CLEAR SKIN SOLUTION
WITH DR. TREVOR CATES

Session 2
Clear Skin Solution

- At home spa treatments
- DIY face treatments
- Emotional cleansing and balancing

DIY Cleansers

**Organic Honey & Tea Tree Cleanser**

- Honey works wonders on your skin. It helps to get rid of dirt and oils thus acting as a natural cleanser. The anti-bacterial properties in the honey and tea tree oil keep your skin blemish and acne free.

**Ingredients:**

- 3 Tablespoons organic honey and 1-2 drops pure tea tree oil.

**Method:**

- Mix ingredients together. Slather the honey cleanser all over your face, gently massage it into your skin with your finger tips for 3-4 minutes and rinse with warm water.

**Organic Avocado & Lime Cleanser**

- The healthy oils in avocado cleanse, hydrate and moisturize the skin. The lime acts as a natural astringent.

**Ingredients:**

- ½ organic avocado and squeeze of lime.

**Method:**

- Mash avocado, add lime juice, and gently massage over face for a few minutes. Rinse with warm water.

DIY Toner

**Organic Rice Water Toner**

- Enhance your skin by making it lighter and brighter by using rice water to hydrate and tone your skin.

**Ingredients:**

- ½ cup organic brown rice and ½ cup filtered water.

**Method:**

- Add a cup of organic brown rice to a bowl and pour some warm water over it till the rice is covered. Stir and keep it aside for 10 minutes until the water turns cloudy. Separate the water from the rice, pour the water into a container & refrigerate.
**DIY Exfoliators**

**Papaya Skin Face Buff**
- Papaya skins act as a fruit acid type of exfoliant.

**Ingredients:**
- Ripe papaya skin.

**Method:**
- Using the inside of ripe papaya skin, gently massage over face for 2-3 minutes. Rinse with cool water.

**Organic Lemon, Oats and Olive Oil Face Buff**
- The natural combination of ingredients gently exfoliates dead and dulling skin cells, brightens and reduces redness and discoloration to reveal fresh, bright glowing skin.

**Ingredients:**
- 1/2 organic squeezed fresh lemon, 1/2 cup organic crushed oats, 1 Tablespoon extra virgin olive oil.

**Method:**
- Blend ingredients together. Gently apply to damp skin using circular motions for 2-3 minutes. Rinse with cool water.

**DIY Face Mask**

**Organic Strawberry and Honey Face Mask**
- Brighten up dull skin with a rejuvenating Strawberry Mask. Strawberries are rich in Vitamin C and antioxidants that offer skin brightening, lightening and anti-aging benefits.
- This delicious fruit is particularly good for oily and acne prone skin as it helps remove excess sebum. It also works as a great skin toner due to its astringent properties. It contains alpha hydroxy acids that help remove dead skin cells.

**Ingredients:**
- 3 - 5 large organic strawberries
- 1 Tablespoon organic plain (unsweetened) yogurt
- 1 Tablespoon organic honey
- 1 Tablespoon Fresh lemon juice

**Method:**
- Mash strawberries thoroughly using a fork or in a food processor. In a small bowl, mix with remaining ingredients. Apply evenly to the skin. Leave for 15-20 minutes, rinse with warm water.
DIY Moisturizer

Jojoba oil w/ 1 – 2 drop of any of the following essential oils:

- Lemon
- Lime
- Tea Tree (for acne-prone skin)
- Lavender
- Bergamot

Why Cleanse?

- Externally, we are regularly exposed to toxins in our air, water, food and personal care products:
  - Food additives, plasticizers, chemical solvents, heavy metals pesticides, herbicides, and drugs.
  - These have endocrine disrupting effects and can lead to chronic skin and health problems.
- Internally, we can get imbalances:
  - Bacteria and Yeast.
- Emotionally, we sometimes get stressed when we step outside of routine and our comfort zone.

Cleansing

- Reduce exposure to toxins.
- Support the liver with nutrition, supplements, and spa cleansing techniques.
- Promote the health of the GI tract by eating plenty of fiber-rich foods and taking probiotics.
- Drink plenty of purified water.
- Exercise.
- Manage stress - Incorporate daily relaxation techniques.

Avoiding Toxins

- Shopping Organic (avoiding pesticides)
- Filtering Water (drinking)
- Personal care products – look at ingredient lists
- Remove your shoes when you come in your home
- Storage containers – choose glass, ceramic and stainless steel over plastic
• Cleaning products – research alternatives (for example, baking soda and vinegar are great substitutes)
• Change the air filter in your home (once per month).
• Personal care products – check ingredient labels and choose natural, organic products

**Spa Cleansing**

• 30+ minutes cardio exercise (running, walking, biking, fitness classes, dancing, etc.)
• Mineral Bath (with Epsom Salt or Himalayan Crystal Salt) with essential oils
• Drinking Herbal Detox Teas
• Castor oil packs/rubs
• Dry skin brushing
• Acupressure points to support digestion
• Mineral Foot Bath
• Reflexology Points

**Mineral Bath**

• Dissolve Epsom Salt or Himalayan Salt Bath Crystals in warm bath water (refer to packaging for ratio salt to water).
• Enjoy a relaxing soak for at least 15 minutes.
• After bathing, gentle pat your skin dry.
• If you don’t have a bathtub, then do a foot soak in a sink or basin.
• Drink Herbal Detox Teas to enhance cleansing.

