

# HIGH SPIRIT

Magazine

For Mind, Body and Soul, Look and Feel Good Naturally

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A REVIVING BREAK  
FOR TWO AT  
RAGDALE HALL  
HEALTH SPA

## Memory

### Transplant

from organ donor  
to recipient

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Learn to Rationize  
your Fear

#### REAL LIFE

#### POISON INTO MEDICINE

"How natural therapies and  
Buddhist practice led to me  
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### SPRING CLEAN YOUR SKIN

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Your Amazing In-depth Guide for April



\* SPIRIT LADY \* DREAM ANALYSIS \* LIFE COACHING



# SPRING CLEAN YOUR SKIN

# THE *Natural*

# WAY!



by Dawn Mellowship

With mounting scientific evidence indicating that some of the synthetic chemicals used in mainstream beauty products may be bad for our health and environment, it makes sense to streamline our skincare regimes, opt for organic alternatives and make our own beauty products. It's not as difficult as you might think. Dawn Mellowship, author of *Toxic Beauty*, shares her tips for healthy skin, the natural way.

## Holistic Haircare

- Massage the scalp regularly with your finger tips, making small circular movements, to stimulate scalp circulation.
- Mainstream shampoos contain harsh cleansing ingredients that strip the natural protective oils from your scalp causing greater water loss from the surface and thus drying out the skin and leaving you with fly-away hair. Use castile soap clean your hair.
- For dandruff try blending 1/4 cup of apple cider vinegar with 1 cup of water. Pour the mixture into a spray bottle and squirt it onto your hair and scalp (avoiding your eyes and ears). Wrap a towel around your head and after 15 to 25 minutes rinse your hair.
- Either buy a natural shampoo with tea tree oil included (such as the NHR Organic Aromatherapy shampoo above) or add a few drops of tea tree oil (such as Lanes Tea Tree Oil Dropper) to your natural shampoo. Tea tree oil can cause sensitisation in some individuals so do not use large amounts.
- Use coconut oil or olive oil as a natural conditioner. Apply the oil to your hair when it's dry and massage into the scalp. Wrap the hair, leave overnight and rinse thoroughly the following morning.



### MAKE YOUR OWN – CONDITIONER

#### Ingredients

- 1 teaspoon avocado oil
- 1 teaspoon almond oil
- 1 teaspoon olive oil
- 1 tablespoon molasses
- 1 tablespoon honey
- 1 teaspoon apple cider vinegar



#### Method

Blend the ingredients together and rub into your hair and scalp. Cover your hair with a shower cap or wrap and leave the conditioner on for 15 – 20 minutes before rinsing.

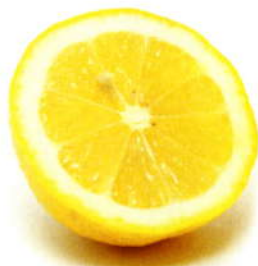
### Silky Legs the Natural Way

- Use a mixture of jojoba and chamomile essential oil to shave your legs. Wait until you have been in the bath or shower for a few minutes, to give the warm water a chance to wet and soften your hairs. Don't use this method on dry skin or you may suffer from skin irritation.
- Use aloe vera gel. Simply apply a coat to the area being shaved (when wet) and shave as usual.

### MAKE YOUR OWN – LEG SUGARING WAX

#### Ingredients

- 1 cup sugar
- Juice of half a lemon
- 1/4 cup honey or molasses
- Cornstarch
- Spatula or tongue depressor
- Cotton fabric strips



#### Method

Mix the lemon, sugar and honey together in a pan and heat very gently until the mixture has a smooth consistency. Let the mixture cool down (but not so it is cold). Ensure the area to be waxed is clean and dry and dust it with cornstarch. Coat your leg in a thin layer of the mixture. Press a strip of fabric onto your leg and rub the strip in the opposite direction of hair growth. Get hold of the strip and quickly pull it away in the opposite direction of hair growth.

