



NATURAL BEAUTY + HEALTHY SKIN

Host:

Jennifer Bitner

Guest Host

Neeshea Ho-Shing

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Healthy Skin From Within

Neeshea, a makeup artist and Wellness & Life Happiness Coach, discusses how we can get clean beauty from within, "I started realizing that a lot of the clients I was working with enjoyed learning how to use makeup; however, it really wasn't addressing what they really wanted - better skin. So I started to change how I talked about skin care and addressing the important daily things we can do to achieve that!"

Jennifer: My first question for you Neeshea would be, where can one start when it comes to getting healthy from the inside?

Neeshea: The first thing we do is take a look at our lifestyle and the things we're putting into our body. Do we have a healthy lifestyle or are we consuming fast foods? Are we filling our body with junk, high sugars, and high sodium? We really have to take a holistic approach when we are taking a look on our outside, as our skin is our magic mirror! It's showing us what is really going on in the inside.

There are 3 ways to win when it comes to having healthy skin:

1. Healthy Diet and Nutrition

We have to look at if we're consuming enough leafy greens and vegetables, which are the staple for dense vitamins and nutrients for our body, while avoiding fast foods and processed products. I also always look into high quality vitamins, as there are things we're constantly missing from our daily lifestyle. I love and recommend dōTERRA's Lifelong Vitality Supplements, as they're bio-available and organic to the body! Fill in the base line when it comes to nutrition, as our diet alone is not enough.

Supplementing is something you can't skip as it's important to look at the body as a whole and fill in the gaps.

Healthy Skin From Within

2. Healthy Gut

This is directly related to our skin health! It's important to take a high quality probiotic daily to support a micro-biome balance because taking a look on the inside, is where you'll get your long term benefits.

3. Increase Water Intake

It's so simple to do, yet is so easily forgotten and neglected! When it comes to how much you should drink, you should have at least 2 litres of water a day, if not more! This will regenerate healthy cells and help clear up acne, dehydrated and dry skin.

Jennifer: We can see how even the basic necessity of water is tied to healthy skin and emotional wellness. Where when dehydrated, our body recognizes it and could experience a fight or flight response, as it recognizes that something is lacking. Can you also walk us through what a healthy skin care routine would look like?

Neeshea: Start with a cleanser suited for your skin type. Next, it's so important to add in some type of toner, as it will balance out the PH of your skin. Whether it's one from dōTERRA or a DIY from Pinterest, it's something we have to do before adding some type of SPF or moisturizer. After applying a toner, next you apply a serum. Especially with more mature skin, this is important for you because it has all the great nutrients. Lastly, you add topically your moisturizer. If you want more of a 2 step process, definitely use a cleanser and a moisturizer. If you do this, you have to use some type of product that has an SPF! It is also very important to exfoliate weekly to remove the dead skin cells. I love and recommend the 2 step Reveal System dōTERRA carries.

To recap: eat healthy and clean, take supplements and probiotics daily, and increase your water intake. When we feel good about our body's, and we are healthy and feeling good in our own skin - this can create the emotional wellness connection and make us feel better! This is going to help us in more ways than just our skin!