MIRROR MIRROR ON THE WALL, WHO'S THE FAIREST OF US ALL?

Priti K Shroff
Founder & Managing Director
PRISIM – The Healing Temple

By SherinaTanwani
Brahma Satya Trainer
& Healer

We look into a mirror every single day as we brush our teeth, comb our hair, put on some lipstick, or get ready for our day. The mirror can be considered a friend. It shows us aspects of ourselves that we cannot see by ourselves. One of these is our skin. Did you know that your skin is the largest organ you have... with a total area of about 20 square feet?!

If we are lucky, we may see mostly even-toned, soft, smooth, and taut skin in the mirror. Most of us, however, probably see some uneven pigmentation, a few age spots, redness, acne scars, fine lines and wrinkles, and sagging.

Many of these so-called "flaws" are evidence of damaged skin. Just like a brand new car gradually loses that shiny sheen and becomes etched, dulled, rusted, scratched, and marked, our skin gets worn by exposure to the sun and environmental elements, and because of the changes that occur inside us as we age.

So, can we repair any of this damage?

What Creates Damaged Skin?
When we're young, our skin has the ability to heal itself. Remember how when you were ten years old, a scrape or scratch would nearly disappear by the next day? As we get older, however, the time it takes skin to heal gradually stretches out, which means that damage can show on our skin for months at a time.

Meanwhile, skin continues to face damaging elements, so it's in a constant cycle of trying to heal itself-and may be less able to keep up with the demands.

Factors That Cause Damage
As we go about our daily lives, there are several things that can damage the skin. These include:

- Excessive sun exposure-this is by far the #1 damaging element
- Harsh weather elements (wind, rain, cold, heat)
- Environmental pollution
- Dehydration
- Cigarette smoke
- Exposure to harsh and drying chemicals in personal care products
- Poor diet
- Pesticides in food
- Lack of exercise
- Excessive use of alcohol and drugs
- Stress
- Chlorine in swimming pools
- Bacteria, infections, and medical trauma

All of these factors and more can lead to a breakdown in skin cells, which weakens the outer, protective layer, called the "epidermis." Once this layer is weakened, cracked, and damaged, the skin becomes even more vulnerable to attack from bacteria, UV rays, pollution, and more. It also becomes less efficient at holding onto hydration and nutrients.

"When we're young, our skin has the ability to heal itself. Remember how when you were ten years old, a scrape or scratch would nearly disappear by the next day? As we get older, however, the time it takes skin to heal gradually stretches out, which means that damage can show on our skin for months at a time."

Our immune system comes into play here, as well. Just like our body needs nutrients, sleep, and stress relief to maintain a strong immune system, our skin requires the same tools to keep up with repair and protect itself from other damaging elements. The more damaged it is, however, the less able the immune system is to keep up. In fact, the skin's ability to self-repair can decline by more than 50% by middle age.

Signs of Damaged Skin
Skin damage shows up in the mirror. If our skin is damaged, we are likely to see these signs:

- Dryness, flakiness, dullness
- Fine lines and wrinkles
- Hyper pigmentation, acne scars, sun spots
- Moles and freckles
- Sagging, bagging, loss of elasticity and firmness
- Redness, swelling, and inflammation
- Rashes and allergic reactions
- Visible blood vessels

Fortunately, there are ways to help repair and even reverse skin damage. The key is to take steps both internally and externally to support the skin's own reparative systems. Our skin needs nutrients, restful sleep, and stress relief to keep up with repair and protect itself from other damaging elements. A few things we can do in our diet and lifestyle include:

Eat Vitamin-C Rich Foods

...like citrus fruits, mustard greens, spinach, and peppers. Vitamin C is essential for the production of collagen, which shores up skin structure and increases firmness.

Eat More Protein
Protein is key for rebuilding cells. Try chia seeds, spirulina, kale tofu, beans, lentils and nuts.

Turn Up the Zinc
Zinc aids the body in synthesizing protein helps generate collagen for skin-tissue repair and supports the immune system. Try soybeans, whole-grain kinds of pasta, mushrooms, and wild rice.

Organic products
You can make sure that the skin care products you use are organic since sensitivity and irritation that comes hand in hand with synthetically derived ingredients. By using a product with organic plant derivatives, you are also going to see far more vitamins, minerals, and beneficial compounds than what you would find in synthetically derived ingredients.

Green Smoothie

Having a smoothie with some greens like spinach, coriander, mint, celery and cucumber every morning on an empty stomach is sure to boost your skin nutrients and give you a glow.

Exfoliate your skin regularly to remove the dead skin. This will help the skin to breathe in freshness.

Home made Face Masks

Try a home made face mask once a week to get rid of acne, or even wrinkles.

Banana Mask
You can use a banana as an all-natural, homemade face mask that moisturizes your skin and leaves it looking and feeling softer. Mash up a medium-sized ripe banana into a smooth paste, then gently apply it to your face and neck. Let it set for 10 to 20 minutes, then rinse it off with cold water.

Another popular mask recipe calls for 1/4 cup plain yogurt, 2 tablespoons honey (a natural acne remedy), and 1 medium banana.

Carrot and honey mask
Boil 2-3 carrots and mash them completely. Add 2-3 teaspoons of honey to it.

Apply this mix on your face and neck. Wash this off after 15 minutes to reveal a radiant skin. This mask is great for sensitive skin.

Papaya, banana and cucumber facial mask
Blend 1/4th papaya, 1/4th cucumber and half a banana together to form a smooth paste. Apply this on your face and neck and let it sit for 15-20 minutes.

Rinse with lukewarm water.

Turmeric Mask
One of the most popular ingredients used in home made masks is turmeric. The medicinal properties of this spice helps in reducing blemishes and maintaining a flawless skin.

To prepare the mask, take 3 tablespoons of lemon juice, 1 tablespoon of turmeric powder and mix it well. Apply on the face on the neck for 20 minutes and then wash it off with water.

Sherina Tanwani is an authorized System BrahmaSatya trainer and healer since the year 2001. She conducts various workshops:

- Brahma Satya Energy Healing - Level 1, 2 & 3
- Reiki - Level 1 & 2
- Magnified Healing
- Crystal Chakras
- Goal Empowerment with Art &Huna Healing
- Chakra Meditation
- NaadBrahma Meditation
- Numerology

Services offered:

- Aura Scan & Analysis
- Aura Cleansing with energy
- Aura Cleansing & Chakra Balancing with Crystals
- Numerology Report
- Angel Therapy
- Crystal Grid to resolve all personal & environmental issues
- Clearing of space - house / office
- Akashic Record Reading
- Healing Paintings