourish it on a cellular level. You can read up on Solay skin care, hair care and tooth care at <http://www.natural-salt-lamps.com/natural-skin-care.html>.

For thousands of years salt has been known as a panacea. Alchemists called it “the fifth element” —besides water, earth, air and fire—because its qualities were comparable only to ether, the actual fifth element. Why are we so drawn to the ocean? Because our subconscious mind instinctively wants to return to the specific vibrational state of the ocean from which we once emerged. This is where we can return to recharge our batteries and regenerate. You can create your own mini-ocean in your own bathtub by adding half a cup of Solay Himalayan sea salt to warm water. Salt baths draw out toxins, relax muscles, improve skin condition, and ease pains and aches. Bathing with Himalayan bath salts stimulates circulation, hydrates the skin, increases moisture retention, promotes cellular regeneration, detoxifies the skin, and helps heal dry, scaling, irritated skin. Salt water bathing also reduces inflammation of the muscles and joints. People with heart problems should consult a doctor before taking salt baths.

There is a great saying in my family that captures the essence of good skin care regimen. Before a bathing, a person is wished to have “light steam in the bathroom and youthful fire in his heart and body.” May all of us have the health and fire to live our lives in fitness and wellness.

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