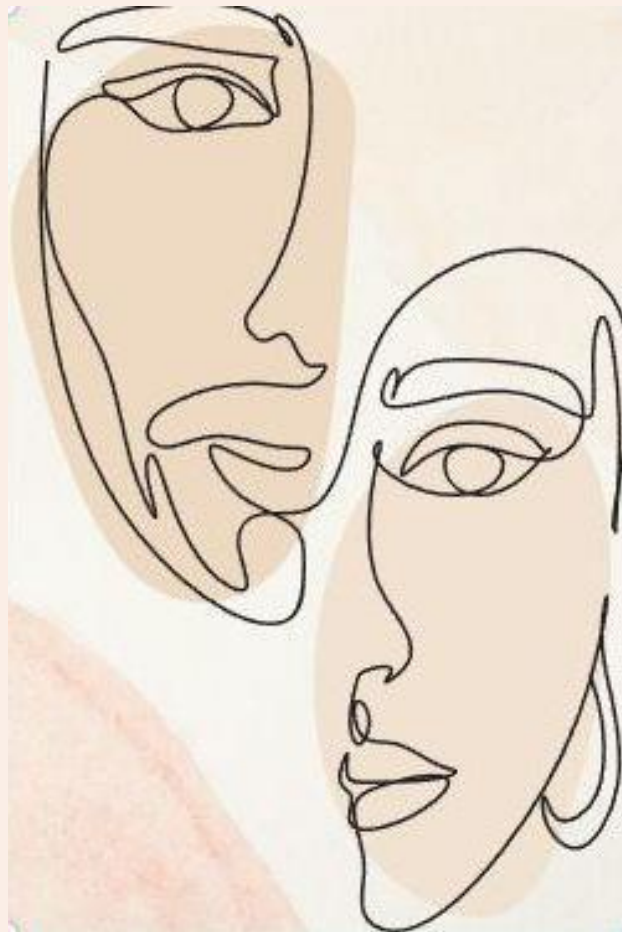


Sun City West Face Yoga guide



Golden Rules

The 6 most important things to remember to do every day

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Nutrition Guidelines

Discover how you should eat and which foods you should prioritize

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Make your own facial products customized for you at home

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My Face Yoga Philosophy



A Guide to an Improved Mirror Image

Hey! I'm Evon, and I'm so happy you are reading this - because it means you're going to improve your Mirror image and start an incredible transformation journey. With this Face Yoga guide. You'll be able to look younger and improve your facial muscles and learn more about taking care of your unique skin.

In this guide you will find some of my top tips and guidelines for how to improve your image in the mirror. I will bring attention to many of the over 50 muscles in your face and how to achieve the tone you had when you were younger, plus help you look your best and feel great about yourself.

For everyone there is an image in your mind of what you look like and then there is the image you see in the mirror. When they don't totally agree is when you may lose confidence about how you look. As the muscles start to sag and wrinkles appear, it can be distressing. Now is the time to reverse that and I'm going to help you achieve that younger looking you in your mirror image.

The Golden Rules of the Face Yoga

#1

MUSCLES OF THE FACE

There are over 50 muscles in your face. As your muscles grow stronger, they enlarge and begin taking up more space in the pocket just below your facial skin. The firmer muscles also help hold fat pockets in place, which prevents them from slipping and creating the "droop" you may see as you age.

#2

ANTI AGING NUTRITION

This guide has general information on anti aging foods to enrich your nutrition. What works for one person may not work for you. If you are struggling with your nutrition, I highly recommend seeing an Ayurveda Specialist (the sister science to Yoga Therapy). You can find one near you by using the NAMA database at <https://ayurvedanama.site-ym.com/search/custom.asp?id=945>. I also recommend Dr. William W. Li's book: Eat to Beat Disease. Available on Amazon. He has some great information on Anti Aging foods.

#3

FACIAL EXERCISE

Use it or Lose it! This also applies to the muscles in your face. As we age facial drooping and sagging starts to develop. Unwanted lines start to appear, jowls, double chins, crows' feet and droop upper eyes. The common practice in other areas of physical fitness shows the significant improvements can be achieved with exercise. This applies to the facial muscles too. Tissues need nourishment and exercise to function at peak efficiency and achieve optimal health and appearance.

