

e BUBBLE *Life*

L a u g h • L o v e • L i v e

Your Authentic Lifestyle Magazine

39th Edition

HOW TO STOP
the nervous
breakdown of
your skin!

Healthy skin
through proper
nutrition

CAN EXERCISE
actually help
your skin?

**SHINY SKIN,
IS IT GOOD
OR BAD?**

**YOUR
SCALP IS
SKIN TOO**

**IMPROVE
YOUR
FERTILITY
NATURALLY**

How to look
after your
skins whilst
traveling

Growing our
own food

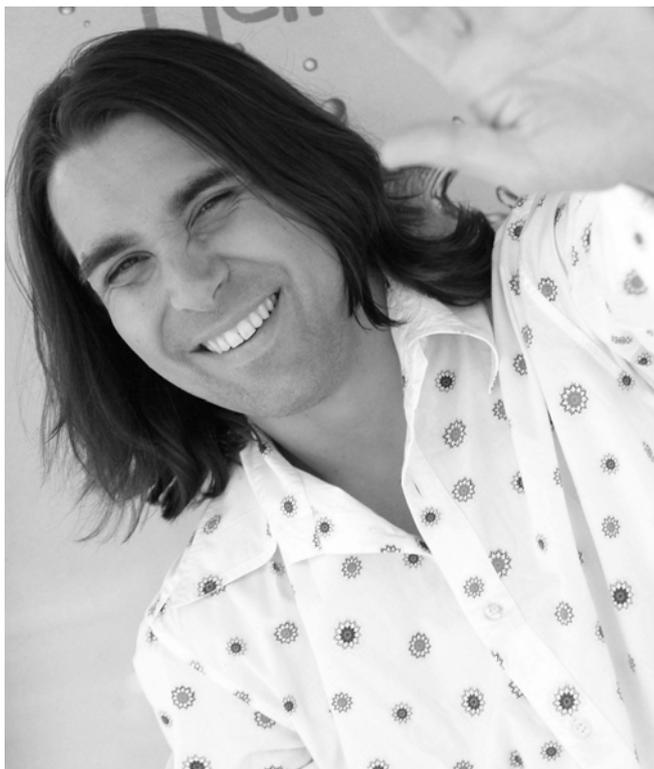
**SKIN
CONDITIONS**



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Editors Scribbles



This issue we have devoted entirely to the largest organ we each possess, our skin. Often forgotten and neglected, not only is it a covering to help hold us all together. Our skin is like a funnel, a sieve for toxins and nasties that find their way into our bodies.

In this issue you will read about healthy tonics for the skin, how important this often-neglected part of our bodies, actually is to our existence.

There are some awesome articles in this issue you will not want to miss, we hope you enjoy this edition, too.

Please enjoy this edition, any comments or feedback is appreciated, please forward through to admin@bubblemuffin.com

Keep looking after yourself, your family and friends, eat healthy and exercise daily.

Laugh, Love, Live
Kevin Kapusi Starow

Contributors



CONNIE ROGERS

Connie Rogers is a Certified Integrative Nutritional Holistic Health Coach, Certified Brain Health Coach, Published Author, Organic Chef, Natural Wellness Blogger, Professional Researcher, Expert in non-pharmaceutical applications to chronic illnesses for

endocrine, metabolic and skin health. www.bitesizepieces.net
Published Author on Amazon: 'Path to a Healthy Mind & Body'



AMANDA CASSAR

Amanda Cassar holds a Master of Financial Planning and heads up Wealth Planning Partners from her offices on the Gold Coast. When not assisting clients, she enjoys pottering around in the veggie patch with the chickens and learning more about wildlife rehabilitation.

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Contributors



[ORSOLYA BARTALIS](#)

Orsolya Bartalis is a dynamic travel expert with a solid reputation as an authority on all things Cuba, and along with her Cuban-born partner Yoanis, loves nothing more than sharing her local knowledge and love of the mysterious island Republic with the world.



[KELSEY RILEY](#)

Kelsey Riley is a registered nurse and founder of the plant-based food blog, Planted in the Kitchen. She enjoys creating vegan recipes and hopes to inspire others to see that eating a plant-based diet can be easy and delicious.



[SUSSI TAAFFE](#)

Susie Taaffe is an entrepreneur, engineer, single mum of three who is passionate about small business and helping women to feel amazing every day.



[LYNN POWER](#)

Lynn is currently the Co-Founder and CEO of MASAMI, a clean, premium haircare brand with a Japanese ocean botanical that's all about hydration.



[PENNIE MCCOY](#)

Pennie McCoy is an Accredited Practising Dietitian with over 15 years of experience in a range of practices, including hospital dietetics, research as well as corporate nutrition.



[MICHAEL DERMANSKY](#)

Michael has now been working in physiotherapy for over 20 years, since graduating from Melbourne University in 1998 and is even more passionate about getting the best outcomes for clients than he was then.



[DONNA CAMERON](#)

Donna Cameron is a Registered Psychologist, she has been working in private practice at The Couch Therapy Group with adults, children and couples for over 17 years.



[LOPA GANGULY](#)

Lopa is a Graphic Designer associated with many publications and design studio. Passionate about creating unique but simple designs with a modern twist both in print and digital platform.



[ADRIANA KRUEGER](#)

As the Product and Marketing Manager for Organic & Quality Foods Pty Ltd since 2002, Adriana has worked tirelessly promoting the benefits of organic and chemical free foods.

Contributors



[DR RAEWYN TEIRNEY](#)

Dr Raewyn Teirney is a world-renowned fertility specialist and gynaecologist who has been in both private practice and worked with IVF Australia for over 25 years.



[ERIKS DRAISKA](#)

Eriks Draiska is a Managing Director of Plaza Real Estate. He's helped singles, couples & families through the best of times and sometimes the worst, that's when you truly need someone who cares.



[JULIA SCHAFER](#)

Julia Schafer is passionate about sustainable living, believes that the future of food production is Urban Gardening and is a self confessed Power Tool Princess. You can find her on instagram [@lighter_foot_prints](#)



[KRISTY IERVASI](#)

Kristy has worked in the fitness and weight loss industry for 11 years as a nutrition and weight loss consultant, as well as a personal trainer.



[LILY LI](#)

Lily Li is the founder and CEO of Hygea, with almost two decades worth of business management, and international sales and marketing and medical experience.



[LIZ ODWYER](#)

Liz has long been a crusader for environmental sustainability. Her 30 year journey to a lighter footprint has been amazingly fruitful, insightful, challenging and educational but most of all, triumphant.



[TONI SALTER](#)

Toni Salter is a horticulturist and is known by many as The Veggie Lady. She has been teaching community education classes through various community colleges and local councils around Sydney for over 20 years.



[ANA JONES](#)

A former teen magazine editor and journalist, Ana is now a corporate communications writer. She has contributed to books such Australian Baby Guide and periodically writes articles for lifestyle and magazines and websites on a variety of parenting topics.



[DANIEL GOSPODINOV](#)

Daniel Gospodinov, and I am a Junior PR and Outreach Specialist at Fantastic Services. I am a keen hiker, with a passion for eco-lifestyle and sustainability.

How to stop the nervous breakdown of your skin!



@ConnieRogers

It turns out our skin can be making us look older than we really are. A body lacking exercise, a whole food diet, or riddled with anxiety may struggle to maintain muscle mass and skin elasticity.

We know the skin sends feedback to the brain regarding stress and can communicate with the central nervous system through hormones. So, not only does stress stand in the way of the skin's ability to repair itself, but studies show high cortisol levels hinder our mood and ability to sleep and increase the risk for DNA damage and also interfere with DNA repair.

Skin is a neuroendocrine organ which means there is crosstalk between skin, brain, endocrine, and the immune system.⁽¹⁾ So, what if it was advantageous to embrace self-care mechanisms that can keep your skin from appearing lifeless and old, OR irritated, tired, and swollen? Here's what I found.

The outermost layer of the epidermis, the stratum corneum, is the skin's first and principal barrier layer of protection from the outside world.

Everyday exposures that tend to increase the nervous breakdown of our skin include smoking, environmental pollution, and ultraviolet radiation.⁽²⁾

Even scarier are a variety of chemical agents, never approved, able to attack our skin 24/7. These include surfactants, preservatives, and fragrances that damage the stratum corneum, the underlying epidermis, and circulatory system through the skin.⁽³⁾

Known pollutants in some famous skincare products include mercury found in woman's bleaching creams. Mercury can increase our risk for premature skin aging and the nervous breakdown of our skin. Synthetic caffeine can be found in skincare products such as store bought shampoo, lip balm, eye cream, body scrub, body lotion, and more. These products are primarily marketed with false claims that they provide energy, alertness, or are age-defying.

'Anti-pollutant skincare' is a marketing term that is designed to sound safe. These products can contain unwanted chemicals that include Butylene Glycol, Dimethicone, Titanium Dioxide, Sodium PCA and many more.

"The main function of the epidermis (the outer layer of skin) is to regulate epidermal permeability and to act as a physical, chemical, and antimicrobial defense system."

"Studies have shown that stress, hormonal imbalances, and gut inflammation can impair the integrity and protective function of the epidermal barrier."⁽⁴⁾

Stress can hide in every fiber of our being contributing to the nervous breakdown of our skin.

Stress and adrenal exhaustion can lead to a cycle of chronic inflammation and monumental accelerated aging. "In women and men, psychological stress is associated with accelerated cellular and oxidative stress, shorter telomere length, and telomerase activity."⁽⁵⁾ Chronic caffeine consumption may harm adrenals which accounts for shorter telomeres in adults.⁽⁶⁾

“Telomeres are dynamic chromosome-end structures that serve as guardians of genome stability.”⁽⁷⁾ They are known to be one of the significant determinants of aging and longevity. Studies have demonstrated a direct correlation between telomere length and life expectancy, stress levels, DNA damage, and the onset of age-related diseases. And, according to *The Journals of Gerontology*, we have the knowledge and opportunity to modulate aging by making comprehensive lifestyle changes top priority.⁽⁸⁾

Interestingly enough, studies have shown persimmons have antioxidant values and help fight oxidative stress. “In addition, meditation is linked to longevity and longer telomere length, which is a proposed biomarker of human aging.”⁽⁹⁾

4 TIPS TO LENGTHEN TELOMERES

- Daily Exercise.
- Consume antioxidant rich foods.
- Improve sleep habits.
- Discover healthy ways to decrease stress.

Virtually every activity in our body is controlled by a cocktail of hormones. Hormonal imbalances can increase premature aging.

Sleep disturbances can decrease the release of testosterone by almost half. When we lose sleep, our skin loses its chance to rejuvenate and rebuild. Additionally, an imbalance in cortisol levels disrupts insulin levels, and excess glucose is a critical factor in wrinkling of the skin, robbing you of your beauty.⁽¹⁰⁾ Melatonin is a hormone secreted by the pineal gland that helps inhibit oxidative stress and regulate the circadian rhythm.⁽¹¹⁾ According to Doctor Krause, exercise, moving through stress, and absorbing sunshine through the eyes during the day improves melatonin levels in the evening! Now, it gets more interesting as we continue.

Dehydroepiandrosterone (DHEA) is a hormone produced by our adrenal glands and in our brain, which was first discovered by scientists in the 1930s. DHEA's power to invigorate the immune system is closely linked to its potential to fight aging.⁽¹²⁾ It's the most abundant hormone in our body and crucial for skin health.⁽¹³⁾

WHAT CAN DEplete DHEA LEVELS?

- Statin medications can lower DHEA levels and accelerate premature aging.
- High cortisol levels can lower the body's progesterone and DHEA levels.
- Lack of vitamin D absorption from sun exposure through our skin can play a role in low levels of DHEA.⁽¹⁴⁾
- Low plasma levels of DHEA have been associated with obesity, insulin resistance, HBP, and premature aging. The good news is, fermented persimmon extract was found beneficial at reducing unwanted body weight.⁽¹⁵⁾

Good Gut Microbes and a healthy immune system are critical for preventing premature aging and the nervous breakdown of our skin and brain.

Because the skin protects us from injury and environmental toxins, its health depends on intercommunication with our gut microbiome, skin microbiome, skin immunity, and surprisingly enough, our brain.

