

Summer
Edition

Natural Summer Sun Skin Care



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Soak Up the Sun? Yes, 10 Tips and Fun Ideas

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Researchers now think that we need 15 to 20 minutes of unprotected sun every day for vital health and well-being. And there is something about becoming mindful of the life-promoting energy of the sun that connects us with that force for growth in a very powerful way.

So here is a cornucopia of sun-drenched ideas for getting the most out of your sun experience. Try one or try a few—you too can be a sun-worshipper!

1. Find a pleasant place in the sun and just sit there. If you wear glasses, remove them so you can absorb the full spectrum. Feel the warmth on your skin: after 15 or 20 minutes, sniff your arm and enjoy the sun-warmed scent. If you're afraid you may fall asleep, take a timer with you!
2. Go for a sunny walk around your neighborhood, or explore someplace new. Either way, you get sun and exercise, too.
3. Take your lunch break in the sun.
4. Make a pitcher of Sun Tea: Put 1 tea bag (Black, green, or herbal) per pint of water in a glass container, and leave outside in the sun to steep for an hour. Add sweetener and fresh mint, if you like, and drink a glass slowly during your Sun Minutes.
5. Play with Prisms: Buy a prism, go outside, and make rainbows. Give some thought to the wonder of bright light being made up of all those beautiful, saturated colors.
6. This fascinating favorite never fails to amaze and amuse: using a magnifying glass, capture sunlight in a small focused beam, shining it on a piece of paper or a dry leaf. See how quickly it will begin to burn. Be careful: the sun is powerful!
7. If you can't get outside enough, or in the winter, use full-spectrum lighting. Eight hours in this lighting only amounts to about 15 minutes of UV radiation. Sunlight offers all the same color spectrum as the chakras: red, Orange, yellow, green, Blue, indigo, Violet and white (the 8th chakra). We need a balance of all those colors to feel whole.
8. Do some gardening. If you don't have the space for a big garden, plant something in a terra cotta pot and tend it: it can be very soothing and meditative to pluck off dead flower-heads or pull out weeds, to water and nurture your plants. The sunlight you absorb while you do this is an added benefit.
9. Read the daily newspaper in the sun. Look at your mail there, too!
10. If you are physically challenged, open a window facing the sun and sit beside it for your 20 minutes. A friend of Annie's takes time every morning to soak in some sun, before coffee, breakfast, or anything else. This practice is similar to the Native American tradition of making a prayer to the sunrise first thing every morning, and then again at sunset.



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NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



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Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu

Sunscreens - Something You Should Know

The sunscreen manufacturers continue to capitalize on the fear that people believe sunshine causes [Cancer](#).

I am not against sun screens as they are absolutely essential for most people if they only have irregular exposure to the sun. It is certainly not healthy to get burnt.

However, ensure that when you use a sunscreen that you don't use one so powerful that the beneficial rays of the sun are totally blocked. Also, make sure that this same principle is applied to your children so they can tan without getting burnt.

Now...this is what I wanted to tell you...

Only use sun screens that block the sun's rays by applying a barrier on the top of the skin. In other words sun screens that contain zinc or titanium oxide. These sun screens put a thin white layer of the oxide over your skin. It is not all that obvious until you go to wash it off. That is generally when you notice the white film.

The majority of the sun screens on the market today are responding to consumer demand to ensure that the sunscreen feels good. So, the manufacturers have reverted to chemical sun blockers that get absorbed by the skin and are not sticky or leave a residue like the ones containing zinc or titanium.

These chemical sun blockers are smooth and feel good on the skin so they are now used extensively not only in sun screens but also in [Face Creams](#) and make up with an SPF factor.

But, the question is, are they harmful?

Well, the short answer is...no one knows. Some of them are certainly toxic if ingested so there is a real possibility that they may be harmful over the long term. It is important to consider that when a chemical is infused into your skin as these are, then a certain amount of the chemical finds its way into the blood stream. I am sure a little bit occasionally will do little harm, but what about the continual use of it over decades? Some scientists believe that they could trigger off [Cancer](#). I tend to take the same view.

So, the bottom line in my humble opinion is to avoid sun screens that do not use either zinc or titanium sun blocks. It is just not worth the risk.

Read more at [Xtend-Life](#)

Natural Suntan Lotions

Suntan Lotion

- 2 ounces salt-free mayonnaise
- 2 ounces [Black](#) tea (brewed very dark)



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



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- Juice of 1 [Lemon](#)
- 5 (400 IU each) [Vitamin E](#) capsules

Mix mayonnaise, tea and [Lemon](#) juice in a blender. Pour into a storage container and squeeze contents of [Vitamin E](#) capsules into it. Keep refrigerated no longer than 1 week

Natural Tanning blend

If you insist on risking sun damage, this blend will hasten a tan, and provide [Antioxidant](#) protection.