The Golden Rules of the Face Yoga

#4

BEAUTY SLEEP

According to Harvard Health, practicing yoga regularly can help you to manage symptoms of insomnia. You may be able to fall asleep quicker, sleep for longer, and go back to sleep after waking up at night. Research points to the effectiveness of yoga in treating insomnia and promoting better sleep. Growing evidence suggests that poor sleep is linked to a host of health problems, including a higher risk of high blood pressure, diabetes, obesity, and heart disease.

#5

EXFOLIATE

Our skin renews itself every 28 days. As we age, this auto-renewal slows down, resulting in signs of aging across our bodies. Regular exfoliation after a certain age can manually keep the process of shedding dry skin and renewing skin cells going. External factors such as sun damage, sweat, dirt, pollution, and bacteria create toxins on the top layer of the skin, keeping it from feeling fresh and clean even after a shower.

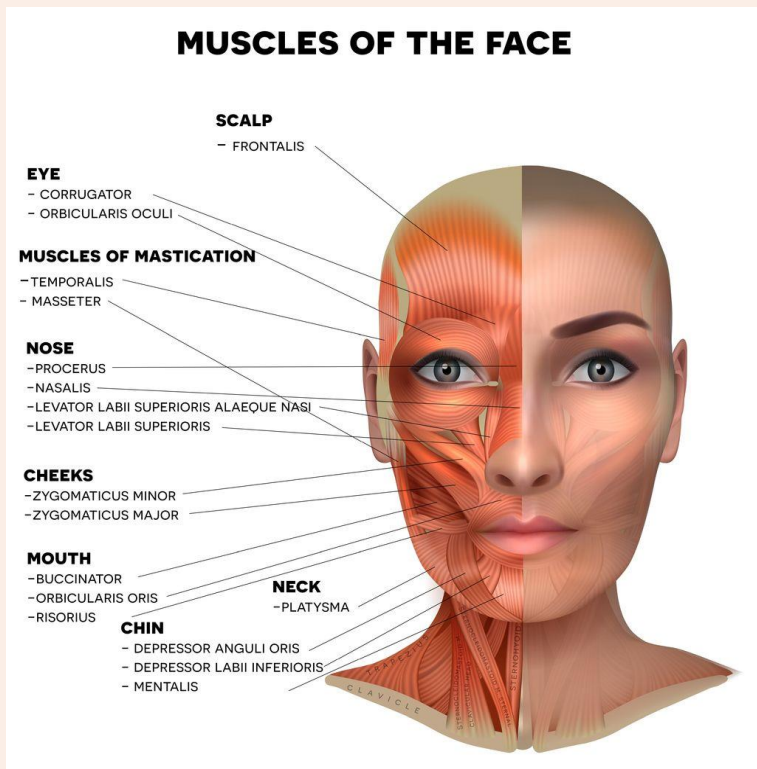
#6

HYDRATION IS KEY

Water is needed to transport nutrients to your cells and transport waste out of the body. Water helps form the structures of protein and *glycogen* (the back up fuel when you need more energy).

In order to move and flex your muscles, you need water. If your body is dehydrated, your muscles will be deprived of electrolytes. According to the Mayo Clinic it is recommended that women drink 11-1/2 cups of fluids per day. Remember that includes fluids from the food you eat (like watermelon which is mostly fluid). Do not include anything with caffeine, as it is dehydrating.

#1 MUSCLES OF THE FACE



Warm up poses

Your body, mind and face are all connected and work together. It's always important to warm up the upper body and neck before you dive into specific areas of the face. You will feel more calm and focused and ready to begin the real work to look younger and more vivacious.

Face poses

The face poses target the 6 most common areas that show your age. Everyone is unique. No one person ages in the same areas of the face. It's important to work these areas on a regular basis (just like you do for the rest of your body) however, you may feel that specific areas of **your** face would benefit from 5-7 days attention each week.

- Forehead/Scalp
- Eye Areas
- Nose
- Cheeks
- Mouth and Lip Areas
- Neck/Chin

No time for the full workout?

Choose 1 or 2 areas of your face that you feel needs the most attention. Then do those exercises every time you have a 5 minute break or in your car

(Don't use your mirror!) on your way to wherever you're going.

Additional bonus: you'll feel beautiful and more relaxed when you get there.

#2 ANTI AGING NUTRITION: Best Foods to Eat for Glowing Skin

The true Ayurvedic secret behind flawless skin is eating right for your mind-body type. To get healthy skin, you need not spend a fortune on cosmetics. You only need to stick to a daily skincare routine with natural products and take the right nutrition for your skin.