Our immune system in our gut can influence the composition of skin microorganisms.⁽¹⁶⁾ When our gut is stressed and sick, our skin is also stressed and sick. “One study indicated that small intestine bacterial overgrowth (SIBO), a condition involving inappropriate growth of bacteria in the small intestine, is ten times more prevalent in people with acne rosacea than in healthy controls.”⁽¹⁷⁾

Acne is a disorder that can affect children and adults through the gut microbiome (poor diet, dehydration, and stress), immune system (poor diet and poor sleep habits), and the endocrine system (poor diet, toxic exposures, and disrupted hormones). It's vital to eat well to maintain beautiful skin. According to Science Direct, persimmons, rich in minerals, fiber and antioxidants, are a valuable choice to aid in clearing acne.⁽¹⁹⁾

Energy drinks/ caffeine disrupt the lining of the gastrointestinal organs, increase psychopathology symptoms, and speeds up skin aging.⁽¹⁸⁾ Instead, you can choose to drink clean, filtered drinking water. Water gives us energy, not caffeine. Understanding the role of the gut microbiome and skin's immune system is key to understanding skin disorders such as psoriasis, dermatitis, rosacea, acne, and lupus.⁽²⁰⁾

Written by [Connie Rogers](#)

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NO MORE FILTERS!

How to love ourselves, lumps, bumps and all



Botox, body shaping, fat reduction - even with all of this we still add a filter to our pictures! What is it going to take for us to love ourselves with a makeup free face and some lumps and bumps on our body? How can we be happy with ourselves when we glam up and when we are chilling out in our daggy clothes? What is it going to take for us to accept our beauty for what it is?

Making changes to your appearance and body is completely your choice but that is not the problem. The problem I am seeing in my therapy room is that even with these changes, unhappiness with one's appearance continues and it is impacting our mental health.

I remember watching an episode of a reality television show a couple of years ago. It featured a young and beautiful female. She made a comment saying that she was high maintenance. When asked what she meant by this, she listed all the appointments she attended to maintain "herself", her looks and her body. This list was so long there couldn't possibly be anytime left in her week for anything else.

There were facials, body toning, injectables, massage, tattooing, workouts, personal training, body sculpting, hair removal - the list went on and on. I couldn't help thinking if this media perfect person feels that she needs all of this and more, what is the hope for the rest of us

and how can we feel happy without all of this?

Over the years, body image and wanting to look prettier and skinnier has always been an issue that presents in the therapy room. The internet and social media may have put more pressure on everybody to feel they need to look a certain way for perfection, but the demands we place on ourselves have always been there. Before Instagram there were magazines and sitcoms where the perfect humans were displayed and idolised.

The crazy thing is that we are putting this pressure on ourselves for what we think we should look like. Our partners have fallen for us the way we look naturally. Our friends want to be around us for our personality and loyalty and our children look up to us and see beauty in us even in the early hours of the morning. Still we sit in criticism and focus each day on what we see as our faults and not our strengths.

I have had female clients keep track of how many times they have a negative thought about the way they look each day. This number can easily be over 20 times a day. From the first moment they wake up they look in the mirror and pick on their facial appearance. Then they criticise their body as they have a shower and dress for the day. This is all before entering the social media world where they compare themselves to others.



THE DAMAGING EFFECTS TO OUR MENTAL HEALTH

Perfection is not a realistic word and aiming for it just activates an endless battle filled with disappointment. The battle for perfection in our appearance is causing a mountain of mental health conditions.

The list includes anxiety, depression, eating disorders, obsessive compulsive disorders, sleep issues, stress concerns, relationship issues and difficulties performing daily activities.

The time needed to invest in the never-ending battle for perfection will mean that other areas in life will suffer, and often these are the important areas such as social relationships and health.

HOW TO GET THE CONTROL BACK

You don't have to dump the makeup and wear the tracky pants to the formal event to exert your confidence and acceptance of how you look. I think we had enough of dressing down during lockdown! It is now time to aim for some acceptance and balance in life.

It's time to take steps and aim for acceptance of who you are and how you look. Make a choice to feel healthy and

confident in your skin and do not compare yourself to the looks of others. Listen to what your loved ones say about you - not the irrational thoughts in your head that you have created.

TIPS TO MAKE POSITIVE CHANGES

1. Cull your social media- assess who you are following and why. If seeing pictures of people you are following activate negative thoughts about how you look, unfollow them!
2. Focus each day on one attribute about your appearance that you do like- this can be as simple as your smile or your hair colour. Start small and try and add to this list as the weeks go on.
3. Focus on health and what makes you feel good on the inside to radiate this on the outside. Exercise and eat well because it makes you feel good, not for a goal of fitting into those smaller jeans or looking better in that next picture for your social feed. Feeling good exerts confidence.

We are only here once, we get one body and one face. Acceptance is the key to reducing our body image stress.

Written by [Donna Cameron](#)



Can exercise actually help your skin?

We know that regular exercise is good for our body, our muscles, heart and brain, but is it good for our skin as well? Not really surprisingly, yes it is. There are both immediate and long-term benefits of exercise on your skin health, but a few good practices can help manage the side effects of exercise on your skin.

THE BENEFITS OF EXERCISE ON SKIN HEALTH

The immediate benefits of exercise is that your skin will “glow”. Increased blood flow to the skin during exercise helps flush out cellular debris, improve drainage of the lymphatic system and reduces puffiness of the eyes. Combined with the endorphins released during exercise, these factors are the primary reason for the exercise “after-glow”.

In addition, due to sweating, as long as you have cleaned your skin before exercising (such as removing make-up and skin care products) can help clear out your pores from exercising.

In the long term, the benefits are much more profound. Most importantly, exercise promotes collagen production, the production of new skin cells and ultimately anti-aging of the skin. Although the absolute mechanism of how this happens is not fully known, it is believed that exercise reverses the damage to the component of the cells called mitochondria, the power station of cells which produce the skin cell’s fuel chemical, ATP. This allows cells to more easily repair and make components such as collagen and hyaluronic acid.

In general, it was found that people who exercise regularly have a thicker second layer of the skin, the dermis. A thinner dermis layer is associated with sagging skin and wrinkles. One potential explanation for this is exercise increases the release of an immune chemical (Interleukin 15), which may facilitate this process.

Regular exercise is also known to reduce stress and is a natural treatment for anxiety and depression. When we are overly stressed, our body releases a natural hormone, cortisol together with adrenaline as part of the fight and

flight response. Cortisol raises our blood sugar levels, which leads to more glycation in skin cells, the binding of sugar to proteins such as collagen, which causes damage and aging over time.

Finally, regular exercise improves sleep which helps both in reducing stress (lowering cortisol levels) and the healing and skin repair process. Repair occurs when you sleep, so a healthy 7-9 hours of sleep a night is a major part of healthy skin.



THE MINOR SIDE EFFECTS OF EXERCISE AND HOW TO MANAGE THEM

There are a small number of minor, but very manageable side effects of exercise that can be kept under control with good skin habits accompanying your exercise routine

- **Acne and break-outs** – If you exercise with make-up or clogged pores, sweating can lead to a build up of bacteria and breakouts. A few good habits can help minimise this outcome. Ideally, exercise without putting on make-up or at least removing make-up and foundation before exercising. If you have to wear make-up during a workout, choose products that are non-comedogenic, meaning they won't clog up your pores. After your workout, having a quick shower helps clear the skin of sweat, oils, and bacteria and helps to keep pores clean. The salt in sweat can lead to seborrheic dermatitis or dandruff, which is caused by a yeast that lives on our skin. Other issues which may be caused by sweating include eczema and psoriasis, which can be minimised by a post-workout shower. Finally, if a post-workout shower is not an option, cleansing the skin with either salicylic acid or benzoyl peroxide wipes can help. Salicylic acid is oil-soluble and can penetrate effectively into the pores, providing deep exfoliation as well as prevention of



excess oil production. Benzoyl peroxide kills bacteria which leads to acne and odour, however, can be irritating for people with sensitive skin therefore may not be the right product for everyone. At a minimum, washing your face and wiping your body with lukewarm water will go a long way in minimising breakouts.

- **Rosacea** – this can flare-up with increased blood flow to the skin and increases in body temperature with exercise. Good habits to minimise this reaction may be to exercise in either an air-conditioned environment or during a cooler part of the day. In addition, looser fitting clothing that allows the body to stay cooling during a workout will help. Finally, applying a cool compress to the problem areas after your workout can also settle symptoms
- **Sun damage from exposure** – the damage caused by the sun from exercising outdoors not only increases your risk of skin cancer, but also undoes the benefits of exercise on skin health. If you choose to exercise outside during the hours of the highest ultraviolet light exposure, applying sunscreen regularly is a must. You may be reluctant to use sunscreen during exercise because it can be greasy and it gets into their eyes causing stinging. Newer Ph-balanced sunscreens are available that don't sting. In addition, sweating can remove sunscreen as you exercise, meaning it takes 40% less UV rays to burn your skin than when you are not exercising. This means that wearing loose, comfortable clothing that covers exposed areas of your body and a hat will give you added protection against skin damage. Finally, remembering to make it a habit to regularly re-apply sunscreen as you exercise especially if you are exercising for prolonged periods of time will minimise your risk.

Regular exercise should clearly be a normal and consistent habit for your skin health and your overall health, but a few small and important practices, such as wearing appropriate clothing, exercising make-up free, showering post exercise or other cleansing practicing and using appropriate sun protection can go a long way in making your skin health the best it can be.

Written by [Michael Dermansky](#)

HEALTHY SKIN THROUGH PROPER NUTRITION

Diet is an important factor when it comes to beauty. There is no cure for the genetic predisposition for early graying or too thin hair, or very light or sensitive skin. But you can outsmart the genes (which are only responsible for 20 percent of later wrinkle formation) by eating healthily, not smoking and avoiding too much sun exposure.

One thing is clear: Deficiencies in vitamins, minerals or other nutrients have a major impact on the external appearance. And sometimes the skin, the hair or the fingernails are even the first organs to point to it. Quite apart from that, beauty care, inside and out, is good for every woman.

Care from the inside is more effective than creams. Everything you eat and drink every day has an impact on your skin. The right diet manages to make inflammation in the skin disappear, supply the skin from the inside with important nutrients, to delay the formation of wrinkles and to eliminate skin impurities.

With that, skin care from the inside is more effective than

that from the outside. Firstly, many active ingredients in creams cannot cross the skin barrier. From the inside, on the other hand, they can get to the skin cells. Second, skin cells need dozens of nutrients to function properly. In contrast to care from the outside, these act on the entire skin surface.

NUTRIENTS FOR THE SKIN

Antioxidants from vegetables and fruits: The best thing for the skin is a balanced mixed diet with lots of vegetables, fruit, salads and whole grain products, supplemented by high-quality proteins and enough valuable fatty acids that have an anti-inflammatory effect. It is important that the diet contains many antioxidants. They prevent inflammation and keep the skin young and healthy.

The most important vitamins are beta carotene, A, C, E, B6, B12 and folic acid; an important mineral is zinc. Proteins and the amino acids derived from them are important for constantly building new skin cells. They act against skin aging and wrinkling. One needs 1gm of protein per day and per kilogram of body weight,



preferably from fish, lean meat or legumes.

By the way: The skin regenerates itself once a month. So changing your diet takes as long as that until you first see results.

THE RIGHT DIET FOR DRY SKIN

Does your skin feel rough, tight and itchy? Then you probably suffer from dry skin. Triggers are often stress, temperature fluctuations and heating air. Diet also affects the moisture content of the skin. Certain foods supply the tissue from within with the appropriate vitamins, minerals and fatty acids. Therefore, if you have dry skin, make sure you eat enough of the following foods:

WATER

The skin is normally about 70% water. If you don't drink enough, you'll look old quickly: In order to ensure the supply of vital organs, the body first removes water from the skin when there is a shortage. The body shell becomes slack and wrinkled. Even a single glass of water has a noticeable effect. Within a short time, the skin is better supplied with blood and more oxygen. In the long term, the skin is healthier and fresher. We take in 1.5 liters of water a day through food. Experts also recommend drinking 1 – 2 liters of water a day.

FISH AND SEAFOOD

In addition to a lot of omega-3 fatty acids, fish - like all animal foods contains:



Biotin, also known as vitamin H. The vitamin soothes dry and scaly skin, supports regeneration and stimulates the metabolism of the skin. It's crucial for skin cell growth. A front-runner among the suppliers is salmon. Even vegetarians can easily cover their daily needs, since biotin is also contained in plant-based foods: It's found in peanuts, mushrooms, and oatmeal.

CARROTS, CAPSICUMS, APRICOTS AND CO.

There is a lot of beta-carotene in yellow and orange-colored vegetables and fruit in particular. The body converts it into vitamin A, which acts as a natural sunscreen and promotes regeneration of the skin. It also relieves skin dryness.

OILS AND FATS

They pad the skin from the inside and protect the tissue from drying out: fatty acids in the cells. They are obtained from oils and fats. Therefore, regularly include cold-pressed vegetable oils in your diet. Olive, flaxseed, or macadamia nut oils work best.

THE RIGHT DIET FOR OILY SKIN

Your face shines and often looks oily? Then you probably have oily skin. In addition to the face, the shoulders, décolleté and back are sometimes affected as well. In this case, the sebaceous glands produce too much fat. Possible cause is for example, a genetic predisposition, hormone fluctuations or malnutrition.