### Cleansing and Moisturing Tips

- Use castile or pure vegetable oil soaps instead of regular cleansers. They are much gentler on the skin.
- Use almond, wheatgerm or jojoba oil to cleanse make up from your face, wiping the oil away with an organic cotton muslin cloth.
- Try using witch hazel as a gentle astringent and toner.
- Use natural oils to moisturise your face and body, such as almond oil, jojoba oil, sesame seed oil, avocado oil, macadamia nut oil and coconut oil, wheatgerm oil, evening primrose oil, or use natural face and body butters such as cocoa butter, mango butter and shea butter.
- Buy a natural, certified organic body lotion or oil and use it for your body and face to save money on moisturiser.
- Buy a body brush and use before taking a bath or shower to stimulate your circulation, always sweeping towards the centre of your body.

### MAKE YOUR OWN – BODY BUTTER

#### Ingredients

- 1/4 cup grated cocoa butter
- 1 tablespoon grated beeswax
- 1 tablespoon coconut oil
- 2 tablespoons olive oil
- 1 tablespoon avocado oil



#### Method

Mix all the ingredients together in an ovenproof glass container and place in a pan containing one to two inches of water. Put on a low heat to melt the oils and waxes together. Pour into a clean jar and once cool stir the mixture. Massage into your body for super soft skin.

### Be A Natural Bathing Beauty

- Choose liquid castile soaps such as Dr Bronners which are the most readily biodegradable and least toxic surfactants known.
- Use essential oils diluted in carrier oils such as almond or grape seed oil to scent your bath.
- Add Dead Sea salts to your bath to soothe aching muscles and joints.
- Add dried or fresh or dried herbs such as lavender, bergamot, basil, marjoram, peppermint and lemongrass to your bath. Wrap them in cheesecloth tied with ribbon or string, or place them in an old (clean!) nylon stocking tie the end in a knot and fasten under the water faucet as you run your bath.
- Make a herbal tea (such as chamomile or peppermint) and mix it into the bathwater.

### MAKE YOUR OWN – BATH AND BODY WASH

#### Ingredients

- 1 cup liquid castile soap
- 1/2 cup aloe vera gel
- 1 tablespoon almond oil
- 4 drops lavender essential oil
- 3 drops jasmine essential oil



#### Method

Mix the ingredients together and keep stored preferably in a glass container with a lid. Pour under running water.

### Beating the Dreaded BO

- Avoid products containing aluminium, triclosan, parabens, cetareth compounds, colours and quaternary ammonium compounds.
- Rubbing a lemon under the armpit or a natural astringent such as witch hazel is said to help with underarm odour.
- Opt for natural deodorants which contain ingredients such as sodium bicarbonate, essential oils, witch hazel, aloe vera gel and natural preservatives.
- A healthy vegetable and grain rich diet, low in or devoid of meat-derived products, alcohol and caffeine may help minimise body odours.
- Shower regularly and opt for fabrics that allow the skin to breathe, such as organic cotton.
- Avoid aerosols which may contain ozone depleting hydrochlorofluorocarbons (HCFCs) – compounds made up of hydrogen, chlorine, fluorine and carbon atoms, along with neurotoxic propellants such as propane, butane and isopropane.



- Pat a blend of cornstarch and dried lavender on your underarm.
- Never use antiperspirants or deodorants on your baby and avoid using talc, which has been linked to ovarian cancer and can cause respiratory irritation.

### Other Tips for Health Skin

- Be sure to get enough essential fats and protein in your diet and drink at least two litres of water a day.
- Look after your body. Avoid excessive sun exposure, alcohol, smoking, processed, packaged and convenience foods, sugary snacks and potentially toxic household and beauty products. Cigarette smoking can reduce the flow of oxygen to the skin by up to 30 per cent. It leads the blood vessels in the dermis to constrict, preventing nutrients from supplying the skin, and the removal of wastes products. This leaves the skin looking dull, with a grey tinge. Non-smokers who spend a lot of time around smokers may also experience the same deleterious effects on their skin.
- Stress is a key factor in 'mitochondria burnout,' which results in severe oxidative damage, accelerating aging and encouraging disease. As well as maintaining a healthy diet, try to minimise stress.
- Take a good multivitamin and multimineral supplement, with zinc and iron included.
- Eat an antioxidant-rich diet, with a variety of fruits and vegetables (preferably uncooked or minimally cooked to prevent the destruction of essential enzymes). Consuming fresh fruit and vegetable juices is a great way to top up on antioxidants.
- For optimum absorption and bioavailability of lycopene from tomatoes, drink tomato juice twice a day and eat tomatoes that have been processed into tomato juice, paste and sauces.
- Eat foods containing vitamin E such as sunflower, soybean, olive, wheatgerm, walnut and corn oils, peanuts, sunflower seeds, seabuckthorn berries, green leafy vegetables and oats.
- Rather than basking half-naked in the sun and inviting sun-damaged skin and potentially skin cancer, keep yourself covered up and use natural sun protection products on the exposed areas.
- Exercise – it improves the appearance of your skin by