Turmeric - known for its anti-ageing properties

Saffron - known for its skin-lightening properties

Nuts and Seeds - Almonds keep skin glowing, flaxseeds & walnuts reduce skin lesion, redness, blemishes and make it look healthier.

Fruits - like berries, pomegranates, & mangoes help improve skin texture, restore healthy cells, & treat dry, scaly, and rough skin.

Vitamin A & Vitamin C Rich Foods - help you prevent premature aging, provide flawless skin, improve skin texture, protect from UV rays, decrease oxidative stress, depigment, & restore skin cells.

Bell Peppers - repair, regenerate, & grow healthy tissues, provide antioxidant protection, reverse sun damage & boost collagen production. Just an ounce of raw sweet yellow bell pepper contains more than 50 mg of all-natural vitamin C.

Sweet Potatoes - A 1/2 cup of sweet potatoes will provide you with nearly four times the RDI (Reference Daily Intake) of Vitamin A

Avocados - protect skin from sun damage (UV), it is essential to consume enough of these as they keep skin flexible and moisturized

Dark Chocolate - Cocoa powder (at least 70%) is high in antioxidants, makes skin thicker & more hydrated, helps make your skin less rough and scaly, less sensitive to sunburn and it helps in a better blood flow which in turn brings more nutrients to the skin

Fatty Fish - like Salmon, Mackerel, & Herring are excellent foods for healthy glowing skin as they are rich in sources of Omega-3 fatty acids which are essential for maintaining skin health as they keep skin thick, supple, and moisturized

What you eat will significantly impact your skin health, so make sure you eat healthy food and let your skin breathe and shine with enough essential nutrients.

#3 FACIAL EXERCISE

The Muscles

The facial muscles are just like the other muscles of your body—if you don't work them, they will become saggy and worn out. Facial exercise means practicing strategic face movements using stretching and repetitive motion in order to activate skin cell regeneration, prevent saggy skin, and promote anti aging skin care.

But going into face yoga blindly can be more of a hindrance than a help. Yanking your skin around without a specific method is going to cause the wrong kind of tension and can damage it by increasing wrinkling. That's why adopting a routine practice of careful and intentional muscle stimulation is key.

When done right, facial exercises can do a lot to improve the youthfulness of your skin, but the benefits don't stop there: Facial exercises can help you de-stress and release the tension held in your neck and face through massage. Working your facial muscles reduces wrinkles through compression and contraction, encouraging circulation and blood flow. This allows the skin to shed the dead cells more rapidly and tightens loose skin.

The Science in Your Face

The face is composed of over 50 muscles, all working together to express the inner radiant you. These muscles are supported by an extracellular skin matrix that is composed of the fibers collagen and elastin. These fibers give the skin its tight and firm shape. As we get older, those cells are reduced. As the body ages, the puppy fat of younger days starts to wear away, but not always in the places we want. In our faces, the pads of fat start to thin. This can result in a "fallen-in" look to areas of the face.

#4 BEAUTY SLEEP

When it comes to your beauty routine, sleep may be the closest thing there is to a fountain of youth. Your body repairs itself and recovers while you snooze, and that leads to a long list of benefits for your looks. The key is to get enough shut-eye -- 7 to 9 quality hours each night.

Skin makes new collagen when you sleep, which prevents sagging. More collagen means skin is plumper and less likely to wrinkle. Only getting 5 hours a night can lead to twice as many fine lines as sleeping 7 would. It also leaves skin drier, which can make lines more visible.

Your body boosts blood flow to the skin while you snooze, which means you wake to a healthy glow. Skimp on sleep and your complexion can look drab, ashen, or lifeless. Chances are, you've had dark circles or bags under your eyes after a night of too few Zzz's. "Puffy eyes are one of the first things you see when we don't sleep, Get enough shut-eye and you'll have less puffiness under your eyes. Stay well-hydrated and elevate your head with an extra pillow at night, too. That can also help reduce swelling.

Plenty of rest can also minimize dark circles. When blood isn't flowing well -- which happens when you're low on sleep -- it can collect under eyes and become visible, since the skin there is so thin. Discoloration under eyes can also be caused by genes, age, and increased melanin (the brown pigment in skin that causes it to tan in the sun). If this is the case, sleep deprivation can make your under-eye issue worse.

#5 EXFOLIATE

Exfoliation in skincare is a process of sloughing off dead cells from the surface of our skin. the primary purpose of an exfoliator is to remove the build-up of dead cells from the surface of the skin. Sloughing off the dead skin cells is very important as the skin's natural ability to shed dead cells will slow down as we age. Therefore, leading to a dull complexion. Regular exfoliation will also help other products work better as they won't have to work on top of many build-ups.

