



Confused? Not quite sure how to start taking care of your skin naturally? Don't worry, that's why we created this e-book. We intend to show you how you can look better than ever.

Beauty does not come from a can, even though the skin care companies might want you to believe something entirely different.

Feel free to pass this e-book on to whomever, by whatever means. If you want to give feedback or ask questions, visit our website at <http://www.skin-care-made-awesome.com>.

This book is meant for those who are new to natural skin care, and want to know how to get started.

Enjoy!

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Where to Start?



Beautiful skin does not happen by itself, you have to be pro-active.

That means eating the right foods, only putting natural things on your body and avoiding the bad stuff.

I'm sure every skin care product on the market today is claiming to be the best out there, but they have ingredients you can't even pronounce. What's that all about?

Making these changes will take time. If you're looking for a quick-fix then you're reading the wrong e-book.

We are here to show you how you can create long-lasting change that will make your skin look great well into your 100th birthday.

The journey to healthier skin is traveled one step at a time. Start small. Improve one thing every day, month or even year, and you'll see tremendous change sooner than you think.

There are a lot of bad products and companies out there. They want you to believe that their products will make your skin look good, when in fact, the opposite is true. Keep reading and you'll find out what we're talking about.

Let's start! 😊

Top 7 Foods for Healthy Skin



The best foods for your skin come from nature.

All the best foods come from nature, and we're not talking about meat.

We're talking about raw foods such as fruits, vegetables, nuts and seeds.

These foods are packed with nutrients that will help your body

not only look good, but feel *great*.

Here's our Top 5 list of the foods you can't eat enough of:

#1 - Berries

Berries are extremely high in antioxidants, especially blueberries (yummy!). Antioxidants protect your skin against free radical damage, pollution and many other things. They also contain fiber, vitamin C, vitamin E and manganese.

Free radicals can cause wrinkles, but vitamin C and antioxidants take care of them for us, how cool is that?

#2 - Carrots

Carrots are the highest vegetable source of vitamin A. It prevents free radical damage, and helps develop and maintain skin cells. We like to eat them between meals when we crave something sweet, and they never disappoint!

#3 - Brazil Nuts

Brazil nuts contain selenium and zinc. Selenium improves skin elasticity, fights infections and gets rid of free radicals (beginning to see a theme here?), while zinc helps with various skin problems such as eczema and acne. They also contain healthy fatty acids which keep the skin moisturized.



#4 - Oranges & Kiwi fruits

These two are filled with vitamin C, which reduce free radical damage and strengthen your immune system.

#5 - Green Leafy Vegetables

Greens are extremely important for your skin. They contain an abundance of vitamin K, which keeps your skin elastic, reduces aging and the development of wrinkles. Some of our favorite greens are

- ✓ broccoli
- ✓ celery
- ✓ kale
- ✓ romaine lettuce
- ✓ spinach

#6 – Salmon, Hempseed oil & Flaxseed oil

These contain a lot of omega-3 fatty acids which help combat dry skin, eczema, and improve overall skin quality.

#7 - Avocados

Avocados are high in healthy fats, and they contain vitamin C and E. All of these together promote youthful looking skin.

The 4 Foods You Have to Avoid



What you don't eat is *at least* as important as what you do eat.

Unhealthy foods are called unhealthy for a reason.

They wreak havoc in your body and destroy your health from the inside.

It happens so slowly that we do not even notice until it is too late.

So let's walk through some of these foods, and remember, letting go of these foods is better done sooner, rather than later 😊.

#1 – Sugar

Sugar! Yes, sugar is unhealthy for you, and we aren't talking about the sugar that is in fruits. We are talking about processed sugar that is in almost every *processed* product out there. Here are a few examples:

- ✓ bread
- ✓ canned fruit
- ✓ cereals
- ✓ cookies
- ✓ ketchup
- ✓ ready-to-eat products

Start reading the labels, and you'll be amazed at how often sugar is mentioned. It is sometimes mentioned by its other names such as:

- ✓ corn syrup
- ✓ dextrose
- ✓ fructose
- ✓ glucose
- ✓ maltose
- ✓ sucrose

Just remember to keep an eye out for anything ending in “ose”, and you’ll be on your way to becoming a professional sugar detective.

#2 – Processed Oils

Processed oils have gone through a process of heating, and it denatures the oil significantly. This strips away any beneficial nutrients and makes it almost useless for your body.

These oils cause a lot of free radical damage, which in turn speeds up the aging of your skin, and you really don’t want that, do you? ☺

Look out for anything that is hydrogenated, or partially hydrogenated. Only buy cold-pressed oils, and beware of any oils that are in processed foods. They are almost always bad for you.

#3 – Processed Foods

Almost anything that comes in a box has been processed in one way or another. We are also talking about hamburgers, pizzas, hot dogs, and other similar fast foods. They might taste good, but do you really want to look like 60 when you’re 40?

#4 – Alcohol & Caffeine

Alcohol and caffeine lead to dry skin, because they dehydrate your body. We’re going to spare you our sermon on how unhealthy alcohol and caffeine are, so let’s just move forward... ☺

The Truth About Skin Care Products



Skin care products contain a truckload of chemicals and substances that are harmful for your skin.

If you use these products for prolonged periods of time, you'll start to see your skin deteriorating.

Most of these companies claim to use safe ingredients, but when you do some digging, you discover the truth.

So, what exactly can you do about all this? Where do you start?

You start by learning which ingredients to avoid, and begin buying natural skin care products.

