

## Spring Skin...

Ah, spring is in the air!

As warmer weather comes, our outdoor activities, exercise and exposure to the sun increases. And so can the negative affects to our skin - in the form of increased oil production which can result in acne and blackheads, as well as dryness and sunburn.

It is **so** important to keep your skin really clean during this time - wash with a mild gentle face cleanser both morning, night and especially after exercise. Continue to keep the skin well hydrated, moisturized and protected by using a broad-spectrum sun block designed to protect the skin from both UVA and UVB rays with at least a 45spf. Let the Estheticians at Holistic Health Associates help you keep your skin looking radiant and healthy throughout the year naturally with it's organic skincare line, Naturopathica...(here is a fun at home recipe)

Blackhead Paste (may be used 2x per week or as needed)

1 tablespoon of white cosmetic clay (Common Market)

2 teaspoons freshly squeezed apple, pineapple or grape juice

- Combine ingredients in a small bowl, stirring until you have a smooth thick spreadable paste. If it is too runny, add more clay or if it is too thick, add more juice.
- Make sure face is clean and spread thick paste over areas of the face that have blackheads.
- Allow paste to dry completely (approximately 20 minutes)
- Rinse with cool or lukewarm water.
- Pat dry and apply a dab of oil free moisturizer mixed with a drop of tea tree or eucalyptus essential oil to the area.