With this skin type, avoid anything that additionally increases sebum production: These include, for example, a fatty diet, cigarettes and alcohol. Furthermore, reduce your sugar intake and avoid dairy products as much as possible. The latter enlarge the sebaceous glands and also promote inflammation.

DIET FOR IMPURE SKIN AND PIMPLES

If the skin repeatedly tends to impurities and blackheads or if acne is present, this is favored by a variety of factors. In most cases, a keratinization disorder of the upper layers of the skin is accompanied by an increased sebum production responsible for the pustules. Although recent research shows that diet has only a limited effect on acne, avoid foods that further increase the skin's sebum production.

Therefore, avoid greasy food, processed sugar and dairy products. Also, avoid fast carbohydrates such as white flour products, sugar and sweets on the menu. Make your diet varied and nutritious. An anti-inflammatory diet consists of lots of vegetables, high-quality cold-pressed oils, fatty fish and a little meat. Besides, some spices like turmeric, curry or ginger could have an anti-inflammatory effect.

DIET WITH ANTI-AGING EFFECT

The aging process cannot be stopped, but slowed down. And not just through external care: You can also support smooth and plump skin from the inside with the right nutrients. Include the following foods, among others:

OILS AND NUTS

High-quality vegetable oils and nuts are a true elixir of beauty. Among other things, they are rich in vitamin E, which is also a radical scavenger. Vitamin E protects especially the cell membranes. It delays skin aging and promotes regeneration of the skin.

FISH AND SEAFOOD

Sea fish is one of the best sources of omega-3 fatty acids and may therefore contribute to slower aging of the skin. Fatty fish such as herring and mackerel also contain larger amounts of the skin-protecting vitamin A.



FRUITS AND VEGETABLES

In addition to the UV rays of the sun, environmental toxins or stress also cause problems for the skin. They lead to the formation of the notorious “free radicals”, highly aggressive oxygen compounds. They attack the cell structures and accelerate aging processes - also in the skin. Antioxidants bind the aggressive molecules and render them harmless.

WHAT HELPS AGAINST CELLULITE?

Cellulite, also known as orange peel, is one connective tissue weakness that affects almost only women. To this day it is not known exactly what the cause is. Cellulite occurs mainly on the legs, upper arms and hips and is visible on the skin in the form of dents – in severe cases even as a change in colour. Pregnancy and other hormonal influences promote the development. What is visible in cellulite are the fat cells that are - typically female - deposited just under the epidermis. This can happen for both slim and overweight women. Some experts assume that chronic hyperacidity contributes significantly to the development of cellulite, but also too little exercise and various stimulants such as alcohol or nicotine.

HOW TO PREVENT CELLULITE

- Eat lots of fruits, vegetables and salads.
- Keep moving.
- Restraint from salt and sugar
- Limit your fat consumption
- Prevent constipation
- Drink enough
- Avoid being overweight

The skin, as the largest human organ, can therefore be optimally supported by your diet. When eating bread, make sure it has a high proportion of whole grains in order to absorb as much fiber, minerals and vitamins as possible. Healthy fatty acids, such as those found in avocado and walnuts, ensure supple and elastic skin.

You can counteract signs of aging in the skin with the right vitamins: vitamin E, which is contained in sunflower oil, strengthens the connective tissue and vitamin C from kiwis or broccoli keeps our skin firm and healthy.

The antioxidant ingredients in horseradish and dark chocolate protect our skin from harmful environmental

influences such as UV radiation. The zinc contained in lean meat prevents inflammation and accelerates wound healing.

HEALTHY SKIN NEEDS ALL-ROUND CARE

In addition to a balanced diet, a healthy complexion also requires self-care in other areas. This includes:

DRINK PLENTY OF WATER

Beauty comes from within, and because we're made up of 70% water, staying hydrated is essential. It is recommended to drink at least 1-2 liters of water daily. If you do a lot of sport or if it is very hot, even more. Water keeps the skin taut and transports nutrients. If pure water is too boring for you, you can also use infused water or teas. Sugary drinks such as cola or lemonade, on the other hand, are real calorie traps and cannot achieve the same glow effect as plain water. Studies also show that if you keep your body hydrated, you are happier! There is no better make-up than that of a natural and happy appearance. So raise your cups..... let's drink to our beauty!

BEAUTY SLEEP OF AT LEAST 8 HOURS

Nothing works without coffee in the morning and your circles under your eyes are dark? It goes without saying that this is not good for skin and hair. The right amount of sleep is important so that your body can regenerate overnight and your skin and hair shine the next day. Inflammation is inhibited and food cravings are minimized. Lack of sleep puts stress on your body. A good night's sleep is the key to feeling and looking fit!

EXERCISE

If you want to look and feel good, you should do exercise. And that just doesn't mean the positive influence on our body weight. Happy hormones – endorphins – are also released. The metabolism is boosted and blood circulation is improved. The connective tissue is tightened and cellulite is reduced, the skin appears firmer. Sweat also ensures that pores open and bacteria are flushed out. In other words: fewer pimples and a clearer complexion.



This proves: True beauty comes from within! In this sense: Bon appetite!

Written by [Adriana Krueger](#)

Increasing hydration THROUGH FOODS

Whether it's a hot summer day or a cold one in the middle of winter, it's important for our bodies to stay hydrated. Of course, nothing replaces the direct effects of drinking a nice glass of water, but an easy way to keep your body hydrated through the day is to supplement your daily water intake with water-rich foods! Let's discuss some delicious ways we can add more fluid into our days with the foods we choose to nourish our bodies with.

BENEFITS OF STAYING HYDRATED

As stated by the Harvard School of Public Health (link for reference: <https://www.hsph.harvard.edu/news/hsph-in-the-news/the-importance-of-hydration/#:~:text=Drinking%20enough%20water%20each%20day,quality%2C%20cognition%2C%20and%20mood.>), staying adequately hydrated helps our bodies by assisting them in proper organ functioning, regulating the temperatures of our bodies, preventing infections, and delivering essential nutrients to our cells. When we are efficiently hydrating our bodies, we can enjoy benefits such as improved sleep quality, mood, and cognition.

Though there are plenty of great reasons to drink more water, some of us still aren't quite hitting the mark. Drinking water is one of the best and simplest ways to achieve your hydration goals. However, not everyone knows that the foods we eat contain different levels of water and can aid in hydration.

HYDRATING WITH FOODS

When you're opting for foods with a higher water content, fresh fruits and vegetables are a great starting place. Foods like melon, berries, citrus fruits, cucumbers, and tons of other fruits and veggies have incredibly high water content (many of these have a water content of above 90%).

Whether you're choosing to enjoy these foods on their own, or pair them with other foods in a meal, they have a bunch of nutritional benefits, including aiding in hydration.

HYDRATING DURING MEALS

When planning your meals to obtain higher levels of water, it's important to keep your meals balanced. You'll want to make sure while you have a focus on hydrations status, you're still meeting your macronutrient



requirements (carbohydrates, fats, and proteins).

Some of my favorite water-rich items to include at mealtime are as follows:

- Vegetable broth-based soups
- Salads using greens such as kale, spinach, romaine, or other lettuces. Bonus points if your salad includes other forms of fresh produce such as tomatoes, cucumbers, apples, etc.
- Chilis and heartier stews with a base of either water or broth
- Smoothies with a water or nut milk liquid base

HYDRATING DURING SNACKS

As discussed above, adding fresh produce (fruits and vegetables) to your diet is an excellent way to increase your daily water intake through foods. That's one of the top reasons I like to eat fruits and veggies at snack time. Pair them with some nuts or seeds to balance out your other macronutrients and ensure that you're getting enough protein at the same time.



Examples of some of my favorite water-rich snack items are as follows:

- A fresh apple sliced with 2 tablespoons of peanut butter or almond butter
- Celery, carrots, cucumbers (or any other fresh vegetables) dipped in hummus
- A smoothie with nut milk or water as a liquid base, and filled with fresh berries, fruits or vegetables, and a nut butter.

FOODS THAT CONTRIBUTE TO DEHYDRATION

While there are many foods and beverages that can help us increase our levels of hydration, there are also foods and drinks that might contribute to dehydration and might work against your hydration goals.

Some drinks that can contribute to dehydration are beverages high in added sugars, caffeine, or alcoholic beverages. This would include things like soda and

processed juices, some coffees or teas, energy drinks, beer, wine, and any other drink that contains alcohol. Food items that can contribute to dehydration include fried foods, overly processed or salted foods, and frozen meals.

It's important to remember that these foods and beverages can still be enjoyed in moderation, but if your goal is to work on staying hydrated, you might want to trade some of these foods in for options with a higher water content.

I believe strongly in the many benefits of eating a whole food plant-based diet. The hydration/water content and benefits from eating these types of foods can have a lasting positive impact on your body and health. Of course, before making any type of dietary change, be sure to consult with your primary care doctor and/or a registered dietician so that your individual needs can be addressed.

Written by
[Kelsey Riley](#)



Orange Smoothie

Serves: 2 | Equipment: High-Speed Blender | Total Time: 5 minutes

This orange smoothie is refreshing and delicious! It's filled with hydrating foods such as oranges, pineapple, banana.

Ingredients

1	orange (frozen)
1	banana (frozen)
½ cup	pineapple (frozen)
1 cup	almond or oat milk

Method

1. Combine all ingredients in a high-speed blender and blend until the smoothie is smooth and creamy.
2. Transfer to a cup or a bowl, add your favorite toppings, and enjoy!

Fashion for skin conditions – you are beautiful already

KINDNESS IS KEY

Skin conditions can range from minor to major and can cause extreme embarrassment. Firstly, be kind to yourself. Your body and skin are reacting to something either internally or externally and protecting itself. It is nature's way of keeping your body safe and running. Whether this is a short-term condition, or you have a chronic long-term condition that you must live with daily, you are more than just your skin.

Our bodies change so much over the course of our lives. Stretch marks, cellulite, rashes, eczema, dermatitis, psoriasis, pigmentation, razor bumps, pimples, acne, and scars etc. I have a good friend that literally scars from mozzie bites after they swell and are itchy for days. Everyone gets some form of these, and they all make us feel less than amazing. However, most of these come under the category of – things I cannot control.

THINGS I CAN CONTROL

There are still a few steps which we can take towards knowing our bodies and the products we ingest both through eating and applying on our skin. Firstly, if you haven't already, seek medical/alternate medical advice. Your GP, a Dermatologist, Naturopaths, Chinese medicine, Bodytalk – the list is long. Also do a thorough assessment of the foods you are ingesting, creams, lotions, body wash, make-up, deodorant, hair products, soaps – these can all contain hidden ingredients that our skin does not like.

Personally, I am highly susceptible to break out from lots of ingredients in make-up. Many eyeshadows can cause me to wake up looking like Woogie from There is Something About Mary. I am also highly sensitive to certain ingredients in lipsticks which can cause my lips severe irritation. I'm even allergic to the metal studs in jeans! Once you have eliminated the areas that you can control – now we proceed to body acceptance!

BODY ACCEPTANCE

We are now aware of the things we cannot control and have looked at the areas we are in control of. Our next step is acceptance and adjusting our mindset this way. The mere presence of hating something about yourself is doing you zero favours. Do your looks change all your lovely traits? Can you have a kind heart and eczema? Does pigmentation matter so much when you are being caring and thoughtful to others around you? A skin condition is just one aspect of you in a multitude of other wonderful aspects.



BOO TO MARKETING COMPANIES

Marketing companies are responsible for constantly feeding us photos of perfect flawless skin – which are highly photoshopped. Even the models do not look like that. Why? To sell us their products. To make us feel 'less than'. We have all been brainwashed in the process. It is not reality. Your real body is reality, and it is beautiful no matter what. You deserve to feel amazing every day.

CURATE WHAT YOU CONSUME

The art of self-acceptance has become an entire movement around the world. I applaud the initiators and my social media feed is full of them. If yours isn't then maybe digital detox is also required! They write encouraging content plus they are also normalising 'normal' – not the fake and photoshopped version of normal we have been hypnotised with. You can use social media to your advantage here. What will make you feel better? A feed full of 'perfect and fake' influencers that make you feel completely



inadequate or a highly curated feed of people promoting normal bodies with all our differences? I personally choose the latter and say 'hell yes' whenever I open my social feed. If you have a particular condition that you feel embarrassed by, you can find numerous accounts of beautiful people in the same boat. They put themselves out there in the hope that their courage will help others exactly like you.