Here are some ingredients that you never want to put on your skin:

- ✓ Acrylamides
- ✓ DEA – Diethanolamine
- ✓ Dioxanes
- ✓ Parabens
- ✓ Paraffin
- ✓ Petrolatum
- ✓ Phenol carbolic acid
- ✓ Propylene glycol
- ✓ Sodium laureth sulfate
- ✓ Sodium lauryl sulfate
- ✓ Toluene
- ✓ Ureas

There are many more harmful ingredients, but we think these are the most important to avoid.

We chose not to go into more detail on these ingredients, because we want to look at the solution instead!

How to Choose Natural Skin Care Products

When you're reading the label, look for ingredients you could eat, and stay away from ingredients you have a hard time pronouncing.

Products that are natural can be difficult to find, because they have a short shelf-life without chemical preservatives.

This is why we've started experimenting with homemade skin care recipes. You do not need a special blend of magic ingredients to make your skin look good.

All you need to know is your skin type and what kinds of foods (yes, foods!) that will complement your skin.

With that said, let's move on and find out what type you are so you can start taking steps to improving your skin!

How to Identify Your Skin Type



In order to know what your skin needs, you need to know what type of skin you have.

Don't worry, it's easy...

And if not, experimenting has always worked wonders for us 😊.

Here are the characteristics of five different skin types. See if you can find one that sounds familiar.

#1 - Dry skin

Dry skin has small pores, and is rough, flaky, and often chapped. It feels dry and tight. Lines and wrinkles are more visible.

#2 – Oily Skin

Oily skin is known for its large pores, blackheads, uneven skin, acne, and/or blemishes. If you have oily skin your skin will almost always feel greasy and look shiny.

#3 – Normal skin

Normal skin has small to medium sized pores. They feel neither dry nor oily. People with normal skin usually have a clear complexion and easy-to-maintain skin.

#4 – Combination Skin

Combination skin is oily in some places, but dry in others. So it can be quite tricky to determine what's going on if you have combination skin.

It's common to have oily skin in your t-zone (chin, forehead, nose), while cheeks are normal or dry.

#5 – Sensitive Skin

Think about sensitive skin as an add-on. You usually have one of the above skin types PLUS sensitive skin.

Sensitive skin reacts to all sorts of things such as:

- ✓ clothes
- ✓ cosmetics
- ✓ hair removal
- ✓ lotion
- ✓ temperature

Have you identified your type? If not, don't worry. It'll come to you with time.

Let's move forward and look at what the different skin types need...

How to Care for Your Skin Type

Now that you know what you're skin type is, or close to it, let's look at what kind of treatment each skin type needs.

#1 - Dry skin

Dry skin needs moisture. It's vital that you stay moisturized at all times. You should also replace harsh hygiene products that can dry your skin.

Get a good natural lotion that you apply after showers. If your skin is still dry, try moisturizing each morning and night. That should take care of it.

If you still have trouble, check with your dermatologist and see if there's a specific cause behind your problem.

#2 – Oily Skin

Oily skin types react well to clay or mud masks. Choose *natural* products that are specifically designed for oily skin.

Avoid alcohol based cleansers as it can cause your skin to produce even more oil. Using oil rich cleansers will help get the excess oils out of your skin, believe it or not!

Don't be afraid of using a moisturizer. Even though your skin is oily, it still needs some moisture. Use an oil-free moisturizer for best results.

#3 – Normal skin

If you're blessed with normal skin, you have an easy life ahead of you. The only thing you have to think about is correcting any areas that become too oily or too dry.

Use the advice given above, or [visit our website](#) for more in-depth information.

#4 – Combination Skin

Combination skin needs a combination of treatments. Use different care for different areas of your skin.

For example, people with combination skin usually have oily skin in their t-zone (chin, forehead, nose) and dry skin everywhere else.

#5 – Sensitive Skin

If you're sensitive you should pay close attention to how you react to different products and substances.

Sensitive skin is good in a way, because it forces you to use natural products and nothing else, so thank your skin for that!

Examine your body and see where you have dry skin and where you have oily skin. Care for these areas differently and your skin will start looking better in no time!

If all of this is confusing to you, relax, you do not have to take it all in. Just know that different skin types may need a different type of care.

Turn the page and discover our favorite avocado moisturizer recipe that you can make from the foods in your own house, no products needed!

A Simple Avocado Moisturizer



Avocados are excellent when it comes to moisturizing your skin.

When we first read about using foods as moisturizers it seemed weird, yet natural.

We were astonished by the power of this simple avocado moisturizer.

It worked a lot better than any commercial product that we've tried. It REALLY worked, and the best thing of all was that you could make it yourself.

First things first, here's what we used:

- ✓ 1 avocado (0.4lbs or about 180g)
- ✓ 2 teaspoons of olive oil
- ✓ Optional: 1-2 drops essential oil (for scent)

Here's how we did it:

- ✓ Mix avocado in your blender until super smooth
- ✓ Mix in the oil and scent if you don't like the avocado smell
- ✓ Massage the end result on your skin until your skin sucks it up

This will store in a refrigerator for about a week. If there's any green stuff left on your skin, just brush it off and you're done.

Pretty easy, eh? Give it a try!

The End



That's all we have for you today. We hope that you enjoyed our little e-book.

Remember to take care of your skin and be ruthless about what you put on it.

If you have any questions, suggestions, feedback or anything else, feel free to [contact us on our website](#).

You can also find us on twitter: [@henrijunttila](#) or [@ingelaj](#). We're looking forward to hearing from you! ☺

If you weren't quite satisfied with this e-book, head on over to [our website and blog](#), where we share our knowledge on natural skin care.

If you liked this e-book, feel free to send it to your friends or tell them to go to [www.skin-care-made-awesome.com](#) and download it.

With your help, we can change the way people think about skin care products!

Take Care!

Henri & Ingela

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