This is one of the ways to instantly make your skin smooth. When you exfoliate you rid your skin of dry skin cells on the surface creating a radiant and smoother appearance. Exfoliators help slow down the aging process so if you are worried about wrinkles, ensure you exfoliate at least once a week. Your skin will also absorb the moisturiser you choose to use much more efficiently.

Try this Superfood Scrub

Wrinkle Reducing Blackberry & Walnut Scrub

What This Mask Will Do For Your Skin: Blackberries: High in antioxidants and packed full of vitamin A, C and E. Walnuts: Good source of vitamin E. The skin of the walnut will act as an exfoliant.

Ingredients:

- ½ cup walnuts (with skin)
- ½ cup blackberries

(can substituted for other dark berries)

Follow the general directions for masks in the Recipe Section



#6 HYDRATION

Water

The best way to get glowing skin with less effort and time is drinking water. Drinking less amounts of water can under-hydrate your skin, reducing the level of oxygen on the skin and tissues. Your skin cannot function at its best without the water. This results in dry, rough and dull-looking skin. So, to avoid that, drink an adequate amount of water daily.

You need to drink at least eight full glasses of water a day. It keeps your skin clear, soft, and glowing and helps combat many skin issues like psoriasis and eczema. Your skin cannot function at its best without the water.

if you want beautiful skin, you need to make sure you're constantly sipping on water throughout the day. Always have a bottle with you - it'll soon become a habit!

If you get bored drinking plain water all the time, try adding lemon juice or infusing it with fruits. You can use fresh or frozen fruit - there are so many options out there! Unsweetened tea is also a great option to stay hydrated. Sparkling water is okay, but only if it's unsweetened.



Anatomy of the Face

Muscles

There are over 50 muscles in the face, head and neck, including the ears and tongue. The main function of the face muscles is to give us the ability to make facial expressions. Each muscle in the face has a particular function and needs to be looked after differently; some need to be strengthened and lifted, others need to be released of tension and some need training to stay relaxed. The fact that all the muscles are attached is important, because lifting or relaxing one can provide lift and support or freedom from tension, for another.

Skin

The largest organ in the body, the skin guards us from the external elements, and protects the underlying muscles. It is made up of three layers:

- 1** The epidermis, our skin's top layer, provides a waterproof barrier that protects us from the elements and pathogens, gives us the sense of touch and regulates body temperature. It is composed of four layers of cells: the stratum basale, stratum spinosum, stratum granulosum, and stratum corneum.
- 2** The dermis, our skin's middle layer, is comprised of connective tissue which contains our collagen and elastin proteins. It also contains blood vessels, our lymphatic system, hair follicles, glands and nerves. Its main function is to protect and cushion us from stress and give our skin bounce and elasticity.
- 3** The hypodermis or bottom layer of skin is made up of connective and adipose tissue. Its main function is to protect us from trauma and cushion the skin. In order to have healthy skin you want to give it as much help as possible to do its job.

Anti Aging Nutrition Guidelines



More detailed anti aging nutrition guidelines for your skin. These are good habits that will help anyone stay healthy, but they're especially important when you're eating better for your skin. Keep reading.

Keep These Foods in Your Kitchen



OLIVE OIL

Olive oil contains monounsaturated fatty acids, which can lower cholesterol levels and reduce your risk of heart disease. It's a much healthier choice than saturated fats like butter or the trans fats found in processed foods. Adding olive oil to salads and vegetable dishes will make them more satisfying, keep you full for longer and help your body absorb the nutrients!

ASSORTMENT OF FRUITS

All fruits are great sources of vitamins and minerals, so try to eat as wide a variety as possible! I like to always keep a fruit bowl out on my kitchen counter. That way, you always have a delicious and healthy snack to hand when you need it and you won't be tempted to reach for healthier alternatives!

NUTS & SEEDS

Nuts and seeds are an excellent source of protein and healthy fats. They're also extremely versatile – they're great on their own, or in sweet and savoury dishes. A fistful of nuts and seeds is a super convenient snack and will definitely satisfy your hunger. Nut butters are also an easy and versatile way to include them in your diet.

Natural Recipes for Beautiful Skin



The next few pages will give you some simple recipe ideas for natural skin care. You can use these as inspiration and create your own twists on them.

A good approach to your skin care is to set aside the time once a week to plan out the recipes you will use for the next 7 days, and decide exactly when you're going to do skin care prep.