LEADING THE WAY

One side effect of self-acceptance is you energetically give others around you permission to do the same. You are saying to the world, yes I might have X,Y,Z, but I contribute so much more value as a human, than my looks. Everyone is suffering with their own inadequacies. We have grown up believing ourselves to be flawed and in the need of fixing. Yes, we are all flawed but in a beautiful, individual way. No two of us are the same. We should celebrate our differences. How we look is only such a tiny part of who we are as a person. This is why people who have suffered severe disfigurements often go on to become motivational speakers. When our aesthetics are stripped away from us, what is left? Courage, determination, resilience, strength of character, empathy, awareness and love. These beautiful people present on stage, to give you the permission to acknowledge, embody and prioritise all your wonderful traits.

DRESSING WITH CONFIDENCE

By now you should be buzzing with the realisation that you are more than just your looks. You are wonderfully complex and imperfectly perfect. With our new mindset, we are going to create you a wardrobe and style that oozes your new sense of self and confidence. You can

take this on at whatever level you feel comfortable with. Some might say to heck with it – I'm not covering up my 'supposed' bad bits anymore and go skinny dipping! Whilst others of you might just slowly dip your toes in the water. Wherever you fit on this scale is completely ok. The end game is to feel amazing in yourself. Only you will know how that feels.

I personally get bad skin chafing between my legs when I wear skirts and dresses. There wasn't a super comfortable solution so I created one myself. Pettipants Underwear - <https://missymassy.com/collections/new-colours> . I needed these in my life as a tool to feel confident to wear whatever I wanted. It took me about 7 years to realise that other women needed them too! So my business Missy Massy was born! My passion is to use fashion to create products to help women dress and live life with confidence! Pettipants are my first product and I wish to design further products with the sole goal of increasing women's confidence in themselves. I hope to provide the tools for women to feel amazing every day!

ORGANISE YOUR WARDROBE

Firstly, are there any clothes in your wardrobe that you wear to cover the parts you don't like? Could it be time to get rid of them? Are you covering up unnecessarily? Do you dress down as you don't feel deserving of wearing something pretty or bold or sexy?? Well, I think it is time to change this!

Enter in link to a previous article about dressing to unleash your inner animal - <https://ebubblelife.com/passionate-style-how-to-find-your-inner-animal/> You are the author or your own life. Not a side character. Let's create a wardrobe that makes you say – hey I look great and FEEL amazing in this outfit.

Sometimes, covering up is the only way to make you feel more at comfortable. I would recommend looking into the following fabrics and styles in order to look gorgeous whilst feeling extremely at ease. Depending on your climate, soft and relaxed fabric made from natural fibres will be the gentlest on your skin. Loose, longline pants and skirts or flowy, long, light cotton dresses. For more cover, maximise your use of layers, either under the garment or over the top – I personally prefer under! This can also assist with adjusting for your local climate.

GO FORTH AND CONQUER

Now we have conquered the art of self-acceptance and found a wardrobe that helps us feel amazing. You owe it to the world to shine your light as brightly as you can. Sharing such positivity and self-acceptance will have a flow on effect to everyone you meet. Just by doing so, you will illuminate the path for those around you. You'll probably never even know how much impact you have. What an amazing gift.

Written by [Susie Taaffe](#)

FUNCTIONAL FRAGRANCE: The new thing in self-care and wellbeing



Perfume has long been associated with self-care. The practice of using aromas to enhance mood and improve health and wellbeing dates back to 3500 years BC when aromatics were used for religious rituals and medicine.

But the term “aromatherapy” only came into use many years later in 1935, when French chemist Rene-Maurice Gattefosse claimed that he had managed to treat a burn on his skin with the aid of lavender essential oil.

Back to modern-day and perfume is being used to aid us once again but this time we are treating our minds and souls instead of ailments and health conditions.

Stress now permeates through every aspect of our life. According to the American Psychological Association, chronic stress is linked to all the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide. And more than 75 percent of all doctor-related visits are for stress-related ailments and complaints. And it isn't slowing. Ours and future generations will likely experience more stress and anxiety than any generation previously.

The Harvard Business Review recently published findings of a study on mental health in the workplace that paints a bleak picture of anxiety among young people. In a survey, half of millennials (those between 24 and 39) said they'd left a job at least partly for mental health reasons and for Gen Z-(18 and 23-year-olds) the percentage jumps to 75, compared with just 20 per cent among the general population.

And this has only been made worse in the aftermath of the COVID-19 pandemic. With many of us still working from home or isolating, the need to create a safe space for our emotions has become crucial. For many, the home/safe space and workspace have become intertwined and as a result, the ability to unwind and remove ourselves from the stress of the day is becoming harder. As a result, we are turning towards ever more inventive and diverse ways to relieve stress and deal with the challenges of our modern lives.

So it's no coincidence that wearing your favourite perfume, lighting a candle or taking a long bath with your favourite pampering treats makes you feel good. Perfume has the power to manipulate, alter and improve our mood.



In a recent study, it was found that scent affects mood, concentration, memory recall and emotion. In fact, 75% of all emotions generated every day are due to smell, and because of this, we are 100 times more likely to remember something we smell over something we see, hear or touch.

Scent triggers reactions in the body's limbic system, the part of the brain involved in our behavioural and emotional responses, where feelings, moods, emotions and memory are processed. As a result, we are seeing a definite ground surge towards functional fragrances that not only smell good but also do us good.

Many of these functional fragrances are inspired by essential oils so let's take a quick look at some of the fragrances that help boost our moods?

We take a look at just 2 or 3 of our favourites:

LAVENDER

We will start with an oldie but a goodie. Lavender is well known for its ability to create a relaxing atmosphere and is probably the reason why it is often one of the most sought-after scents for bath-related products. More than simply generating a serene state of mind, lavender can reduce anxiety by affecting the body's fight-or-flight response. And there is a level of science to back this up. Experiments suggest that Lavender possesses anxiolytic, sedative, analgesic, anticonvulsive and neuroprotective properties.

CHAMOMILE ESSENTIAL OIL

Aside from making a very pleasant tea, chamomile has been described in medical books for many years for its digestive, anti-inflammatory powers. Chamomile essential oil has some solid research behind it and over the years has been used for a variety of ailments and conditions. Its herbal, sweet and fresh scent but is also reassuringly comforting in its nature.

CLARY SAGE

Not one you might have heard of but is growing in popularity is Clary sage; a flowering herb native to the Mediterranean. This essential oil is extracted from the leaves and buds of the plant and has a clean, refreshing scent that you can use as a skin balm or gently inhale as part of an aromatherapy treatment. The likes of Decleor and Clarins are big fans of this cooling and soothing scent.

THE BEST MOOD-BOOSTING PRODUCTS OUT THERE

So we thought we should take a look at some of the best products on the market which are helping us guide and lift our moods.

HERE ARE OUR TOP MOOD-BOOSTING FAVOURITES!

Best for Sleep

The Nue Co., has created a brilliant range of sleep products helping you to drift off to some wonderfully woozy dreams. Our favourite is the sleep drops which has notes of valerian root + passionflower to induce a sense of tranquillity.

Best for De-Stressing

NEOM Organics, have created some amazingly uplifting and relaxing candle fragrances that have been a big hit worldwide. Our favourite includes Lavender, Brazilian rosewood and jasmine which not only makes your house smell wonderful but can also help you relax and unwind.

Best for Mood-Lifting

The smell of self-care is in the air and one of our favourite self-care personal care products comes from Lab Tonica whose has taken functional fragrance to the limit, creating products to match your mood.

From 'Saucy', a blend of jasmine, sandalwood, rose, patchouli and black pepper to get you in the mood to 'Fend', which is intended to help boost and strengthen your immune system.

Even NEST, the chic New York home fragrance name now has a wellness capsule collection harnessing the therapeutic benefits of botanicals. Wild mint and eucalyptus help clear the mind and awaken the senses; whilst driftwood and chamomile help prepare your body and mind for a peaceful night's sleep.

Traditionally this 'fragrance as self-care and mood catalyst' realm has been dominated by aromatherapy and spa brands. But now mainstream brands are capitalising on this trend and using these mood-enhancing benefits as part of their product benefits.

Whether you are looking to bring calm to a busy world, improve your sleep or create a space where you can focus there is a functional feel-good fragrance out there for you.

Written by [Carvansons](#)

Shiny skin, is it good or bad?

When it comes to our beauty regimes, our face is what we pay attention to the most. But we all have different skin and different needs to keep our face happy and healthy. Sometimes, even with a thorough skincare regime, our skin can be left with a shiny coating, which can be a nuisance. So, do you wash your face again? Buy new skincare products? Have a read of our tips to discover how to tackle shiny skin.

SKIN DIFFERENCES EXPLAINED

The matte make-up trend is on the decline, and today it's all about the glow. But it can be difficult to get that glow without looking shiny and oily. Oily skin is caused by your sebaceous glands, which leave a shine over your face.

Dewy skin, on the other hand, will still appear hydrated and moisturised but will have that glow in all the right places, without leaving that all-over shine. Even if you have naturally oily skin, you can still find a way to make the natural shine work for you to leave it glowing.

IS IT NATURAL?

Skin shininess varies from person to person, and it's totally natural. When you don't have any shine at all, it's usually a sign of an unhealthy lifestyle, perhaps caused by lack of sleep, poor diet, and dehydration. However, too much shine and too much oil can often mean that your sebaceous glands are over producing sebum.

WHY SOME HAVE SHINY SKIN

Naturally, people can have shiny skin. Your t-zone will appear the shiniest or oiliest – your forehead, nose, chin, and mouth – where sebaceous glands are the most prominent. And it's due to several reasons.

Firstly, you may simply have oily skin, and this is down to genetics and the number of sebaceous glands you have. But there are other factors that can cause oily and shiny skin:

- Going through puberty and pregnancy can trigger hormones to fluctuate, causing sebaceous glands to flare up



- Medication can interfere with hormones
- Anxiety and stress can trigger oily skin
- Sweat can make the skin look oilier, however it can also help to give your skin a healthy glow from the inside out, helping to achieve that sought-after dewy look
- Over exfoliating can alter your skin's natural pH balance, causing your skin to over-produce oil to compensate.

TIPS

Even if your skin is naturally oily, there are tips you can take to reduce the shine.

DRY & SHINY

If you notice that your skin is both dry and shiny, use a moisturiser specifically for dry and dehydrated skin.

The ceramides in the moisturiser will trick your skin into thinking it has enough oil and will hopefully prevent your glands from over producing.



OILY AND SHINY

If your skin is both oily and shiny, use cleansers with salicylic acid – this will encourage exfoliation and dissolve skin that is clogging your pores and causing the oil.

More helpful tips to reduce shine

- **T-zone** – Going back to the t-zone mentioned earlier, it's important not to over moisturise these areas, as they already have enough glands in this area that will naturally keep those skin areas hydrated
- **Skincare regime** – If your current skincare regime isn't working, switch it up
- **Treatments** – If you're finding that cleansers aren't reducing shine, you can invest in beauty treatments that can help. Micro-needling is a beauty treatment procedure that uses small needles to treat large pores and generate new skin tissue. There's radio frequency too, where radio frequency waves aim to shrink sebaceous glands.



HOW TO ELIMINATE

Despite the numerous ways to reduce shine and oil, it's important to note that oily skin is a natural skin type, so nothing will eliminate oily skin completely. If you've tried various new skincare regimes and are still finding that your skin is too shiny, make-up can help. Here's how:

1. Use a face scrub before you apply make-up. This will get rid of any oil sitting on the surface
2. Use a non-greasy moisturiser – consider ones formulated with aloe vera and hyaluronic acid
3. Apply a primer – a primer acts as a base for your foundation, creating a smooth surface that foundation won't slide off. Primers not only stop shine, but they also blur imperfections, giving a matte finish. Try to target those t-zone areas to bring down the shine
4. Use a matte foundation to help control shine and allow your skin to glow through
5. Use face powder to set your make-up. Remember, a little goes a long way, so use powder sparingly
6. Invest in blotting papers – these are handbag essentials for those with oily skin. They'll help absorb oily skin without spoiling your make-up.

CONCLUSION

So, when it comes to skin, it's clear to see that there isn't one rule for all. It can be hard to find a treatment or regime that works for you, especially when you have oily skin. But remember, different skin types need caring for in different ways, whether that's when cleansing and moisturising, applying make-up or trying out a professional beauty procedure.

Written by [Connie Rogers](#)

How to prevent maskne

(Acne from face masks)

You may think I just made up the word maskne, and as much as I would love to take credit for it, I cannot, as it's actually a medical term according to Loma Linda University Health. According to Potts, D (2020) maskne is an actual skin condition brought on by wearing facial personal protective equipment, such as masks. According to Potts "Masks impose heat, friction and occlusion on the skin and when combined with a moist environment from breathing, talking or sweating, this is a recipe for breakouts."

