

6 Easy Tips for Clearer Healthier Skin By Chandon Williams, LAc

1. Your pillowcase is your mask that you wear all night. It needs to be washed once a week with a gentle detergent, such as ecover, or another natural detergent without scent. Also, it helps if your pillowcase is a 400 thread count and even better if it is organic.
2. Hold your phone or cell phone away from your face. Many people spend hours every day with a telephone or cell phone up against the side of their face. This will definitely cause more congestion in the pores, so try to get a head or earpiece.
3. Go to bed. In our active lives, people are so busy doing things that they don't take care of themselves or their bodies. Getting even 30 minutes more of sleep a night can tremendously help the complexion (remember the minimum of sleep you should get is 7 hours). Start small and build up to the adjustment. Your body and face will thank you.
4. Wash your towels often. A damp towel can build up bacteria quickly, so you need to keep the towel you use on your face clean and dry. Remember, the towel you use on your face you also should wash in a natural, scent-free detergent.
5. Relax. Frequent emotional patterns manifest on the face with premature lines and grooves. Find something in life that makes you feel alive and gives you a sense of peace. Do that something and watch the stress on your face melt away.
6. Tell yourself everyday how beautiful you are. Send love to all parts of your body, even if you feel some resistance. You will eventually learn to appreciate all that you are if you don't already.