If you have specific dietary requirements, such as gluten intolerance or allergies, I would advise you to always be flexible and try to find alternatives that are similar. Always try new ingredients on the inside of your forearm for 24 hours to confirm that your skin does not have a sensitivity to it.

You can share your findings with other members of the community who may be struggling to find alternatives.

Simple solutions that make sense



If you want a really simple and straightforward way to keep on top of your facial needs, here's a simple rule you can follow. I know that in-depth analysis isn't for everyone, so this is a really quick and zero-effort way to make sure you're taking care of your skin!

Everyone's skin is different. However, there are some basic things to observe. Body tissues need nourishment and exercise to function at peak efficiency and achieve optimal health and appearance. Here are some symptoms to pay attention to:

- Muscle atrophy (use it or lose it)
- Puffiness due to edema (excessive accumulation of fluid in the tissues)
- Hollowness
- Loss of elasticity
- Shifts in muscle tissue, which drag your skin in ways that reveal your age and accentuate it
- Muscle elongation and sagging

If you'd like more detailed information on skin care essentials, keep reading to find out more!

What are Serums?

Think of a serum as the secret weapon for treating skin issues like discoloration, dullness, fine lines, or acne — and a moisturizer as the key to hydrating your skin.

Benefits

Serums are lighter skin care formulations than moisturizers. The thinner viscosity allows the serum to be absorbed more easily into your skin.

Improves the appearance of fine lines and wrinkles. Some face serums contain ingredients like retinol that may help reduce the appearance of fine lines and wrinkles.

Protects your skin from free radicals and future damage. Serums with ingredients like vitamin C, vitamin E, ferulic acid, green tea, resveratrol, hyaluronic acid and astaxanthin help prevent oxidative damage from ultraviolet (UV) light and pollution, which can lead to premature skin aging and wrinkles.

Has the potential to provide more visible results. The higher concentration of active ingredients may provide more visible results, compared with other types of skin products.

There are many products on the market that you can buy. Because your skin is unique, you will need to experiment to find the one that works best for you.

OR...

You can make your own. If your skin is very sensitive, you may want to make your own so you know exactly what ingredients are used and what works for your skin.

The following pages have several recipes you can try.

Serum Recipe Tools

You don't need to make a large investment before you can begin making homemade face serum. But there are several tools that you'll want to purchase to make the process easier on yourself.

It's helpful to purchase the following:

- Mixing spoon
- Mixing bowl
- Mini liquid funnel
- Pipettes to count drops
- 20 ml dropper bottle
- Mortar and Pestle

You may not even need to buy a mixing spoon or mixing bowl if you plan on creating your serum directly in your dropper bottle.



Serum Recipe Essentials

THE 3 ESSENTIAL OILS ANY HOMEMADE SERUM FOR FACE NEEDS

While some essential oils have niche applications, others make an excellent addition to virtually every type of homemade face serum. You should seriously consider adding these three oils to every serum you make.

1. LAVENDER ESSENTIAL OIL

Lavender essential oil is a highly versatile ingredient that provides healing benefits that people with all types of skin can enjoy. For example, it kills bacteria, which means that it's capable of preventing and healing acne breakouts. Lavender unclogs pores and reduces inflammation to further aid the healing process.

Lavender oil is also excellent at reducing skin discoloration and dark spots. Its properties may also help to reduce your skin's blotchiness and redness.

Finally, this ingredient can also reduce the appearance of wrinkles. It's packed with antioxidants, which protect you from free radicals -- one of the primary causes of wrinkly skin.

2. GERANIUM ESSENTIAL OIL

Geranium essential oil is another versatile ingredient that will fit into any recipe for homemade face serum. It has antibacterial, antimicrobial, and antiseptic properties. These make it an excellent option for addressing acne, skin irritation, and skin infections.

This ingredient also does an excellent job of controlling oily skin. It works to balance your skin's sebum levels and to unlock its pores. This makes it easier for your skin to breathe and has the potential to keep it looking fresher and younger for longer.

3. SWEET ALMOND OIL

Almond oil is packed with nutrients like vitamins A and E, as well as omega-3 fatty acids and zinc.

These make it an excellent choice for virtually any type of homemade face serum.

