

Ask the Expert: At-home facial for glowing skin

Treat yourself to some at-home pampering with a Living Nature facial. We asked their Training Manager for some advice – with a wealth of experience in beauty therapy, she has expert tips for getting the most out of your skincare at home.

Firstly, the setting is important. Just because you're at home doesn't mean it can't be a luxurious, relaxing experience. "Set aside some time where you won't be interrupted," she suggests. "Play some beautiful uplifting music to set the mood and light some scented candles."

Next, gather the products you will be using, including two cool cucumber slices for your eyes while your mask is working, and a small, lightweight towel to use as a compress. Tie your hair back or wrap it in a towel to keep it out of your face.

Now you are all set up, you can begin.

Step 1: Cleanse

Remove make-up and cleanse skin well.

Step 2: Facial Compress

Wet a small, lightweight towel in hot (not too hot) water with 1 drop of Lavender or your favourite skin friendly essential oil. Squeeze the towel out and then wrap it gently around your face, keeping the nose area open for breathing.

Gently apply slight pressure with your hands over the compress – working over the entire face and neck area then gently wipe away product or remove if simply using to open pores.

Step 3: Exfoliate

Exfoliate your skin using Living Nature's Hydrating Glow Exfoliant. Apply to face and neck, avoiding eye area. Gently massage into the skin, and leave on for 5-10 minutes. Use a warm damp towel or face cloth to remove the mask.

Step 4: Mask

Apply your Living Nature mask of choice (read about Living Nature's face masks here) and leave on for the required time. Find a nice relaxing chair or relax on your bed and apply the cool cucumber slices for the duration of the mask

Again, use a warm damp towel or face cloth to remove the mask.

Step 5: Face Massage.

Mix a little of your Living Nature Nourishing Night Cream with a few drops of Radiance Night Oil or Ultimate Day Oil to massage into skin.

To massage, work in gentle circular motions with the finger tips then finish by gliding your fingers in an outward and upward motion (don't forget your neck and under your chin). You can conclude by gently tapping the finger tips over the whole skin to stimulate circulation. Working outwards helps with lymphatic drainage and improved circulation, upward strokes works against gravity, together resulting in a glowing fresher looking skin. There are no right or wrong movements as long as it feels good and you are not over-stretching the skin.

Use a warm towel or face cloth to gently absorb excess product from the massage, without rubbing it all off.

Step 6: Tone

Apply a Living Nature Toning Gel to hydrate and soothe the skin. Wait 30 seconds for the product to absorb into the skin, and then apply any serums or oils you use in your skincare routine.

Step 7: Moisturise.

As the final step, gently massage your favourite moisturiser into the skin. If you are applying during the day, we recommend using Living Nature's Daily Protect Facial Lotion SPF 20 to protect and moisturise your skin.

Enjoy your soft, glowing and pampered skin

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Feeling the pressure of routines again?

The relaxing, slower days are now behind us, holidays are coming to a close, routines, work and normal schedules are coming back into our lives. It is hard to find your mojo again after a nice break and we often find ourselves starting to feel anxious and stressed while our sleep quality suffers. Bringing in the new year with new goals or ideas that we want to achieve and finding a balance of starting these while incorporating them into our work schedule can be tricky, so we often just give up, which then will start to increase stress and worry.

L-theanine is a compound that can often help us adapt to these changes more easily. It is an amino acid, one that is very good at reducing worry and stress, supporting chemical messengers such as dopamine, GABA and serotonin and can support mental alertness and focus. It works by supporting the action of alpha brain waves which is accomplished often through the act of meditation achieving mental focus, relaxation and clarity. L-theanine also supports moderation of beta brain waves which is linked to scattered thoughts, hyperactivity and nervousness. L-theanine can be found in some foods and drinks such as Matcha, Green tea, Black tea and mushrooms.

Taking supplements of L-theanine on its own such as **Natroceutics L-theanine** or in combination with other supplements such as **Prime Self Natural Sleep** could facilitate and support a more relaxed, focused work/life balance and support normal sleeping patterns for the new year.

Pop into a community health store, to chat with our friendly team about which one will suit you best.

Clean Caesar Salad

(Serves 2)

Ingredients

Salad

- 2 Large Handfuls of Salad Greens
- 200g Shredded Chicken
- 3-4 Rashers of Chemical-Free Bacon
- 1-2 tbsp Parmesan Cheese Shavings
- 1 Ciabatta Bun, cut into cubes
- Lemon, to serve

Dressing

- 2 tbsp Greek yogurt
- 1 tsp Manuka Honey
- 1 tsp Wholegrain Mustard
- Squeeze of Lemon

Method

1. Add a small drizzle of olive oil to a pan over medium heat. Toast ciabatta until golden and season with a generous pinch of salt and pepper.
2. Cut bacon into bite size chunks and fry to your desired crispness.
3. Combine dressing ingredients in a small bowl and mix well.
4. Assemble salads with remaining ingredients.



RECIPE