



The Facts on All-Over Skin Health

Skin concerns – the question is, who is not concerned about their skin? From rashes to blemishes and other irritations, troublesome skin can quite often make us feel a little less than glamorous. Radiant, healthy skin gives us a greater sense of self confidence as it allows us to ‘put our best face forward’ in every situation. Our skin, being the sensitive organ that it is, is a mirror for signs of stress, and many will go to great lengths to try and cover up the blemishes and irritations that sooner or later tend to manifest. It is worth considering something about the nature of skin itself if you are interested in achieving long-lasting skin health.

For starters, let’s point to the obvious. The skin is your largest organ and is made up of multiple layers of tissue. As such, it is intimately connected with everything else – all of your other organs, glands and tissues – and oftentimes when a skin imbalance appears, it is an indication that there is stress elsewhere in your body. This is more or less the holistic point of view; that the whole of the individual has to be taken into account in helping to address an imbalance. When you are healthy, the whole of you is healthy, isn’t it?

Since your skin interacts with the environment, it helps to protect you from pathogens. Thus, maintaining proper skin hygiene is critical if you want to look your best. You may be surprised to learn that there are about 50 million bacteria per square inch of your skin. On oily surfaces such as your face, there can be over 500 million bacteria per square inch. Don’t panic, this is all part of the natural balance of the skin’s ecosystem. If this natural balance is disturbed such as when antibiotics are used too frequently, or food choices are not optimal there may be an overgrowth of yeast and irritations can appear.

Note that the skin is a two way door – it doesn’t just insulate your body. Much of what you apply topically permeates your skin and make its way into your system, your bloodstream, and thus everywhere else. In short, what you put on your skin you are basically eating! Wouldn’t it make sense then to use high-quality skin care products, free of toxic chemicals and synthetic preservatives?

For chronic skin imbalances, as is the case for conditions like eczema, acne, psoriasis and rosacea – you’ll want to look at any potential underlying imbalances. Research has pointed out a strong link to our immune system in these cases, and oftentimes there are hidden food allergies that are making the problem worse. Hormones also contribute a great deal to the health of your skin.

Having healthy skin is a must! *The Spa on Green Street Wellness Program* offers a well-rounded approach towards helping your skin concerns, addressing underlying factors such as proper nutrition, hydration, food sensitivities and overall energetic balance. We offer the highest quality of skin care services and use the renowned line of Anakiri skin care products that are free of toxic chemical ingredients to help you look and feel your best.

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