

Skin Care A Holistic Approach

Your skin can be your best friend make you look younger and speak of your glowing health and happiness. Maintaining a vibrant complexion isn't an impossible dream, but it does take time and effort. Its needs are simple but constant.

Skin performs many vital functions required for health and attractiveness of the body. The skin is a giant organ for elimination, getting rid of waste products of many bodily processes through the pores carried in sweat. If there are a problem with the elimination of waste through the main 3 organs of elimination -

be incorporated into a gel, mask, lotion or a cream.

Essential oils should be used with caution. Knowledge of essential oils is important as there are contra-indications such as in case of pregnancy, high/ low blood pressure, epilepsy to name a few.

I find that in adapting a holistic approach to treat the skin, the results are good and longer lasting. One needs to consider:

- dietary and lifestyle factors
- Holistic principles on preventive measures for a healthy skin.
- Treating the underlying cause following holistic principles
- Treating the symptoms

It's important that there is an understanding of the skin, considering the physical changes and the psychological circumstances that a person goes through.

At the stage when the youth is between 12 - 20 yrs of age, the skin is firm, with a good elasticity and no drooping. In the early teens there are hormonal changes occurring, there is an increased activity of sebaceous glands in the skin combined with bacterial infection leading to acne. There is stress to out perform others in education and extra curricular activities, peer pressures and junk food being a substantial part of the diet. Skin is also affected due to use of OTC products that may not be compatible for the person's skin type.

Essential oils that can be used by the therapist

- : Ti-tree, German chamomile to reduce bacterial infection.
- : Geranium and palma rosa to regulate the sebum production

kidney, lungs and bowels, a variety of skin problems can occur.

The skin also reflects an emotional state. Poor skin condition may indicate level of stress, anxiety, emotional crisis or any other problem.

Skin is of vital importance in aromatherapy because it is one of the two routes, the other being lungs, through which the essential oils are absorbed into the bloodstream and around the body.

Essential oils have a molecular structure which is relatively small and pass through the skin easily; however not all essential oils are easily absorbed. They can easily



: Lavender as balancing the over secretion of sebum and anti-depressants.

Twenties to mid thirties: Many changes take place. Skin develops fine lines above outer eye, under eye puffiness, lack of luster, areas of dilated veins, pigmentation during pregnancy due to hormonal changes and over exposure to Sun. Environmental stress, stress related due to jobs/ marriage and family circumstances also affect the skin. Early alopecia due to stress more often than hereditary!

Essential oils that can be used by the therapist

- : Lavender and bergamot as skin balancers and to de-stress.
- : Clary Sage and Ylang Ylang are both sedative and anti depressant and to be used with caution.
- : Cypress for oedema.
- : Grapefruit, Sweet orange and Rosemary to stimulate the lymph and can improve the skin.
- : Carrot seed for cellular regeneration and dull, tired skin.

Mid Thirties to Fifties: The physical changes are most noticeable with the appearance of wrinkles, dryness of skin, sagging and drooping cheeks due to degeneration of elastin fibres. Areas of nose and mouth show deeper lines. Onset of menopause and stress with mood swings and hot flushes, pigmentation may occur due to the hormonal changes.

Essential oils that can be used by the therapist

- : Geranium as a hormone balancing oil and anti depressant.
- : Jasmine for calming and uplifting
- : Oestrogenic oils such as Clary sage and Fennel.

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: Rose and Neroli for all skin types especially dry and dehydrated and mature.

Fifties to Sixty-five: At this stage the fatty tissues reduce, cheek bones become more noticeable as the skin sags. Neck lines and folds are more visible. Physical capacity reduces, where as the mental capacity may still be very good.

Retirement changes are difficult to accept if one doesn't have hobbies or things planned for the future.

Essential oils that can be used by the therapist

- : Geranium as a hormone balancing oil.
- : Chamomile as calming, soothing and anti-depressant
- : Myrrh for very dry skin
- : Frankincense for a tonic

effect and slowing down the appearance of wrinkles.

Sixty-five plus: Wrinkles and lines are more prominent due to deterioration of elastin fibers. The skin color is paler. Age spots do appear. Health is affected. Emotional insecurity may be there.

Essential oils that can be used by the therapist

- : Grapefruit as uplifting.
- : Sandalwood for dry / dehydrated skin and a meditation aid.
- : Lavender as sedative, calming and relaxing, help with insomnia.
- : Frankincense, rose and neroli for slowing down the appearance of wrinkles.
- Not all individuals age uniformly and the emotional state of each individual is dependent on many factors.
- Food should be nutritious and balanced, avoid junk foods, and

there should be adequate intake of water.

Exercise/ yoga and relaxation techniques go a long way in balancing the person overall mental and physical health which reflects in a healthy skin.

An aromatherapist working on holistic principles may often be able to teach visualization techniques, relaxation exercise or meditation to help de-stress.

Skin Care routine at home and professional clean-up or facials as per the skin type will help to a great extent.

Aromatherapy facials and body massages help to de-stress.

Skin constantly regenerates itself, so your complexion's capacity for change is enormous. Take care of yourself in every possible way, and it will show in the glow of your skin.

- Seema Jejarani

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