Now I don't want you to think there is something wrong with you because you're getting skin issues from the masks e.g. you think you are experiencing hormonal dysfunction or something. According to Rosemary Nixon, a dermatologist from the Australasian College of Dermatologists (ACD) people who are prone to acne or rosacea will likely see their condition deteriorate, but even those who don't normally have breakouts will likely get "a bit pimply". This is due to the sebum (oil) secretion on the face, it is increased when temperature rises, so when your breath is trapped under a mask it gets hot and humid and is a recipe for skin disaster!

Face masks can cause the following skin conditions:

- **Allergic contact dermatitis** – Some masks can contain a chemical that may cause an allergic reaction.
- **Rosacea** – Classically worsened by heat and stress, mask wearing can cause or increase flare ups.
- **Seborrheic dermatitis** – this causes scaly plaques, inflamed skin and stubborn dandruff.
- **Folliculitis** – this is when yeast or bacteria infect hair follicles... um ouch!

HOW TO PREVENT IT

Here are some tips on how to reduce/prevent these uncomfortable skin conditions from occurring while wearing masks.

BEFORE PUTTING ON THE MASK

- **Wash your face first:** Use a cleanser that agrees with your skin and rinse with lukewarm water.
- **Apply a moisturiser:** keeping your skin hydrated is important, it will also be like a barrier between your face and your mask which can reduce the friction. Pop it on after washing your face, along with before and after wearing a mask.
- **Avoid wearing makeup:** wearing makeup under a mask can cause clogged pores which exacerbates breakouts.



- **Wash your mask:** If you're wearing a cotton mask, wash it after each use as it holds onto dirt and oil which means bacteria being exposed from your nose and mouth.
- **Find a mask that fits you properly:** make sure it's not too tight but not too loose, if it slides around your face it can cause friction.
- **Don't forget to take mask breaks where possible:** As a guideline, the Academy of Dermatology recommends a 15-minute break every four hours.
- **Choose one with cotton material on the inside:** It is more breathable and synthetics are more likely to irritate your skin.

OTHER HELPFUL TIPS

- Consider using a toner to dry out your skin
- Put two layers of gauze inside the mask if irritation occurs
- Don't reuse surgical masks, the surgical masks are not meant to be reused
- Don't forget your lips! Keep them moisturised with your fav lip balm. If you can find it, pretty sure I lose mine 105 times a day

If you have a skin condition like rosacea or eczema, definitely keep up the treatment plan that your dermatologist recommends for you. Also, don't forget you aren't alone in this, we are all feeling the pain of extra skin issues at the moment. Ensure you are drinking lots of water, eating well and not consuming too much junk food which can affect your skin health (and health overall).

Written by [Kristy Iervasi](#)

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YOUR SCALP IS SKIN TOO

Don't neglect your scalp when it comes to taking care of your skin.



Skincare is having a “moment”. There are loads of new products on the market – many with targeted treatment areas (eyes, hands, even vagina), targeted demographics (menopause, teen, women of color, men, etc) or specific benefits (hydrating, wrinkle reducing, acne, spot correcting).

And most of these new products are considered to be clean beauty – free of sulfates, parabens or phthalates – with interesting, efficacious ingredients. The benefit to the consumer is that you can tackle any skin issue with relative ease, although you have to wade through a potential paralysis of choice as you navigate your options. And of course, not every product works for everyone, so you may need to experiment to find what your skin likes.

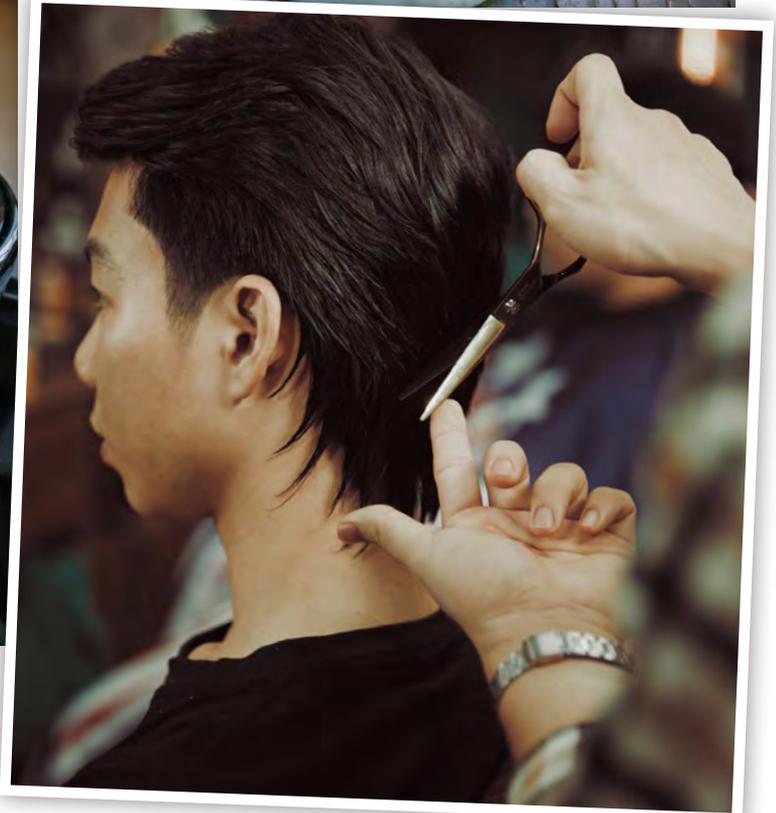
As you think about your skincare needs, don't forget about your scalp. There's the perception that because your shampoo and conditioner are topical, your haircare products don't absorb the same way that skincare does – and so you don't need to be as concerned with what you're putting on your body. But did you know that your scalp is actually one of the most absorbent parts of your body? Per Follain, the skin of the scalp and forehead are four times more absorbent than the skin on our forearms.

Despite this, many of the haircare products sold in the US still contain sulfates, parabens or phthalates, which can irritate your skin and scalp, not to mention wreak

havoc on your endocrine system or worse. And some hair treatment, smoothing and straightening products contain formaldehyde. You may love your Brazilian Keratin treatment, but chances are, it might be one of those. The EU is a bit better off as there are 1328 cosmetic ingredients that are banned (vs. just 11 in the US).

When we launched MASAMI, clean premium, salon quality haircare, we took care to ensure our ingredients are nourishing and good for your hair AND your skin. It helps that we have a Japanese ocean botanical that's natural and all about hydration because everyone needs hydration (especially as we age). Here are some tips to get your scalp (and your hair) in its best shape:

1. Take time to look at the ingredient list on your haircare products (and all of your beauty products) and look for natural ingredients like aloe, almond oil and seaweed. Many of these natural ingredients have hydrating properties that will keep your skin and hair healthy.
2. Avoid products with sulfates, those have been shown to irritate and dry out skin. You don't need parabens or phthalates either so educate yourself about the “bad” ingredients to avoid. When in doubt, look at Whole Foods clean beauty standards.
3. Use a scalp scrub every week or two to eliminate



dead skin and unclog pores. A plus is if you can find one that smells amazing, like Ceremonia's Papaya Scalp Scrub.

4. Consider taking a supplement like Collagen (we recommend Elaine Wellness) to help you keep your scalp (and hair) healthy from the inside out.
5. You don't need to shampoo every day. Shampooing can actually strip your hair of its natural oils. For most people, 2-3 times a week is enough. And you'll find that over time, your hair will adjust to less frequent shampooing, especially if you are using products with natural ingredients.
6. Try a hair mask that will add extra nourishment and hydration to your scalp and hair. Most hair masks work well just 2-4 times a month and you should be able to feel the difference right away.
7. If your hair is thinning (like an estimated 30 million women in the US), enhancing blood circulation to your scalp is an effective way to prompt hair regrowth. You can try the ULURx scalp massager which feels amazing and has the added benefit of also providing relaxation and reducing stress.
8. Speaking of hair loss, indulge in a silk pillowcase which keeps hair from tangling and pulling out while you sleep. It's gentler on your scalp and helps keep hair healthy – a win win.
9. Also ditch your ponytail holder. It also pulls hair and stresses the scalp. Use kanzashi sticks instead. Easy and stylish!
10. Get rid of old products that have been sitting in your cabinet for years. Ingredients can change over time and lose their efficacy so if you haven't used them by now, you don't need to start. Many skincare and cosmetic products have expiration dates, whereas haircare doesn't. But use your judgment. If it's more than 3 years old (unopened), ditch it. And if it's been opened, the shelf life might be half of that.

So start thinking about your scalp as needing the same skincare love you give the rest of your skin. When your scalp is healthy, your hair will look and feel healthier too. The best part is that it doesn't take much work. It's really about a few small changes in your routine and then finding the right products that are clean and work for you.

Written by [Lynn Power](#)



Skin hygiene through

PERSIMMONS

The body is a temple, as the saying goes. This has become more true than ever as we tentatively emerge from the last few covid restrictions and get on with living life.

The persimmon has ancient origins, and while the origin of its name has been incorrectly given as “divine fruit” – the word actually comes from a native American word for “dry fruit” – people have recognised its usefulness for many centuries.

According to a global database of plants, the persimmon was native to China and northeast India before being introduced elsewhere, including Australia.

In this article, I will take you through some tips, strategies and advice for you to improve your skin hygiene through persimmons, a wonderful fruit.

BODY

The body’s first line of defence against external elements is the skin. If the skin is dehydrated, it becomes dry and will age easily. That’s why the journey to naturally smooth, glowing, and noticeable skin starts with your choice of body care products.

Using cosmetics made of persimmon extract has the ability to improve your skin’s hygiene, brighten your skin, reduce the size and number of skin pores, and slow glycation. It also protects the skin against aging. It is also

used to treat different skin conditions including pimples, skin eruptions, and eczema.

Here are some benefits of using cosmetics that are made of persimmon to improve your skin’s hygiene.

BRIGHTEN YOUR SKIN

You can wear a persimmon facemask to improve the overall quality of your skin. As it contains vitamin A, vitamin E, and carotene, it works great to add a natural glow to your skin. Just apply persimmon puree on your skin and leave it for 20 minutes. Wash it off to have a fairer complexion.

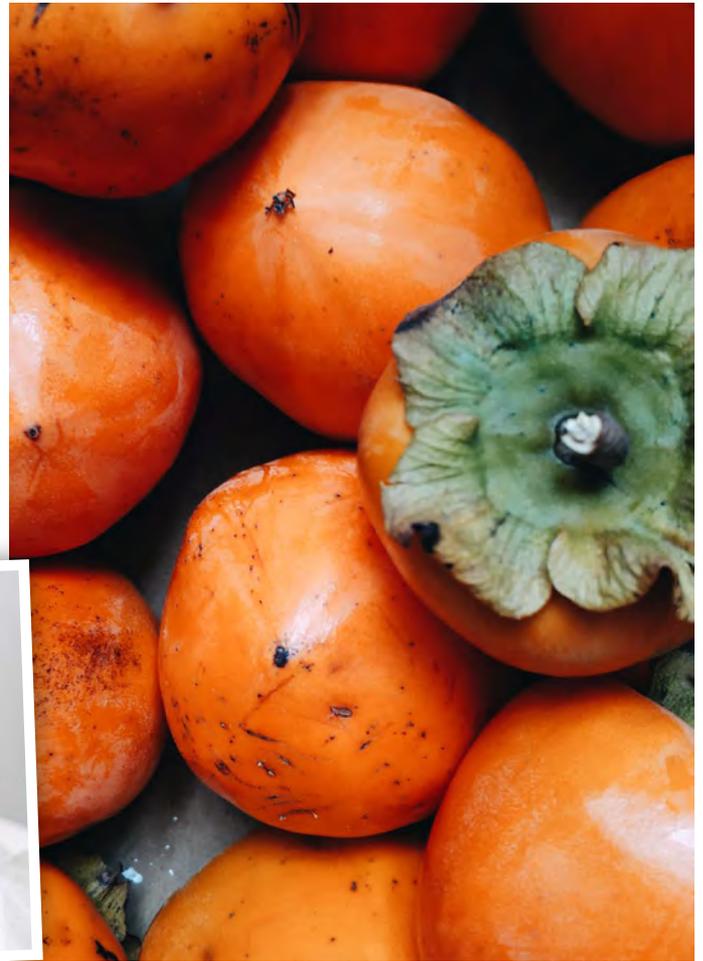
OILY SKIN

If your skin is too oily, that is mainly due to excess sebum that can lead to clogged pores and leave you with pimples. Simply combine cucumber juice and persimmon puree and apply them to your face three times a week. This will unclog your pores and regulate oil secretion as well.

ANTI-AGING

Persimmon provides anti-aging benefits. Regular application of persimmon face masks may reduce the appearance of wrinkles and keep your skin fresh. It helps delay signs of aging.

Along these lines, persimmons may hold the key for seniors to get rid of that so-called ‘old age’ smell, which is when the skin oxidises fatty acids more quickly as we get older.



