

Green Bamboo's Quarterly Gazette

Summer 2017

MEMBER

Associated
Skin Care
Professionals

The Salad Facial

Lynn Parentini

Salad ingredients are loaded with beneficial nutrients and phytochemicals that are good for you, both inside and out. Here are some fun ways to incorporate natural ingredients into your home-care skin routine.

While making your own products may sound complicated and messy, it's not. Anyone with a juicer, a food processor, and a fresh market nearby can transform a standard home facial into something tangibly earthy, organic, and special.

GORGEOUS GREENS

No salad would be complete without greens. There are many that impart cooling, hydrating, and soothing effects

Parsley is high in vitamin C. On skin, the herb is known to help shrink pores as it regulates the production of sebum. It also stimulates the production of collagen, which aids skin healing and reduces wrinkles. Parsley is a free-radical scavenger and helps repair damaged keratinocytes, the most common type of skin cell.

Romaine lettuce can be used not only as a compress or wrap, but also in a juice. The extract of this lettuce is high in vitamin K, which strengthens capillaries, and vitamin A, which normalizes skin cell turnover.

Watercress is diuretic and therefore anti-inflammatory. This mustard green



Incorporate fresh vegetables into your skin care routine.

on skin, but those of note include dandelion greens, parsley, romaine lettuce, and watercress.

Dandelion green extract has a cleansing and detoxifying effect on skin. The ingredient has been used on eczema and psoriasis, and is known to contain high levels of antioxidants and zinc, which boost immunity.

contains high levels of sulphoraphane, which is antimicrobial and a cancer fighter. Watercress extract has been shown to boost the skin's UV protection as well.

A popular addition to a green salad, or a salad facial, is avocado. The natural oils

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*It's a smile, it's
a kiss, it's a sip
of wine ... it's
summertime!*

-Kenny Chesney

Office Hours and Contact

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in avocado offer moisturizing benefits and have gained popularity in skin care products and cosmetics as an organic substitute for petrochemicals. Avocados are high in sterols, which are phytochemicals with an anticholesterol effect that heal dry skin and eczema. Avocado extract has also been shown to boost the skin's natural sun protection, and it works against skin laxity as it boosts collagen production.

Salad Greens Facial Mask

Use only organic ingredients in this facial rejuvenation mask.

Ingredients:

1/4 cup dandelion greens

1/4 cup parsley

1/4 cup romaine lettuce

1/4 cup watercress

1/4 cup sunflower seed oil

Half a ripe avocado (optional)

A few drops of lemon or lime juice (optional, for scent and to maintain color)

1/4 cup of fennel (optional, for scent)

Wash and dry all the salad greens. Pulse a few times in a food processor. Slowly add the sunflower seed oil in a constant stream while the food processor is on. Allow the mixture to set for at least 10 minutes before application.

A Touch of Vinegar

Apple cider vinegar contains acetic acid. On skin, it is antifungal and antibacterial, normalizes pH, and cleanses skin as it breaks up excess sebum. It is often used as a foot soak to remedy athlete's foot and other fungal conditions. Combine it with honey for even more antifungal, antibacterial, and humectant (moistening) benefits. Honey never goes bad because it has a high acid pH and low water content. It is good for acne and eczema, as it soothes skin and prevents infections.

Apple Cider Vinegar Tonic

Use this tonic as an astringent, to remove product, or to freshen skin.

Ingredients:

7 tablespoons apple cider vinegar

1 liter distilled water

2 tangerines

1 tablespoon baking soda

Add baking soda to water, and soak the whole unpeeled tangerines in it for one hour. This maximizes the amount of oil that will be extracted in the next step. Peel the tangerines, cut the peel into small pieces, and soak the peel pieces in the apple cider vinegar for up to seven days in the refrigerator. Strain and pour into a sterilized bottle.

*Lynn Parentini is an author, educator, esthetician, massage therapist, and author of *The Joy of Healthy Skin* (Prentice Hall, 1995).*



A calming mask leaves the skin hydrated and refreshed.