Serum Recipes

Anti Aging Face Serum

Here's a good homemade face serum recipe if you have mature skin:

- 2 ounces rosehip seed oil
- 5 drops rose essential oil
- 5 drops helichrysum essential oil
- 5 drops frankincense essential oil
- 5 drops geranium essential oil

Sensitive Skin

If you have sensitive skin, then this is the homemade face serum recipe is for you:

- 1.5 teaspoon sweet almond oil
- 1/2 teaspoon rosehip seed oil + Vit E 2%
- 2 teaspoons avocado oil
- 1-2 drops geranium essential oil
- 2 drops bergamot essential oil

Dry Skin

If you have dry skin use essential oils to hydrate and soothe your skin.

- 1.5 teaspoon sweet almond oil
- 1/2 teaspoon rosehip seed oil + Vit E 2%
- 2 teaspoons avocado oil
- 1-2 drops geranium essential oil
- 2 drops bergamot essential oil

Oily Skin

Essential oils that balance sebum production will support the needs of your skin:

- 2.5 teaspoon sweet almond oil
- 1 teaspoon rosehip seed oil + Vit E 2%
- 1/2 teaspoon avocado oil
- 1-2 drops geranium essential oil
- 2 drops bergamot essential oil

Cleanser Recipes

Cleansers according to your skin type

First, choose the facial cleanser recipe that matches your skin type. Then stir together all the ingredients and apply gently on your face, using your fingertips. Use warm water to rinse and follow up with a few splashes of cold water. . Dab your face with a soft towel..

For Oily (Kapha) Skin:

- 1 teaspoon toasted wheat bran
- ¼ teaspoon almond powder
- ½ teaspoon orange-peel powder
- 1 teaspoon lemon juice

For Dry (Vata) Skin:

- 2 teaspoons quick-cooking oats
- ¼ teaspoon almond powder
- ¼ teaspoon orange-peel powder
- ¼ teaspoon lavender-flower powder
- 2 tablespoons yogurt

For Sensitive (Pitta) Skin:

- 2 teaspoons quick-cooking oats
- ¼ teaspoon almond powder
- ¼ teaspoon rose-petal powder
- ¼ teaspoon lavender-flower powder
- 2 tablespoons whole raw milk

Cleanser Recipes *(continued)*

Foaming Face Wash

Ingredients

- 3/4 cup cooled organic brewed chamomile tea (or filtered or distilled water)
- 1/4 cup liquid castile soap
- 1/2 tsp organic almond oil
- 3-4 drops vitamin E oil optional
- 8 drops Frankincense essential oil
- 8 drops Lavender essential oil

Directions

- In a 4 to 6 oz. foaming soap bottle, add liquid Castile soap, organic almond oil and vitamin E oil.
- Add essential oils as needed.
- Fill with chamomile tea or water to the top of the bottle.
- Shake well and use as needed.
- Wet face with warm water.
- Add to the palm of your hand and then use both hands to gently massage onto the face (or you can use a facial brush).
- Massage face for about 1 minute.
- Rinse with warm water followed with cold water.

Ayurvedic Cleanser-Toner

- 1 Tablespoon chickpea flour
- 1/4 teaspoon Triphala powder

Mix into a paste with rose water and apply with circular strokes or a rotating brush as a cleanser-toner

Vata Skin Types:

Add 1 tsp of raw honey

Pitta Skin Types:

Add 1/4 tsp of dried Neem or Mint leaves (if using fresh leaves, use 1/2 tablespoon of mashed leaves and mix into your paste)

Kapha Skin Types:

Add 1 tsp of raw honey with 1/2 tsp lemon juice

Toner Recipes

What does toner do?

Toner is usually a liquid that looks and feels a bit like water, though it may not always be clear. Used directly after cleansing, toner helps:

- dissolve soap residue
- neutralize your skin's potential hydrogen (pH), which may change throughout the day
- reduce the visibility of your pores

Apply toner right after washing your face to help break down any residue that's left after cleansing. It leaves your face extra clean so it can absorb whatever products come next.

There's no need to rinse off toner. In fact, it works better if it's allowed to absorb.

Essential Toner Tools & Ingredients

Everyone's skin is unique and has different needs. Choose the ingredients that work best for your skin and keep a supply on hand to create your own toner.

- Small glass 1-2 oz. spray bottle
- Cotton Pads (I like the round flat ones the best)
- Rosewater (good for all skin types)
- Witch Hazel (Make sure you get one with no alcohol)
- Aloe Vera (great for dry skin as it moisturizes)
- Essential Oils (choose one that is right for your skin)
- Apple Cider Vinegar (Gives a brighter and more even look to your skin)

Toner Recipes *(continued)*

INGREDIENTS

Witch Hazel

Witch Hazel is an astringent that can calm irritation and inflammation. You can spray pure witch hazel onto your face or apply it with a cotton pad. It's soothing to your skin and may reduce the appearance of pores.