Odour from the resulting chemical, nonenal-2, can be hard to remove through repeated washes, and so the best advice to reduce this smell is to maintain a healthy lifestyle. However, an article in Aging Care says the tannins in persimmon are able to break down this chemical.

A Japanese skin care brand has combined persimmons with green tea to provide products in a range of forms.

FINE LINES

Persimmons can help reduce the appearance of fine lines and wrinkles. You will be able to maintain high levels of moisture in your skin, which in turn prevents wrinkles and fine lines.

Persimmons are a good source of antioxidants such as Vitamin C, which is important for a healthy immune system. It is also a good source of thiamin (B1), riboflavin (B2), folate, magnesium, and phosphorus.

Aside from vitamins and minerals, persimmons contain a wide array of plant compounds, including tannins, flavonoids, and carotenoids, which can positively impact your health. It is not just good for the skin, but it is good for the health as well.

SIDE EFFECTS OF PERSIMMONS

- The sugar content in persimmon fruit is truly high and consequently, those, who experience the ill effects of diabetes should avoid this organic product.

- In any event, eating the organic product with “cold nourishments” like fish, crab, or shrimp will prompt the arrangement of stones in the stomach. This is on the grounds that these are high protein nourishments and the tannic corrosive, by following up on these proteins, frames the stone.
- Those who have a low circulatory strain ought not to eat this organic product as it can additionally bring down the pulse, prompting more genuine medical issues related to low pulse.
- Persimmons contain a decent measure of tannin. Consequently, if this organic product is taken in an empty stomach, it brings about loose bowels. It ought to likewise be consumed in a limited amount.

CONCLUSION

Since ancient times, people have recognised persimmons as a versatile fruit that has many uses – you could even say it’s a fruit blessed by the gods. Beyond its obvious nutritional value, persimmons have other functions, including being able to improve your skin’s hygiene.

In this article, I have provided you with tips, advice and strategies about how to use this wonderful fruit. Your skin will certainly feel blessed after you have introduced it to the persimmon.

Written by [Lily Li](#)

GROWING OUR OWN FOOD

No matter where we live, there are always ways we can grow at least some of our own food

FROM ONE HUMBLE CAPSICUM PLANT ...

Aside from needing to eat to fuel our bodies, eating is right up there as one of my all-time fave things to do. Our world is alive with a plethora of cuisines available to us, that one can never tire of eating.

The sense of accomplishment of growing my own food though is ever present. I've been growing my own food for around 25 years now. I still get so much joy from selecting food from the garden and heading into the kitchen to cook.

My passion for growing my own food started when I grew one single capsicum plant. I loved my ornamental garden. But aside from looking at it, and smelling the perfumed flowers, that was the bulk of pleasure I derived from it. So, I decided to try my hand at growing some food; something that would provide me a more substantial return. So, I planted one capsicum plant, in amongst my ornamentals. I was very impressed when I saw the beginnings of the capsicum plant forming. I watched and checked it every day until I was able to harvest my first capsicum for consumption. I was hooked. My lifelong love affair for growing my own food began.

The immense satisfaction of eating my very first home grown capsicum was unbeatable. It's like being let into a secret squirrel club. Only the people that grow edibles year after year know what it's like to enjoy the fruits of their labour. Topics of soil health, weather, seed saving dominate many conversations amongst other growers.

There are also so many different varieties of food groups that we simply don't see any more at retail outlets because they don't travel or store well. So, as consumers we are missing out on so many varieties of different foods. For example, there are in excess of 400 varieties of apples. Incredible, right? But we only see around 6 or 7 varieties in the stores, if that.

This can be disappointing. However, we can do our part in retaining the diversity of food groups by growing some of our own heritage varieties. I grow a variety of peach, called Anzac peach. I don't know any outlet that sells this variety as it won't travel well. But it has to be one of the tastiest peaches I've eaten. So delicious! So, if you are thinking of including fruit trees in with your annual vegetable growing, do consider some heritage varieties, they are well worth it.

OH, SO MANY BENEFITS

There have been studies conducted over the years on



whether growing your own food is more economical (and better quality) than purchasing your weekly requirements at your local outlet. Unless you're purchasing organic fruit & vegetables, I say hands down it's better to grow your own. Here are just some reasons to get your veggie patch started:

- The fragility of the food chain has been evident over the last few months. Having some home-grown food ensures there will always be something to eat
- We enjoy the benefits of eating food that has been grown with no chemicals. This is better for us, as well as the environment
- Whatever you are growing is right there at your back door. There's no moving out of your home to purchase food



- There are no food miles involved in the transporting the grown food from the farm to the shopping outlets and then to your home so it's better for our environment as well as your time
- You get to swap produce with your neighbour who is growing something different
- You can preserve what you've grown (homemade kimchi, anyone?)
- For leafy vegetables such as lettuces and silver beet, you only pick the leaves you need, so there is no food waste
- There are studies confirming the mental health benefits that comes from gardening
- Growing your own is easy on the hip pocket. The price of a packet of seeds can be equivalent or less than the price of one vegetable. At the end of the growing season simply save the seed. You now have seeds to sow for the following season
- The flavour of home-grown produce is amazing! That in itself is enough incentive to start your own veggie patch. What is a meal if we can't fully taste the ingredients?



If you have young ones, what better way to show them where their food comes from and how it's grown. Growing things like snow peas is also a great snack they can have ready access to when they are playing out in the garden. Incidentally, growing vegetables such as snow peas are a fabulous way to save money on the more expensive items.

You don't have to grow all your weekly veg requirements. If space is limited, grow a herb. Or, if you have space in amongst your ornamental garden, you can grow vegetables such as rainbow chard, kohlrabi, carrots, eggplant. They look decorative, add colour and will be right at home with your ornamental plants. And of course, garlic is great grown with your roses, as they deter aphids. (Companion planting is a thing – this will reduce your time tending the garden and keep the plants happy. Many books have been written on the topic).



If you're lacking in gardening knowledge, skill or confidence, reach out to a friend who grows their own food, join a community group, or follow a guru. Do whatever you need to in order to get started on your food growing journey.

MY LIFELONG PLEASURE

Growing your own food is a lifelong, learning pleasure. Start small and grow from there. As with most things, there will be pitfalls, as well as successes. That's gardening! But the highs far outweigh the lows. Being part of a community group will help your learning journey. People in your local area will be able to guide you in what grows best in the area, and when.

When purchasing seeds, select only organic and heirloom seeds. These are true to type seeds, that have been saved over generations. Not only will you have a much wider range of varieties from which to choose, when you share your seeds amongst your friends and community you will be sharing true to type seeds out into the world.

Happy growing!

Written by [Liz O'Dwyer](#)

5 Fruit trees you need for the home garden



Most of us don't live on acreage so we don't have the luxury of setting up an organic fruit orchard to grow our own fruit trees. On the plus side, that means also not having the full-time work that goes along with tending a large orchard too. So what fruit trees can we grow in a limited area without too much fuss?

There are a number of options for you to grow some fruit in your own home garden. It's just a matter of looking at suitable varieties and ways of growing. You can actually grow quite a lot of trees in containers now. That means if you live in an apartment, then you can also grow fruit trees at home.

I have 5 favourite fruit trees that I'd recommend everyone grows at home.

MY 5 BEST FRUIT TREES FOR THE HOME GARDEN

1. Lemon

Lemons are a cook's favourite and are used in so many recipes that it's great to have a ready supply in the home garden to pick as needed. Eureka Lemons are the traditional tart lemon used for cooking and can be grown in a wide range of climates. While their main crop is harvested in winter, the Eureka lemon tree will produce smaller amounts of fruit right throughout the year, making them great for the home cook.

2. Mandarin

Mandarins are great for the whole family, whether it's in kids lunch boxes or grabbing a quick and healthy snack on the run. Choose seedless varieties if you don't care for pips. My favourite is Imperial Mandarin because it's super sweet and easy to peel. Mandarins, like other citrus are generally care free fruit trees for the home garden if grown in rich fertile soil with good drainage.

3. Nectarine

Nectarines are the taste of summer and come in either yellow or white flesh. Choose a clean stone variety if you want to cut them up more easily. Nectarines are prone to fruit fly attack as well as birds, so make sure to protect your trees with fruit protection bags or netting.





4. Fig

Figs have mediterranean origins and grow best in those conditions, so they are quite versatile and adaptable to a wider climatic range. These trees are deciduous, losing their leaves in autumn/fall so you can use the leaves for the compost as they drop. Pruning can also keep these trees compact so they can be grown comfortably in city properties.

5. Pineapple Guava or Feijoa

Pineapple Guavas (*Acca sellowiana*) are great for creating the taste of the tropics. Think of a tropical fruit salad as you bite into and taste a Pineapple Guava. While it is reminiscent of the tropics, this fruit tree can be grown in cooler climates as well as sub-tropical zones. It's slow growing habit make it perfect for containers since it will remain compact for many years.

CHOOSE SMALL TREES

When choosing fruit trees you'll want to consider the overall size at maturity. A small potted specimen at the local nursery might look great with a couple of fruit dangling on it and entice you to buy it, but what do you do then if it takes over the whole backyard once you plant it?

Look for fruit trees for the home garden that ultimately don't get any taller than about 3-5 metres (10-15 ft) depending on the size of your yard. You can get "dwarf" species that are ideal for smaller city gardens. They are called dwarf or miniature because they have been grafted onto rootstock which will limit their overall growth without affecting the size of the fruit.

Dwarf fruit trees are available for apples, stonefruit, citrus, fig, mango and even a mulberry.

FRUIT SALAD TREES

Another way to get a choice of fruit for a small garden is to get a multi-grafted fruit tree. This is a tree that has different varieties grafted into the one rootstock. So if you want to have all 5 fruit trees listed above but don't have room for all of them, perhaps consider having a mandarin and lemon both grafted onto one tree.

These are sometimes called "fruit salad trees" because they can have up to 4 or 5 different varieties on the one tree. Just remember that you have to keep varieties similar - different types of citrus only on one tree or



different types of stonefruit. But you can't put an apple, a peach and an orange all on the one tree.

TRY ESPALIER

You can also save space using espalier techniques. This is where a full sized tree is trained from the beginning to grow on a vertical surface or wires instead of allowing it to grow in its usual shape. Fruit trees can be trained in a fan shape against a brick wall or fence and then any outward shoots are clipped off to keep it on a flat plane.

GOOD SOIL

All fruit trees like good free draining soil so improve your soil in the home garden with compost and manures before planting. Also consider raised garden beds to help improve drainage. Excessive moisture around citrus is sure to create problems if untreated.

To keep fruit trees healthy, they will need at least a yearly application of fertiliser. Use a good quality organic fertiliser suitable for fruit trees and add some compost in late winter. Mulching in summer time keeps the soil moisture in and keeps weeds out. It will also break down in time to add valuable nutrients to the soil. Feed the soil and the soil will feed your plants organically.

YEAR ROUND FRUIT

When you grow these 5 fruit trees for the home garden, you'll get seasonal fruit ready for harvest so you can eat fruit for the whole year. If you'd like to know what months you can harvest these and other fruit then check out my FREE Harvest Guides. You'll also find out what else you can plant around your fruit trees for companion planting.

Written by [Toni Salter](#)

Improve your fertility NATURALLY



Improve your fertility naturally, with these simple lifestyle tweaks, which may help you conceive a baby without medical intervention! In fact, being in a state of optimal health plays an important role in increasing fertility and boosting your chance of natural conception, says leading fertility specialist Dr Raewyn Teirney.

IMPROVE YOUR FERTILITY WITH FOLIC ACID

According to WHO guidelines and RANZCOG (Royal Australian and New Zealand College of Obstetricians and Gynaecologists) recommendations, women who are trying for a baby should take a vitamin supplement containing folic acid and iodine.

Medical experts recommend all women trying to conceive, who are pregnant or are breastfeeding take an iodine supplement of 150 micrograms (μg) daily. Folic acid is a B group vitamin and is essential for neural tube development during the first 12 weeks of foetal growth. Recent studies have also shown that Folic Acid can not only improve your fertility but speed up your

chances of conception! As well as taking supplements, you should be eating plenty of folate-rich veggies, such as green leafy vegetables like spinach and cereals fortified with folate.