- 20 drops Sea buckthorn Berry CO2 for [Antioxidant](#) and sun protection, Vit.A and C.
- 10 drops [Carrot](#) seed For vitamin A and a small amount of sun protection.
- 5 drops [Lavender](#) For healing.
- 1 oz. [Jojoba](#) Many sources say that [Jojoba](#) has a slight SPF value, perhaps SPF 3.

For extra protection, blend the oils with a higher SPF commercial sun screen product

Cocoa Butter Suntan Oil

- 1/2 cup light [Sesame](#) oil
- 2 tablespoons [Coconut Oil](#)
- 2 tablespoons [Cocoa Butter](#)

Mix together all ingredients in a clean microwave-safe container. Heat the mix gently, stirring together all the ingredients. Place the container in the microwave for 1 minute on HIGH, or heat it gently in a double boiler or water bath on the stove top. Let the mixture cool completely. Place the suntan oil in clean jar or container with tight-fitting lid.

Herbal Sunscreen Lotion

A good sunscreen has two purposes: To begin with, it helps the skin maintain its natural oils and moisture, which can be lost through exposure to the sun s radiation. Secondly, sunscreen also protects the skin against UVA and UVB rays, whose damaging effects have increased markedly with the reduction in the atmosphere's ozone layer.

Sunlight causes skin pigment cells, called melanocytes, to synthesize increased amounts of melanin, giving the skin a protective pigment or tan. But, while increased melanin can act as a natural filter to keep harmful UV radiation from penetrating further into the skin, using sunscreen with a high SPF is still important, especially if you are fair-skinned or have a family history of [Cancer](#).

As well as containing moisturizing properties, [Avocado](#) oil, [Sesame](#) oil and [Shea Butter](#) contain a low SPF sunscreen. However, they have only a limited VA/UVB-

[Natural Men's Health](#)

[Men's Health Zone](#)

[Women's Health Nurse](#)

[Avatrim - Natural Weight Loss w/Green Tea](#)

[Melatrol Insomnia Relief](#)

[Breast Actives](#)

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[Deer Antler Plus](#)

[Bowtrol Colon Cleanse](#)

[Eazol Natural Pain Relief](#)

[Herbal Health Buy](#)

[HGH Energizer](#)

[Hypercet for Blood Pressure](#)

[Menozac - Natural Menopause Relief](#)

[NicoCure Stop Smoking Aid](#)

[Prostacet for Prostate Health](#)

[ReloraMax - Stress, Anxiety and Weight Loss](#)

[Thyromine for Thyroid Health](#)

[Venapro Hemorrhoids Treatment](#)

filtering ability, thus you should not use them as your only skin protection. For a natural sunscreen with a higher SPF, use a commercial sunscreen with titanium dioxide.

Perishability and storage

To keep homemade sunscreen from spoiling, use only clean utensils for preparation and storage. Store lotions in the refrigerator, where they will keep for about 3-4 weeks.

Proper application

To achieve maximum protection from the sun, apply sunscreen to dry skin 30 minutes before exposure. Limit your sun exposure time to less than one hour; actual amount of time depends on your skin type.

Skin types

There are four basic skin types, each with a different level of tolerance to sun exposure. People with light skin and blond or reddish hair are Type I, and their natural protection time (amount of time skin can be exposed to the sun without burning) is 5-10 minutes.

The natural protection time of people with skin Type II, who have a somewhat darker complexion, is up to 20 minutes. People with skin Types III and IV, those with much darker skin tones, can stay in the sun for 30-40 minutes. To determine how long a sunscreen will protect you, multiply your natural protection time by the SPF. Of course, if you have a family history of skin [Cancer](#), you should always use a sunscreen with a high SPF.

Natural-Protection Cream

- 3 tbsp. unrefined [Sesame](#) oil
- 1 tbsp. unrefined [Avocado](#) oil
- 1 tbsp. unrefined [Jojoba](#) oil
- 1 tbsp. walnut or [Almond](#) oil
- 1 tbsp. [Shea Butter](#)
- 2 tbsp. [Cocoa Butter](#)
- 1 tsp. [Beeswax](#)
- 1 tsp. soy-lecithin liquid
- 2 tbsp. [Aloe Vera](#) gel
- 2 tbsp. [Rose](#) or [Lavender](#) water
- 1/2 tsp. [borax powder](#)
- 20 drops [Carrot-seed Essential Oil](#)
- 3-5 drops coconut fragrance oil (optional)

Melt the first 4 oils, butters and [Beeswax](#) in a double boiler over medium heat until just melted. Add the soy-lecithin, and stir to blend. Remove from heat. In a small saucepan, gently warm the [Aloe Vera](#) gel and [Rose](#) or [Lavender](#) water, and stir in borax powder until dissolved. Remove from heat. When the oil and water mixtures

[ZetaClear Nal Fungus Relief](#)

[VirilityEx](#)

[Hair No More Removal Cream](#)

[Hoodia Diet Review](#)

[Acnezine Acne Treatment](#)

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[Mountain Rose Herbs](#)

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Natural Remedies

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are still warm to the touch and about the same temperature, set the small saucepan into a bowl of ice.

