

# 10 Secrets to Sacred Skincare

## 1. INTENTION IS EVERYTHING

The most important thing I can share with you is to be intentional about the following tips and bring mindfulness into your daily life. Caring for your skin is a way to practice reverence for yourself and now is the perfect time to begin. As you go about your facial regimen, resist just going through the motions, instead create a ritual for yourself by slowing down. This isn't about how much time you spend but how much presence you can bring to it. Enjoy the aroma and texture of your product. Breathe deeply. Appreciate this experience of caring for your sacred skin that works so hard for you, protecting you and supporting the essential systems in your body, connecting to all of your vital organs. She deserves a few minutes of attention each day and so do you! As you cleanse, release not just impurities, but what's not serving you in your life, limiting beliefs and heavy energies. As you massage in your serums and moisturizer, see those active botanicals going to work to correct whatever concerns you with your skin, knowing those are signals from your body communicating with you, not a curse. Connect with the Earth via these intelligent plant spirits found within your cosmetics. Be gentle with your skin and be gentle with yourself. Try repeating a mantra to yourself like, "I am Sacred" or "My skin is clear and radiant." Bring this same attention and intention to what you put in your body, taking a moment to give thanks and blessings to your food before you eat.

## 2. FIND YOUR SKIN GURU

Ideally your skincare regimen is made up of clean, active products recommended by an Esthetician like myself that has analyzed your skin. • SHOP at <http://squareup.com/market/Reveal-sacredskincare> • Regular professional treatments boost your homecare routine, similar to a how a personal trainer would take your fitness to the next level. Your complexion reflects 30% of what is done during the skin treatment and 70% of what you do outside of it. An Esthetician can guide you in doing the right thing at home for your skin, saving you a lot of time, stress, and sometimes even money! We are all put on this planet to discover and share our gifts, mine is to guide you in revealing your most beautiful skin. I've invested hundreds of hours studying everything there is to know about skin and and I never stop learning. I'm here to support you not just in caring for your complexion, but your spirit too.

## 3. WATER, THE SACRED SOURCE OF LIFE

Drink at least 8 glasses of water each day, more if you drink coffee, tea, or alcohol. Proper hydration is essential to skin health, supporting enzyme activity and cellular function. Jump start your hydration by having two glasses within thirty minutes of waking. Experiment by adding fresh lemon slices, Raw Apple Cider Vinegar (2 ts. per 12 oz.) or a splash of organic apple juice for additional benefits and flavor.

## 4. YOU ARE WHAT YOU EAT

Chronic inflammation is the root cause of most aging, not just your skin. You can't go wrong with eating as clean as possible, choosing organic and unprocessed foods in addition to avoiding gluten, dairy, and sugar which are huge contributors to inflammation. Don't forget to bless your food.

## 5. SUPPLEMENT SMART

Your skin is made of cells, which are made from the nutrients it receives. Essential Fatty Acids (EFA's) and a Multivitamin supplement are like an insurance plan for your diet. EFA's can be found in fish oil, chia seeds, and flax seeds. 3,000-9,000 mg of Fish Oil is recommended for optimum skin health, depending on oxidative stress factors. If you're acne prone, make sure your Multivitamin does not contain Biotin, as this can be an acne trigger!

**Reveal**  
SACRED SKINCARE

[www.revealsacredskincare.com](http://www.revealsacredskincare.com)

*Any activity done with love and presence is a spiritual practice.*

UNKNOWN

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## 6. DRY BODY BRUSH

This simple, inexpensive tool is one of the best ways I know to begin your day with reverence for your body. Start at your feet and use brisk, upward strokes on your limbs and then outward from the center of your trunk to your waist. Not only will this soften your skin by removing dead skin cells, but it improves lymph flow, promoting detoxification and balancing fluid in the body.

## 7. RESPECT FATHER SUN

If healthy, glowing skin is your desire then a non-toxic, mineral based suncare product should be worn religiously. At the end of a year, that regular everyday exposure adds up to a week at the beach! Wear sunglasses often as well to avoid squinting your eyes, which over time will contribute to wrinkles. And never, ever, use a tanning bed. Never!

## 8. MINDFUL MOVEMENT

Exercise helps nourish and revitalize skin cells by increasing blood flow, which carries oxygen and nutrients to cells throughout the body, including skin. As the blood flows out, it carries away waste, flushing out toxins from your other vital organs, eventually benefiting your skin. Additionally, exercise eases stress, which improves skin conditions influenced by stress hormones, particularly eczema and acne.

Yoga and Pilates are some of the best forms of movement for skin as they are low-impact and increase growth factors in the skin. **QOYA**, which combines yoga, dance, and sensual movement is my personal favorite way to move my body. Since Qoya cultivates deep listening and trusting in one's body, it becomes easy to care for yourself, knowing you are sacred.

Explore Qoya • <http://www.revealsacredskincare.com/qoya> •

## 9. GET YOUR BEAUTY REST

6-9 hours of uninterrupted sleep continues to be key for our health and it's specifically one of the deepest phases of rest, Delta Sleep, when growth hormones peak and initiate cell and tissue repair and collagen production is accelerated. Collagen production provides support for the skin as well as helps maximize water retention, resulting in moisturized, smooth, supple skin with fewer lines. Since cells are already regenerating during sleep, your skin is also better optimized to absorb product overnight. In addition to this essential beauty rest, upgrade your pillowcase to one that doesn't cause your skin to crease, which stretches and dehydrates your skin. Consider silk or The Pillowcase by Circadia, which helps to prevent sleep lines and moisture loss with the science and construction of its exclusive fabric:

• <http://squareup.com/market/Reveal-sacredskincare/the-pillowcase> •

## 10. PRIORITIZE PLEASURE

Begin to think of what feels good to you and make following that feeling part of your every day. Maybe it's dancing, kissing, reading a book, sipping tea, taking a hot bath, wearing clothes that feel good on your body, singing in the shower, receiving a foot rub. Pleasure isn't a luxury but a necessity that has the power to change your brain chemistry, improve your digestion and immune function, relieve stress and bring out an inner glow that can't be found in a bottle.



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*If beauty hurts, you're doing it wrong.*

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