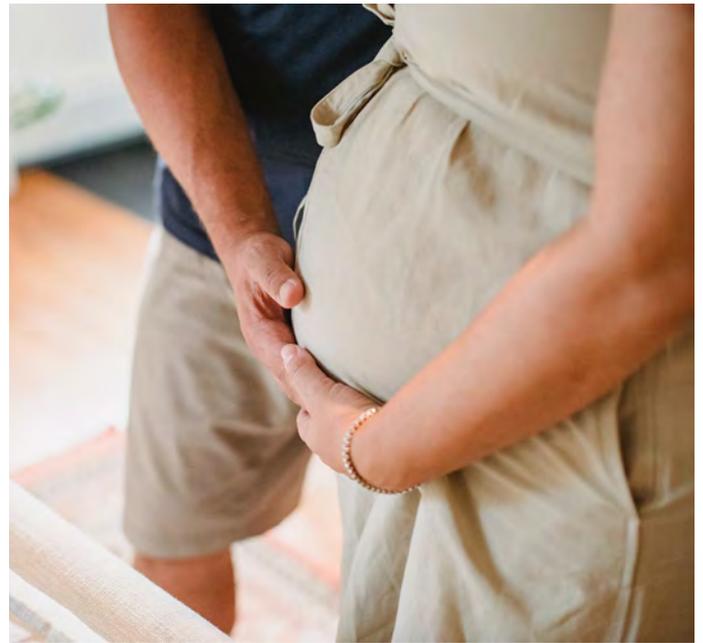
I also advise my male patients to increase their intake of antioxidants and selenium, zinc, and garlic, as these support male fertility and sperm health.

SEE YOUR GP

Have your doctor assess your medical history. He or she can perform antenatal blood test to screen for pre-existing medical concerns. They should also review any medications you might be on that could interfere with natural conception.

ENJOY A HEALTHY, WELL-BALANCED DIET

Eating a nutritious, clean, well-balanced diet will help to ensure that you are consuming the right blend of nutrients, vitamins, and minerals. It will also you maintain an ideal weight, which is important to support natural



- You may also notice that your breasts area tender and swollen, your sex drive increases, you experience lower abdomen pain on either side, you are bloated, and you may even get pimples or acne.

HAVE SEX UP TO TWO OR THREE TIMES PER WEEK

We now know that frequent ejaculation helps maintain sperm health. With this in mind, don't save sexual encounters only for when you are most fertile. Spice things up in the bedroom and enjoy sex a few times each week!

STOP SMOKING

Smoking is directly related to poor reproductive health in both males and females. It is one of the most detrimental lifestyle risk factors and compromises egg and sperm quality. If you're having trouble giving it up, visit www.helptoquit.com.au

LIMIT YOUR ALCOHOL INTAKE

We also know that excessive alcohol intake causes direct damage to egg and sperm quality and can harm the foetus during early pregnancy. It is recommended that both men and women limit their alcohol intake to one glass each day and that women abstain altogether during pregnancy and when breastfeeding.

ENJOY QUALITY SLEEP

Getting plenty of rest and giving your body time to recuperate is important for both fertility health and during pregnancy. Not only that, if you are tired, you are less likely to track your fertility window and a lot less likely to want to have sex, or indeed enjoy it when you do. Aim for eight hours of quality sleep each night.

Written by [Dr Raewyn Teirney](#)

conception. On that note, maintaining a healthy weight - for both men and women - is known to improve your chance of natural conception. The best way to determine this is by checking your Body Mass Index. The ideal Body Mass Index is between 19 and 24/25.

GET TO KNOW AND UNDERSTAND YOUR MENSTRUAL AND OVULATION CYCLES

Knowing your cycle will help you understand your most fertile times each month and make it easier for you to accurately predict when you're ovulating. There are many ways you can do this:

- Monitoring your basal body temperature using a high-speed digital thermometer. When women with a regular menstrual cycle are ovulating, their temperature drops by about 0.2 degrees Celsius, followed by a rise in temperature that stays high for two weeks before menstruation when it drops again.
- Check for a surge in Luteinising Hormone (LH). A simple urine test can detect the surge in your body, which indicates that you are ovulating and at your most fertile.
- Check your cervical secretions. When you are ovulating, they will be clear, thin, slippery, and stretchy.

IT'S ALWAYS A GOOD TIME TO START OVER!

It's always a great time for making lifestyle changes and reviewing where you're at, but for goals and changes affecting your financial health, there's often no better time than when starting a new job. New beginnings, right? Time to plan for some silver linings!

Well, 2022 just has to be better than the last two years, right? With everything that has been going on, you've likely not had the time or head space to get your financial affairs in order because life has been all about survival.

With fresh eyes and outlooks however, come new opportunities, and it's always a good time to get your finances in order and feel comfortable with the knowledge that you are getting professional help to make the most of your hard-earned dollars. Call it 'getting your ducks in a row' or finally filing the 'too hard basket.' That feeling of decluttering the head or getting around to those jobs you keep putting off can be so rewarding.

Okay... we may be on the brink of nuclear war and are finally wrapping up a pandemic, but hey... is there ever the perfect time to get cracking?

PLAN AROUND YOUR PAY CYCLE

If your job pays fortnightly or weekly, there is a great opportunity to modify your mortgage repayments. Paying half your monthly mortgage as a fortnightly repayment lets you squeeze in one extra monthly repayment each year – potentially saving thousands in interest over the course of a loan. Cool right? And you can always lower payments back to the minimum if there's a squeeze on the budget.

DON'T WASTE A PAY RISE!

If you received any sort of pay increase in 2021, or you are starting a new job in 2022 with a higher salary, there are opportunities to save more while maintaining the lifestyle you've become accustomed to.

One of the most tax-effective investments is making additional concessional contributions into your super. Using your before-tax pay, it's usually taxed at just 15 per cent instead of your marginal tax rate. That could save you a fortune in tax – and it's better off funding your golden years!





Individuals can contribute up to \$27,500 during the 2022-2023 financial year as concessional contributions to super and in turn reduce taxable income.

CHECK INSURANCES

As you move through your career, priorities change and with a mortgage and children comes the need to protect your income. The new year is a good time to sit down and check your insurance – both inside and outside of super – and make sure it matches your financial situation and your current lifestyle needs.

CHECK YOUR BUDGET

You may have been living on a more frugal budget the last two years if you have had a downturn in employment due to COVID; and your expenses may have decreased as we have not been able to travel, eat out, participate in sports and hobbies or even just head to the movies.

Your income and expenses going forward are also likely to change. A financial adviser, counsellor or money coach can help you set a budget based on your 2022 salary and expected expenses. They can also discuss investment strategies to ensure any surplus finances gives you a boost today, and in the future and work out just what your priorities should be.

Reviewing what's going out and coming in is essential. Who knew you'd ended up with two Netflix accounts?

GET YOUR SUPERANNUATION ON TRACK

With many people predicted to have more than 10 jobs in their lifetime, having a super fund that can move with you from job to job and into retirement has never been more important. After all, losing track of just one super fund can cost you thousands of dollars in fees and lost opportunities by the time you hit retirement.

Not all super funds are easily portable and once you've



done your homework to find the fund that best suits your investment profile and insurance needs with fees you are comfortable with – it's often a good idea to stick with it... until you find something better of course.

This gives you peace of mind throughout your working life that your retirement savings won't get lost and you won't be paying unnecessary tax and fees when the time finally comes to retire. And it can be just like a little lost puppy, always following you around.

A Financial Adviser can talk you through some superannuation fund choices and how to go about consolidating your superannuation accounts to take advantage of the benefits of having one, rather than multiple accounts. Comparing industry funds; retail opportunities, public offer funds and even Self Managed Super funds, is a great exercise.

They can also talk to you about the benefit of having multiple accounts – it doesn't suit everyone, but there are a few that are better off with more than one super fund, under the right conditions and depending on your own personal circumstances and health.

For help with your 2022 financial plan including super, savings and more, take some time out to work through the above options, or contact your Financial Adviser today.

Written by [Amanda Cassar](#)



How to sell and buy a home at the same time...

Every real estate transaction is different in its own way. Some real estate transactions are straight forward, while others are a puzzle and have several hurdles that need to be overcome.

One of the trickiest situations that can exist in real estate is when a person has to sell and buy a home at the same time. There are many different techniques that can be used to do this simultaneously, just like there's more than one way to skin a cat!

It's important if you're planning to sell and buy a home at the same time, you understand what options you have. And be aware of the potential scenarios that can result. If you happen to be selling a home for the first time, it's even more important to be comfortable with the different situations that you may encounter.

WHAT IS THE DIFFERENCE BETWEEN NON-CONTINGENT & CONTINGENT?

If you're in the market to sell and buy a home at the same time, contingent is a term that you should become familiar with.

Contingent can easily be defined as a something occurring only if other circumstances are fulfilled. In real estate, there are many common contract contingencies, also called 'subject-to' conditions that can exist.

If you're going to sell and buy a home at the same time the one to become familiar with is your purchase is likely subject-to-sale of your property. Understanding the difference between a non-contingent buyer and contingent buyer is very important.

A non-contingent buyer is someone who is able to purchase a home without needing to sell a property or the requirement to arrange finance. An un-conditional or non-contingent buyer is the type of buyer that you want to attract when selling your home.

When buying a home, it's also the type of buyer you'd prefer to be, especially if you're buying a home in a sellers' market. A contingent buyer is someone, who is able to purchase a home, but needs to sell a property or arrange finance in order to do so.

If you're selling a home, receiving an offer subject-to-the

sale of another property is certainly better than receiving no offer, however, it's not uncommon, that an offer that is contingent on selling another property does not end always up settling.

WHAT ARE THE PROS OF BUYING A HOME PRIOR TO SELLING YOUR HOME?

The time it takes to buy a home cannot be predicted. Some buyers will find the perfect home on the first day they look at homes and others may take months.

One benefit to buying a home prior to selling your home is that you know you've found a home that you want to buy. If you know that what you're looking for in a home is not common or easily found, buying a home prior to selling your home could be a good option for you.

Another benefit of buying a home prior to selling your existing home is that you're able to perform any inspections on your new home. There are many reasons why having a building inspection is a great idea when buying a home.

Buying a home prior to selling your home gives you the opportunity to walkaway from a home if the inspection results are poor without having to feel pressured into buying a home you're not comfortable with because your existing home is sold and you need a place to live.

WHAT ARE THE CONS OF BUYING A HOME PRIOR TO SELLING YOUR HOME?

Buying a home prior to selling your home can be difficult as well. You may be asking yourself how buying a home prior to selling your home can be difficult.



If you need to sell your existing home in order to buy a new home, submitting an offer subject-to-the-sale of your home can sometimes lead to your accepted offer getting 'bumped.'

Getting 'bumped' simply means that a seller receives an offer that is 'better' from a different buyer and invokes a '48 hour let-out clause' that requests that you, the

contingent buyer to either remove the contingency of needing to sell the home or the offer will be null and void. This is the reason buying a home prior to selling your home can be devastating because losing a home that you fall in love with can be extremely difficult.

If this happens, you'll need a thick skin to deal with it. Another potential drawback to buying a home prior to selling your existing home is that some sellers will not entertain subject-to-sale offers. This is common to homeowners who are relocating and are using a relocation company. Most relocation companies will not entertain offers that are sale contingent. This can limit the number of potential homes that you're able to purchase due to your home sale contingency.

Buying a home prior to selling your existing home does give you the extra time to perform inspections and can be a benefit to buying before selling, however, it's possible you're wasting valuable dollars on these inspections. Spending your hard-earned money on the inspections of a home that you may get 'bumped' on is an obvious negative to buying a home before selling your existing home.



WHAT ARE THE PROS OF SELLING YOUR HOME PRIOR TO BUYING A HOME?

Most people who have bought and sold homes in the past will tell you that selling a home is more difficult than buying a home. A huge benefit to selling your home prior to buying a home is that you know you've secured a ready, willing, and able buyer.

This is extremely beneficial when looking for your new home as you will no longer be subject-to-sale, just subject-to-settlement of your existing home. A buyer who is not sale contingent is a much more appealing buyer for sellers.

Another plus of selling your home prior to buying a new one is that you will know exactly how much your home is going to sell for. This can be extremely important for you as a buyer if you are planning on using the proceeds from the sale of your existing home.

WHAT ARE THE CONS OF SELLING YOUR HOME PRIOR TO BUYING A HOME?

If you're going to sell and buy a home at the same time, it's critical you hire a top real estate agent who has experience with helping people do exactly this. The primary reason for making sure you have a top real estate agent and also the biggest drawback of selling your home prior to buying a home is the possibility of having to rush to find a new home.

A top real estate agent can help negotiate not only a longer settlement on your existing home but also attempt to negotiate a rent back period of your home if required. If your real estate agent is able to negotiate a rent back, this can allow additional time for you to remain in your home which can allow you the extra time to find a new home.



TIPS TO PREPARE TO SELL AND BUY A HOME AT THE SAME TIME

GET YOUR HOME MARKET READY

Before selling your home, it's extremely important to make sure your home is market ready. There are certain things you should do when selling your home for sale! One of the best ways to get your home market ready is to get advice from a real estate professional. A real estate agent who is an expert will know what you should do prior to your home being listed for sale.

They should be able to give advice on what repairs, upgrades, and updates that you should consider doing prior to listing your home for sale.