- 4 tbsp. witch hazel — make sure it's alcohol-free, otherwise it will be drying
- 2 tbsp. aloe vera
- a few drops of your favorite essential oil

Thoroughly mix the ingredients together, then funnel the toner into a spray bottle or apply it to your face using clean hands or a cotton pad.

Aloe vera

Aloe vera brightens your skin and is also moisturizing, so it's a great toner to use for dry skin.

- 1/2 cup rose water
- 1/2 cup aloe vera

Mix together thoroughly, then apply to your clean, dry skin.

Essential oils

Essential oils can add a great scent to DIY toners. Some also have helpful properties for your skin.

Consider adding these essential oils: lavender - chamomile - clary sage - geranium - sandalwood - rose - jasmine

- 1 tbsp. witch hazel
- 1/2 tsp. vitamin E oil, which may be helpful for acne scars
- 3 drops of lavender essential oils

Toner Recipes *(continued)*

INGREDIENTS

Aging skin

If you're looking for anti-aging (or as we like to say, pro-aging) power, you'll want to pick a moisturizing toner full of antioxidants. Antioxidants neutralize free radicals, so your skin isn't as affected by damage from pollution or the sun.

You can try this antioxidant-rich green tea and pomegranate toner, as pomegranate may increase collagen production:

- 1/4 cup green tea
- 1/8 cup pure pomegranate juice
- 1/8 cup filtered water

Make sure the steeped tea has cooled before combining ingredients in a spray bottle. Store in the refrigerator.

Rosewater toner

Rose water can naturally balance your skin's pH, which can get out of balance if you use a cleanser that's too alkaline or an exfoliator that's too acidic. Rose water is also gentle and hydrating, and it smells great.

- 1 tbsp. rose water
- 1 tbsp. alcohol-free witch hazel

Combine all ingredients and mist over your entire face.

Hyperpigmentation

Hyperpigmentation is dark spots from acne or sun damage and can be hard to completely reverse, but some ingredients may make it less noticeable. Lemon juice contains alpha hydroxy acids (AHAs) and vitamin C that can speed up cell renewal and ultimately lighten dark spots. Coconut water is gentle and hydrating:

- 1/2 lemon, juiced
- 3 tbsp. coconut water

Combine ingredients and pour into a spray bottle, then mist.

Moisturizer Recipes

Anti-Aging Moisturizer 1

- ¼ cup almond oil
- 2 tablespoons coconut oil
- 2 tablespoons beeswax
- ½ teaspoon vitamin E oil
- 1 tablespoon shea butter
- Essential oils of choice (optional)

Directions: Place all ingredients in a glass jar. Bring a pot filled about 3-4 inches with water to a simmer. Put the jar, without its lid, in the pot, and let it sit there until the ingredients have melted. Stir occasionally. Once the mixture has melted and all is evenly combined, pour it into a small glass jar. Let it sit at room temperature until the cream hardens, close the jar's lid, and store in a cool place. Apply morning and night after washing.

Anti-Aging Moisturizer 2

- 1/8 cup avocado oil
- 2 tablespoons coconut oil
- 1 tablespoons beeswax
- 1 tablespoon shea butter
- 5 drops vitamin E oil (optional)
- 3 drops lavender essential oil (optional)
- 1 drop frankincense essential oil (optional)
- 1 tablespoon arrowroot powder (This will make the face cream non-greasy.) (optional)
- Mason jar

Directions: Add all of the ingredients (except vitamin E oil, essential oils, and arrowroot powder) to a small mason jar. Place the mason jar in a small saucepan of water. Heat the saucepan over medium heat until all the ingredients in the mason jar are melted. Once the ingredients are melted, remove from the heat. Allow the ingredients to cool slightly, then add in the vitamin E oil, essential oils, and arrowroot powder. Stir until well combined. Secure a lid onto the mason jar for storage.

Mask Recipes

How do face masks benefit the skin?

A facial mask can replenish and moisturize your skin. These are effective treatments because the ingredients are able to sit on your skin for about 10 to 30 minutes.

The nutrients and vitamins penetrate your skin, deep cleaning your pores and removing the outermost layer of dead skin. Facial masks can cleanse, tighten, exfoliate, soften, and brighten the skin.

