

# Beautiful!

*Charmaine Yabsley speaks to top holistic health and beauty experts for their best tips on looking and feeling wonderful.*

## 1. Stop smoking

"This is more effective than any product you can buy off the shelf," says Natalie Clays. "The lack of oxygen in your blood, depleted vitamins, and a weakened immune system will cause poor sleep, skin dehydration, wrinkles and dull skin, stained teeth and fingers, yellow eyes and under-eye bags, plus psoriasis, acne, dermatitis, eczema, dry brittle hair, or baldness in men. I've seen thousands of smokers over the years and have heard numerous stories of beauty benefits after quitting: one of my clients was even asked if she'd had a face lift!"

## 2. Start from the inside

"Beauty comes from the inside out – literally," says holistic wellness counsellor Kaylyn Jeffrey. "Great skin and hair are the result of drinking plenty of water, getting enough sleep, flushing toxins out of the body, getting the right nutrition, reducing stress, and genuinely taking care of yourself. When I develop health programs for clients, the first thing I recommend is all-natural, 100% plant-based supplements and shakes. So much of how we look comes from our feelings: if we feel good, we look good, and the opposite is also true. Creating positive new daily health and beauty rituals will bring about long-term health and happiness."

## 3. Make a point

"During my cosmetic acupuncture treatments, I use a needle roller on the face to build new collagen fibres under skin where wrinkles and fine lines have appeared," says Dr Karolina Cass. "I then use a jade roller on the face and neck. In China, women have used jade on their skin for centuries, as it is believed to increase lymphatic drainage, cool and relax the skin, and give skin a visible glow. I finish with a personalised full body acupuncture treatment to restore the body to harmony: if your body feels good from the inside, it will show on the outside."

## 4. Look within

"I'm a great believer that a person's skin, eyes and expression are all good indicators of their overall health," adds Cass. "Pimples, acne, eczema, rashes or rosacea all suggest the body is not happy at a deeper level. The liver, digestive system and diet can all play a role. If the liver is overloaded due to poor digestion, the detoxification pathways will struggle to eliminate unwanted waste. The body will then seek another way to excrete that waste and guess what, the skin is going to be the excretory organ it chooses. Avoiding sugar is a great start, particularly for acne. Bacteria is involved in creating pimples and bacteria loves sugar. It's also worth investigating if you have a food intolerance and eliminating dairy for a while - dairy is a common culprit of skin break-outs."

## 5. Eat real food

"Foods that are high in fibre will build better gut health and improve the timing and efficiency of the body's elimination processes, by not allowing toxins from the bowel to circulate in the bloodstream and trigger further outbreaks on the skin," says Cass. "Good hydration goes hand-in-hand with fibre, because water helps flush toxins away. Make water and non-caffeinated herbal teas your beverage of choice for your skin's sake. Vitamin A, C and zinc are also excellent for skin health."

## 6. Load up on fat

"The skin loves fat, because it creates a barrier to keep it soft," says nutritionist Angela Emmerton. "Dry or flaky skin can indicate your diet is deficient in essential fatty acids. Adding oily fish like sardines, salmon, or mackerel will increase your levels of omega-3 fats. If you're vegetarian, then chia seeds, flaxseed and walnuts are all rich in omega-3s."

## 7. Try turmeric

"Add a teaspoon of certified organic turmeric to a glass of milk, bring to the boil, and drink it twice a day: this is an ancient yogic remedy to keep arthritis and rheumatism at bay and to reduce inflammation of joints and muscle tissue," adds Emmerton. "If you can, source a hand-pounded version so that all of the turmeric's properties and nutrients remain without the damaging effects of cold- or hot-pressed processing."

## 8. Start your day right

"Kickstart your day with the powerful antioxidant benefits of vitamin C and honey," says Emmerton. "Mix the juice from half a freshly squeezed organic lemon with a teaspoon of organic honey in lukewarm water and drink first thing in the morning. This morning power drink packs a three-way punch: it's great for weight loss, it supports your skin, and it strengthens immune function."

## 9. Stock a 'wellness space'

"Work with nature, not against it, by making sure you have these staples in your wellness space," says Mituri, spokesperson for Nimveda. "Turmeric, for cuts and inflammation; coconut oil, for oil pulling to keep teeth clean and ensure a natural whiteness; apple cider vinegar with the 'mother' enzyme – drinking a tablespoon in warm water first thing in the morning keeps skin clear and helps to maintain a healthy weight. I also recommend natural neem-based cream as a moisturiser, and a shampoo and conditioner containing neem to keep hair soft, healthy, and dandruff-free."

## 10. Do your sums

"My natural beauty tip is to get enough of the Parent Essential Oils (PEOs)," says Dr Ron Goedeke. "These typically come from cold-pressed seed oils and contain Parent Omega-6 and Parent Omega-3. PEOs have been shown to be far superior to regular fish oil. There are three layers to the skin and they are all PEO-dependent. Parent Omega 6 plays a key role in skin health as it is at the heart of the skin's cellular integrity. Parent essential oils increase blood flow and can also strengthen fingernails and hair, and help the skin to heal as well as remove cellulite and reduce inflammation."