GET YOUR FINANCES IN ORDER AND PUT SOME SKIN IN THE GAME...

A homeowner who is going to sell and buy a home at the same time needs to have their finances in order. The most important thing to find out prior to selling and buying a home simultaneously is whether you can qualify for a loan without having to sell your existing home.

Many people are unable to do so but if you're able to, this can be a huge advantage. When getting a pre-approval for a mortgage, ask the mortgage consultant you're working

with whether buying unconditional or non-contingent is an option or not.

If buying a home non-contingent is an option, but you feel more comfortable buying contingent, consider having the mortgage consultant still issue a non-contingent pre-approval. This non-contingent pre-approval may be useful in the event you get 'bumped' while purchasing a home sale contingent, should you decide you want to purchase the home and remove the sale contingency on your existing home.

Even if you're unable to purchase a home non-contingent, it's still extremely important to get pre-approved for a mortgage. Since a mortgage pre-approval can take a few days to a week or more to complete, having this completed prior to looking for a new home or listing your home for sale is important.

KNOW YOUR GAME PLAN

One of the biggest mistakes that homeowners make who are attempting to sell and buy a home at the same time make is they don't have a game plan in place. Below are several questions that you should answer prior to beginning the tricky process of selling and buying a home simultaneously.

- Will I list my home prior to looking at homes that are for sale?
- Will I make any offer received on my home contingent on finding a suitable property for myself?
- Will I find a new home prior to listing my home for sale?
- If needed, do I have a place to move should my home sell fast and I haven't found a new home yet?
- If needed, can I afford to put my belongings in storage for a short period of time?
- Can I afford to purchase a home that would make it worth selling my existing home?

FINAL THOUGHTS

To sell and buy a home at the same time it's important to understand exactly what to expect throughout the process. It's also vital to have your game plan in place. If you think buying a home prior to selling your existing home is the best for your situation, then go for it. If you think selling your home prior to buying a new home is the best for your situation, then do it!

In most situations, we recommend that you sell your existing home prior to buying a new home. It generally will make the process less complicated and less stressful on you and your family.

Written by [Eriks Draiska](#)



A greener mothers day

Being a Mum I am looking forward to Mother's Day on the second Sunday in May. I tend to think that the real Mother's Day is actually the birthday of my one and only child as this is the day I truly became a mum, but then we can't distract from the special day of the birthday boy to make it all about ME now, can we?

We tend to get caught up in the consumerism of Mother's Day and I recognise that I have been known to rush off on the Saturday before and buy the gift I think my Mum would like rather than spending time thinking about a gift that expresses my love for her. So this year it is my intention not only to think about the sentiment behind Mother's Day but also to consider Mother Earth and the impact of my gift purchases on the environment.

If you, like me, are wanting to leave a lighter footprint on the Planet this Mothers Day I have put together this list of five things you can do to celebrate your Mum that won't cost the Earth or put a dent in your bank account and I hope it inspires you to follow suit and think twice before you purchase mass produced, over packaged goods with no sentiment attached.

HAND MADE GIFTS

Remember when you were in Primary School there was a Mother's Day stall? Dad would give you a few dollars (or even cents in my day) and you would file past all the doily covered toilet rolls, some lovingly crocheted coat hangers,

potted plants and handmade bookmarks and would select things that you were sure your Mum would absolutely love. Handmade gifts never go out of style and generally have no packaging associated with them.

Weekend markets are particularly great places to go to source packaging free gifts but even better what about using your own skills and making something with love. How about this year you cook a batch of scones or one of my favourites, Banana Bread, wrap it up in a lovely linen tea towel and pop into a basket with a jar of locally produced honey. This will give Mum four presents in one and she will appreciate the effort that you have gone to by making the gift yourself.

BUY LOCAL

I've found some lovely local businesses through Instagram and by interacting with the local Facebook Community Group. By connecting with local producers and makers you can lighten your footprint on the Planet by cutting down on the distance your gift has traveled to make it to you.

My Mum particularly likes lovely, fragrant soaps for the bathroom and so this year (spoiler alert Mum) I am going to buy her some handmade soaps from a local family business. The soaps come in brown paper bags which can be reused or composted and I will probably pair them with either a hand crocheted cotton washer, some linen napkins or a scarf to package the soaps and add to the present.

ECO PARTY

Mothers Day is a time of year when we get together as a family and the siblings come from far and wide to be with Mum. This calls for a family lunch, usually al fresco amongst the trees and roaming chickens in our back yard. This year, being that it is also MY Mother's Day and I don't want to do any dishes, I am going to set the table with compostable plates and napkins. These days you can buy all manner of bamboo and compostables for the dinner table. By using compostable plates, serving trays, cups, serviettes and bamboo cutlery it will avoid me, or any of my guests having to spend the end of a relaxing day up to our armpits in dishes and all of it can go in the worm farm or compost heap to add nutrients to the soil.

LIVING GIFTS

Adult colouring books are definitely the flavour of the month and you can either Zen Doodle your own (<https://feltmagnet.com/drawing/How-to-Create-a-Great-Zendoodle>) or buy from the local newsagent fairly cheaply. What better accompanying gift than a box of Sprout Coloured Pencils! Available from www.whodhavethought.com these pencils once they have been used and sharpened to a stub can be planted in a pot, given some water and sunshine and will grow into a variety of herbs and flowering plants. A unique gift that has multiple uses and keeps on giving!

Cut flowers, whilst lovely have a very definite used by date, but potted plants last forever (with a little care and attention). If flowering plants are not your Mum's thing

then consider potting up a herb planter that she can keep on the kitchen bench or window ledge. It's a great way to avoid those plastic tubes of herb pastes and packaged herb cuttings that you get in the supermarket and they make the kitchen smell terrific!

RETHINK CARDS

Mother's Day cards have been out in the shops for about a month now and whilst it is lovely to write out your feelings for your Mum in a glossy, sparkly card it does leave an impact on the Planet that it would be better to avoid. Cards made with glossy finishes are not recyclable or compostable and that glittery stuff is basically ocean choking micro plastics.

Have you heard of Seed Cards? Usually sold in flower shops, small boutique homewares shops or online, these cards are made with recycled paper, printed with water based non toxic inks and are embedded with seeds for flowering plants and herbs. You can write your sentiments to Mum in the card and once Mothers Day is over she can plant it in a pot, water it well and be rewarded with a living gift for years to come.

I hope this has given you a few different ideas for Mother's Day this year. I'm sure your Mum will be delighted to receive any or all of them and you can feel great about putting in some effort, supporting Australian small businesses and leaving a lighter footprint on the Planet.

Written by [Julia Schafer](#)



NOT ANOTHER WESTERN



The series has just been renewed for season five. Before then though, you can get to know the Dutton's, along with Josh Holloway (*Lost*), Eden Brodin (*Beyond*), Hassie Harrison (*Tacoma FD*) and Jennifer Landon (*The Front Runner*), who joined in season three. All seasons are available on Stan with season four seeing Australia's own Jacki Weaver in a recurring role, giving Beth a run for her money.

But drama isn't just reserved for the little screen. The seasoned actor who plays loyal Yellowstone ranch hand Lloyd (Forrie J. Smith known for *Tombstone*), will not be in attendance with his cast mates for the Screen Actors Guild Awards in April because he does not have the required vaccination status. As he explained in a recent social post: "I'm not vaccinated, I will not get vaccinated. I haven't been vaccinated since I was a little kid. I don't vaccinate my dogs, I don't vaccinate my horses. I've never had a flu shot. I never will. I believe they compromise your immunities."

If you enjoy Kevin Costner films such as *Robin Hood*, then *Yellowstone* will not disappoint. However, consider the MA15+ rated scenes and language, as they can be confrontational at times. This does subside somewhat.

Yellowstone is co-created by screenwriter Taylor Sheridan (*Wind River*, *Hell or High Water* and *Sicario*) and John Linson (*Sons of Anarchy*, *Lords of Dogtown*). Executive producers include John Linson, Art Linson, Taylor Sheridan, Kevin Costner, David C. Glasser, Bob Yari and Stephen Kay. Each 1-hour episode is predominantly filmed in the US state of Montana with Season five currently in production. It has an IMDb user rating of 8.8/10.

Written by [Ana Jones](#)

It was the number one rated pay television drama in the USA last year. It has a 2022 Screen Actors Guild (SAG) Awards nomination for Outstanding Performance by an Ensemble in a Drama Series and was 2021 Primetime Emmy Awards nominated for Outstanding Production Design for a Narrative Contemporary Program. It also has, not one, but three awards in the Best Fictional Drama category from the Western Heritage Awards... Welcome to world of *Yellowstone*.

Don't let the name, the infrequent southern drawl, or the cowboys and girls fool you, this one-hour drama is more than a mere western.

Yellowstone chronicles the Dutton family, led by John Dutton (Kevin Costner), who controls the largest cattle ranch (*Yellowstone*) in the United States. Stan Australia best sums up the series: "amid shifting alliances, unsolved murders, open wounds and hard-earned respect – the ranch is in constant conflict with those it borders – an expanding town, an Indian reservation and America's first national park." And that is just episode one!

Every episode is jammed packed with the drama that surrounds Dutton's three grown children and in and surrounding the ranch – often with explosive results. The children include Beth (Kelly Reilly of *True Detective*), Kaycee (Luke Grimes, *Fifty Shades* franchise) and Jaime (Wes Bentley, *American Horror Story*), each with their own secrets to uncover.

How to look after your skins whilst traveling

(during a pandemic)

We all look forward to a well-deserved holiday, mostly so the everyday routine grind can be forgotten for a little while. Whilst skipping set routines can be refreshing for body and mind, the change of diet, water intake, location, temperature all add to potentially stressed skin. Especially in the current environment, when you are also required to wear a face mask on planes and even in some locations you may choose to visit.

DURING YOUR FLIGHT

Let's face it, when you are from Australia even getting to the opposite coast will require a lengthy flight. If you are considering an international holiday long haul flight will most likely be involved. Air travel is quite dehydrating due to the air quality on airplanes, this can trigger those fine lines to appear.

More than likely there's some stress along the way with connecting flights and meeting all the travel requirements which can create a stress response in the body, bringing about acne and psoriasis.

So how can you best prepare yourself to evade skin breakouts on long haul flights?

Start by removing your make up so there is nothing caking to your face in the oxygen reduced environment. Then make steps to hydrate your skin from the outside! You could apply a hydrating mask – after all, you have time, or simply add a hydrating serum before a rich night cream for added hydration.

Looking after your skin from the outside is not enough, you also need to make sure that you drink plenty of water to also hydrate from within.



At also, get some shut eye whilst you are in the air it aids the skin repair process.

WHILST ON HOLIDAY

Firstly, ensure that you pack your normal skin care products, enough for the duration of your trip. This is especially important if you are going to countries of the normal tourist route. Cuba for example has very limited options for skin care, so you must have your own. Having what you normally use on hand will help you retain your skin care routine as much as possible.

Drinking enough water applies as much on the ground as it does in the air. So, pack a water bottle and carry it with you so you can sip often and ensure hydration.

Make sure that you know whether the water is safe to drink, if not, bottled water is the way to go. We don't want any nasties giving you a bad tummy and bad skin!

The extra sunshine and fresh air can dry your lips too, so use a lip balm to keep your lips well hydrated and away from sunburn. We often overlook our lips, and it can be quite painful when they dry out.

Whether you are heading to the tropics or to the ski slopes, the sun will get you, so remember applying sunscreen, not only to moisturise but also to reduce the chances of melanoma. You may not have considered it, but unless you are on an overnight flight, it's also a great idea to apply sunscreen for your flight, since you'd be a lot closer to those UV rays!

Where possible stay away from hotel skin care products. They are often filled with fragrances and other ingredients that can be quite drying to your skin. At the end of the day, ensure that you cleanse your skin to wash the daily grime away. Never with soap as that removes oils and dries the skin.

WEARING A MASK

Wearing a mask may not be a part of your everyday life, however it is most definitely a requirement to be worn on planes and in some countries pretty much anywhere you go once you are outside your accommodation.

Face masks create a rather moist environment right next to your skin that can cause irritation and breakouts on your face, and even irritation by the elastic behind the ears. So, how can you prevent this from happening? Apart from choosing a facemask that suits you, according to the Mayo Clinic, you must make sure that you prepare your skin by removing make up and cleansing your skin to limit harmful bacteria on your skin. After which you need to moisturise.

Most importantly ensure that you keep your mask clean and if possible, break up prolonged mask usage with short breaks. In a nutshell, to reduce stress to your skin whilst traveling, the best thing is to ensure you have your everyday skin care products with you, stick to your routine as much as possible, and remember to moisturise, hydrate and cleanse whilst enjoying a well-deserved break!

Written by [Orsolya Bartalis](#)



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