“ Instead of dwelling on the negativity in life, focus on the positive changes you can make to your health and wellbeing and the lives of people around you. ”

increasing circulation, infusing your skin cells with oxygen and enhancing the delivery of nutrients to skin cells. This boosts collagen production. It also aids a restful night's sleep, giving your body the chance to recuperate. Regular exercise helps to clear acne, says Dr David Berman, medical director and dermatologic/cosmetic surgeon at the Berman Skin Institute, California, because it reduces the levels of testosterone-related hormones produced by the adrenal glands, such as DHEA and DHT, which play a part in the onset of acne and hair loss. Toning exercises such as Pilates or weight training are said to reduce the appearance of cellulite. Aerobic exercise helps rid the body of toxic substances.

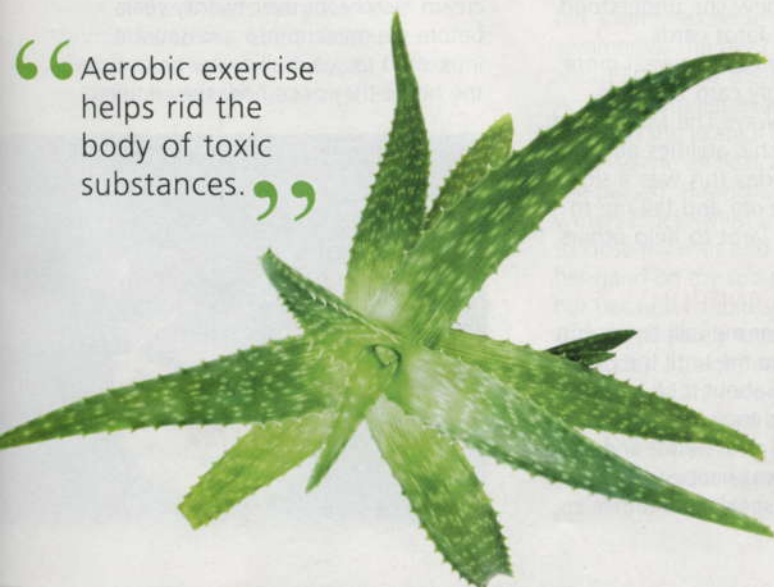
- Research conducted at the University of Texas found that study participants with a positive mental attitude were less likely to become frail in old age. Instead of dwelling on the negativity in life, focus on the positive changes you can make to your health and wellbeing and the lives of people around you.



### TEN ORGANIC BRANDS TO TRY

- 1) Terressentials – [www.terressentials.com](http://www.terressentials.com)
- 2) Beyond Organic Skincare - [www.beyondskincare.co.uk](http://www.beyondskincare.co.uk)
- 3) Eselle - [www.eselle.co.uk](http://www.eselle.co.uk)
- 4) Spiezia - [www.spieziaorganics.com](http://www.spieziaorganics.com)
- 5) Balm Balm - [www.balmbalm.com](http://www.balmbalm.com)
- 6) Dr Bronner's - [www.drbronner.com](http://www.drbronner.com)
- 7) Raw Gaia - [www.rawgaia.com](http://www.rawgaia.com)
- 8) Trevarno - [www.trevarno.co.uk](http://www.trevarno.co.uk)
- 9) Miessence - [www.mionegroup.com](http://www.mionegroup.com)
- 10) Pai Skincare - [www.paiskincare.com](http://www.paiskincare.com)

“ Aerobic exercise helps rid the body of toxic substances. ”



Dawn Mellowship's latest book *Toxic Beauty* (Gaia Thinking Books) about the hazardous toxic chemicals in mainstream cosmetics and organic greenwashing is out now, RRP £7.99, available from [Amazon.co.uk](http://Amazon.co.uk) and book stores worldwide.