How to properly apply a face mask

The purpose of a face mask depends on its type. Some masks are designed for drying out excess sebum (oil) in combination and oily skin types, while others replenish lost moisture in dry skin. Some face masks treat uneven skin tone and others may contain exfoliants that help remove dead skin cells.

Regardless of the type of mask, there are some key steps to applying it properly:

- Clean your face with your usual cleanser.
- Apply the mask in a thin, even layer around your entire face. Be careful to avoid your eyes and lips. You can also extend the layer to your neck and décolletage.
- Wait 5 to 20 minutes,
 - In general, drying masks for oily skin are left on for a shorter amount of time, while hydrating and anti aging masks are left on longer — sometimes overnight.
- Rinse with warm, not hot, water.
- Use a soft washcloth for easier removal.

Follow up with your normal toner, serum, moisturizer, and sunscreen.

How often you apply your face mask depends on your skin type. Anti-aging masks may be used a few times per week, while masks for oily skin are used two to three times. Hydrating masks may also be used a few times per week. If you have sensitive skin, you may only need to use a face mask once per week.

Mask Recipes (Continued)

Charcoal Mask

The charcoal peel-off mask is the perfect remedy for removing blackheads. Activated charcoal has many benefits for the skin, and when used with the face mask, it will leave your skin soft, clear, and blackhead-free!

- 1 teaspoon activated charcoal
- 1/2 teaspoon bentonite clay
- 1 tablespoon gelatin
- 2 tablespoons water
- 3-5 drops lavender essential oil (optional)

Directions: add activated charcoal, bentonite clay, and gelatin to a glass bowl. It is important to use glass and/or wood when dealing with clay, be sure to stay away from metal or stainless steel. Boil the water and carefully pour it on top of the dry ingredients. Using a wooden spoon, bamboo skewer, or wooden popsicle stick, stir the ingredients together. You want the mixture to become a paste. If using essential oils, add them in now. Stir to combine. Allow the mixture to cool, and then it is ready to use.

Turmeric Mask

Staining, don't be alarmed if your skin looks a little yellow after you remove the mask. The turmeric might temporarily stain your skin if you're pale, but it will go away in a few hours. You can also use a simple cleansing oil to get rid of the yellowish hue.

- 1 teaspoon turmeric powder
- 1 teaspoon organic apple cider vinegar
- 1 1/2 tablespoon of organic honey
- 1 teaspoon milk or yogurt

Directions: In a small bowl, mix the turmeric powder, apple cider vinegar, honey and milk or yogurt. You're going for a paste-like consistency that will stick to your face without dripping.

Allow the mask to sit on your face for about 10 to 15 minutes.

Mask Recipes (Continued)

Anti Aging Masks

1. Egg whites have natural astringent properties that help tighten your skin, reduce the appearance of pores and make your skin appear firmer. The honey helps provide an instant moisturizing effect and the tea tree oil acts as a natural antiseptic to keep acne at bay.

- 1 Egg white
- 1 teas. Honey
- 4-5 drops tea tree oil

Directions: In a mixing bowl, separate the egg white from the yolk and add to it a teaspoon of honey along with four to five drops of tea tree oil. Apply this mixture to a thoroughly cleansed face, keep it on for 20 minutes and then wash it off with water.

2. Buttermilk nourishes dry and damaged skin, while oatmeal helps buff away dead skin cells and provides an anti-ageing effect. Lastly, olive oil is the perfect way to add a boost of moisture and make it look thoroughly conditioned.

- ½ c. Buttermilk
- 2 Tbs Oatmeal
- 2 teas. Olive oil

Directions: Mix together half a cup of fresh buttermilk, two tablespoons of oatmeal and heat the mixture for about a minute. Once the mixture is slightly warm, add two teaspoons of olive oil and let it completely cool down. Apply this mixture to your face and keep it on for about 10-20 minutes. Wash with cold water and follow up with your favourite moisturizer.

3. Apple is a rich source of skin-loving nutrients that deliver your skin with much-needed essential vitamins and minerals. It helps keep your skin smooth and youthful.

- Apple
- 1 teas. Honey
- 1 teas. Milk powder

Directions: Take a few slices of apples, boil them in water until soft and mash them to a smooth paste. Add honey & milk powder and mix. Apply this mask all over your face and neck area and allow it to sit for about 20-30 minutes. Rinse with water and follow up with a moisturizer.

Thanks!

Thank you for reading this guide! I hope you found it interesting, and I hope it helps you achieve your goals!
If you have any questions about the class, please e-mail me.

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