## 11. Add antioxidants

"As a holistic skincare therapist, I see the profound difference in a client's complexion when their topical application of antioxidants is matched with sufficient dietary intake of antioxidants via food and supplements," says Meagan Leigh Cohn. "My all-time favourite skin health vitamin is vitamin C. Used topically and taken orally, this potent antioxidant boosts collagen production and protects collagen fibres, which reduces lines

and wrinkles. It also evens out hyperpigmentation and supports fragile capillaries, therefore reducing localised redness and giving skin a beautiful luminosity. Topical vitamin C may be too acidic for a hyper-sensitive skin, but for everyone else, get on board! You will be glowing in no time."

## 12. Balance the skin

"As a naturopath, I love to educate on the balancing effects of acid and alkali in the body," says Jacqui Watts. "When we are in a higher acidic state, our cells have less ability to recognise hormones and we see a decline in hormone health. For example, the thyroid hormone is needed to prevent dry saggy skin, keep weight in check, and support energy levels. When I treat clients with a highly acidic diet – coffee, alcohol, refined sugar, and processed foods – I recommend an alkalising mineral powder to ensure a better acid:alkaline balance, which in turn creates better skin, weight management, and energy."

## 13. Get moving

"Beauty and health are completely intertwined – when you are healthy, you just glow!" says Fiona Gilbert. "Take care of your organs. Healthy beauty comes from the inside out. Mid-morning, I drink coconut water mixed with schizandra, ashwagandha, and pomegranate powders along with a product called GlutAloeMine. They are all adaptogenic herbs as well as supporting gut repair. And every afternoon I have a cup of bone broth with extra collagen stirred in."

## 14. Brighten your teeth

"For shiny teeth, I oil-pull with coconut oil and activated charcoal every morning while I make my bed," adds Gilbert. "It whitens teeth and, according to traditional Ayurvedic medicine, oil-pulling also removes toxins from the body."

## 15. Nourish your gut

"When it comes to natural beauty, nourishing the body with an abundance of quality nutrients is better than any expensive facial," says nutritionist Steph Wearne. "You need to ensure your gut and liver are excreting toxins efficiently, because if they aren't, the other path of elimination is your skin. I aim to fill clients' diets with foods high in antioxidants, polyphenols, fibre, healthy fats, and good quality protein. This means heaps of colourful vegetables, herbs, wholegrains, nuts, seeds, fish, and chicken. For an extra boost I love The Natural Vitamin Co Hair Skin & Nails, which is made from organic wholefoods with zero synthetic ingredients."

## 16. Choose natural make-up

"Ensure that all of the products you apply to your skin each day are organic and filled with skin-enhancing ingredients," says Kailah Shannon

of MG Naturals. "Make-up can create a vicious cycle: we use it to cover imperfections, but then the toxic ingredients in conventional chemical-based make-up can make skin even worse, resulting in the use of more make-up to cover it up! Wearing certified organic and mineral make-up that is filled with skin-loving ingredients."

## 17. Get moving

"Many of my clients say, 'I can't get motivated to exercise regularly - what can I do?'" says fitness expert Amy Ward. "My answer is to first love your body and what it does for you, and then learn the importance of what exercise does for your body, schedule it in, and get your friends and family to help you commit to your workout sessions. Write down how the exercise made you feel afterwards and what you liked about it, and give yourself a reward when you complete your planned workouts."

If you do this for at least a month, exercise will have become a habit, so even on days when you don't feel like it you'll be more likely to do it anyway – and chances are you'll love it once you're there."

## 18. Go outdoors

"If you're looking for a natural beauty treatment that doesn't cost the earth, then take that body outdoors!" says fitness expert Diana Tencic. "Research shows that regular two-hour forest walks can significantly boost your immune system, meaning you're better able to fight off viruses, bacteria and other invaders. It will also give you a mood boost, lower your stress levels and make you feel more revitalised and energetic."

## 19. Try tremella

"Medicinal mushrooms are becoming increasingly popular, and tremella is the one to try for anti-ageing skin support," says herbalist Mason Taylor. "Tremella mimics hyaluronic acid in the body, which is often referred to as 'the molecule or fountain of youth'. Like hyaluronic acid, tremella draws and holds moisture through the skin's layers. There is a polysaccharide in tremella that can hold water equivalent to nearly 500 times its weight, which is actually greater than hyaluronic acid's abilities. Tremella also contains potent antioxidants that scavenge for free radicals and is said to enhance the body's own antioxidant production, especially superoxide dismutase, the ultimate free radical scavenger."

## 20. Don't just eat watermelon!

"Watermelon seeds can be dried and pressed to extract a light-yellow oil which provides a number of beauty benefits," explains Tanya Felli of Ivadore. "Watermelon seed oil is rich in vitamins A, B, and E, palmitic acid, linoleic acid and stearic acid, so it serves as a powerful nutrient for the skin; it is also light and easily absorbed, making it great for the warmer weather. When used topically in skincare, watermelon seed oil can remove toxins, moisturise, soothe irritation, clear pores, fight against pre-mature ageing, even out skin tone, and balance excess oil production."

## 21. Soak yourself

"Hydrotherapy is one of the simplest, cheapest, and most effective natural anti-ageing treatments," says health personality Abigail O'Neill. "Here is my favourite treatment for plumping the face, relieving body and mind tension, and toning the body; it only takes 12 minutes. Turn your shower on for three minutes of hot, as hot as you can bear, followed by 30 seconds of cold, as cold as you can bear. Repeat twice, and then step outside the flow of water to scrub your body from top to toe with a simple salt scrub made of 50:50 Epsom salts and sea salt, then finish off with the cold blast." ✨



## Meet our experts



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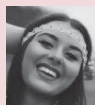
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