Why Buy Organic?

Is the Higher Price Worth It?

While shopping in your grocery store's produce section, you may notice the organically grown apples are pocked and not as big and perfectly round as the conventional produce, but they are more expensive. What's the difference, and which do you choose? Your decision may significantly impact not only your health but the health of the planet and the economy.

DEFINING "ORGANIC"

Organic foods are derived from sustainable farming practices that maintain and replenish soil fertility without the use of toxic pesticides and fertilizers. These foods are minimally processed and do not include artificial ingredients or preservatives. On the other hand, conventional farms often rely heavily on pesticides, genetic modification, synthetic hormones, and antibiotics.

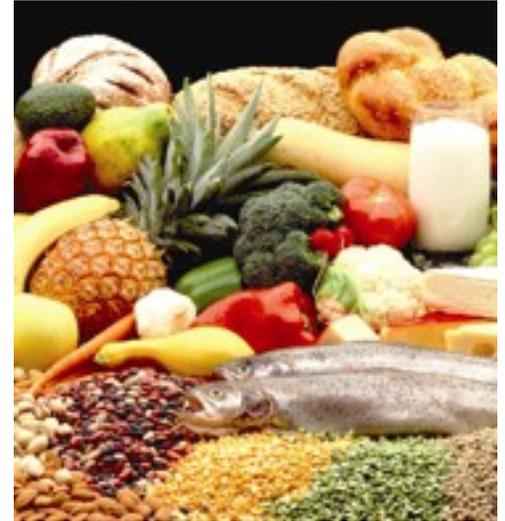
DOES IT REALLY MATTER?

To understand the fallout of conventional farming is to realize the argument for organics. Bob Scowcroft,

executive director of the Organic Farming Research Foundation, touches on the devastating consequences of pesticides. "DDT nearly eliminated the American eagle by affecting their ability to reproduce" he says. "Since World War II, we've introduced more than 9,000 chemicals into the environment. And we don't know the full impact on humans and different sized humans," he adds, alluding to studies revealing damaging effects on children.

When you buy organically certified foods, you're ensured they are free of pesticides, hormones, antibiotics, and genetic DNA modification.

"Organics are better for the environment, and it's an investment in the revitalization of rural America," Scowcroft says. Organic farms are usually smaller, family-owned farms contributing to the economy of struggling rural America, he explains. The organic choice may be a little more expensive, but it's an investment in your health and the future.



Organic foods are free of pesticide residue.

3 Skin Care Considerations

"Before raiding the pantry for an at-home skin care recipe, remember that many ingredients in their natural state are neither safe nor effective for skin," says Ellen Clark, a licensed esthetician and founder of Control Corrective Skincare Systems (www.controlcorrective.com). And even the safest ingredient may prompt an allergic reaction. Clark urges do-it-yourselfers to consider the following before formulating at home:

1. Perform a patch test. Before experimenting on your skin, you should ideally see an esthetician for a complete skin analysis and personalized recommendations for appropriate at-home skin care. At the very least, perform a patch test by putting a small amount of the product on your neck just behind your ear; wait until you're sure it has not caused any adverse reactions.

2. Natural isn't always skin-friendly. Many ingredients must be formulated for skin and are not safe in their natural state. For example, if left on too long, natural acids found in citrus can cause burns and irritation.

3. Professional skin care is the best recipe. Adopt a professional regimen that is specifically formulated for your skin type. And don't forget to visit your esthetician regularly!

*One benefit of
Summer was
that each day we
had more light
to read by.*

-Jeannette Walls

Hello All~

I hope your Summer has been treating you well - fresh fruits and veggies, vacations and stay-cations! It's certainly fast escaping us! While the three articles here are timely, the information is timeless!

- The Salad Facial
- Why Buy Organic
- 3 Skin Care Considerations

Green Bamboo will soon be offering an exciting and amazing new treatment ... LED light therapy for anti-aging and acne. Stay tuned!

Schedule your next appointment 304-279-3109.

All the Best of Summer ~

Carol

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