

OILS FIRST

Glamorous Personal Care

"Nature's most elegant moistening and free radical fighter"



We found that so many things in the environment, in our lives impact our bodies and our skin. Have you found that too?

We want you to be inspired at any age to take a look and dig deeper for solutions. We have laid out a few here from Young Living. We are going to start with the Young Living's Seed to Seal process, as it ensures the quality and purity. It further keeps our promise to be Stewart's of nature's living energy.

There will always be more but start here. Blessing to you, *Nancy Todd*

Young Living #179428

WHAT IS INSIDE

- ✚ The importance of skin health
- ✚ What things impact our skin health
- ✚ How to support healthy skin and minimize damage
- ✚ Essential oils that are most desirable for various types of skin
- ✚ What Young Living products support beautiful skin

*With age comes wisdom . . .
wrinkles are optional*

Seed to Seal

Seed

- ✚ Essential oils that work and come from plants whose species have been authenticated Species certification involves scientific research, field study, university partnerships, and on-site planting certification

Cultivate

- ✚ Four farm locations where we learn the best growing and harvesting methods
- ✚ Co-op farms are visited regularly to certify the growing processes

Distill

- ✚ Combined ancient and modern techniques
- ✚ Recognized as an essential oil distillation innovator

Test

- ✚ Each essential oil must pass stringent specifications to ensure optimal bioactive natural compounds are present
- ✚ Internal labs plus third-party laboratories verifies that every essential oil exceeds international standards

Seal

- ✚ Individually bottles and ships to members

Skin Is Your Defense . . .

Skin -

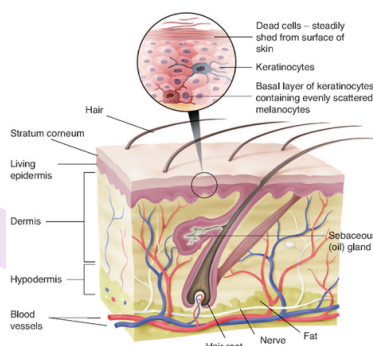
- The largest organ of the body
- Covers approximately 20 square feet of the body's outside surface
- First line of defense against harmful substances, infection and dehydration
- 15 to 20 percent of an average adult's total body weight
- Provides physical, chemical, and biological barriers
- Regulates body temperature, blood storage, sensation, excretion and synthesis of Vitamin D

Structure of the Skin -

Consists of two main parts:

- **Epidermis** -thin layer composed of *epithelial tissue*. Found on fingertips, palms and soles
- **Dermis** -deeper, thicker connective tissue. Blood vessels, nerves, glands, hair follicles are embedded in the *dermal tissue*

Skin cells are pushed to the skin's surface and old ones slough off.



Skin Challenges -

External

- Sunburn
- Environmental contact (poison ivy, metals, jewelry, etc.)

Internal

- Diet (acidic foods, gluten, lactose, etc.)
- Chemicals (personal care and cleaning products, etc.)
-

Other Contributing Factors

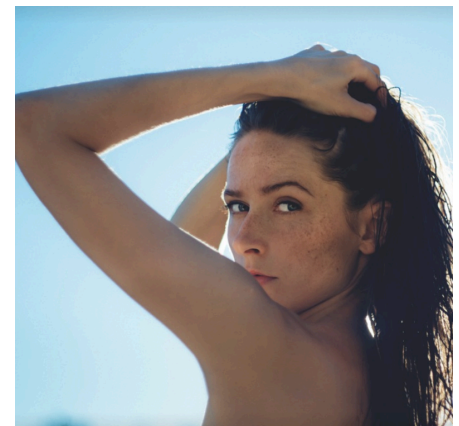
- Physical & Emotional Stress
- Inner toxicity
- Accumulation of irritants
- Elimination failure
- Hormone imbalance
- Endocrine imbalance
- Lack of proper hydration
- Compromised immune system

Sun Exposure -

- UVB rays can cause sunburn and result in tissue damage
- Tissue damage is the production of oxygen free radicals that disrupt collagen and elastic fibers in the skin
- Results in wrinkling and aging of the skin
- Long term exposure results in dilated blood vessels, age spots, freckles and changes in skin texture
- May cause photosensitivity characterized by redness, itching, blistering, peeling, hives and even shock

Aging Skin -

- Collagen and elastic fibers begin to decrease in numbers around the late forties
- Decreased size of sebaceous glands leads to dry and broken skin
- Aging skin is thinner and the migration of new cells slows considerably
- Production of sweat diminishes
- Skin heals poorly and becomes more susceptible to pathological conditions



Signs of Aging -

- Fine lines and wrinkles
- Coarse skin texture
- Uneven skin tone
- Enlarged pores
- Age spots
- Dryness

... Irritants to Your Defense System

Science is only beginning to understand how synthetic chemicals affect our health and the health of our planet. We are learning that even minute amounts of some, may cause serious harm. Many of the thousands of synthetic chemicals used in consumer products have never been required to go through safety testing.