**Castor Oil Packs/Rubs**

• Apply castor oil to your hand or with roll on and massage it into the area around your liver - the right upper quadrant of your abdomen.
• Another option is to saturate a flannel pack with castor oil and apply to your liver area. Cover with plastic to protect clothing and bedding.
• Put on an old T-shirt or cover with towel and lie in bed.
• Lie on your back with your feet elevated. Pillows placed under the knees and feet help to relax the abdominal muscles and to relieve stress on the lower back.

• Place a heating pad or hot water bottle over the area.

• Leave hot water bottle or heating pad on for 45-60 minutes. This is an excellent time to practice visualization, mediation or relaxation exercises.

## Dry Skin Brushing

• Choose a long handled skin brush.

• Starting at your feet, brush your skin (while dry) using light to medium pressure in upward strokes towards your heart.

• Continue brushing the skin over the entire body (except the head and neck) in movements towards the heart.

• After finishing the dry skin brushing, take a warm shower and finish with a brief (5 - 10 second cold shower blast).

• This improves blood and lymph flow and removes dead skin.

## Acupressure Points

Acupressure is physical pressure applied to acupuncture points (without the use of needles) with the aim of clearing blockages in meridians. When applying pressure, begin lightly. You can start with these points below (there are many):

• **STOMACH 36**: This point helps with a range of digestive problems from constipation to nausea, diarrhea, bloating, gas, and vomiting.
  
  • **Location**: Slightly bend your leg and, with the index finger at the base of the kneecap, place four fingers just below your kneecap. The point is where your little finger rests, on the outside aspect of the hard shinbone.

• **LIVER 3**: This point balances the Liver meridian and is considered a major gateway for energy that flows up your body. It relieves toxicity, and allergic reactions, especially bloodshot tired eyes, headaches and irritability.
  
  • **Location**: On the top of your foot, in the valley or webbing between the large toe and second toe.
Breathing Exercise

- Set your intention and choose a word that sums up what you need to work on like “trust” or “clarity.”
- 10 minute Breathing Exercise (focus on inhalation/exhalation for 10 minutes with eyes closed)
- Forgiveness journaling exercise
- Yoga
- Laughter (learn a new joke, watch a funny movie, etc.)
- Exercise in nature (hiking, running, biking, etc.)
- 10 minute meditation

Castor Oil Packs/Rubs

- Sit in relaxing position with your eyes closed.
- For 10 minutes focus on your breath.

Reflexology Points

Reflexology for Constipation

- thinned part of the foot is different on everyone
- small intestines
- large intestines begin here
- from here continue up in a straight line until level with the top of the ankle bone
- bottom of right foot
- bottom of left foot

Set your intention and choose a word that sums up what you need to work on like “trust” or “clarity.”

10 minute Breathing Exercise (focus on inhalation/exhalation for 10 minutes with eyes closed)

Forgiveness journaling exercise

Yoga

Laughter (learn a new joke, watch a funny movie, etc.)

Exercise in nature (hiking, running, biking, etc.)

10 minute meditation
• Place one hand on your chest and the other on your lower abdomen.
• Notice your inhalation and exhalation.
• As you inhale, allow your lower abdomen to swell like a balloon
• With each breath out, practice relaxing your jaw and shoulders.
• If your mind wanders, bring your focus back to your breath.

Forgiveness Journaling Exercise
• On blank loose leaf paper (not in your journal), write down all negative thoughts and feelings.
• When you feel you’ve written it all down, burn or shred the paper.
• In your journal, write down one or more sentences of forgiveness and gratitude.

10 Minute Meditation
• Choose a quiet place, Turn off electronics
• Sit in a relaxing position (but this is not naptime)
• Focus on a word (mantra – ex peace or gratitude), music, or an object such as a candle
• When your mind wanders, gently bring your attention back
• Use an alarm clock if you have limited time so you’re not worrying about checking the time
• Let go of expectations, you may or may not have an epiphany

Homework Assignment #3
Set your goals and positive intentions for the cleanse

What is your Goal for the cleanse?

Example: “Stick with the Clear Skin Solution program as closely as possible to get the greatest results.”

Write it down and put it up on your fridge, bathroom mirror, or some other prominent place.