

# THE MORE YOU GLOW: MEET OUR EXFOLIATORS

June 25th, 2013

Summer is here, and while fashion trends may change, skin is always in. Sure, what you put in your body definitely helps you achieve "the glow," but a little help from a natural exfoliator and body scrub can make a big difference too. **So dare to bare with a simple exfoliating routine!** It's also the first step in using a good, natural self-tanner like the **Sunless Strip Self Tanner** instead of soaking up too many harmful rays. Although a little sun is great for **vitamin D**, too much can be bad, so be sure to bring along some **all natural sunscreen** (free of carcinogens)!

**So, why exactly do we need to exfoliate? NERD ALERT:** As our body makes new skin cells, the old, damaged, dry cells clump together on the top of the epidermis (a.k.a. your skin). This leads to dull, blotchy skin and can often cause breakouts. The simple act of **exfoliating can give your skin new life** (literally)! Exfoliators scrub the dead skin cells off along with the dirt and grime that collect in them (YUCK!), and leave a fresh, new layer of skin (YAY!).

Facial Exfoliators are typically extra gentle for the sensitive skin on your face. Scrubs meant for your body are a little stronger and often much too intense to use on your face.

Remember, when exfoliating, **the goal is to gently scrub away the top layer of dead cells and dirt.** You don't want to scrub off more than that! Also, **always remember to use a nice, healing moisturizer, cream, or coconut oil afterwards.**

## For Your Bod:



## Shobha Exfoliating Cloth (\$15)

*Ingredients: 100% Natural Plant Fibers*

**STAFF FAVORITE!!** This cloth is amazing and versatile, and can be used every day, unlike most exfoliators. We all keep ours in the shower and use it as part of our daily routine. Simply scrub the cloth, with our without soap, in circles all over your skin,

targeting problem areas. After just one use you'll notice a difference! After a couple of uses, all those bumps, ingrown hairs, and dead skin will disappear. Try using it right before you shave for the closest and smoothest shave ever! Don't forget to follow up with a good, **healing lotion** or **coconut oil**.