Natural versus Synthetic

- Synthetic chemicals are often used to replace healing essential oils.
- It seems that just about everything is being replaced by imitations, but these imitations are proving harmful and even toxic to the human body.
- Let's take a look at what might be in your personal care products. I'm going to give you the top two. Check out www.oilsfirstblog.com for the rest.

Not So Sexy

Hidden Chemicals in Perfume and Cologne

FRAGRANCE (PARFUM)

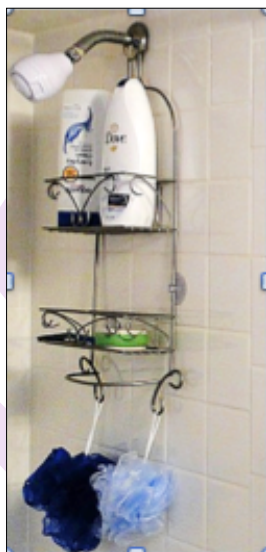
- Immune system toxicant
- Can contain between 10 and 300 different chemicals, many of which have never been tested for safety.

BENZYL ACETATE

- A solvent hidden within "fragrance"
- Possible gastrointestinal, liver, and respiratory toxicant; possible neurotoxin

PHTHALATES

- Hidden within "fragrance"
- May cause sperm damage in men
<http://www.safecosmetics.org>



Deodorants and Antiperspirants

ALUMINUM ZIRCONIUM and OTHER ALUMINUM COMPOUNDS

- Linked to the development of Alzheimer's Disease
- Probable neurotoxin; possible nervous system, respiratory, and developmental toxin

MINERAL OIL

- Skin, eyes and/or lung irritant
- Organ system toxicity (cardiovascular, stomach, digestive tract, and respiratory system)
- Impaired capacity to fight disease and repair damaged tissues in the body

<http://www.cosmeticdatabase.com>

Shampoo and Conditioners

COCAMIDE DEA/ LAURAMIDE DEA

- Foaming agents in shampoos and bath products
- Toxic to human immune system

FORMALDEHYDE

- Found in deodorant, soap, shampoo, shaving cream
- Known animal carcinogens and probable human carcinogens, according to the EPA

SODIUM LAURETH SULFATE (SLS)

- Alters skin structure, allowing other chemicals to penetrate deep into the skin
- Effects sense organs such as loss of hearing and loss of sight

<http://www.teensturninggreen.com>

Body Wash and Soaps

- Triclosan
- Coal Tar
- Benzalkonium Chloride
- Benzethonium Chloride



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Health Care for Your Skin

Help your body function better:

4 Key Young Living Supplements

- **OmegaGize** – Synergistically supports general wellness
- **NingXia Red** – Energize, fortify, and revitalize the body
- **Essentialzymes-4 (or other YL enzymes)** – Promotes optimal nutrient absorption
- **Sulfurzyme** – creates beautiful skin and hair

Nourish and Replenish Your Skin with these:

- Satin Facial Scrub – Mint
- Orange Blossom Facial Wash
- Lavender Body Wash, Shampoo
- Mirah Shave Oil
- Hand & Body Lotions – Genesis, Sensation, Lavender
- Lava Derm Cooling Mist
- Copaiba Vanilla Shampoo and Conditioner
- AromaGuard Deodorants
- Lavender Essential Oil
- Frankincense Essential Oil
- Rose Essential Oil
- Rose Ointment
- Boswellia Wrinkle Cream
- Sandalwood Moisture Cream
- ART® Skin Care
- ART® Beauty Masque
- ART® Crème Masque
- ART® Renewal Serum
- ART® Intensive Moisturizer
- Sheerlumé™
- L Brianté™ Lip Gloss



Check out the blog for more info
about skin and personal care
www.oilsfirstblog.com
Nancy Todd ... #179428

SKIN TYPES

Normal Skin

Maintain & Balance - 3 by 3 drops

Lavender Rose
Geranium Neroli
Frankincense
Royal Hawaiian Sandalwood

Dry Skin

Cool & Hydrate - 3 by 3 drops

Geranium Roman Chamomile
Clary Sage Sacred Sandalwood
Frankincense

Oily Skin

Clean & Close Pores - 2 by 5 drops

Cedarwood
Roman Chamomile
Geranium
Lavender

Combination Skin

To Cleanse & Hydrate - 3 by 3 drops

Cedarwood Myrrh
Sacred Sandalwood
Roman Chamomile
Geranium Lavender

Mature Skin

Hydrate, Nourish, Tone - 2 by 5 drops

Clary Sage Neroli
Palmarosa Rose
Sandalwood Myrrh
Frankincense Rose
Patchouli Lavender