



SKIN HARMONICS



10 things  
your skin  
wishes you would  
stop doing

1

## Stop using pore minimizing toners in an effort to clear out your pores and reduce size.

Pore size is genetic. Optimal hydration and self-acceptance are both key to unclogging and loving your pores. Deep hydration is the only thing that helps your pores transform into their perfect predestined natural size. Toners and all types of astringents dehydrate your skin and take you in exactly the wrong direction.



*“Stop! Just please stop!”*

— YOUR SKIN

2

## Stop using that clay mask.



Clay may be useful internally to absorb toxins and allow for toxin evacuation through the digestive track but topical use is different. Dehydrated skin cannot function optimally to release toxins. Any mask that dries out on the skin should be replaced with a hydration pack to ensure your skin is naturally releasing toxins.

*“Stop! Just please stop!”*

— YOUR SKIN

3

## Stop using that oil free moisturizer.



It is utterly useless. The whole point of a moisturizer is that it increases hydration, right? Well, an oil free moisturizer has zero chance of doing that. The only thing that traps water inside your skin is a layer of oil or lipid-like substance which can prevent existing water from evaporating. These oil-free moisturizers are more accurately referred to as serums. And serums are useless without an oil rich moisturizer to trap the hydration component inside the skin.

*“Stop! Just please stop!”*

— YOUR SKIN

4

## Stop scrubbing and exfoliating every day and especially in the mornings.

Too much exfoliating can have a long-term negative effect on your skin causing accelerated aging. There is another way to achieve an increase in cell turnover. Learn about stabilized dermal nutrients that will cause your skin to renew from within the deeper living dermal layer. Exfoliating in the mornings makes your skin vulnerable to the day’s relentless UV rays. It is better to thoroughly exfoliate in the evening once a month.



*“Stop! Just please stop!”*

— YOUR SKIN

5

## Stop hot steaming or using hot water on your skin.

Once a month is plenty to soften pores and receive a good cleaning with enzymes and/or extractions. Regular applications of heat are extremely dehydrating. And remember, dehydration is bad.

*“Stop! Just please stop!”*

— YOUR SKIN



6

## Stop using most essential oils on your facial skin.



The majority of essential oils are astringent and interfere with much needed oil production. This is true even if you were told that you have excessive oil and an oily skin type. The most common essential oils that cause more harm than good are lavender and tea tree oils. Use these oils as a way to freshen and clean around the house or for scrapes and burns instead.

*“Stop! Just please stop!”*

— YOUR SKIN

7

## Stop misting your skin throughout the day with any type of hydrating spritz in an effort to hydrate it.



*“Stop! Just please stop!”*

— YOUR SKIN

This disrupts and weakens the barrier of your skin and allows water to evaporate. Maintaining a proper barrier for your skin means that you must use a lipid or oil rich moisturizer to trap the water underneath. Leave this barrier in place so it can do its job of keeping you hydrated. Hydrate your skin properly every morning and evening by using a hydrating mist and serum. Then apply a barrier restoration cream on top. Being generous with the lipid or oil rich moisturizer will keep your skin hydrated all day. If you are still dry by mid-day then consider finding more effective products.

8

## Stop forgetting to reapply your sunscreen.

Reapplying sunscreen every 2-3 hours ensures the protection you need to minimize a lifetime of sun damage. A single application is just not enough when you are outdoors for any length of time, whether it be hiking, sailing, gardening or skiing. Applying just once is okay for light errands and a minimal exposure day but when you are exposed outdoors it is just not enough.

*“Stop! Just please stop!”*

— YOUR SKIN





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## Stop picking at your skin.

Go and find a professional who can give you proper extractions and can take stuff out swiftly, correctly and prevent any further damage you might do.

*“Stop! Just please stop!”*

— YOUR SKIN



10

## Stop neglecting your skin when you travel.



Your skin needs care more than ever when you are on the road and flying. Gather your basics in sizes that will make it through airport security (maximum size: is 100ml or 3.4 oz.). Consider this bag as important as your underwear and toothbrush.

*“Stop! Just please stop!”*

— YOUR SKIN