Drizzle in the oil mixture while mixing rapidly with a small whisk; a cream will quickly form. Add [Carrot-seed Essential Oil](#) and coconut fragrance oil, if desired; blend thoroughly. Take care! If you use perfume oils, avoid citrus oils - such as [bergamot](#), [Orange](#), [Lemon](#) or [Lime](#). They may cause unpleasant skin reactions when exposed to the sun. They also reduce a sunscreen's effectiveness.

For After-Sun Relief

To help reduce inflammation and cool and [Moisturize](#) sunburned skin, apply a thin coat of yogurt or [Aloe Vera](#) gel to reddened areas. Spray pure [Lavender](#) water or hydrosol freely on sun-damaged skin to keep skin hydrated, help prevent peeling and promote the regeneration of cells. Add 2-3 drops of [Lavender](#) oil to 1 tsp. of a [Carrier Oil](#), such as sweet [Almond](#) oil, and massage into affected area. Or apply diluted [St. John's wort oil](#).

Great Basic Sunblock Formula

- 2-1/2 ounces [Sesame](#) oil
- 1-1/2 ounces of [Cocoa Butter](#)
- 1/2 ounce [Beeswax](#)
- 4 ounces distilled water
- 2 tablespoons zinc oxide
- 25 drops [Grapefruit](#) seed extract (as a preservative; available in health food stores)

Melt the oils and [Beeswax](#) in a double-boiler over medium heat. Remove from the heat, add the water, and mix with an electric handheld mixer until thick and creamy. Add the zinc oxide and preservatives. Makes 1 cup.

Preparation Time: 30 minutes Shelf Life: 6 months Storage: Glass jar with screw top

Marigold Tonic for Sunburn

Used to soothe and heal sore, chapped and sunburnt skin.

You will need the following;

- 3 handfulls fresh marigolds
- 1 pint of boiling water.

Pour the boiling water over the the flowers, then cover them and leave for 2-3 hours. Strain off the liquid and then bottle.

Sunburn Bath

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)



- 6 d. [Peppermint](#) oil
- 4 d. [Lavender](#) oil

Put oils in 2 Tbsp of Epsom Salts or Baking Soda and add to bath when water is running. Soak 15-20 minutes.



Sunburn Cooler

- 1 oz [Aloe Vera](#) Gel
- 1 oz [Lavender](#) Hydrosol
- 10 drops [Lavender](#) EO
- 8 drops [Roman Chamomile](#) EO
- 2 drops [Peppermint](#) EO

Mix together, shake well. I put it in a squeeze bottle and keep it in the refrigerator. Works wonders

Sunburn Helper

Add some [Lavender](#) to some generic drugstore hand lotion and slather it on soon after burning. The pain will go away. Then make the following blend for use after every bath until it's all better.

- 18 drops [Lavender](#)
- 6 drops [Chamomile](#) (I used English cause that's what I had)
- 2 drops [Geranium](#)
- 2 drops [Rose absolute](#) or [Jasmine](#) (just cause I thought it would smell good, no other real reason)
- 1 drop [Peppermint](#) (to cool the skin, still felt warm but didn't hurt)
- Blended into 2 ounces [Jojoba](#) oil

Apply some onto wet skin from the shower or bath and let dry au natural..

Put a couple droppers full of the blend into a couple ounces of [Neroli](#) hydrosol and sprayed that on later before getting dressed. Very soothing.

Summer Skin Moisturizer

- [Tea Tree](#) 4 drops
- [Lavender](#) 6 drops
- [Peppermint](#) 3 drops
- [Helichrysum](#) 3 drops
- [Frankincense](#) 2 drop

- Colloidal Silver 1 T
- [Aloe Vera](#) Gel .5 oz.
- [Nature's Fresh](#) 1.5 oz.

Directions:

Mix [Essential Oils](#), colloidal silver, [Aloe Vera](#) gel and [Nature's Fresh](#) in a 2 oz. amber bottle. Shake well and label bottle. To use, spray three to five times daily. This blend is also refreshing and hydrating to the body and mind after spending any length of time in the sun.

Summer's Evening Bath

- 2 drops [Peppermint Essential Oil](#)
- 3 drops [Lavender Essential Oil](#)
- 2 drops [Chamomile \(Roman\) Essential Oil](#)

For Bath: Add [Essential Oils](#) to a tub full of warm water and mix well.

For Sunburn: Add [Essential Oils](#) and 1 Tablespoon apple cider vinegar to a 4 ounce spritz bottle filled with water and spray on sunburn.

Taken from The [Essential Oils](#) Book by Colleen Dodt

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