



How to Improve Your Face Care Routine: What You Should Keep in Mind

Diane Laffoon 0:02

You know, as women, we want to put our best face forward every day, don't wait. But it can be overwhelming with the multitude of products and information that is available. You know, it's hard to know what face care routine is right for you, especially when there are so many things to be concerned about removing your makeup, cleansing your skin, perfecting your complexion moisturizing. And if you're not careful, some of the face care products can actually cause irritation, and even blemishes. So you might be asking yourself, what should I use? How often do I do this? Do I need a face wash a toner, a moist moisturizer? You know, what do I need to do? What's the best type of moisturizer for me, I have some of my favorite beauty secrets right here for you today. And that way, no matter your budget, or how much time you have in the morning, you can still look great without spending too much money, or stressing out about it all day long. So let's get started. I want to let you know, if you want to access the show notes and the details from our discussion today. Type the word skincare below, and I'll be in touch with that. Okay?

Diane Laffoon 1:09

So Hi, if we've never met before, I am Diane Laffoon. And I help women who are stressed out make small changes in their lives so that they feel less stress and more fulfilled, so they're better able to choose joy each day. You know, there's plenty to be concerned about when it comes to face care. Women today are just bombarded by so many products, so much information, and not to mention the constant pressure for us to look good all the time, right? For some people they face, the face that they present is actually an integral integral part of their identity, maybe even their work, and for others and maybe not be quite as critical. But it's still emotionally important to most women. Face care doesn't need to be complicated if you follow some simple, very straightforward tips.

Diane Laffoon 2:00

So first tip, understand your skin type, and how your skin changes with the seasons especially and with seasons of life. We all need to get to know more about our own skin and what will work best for us at face value. It seems easy to understand what your skin needs are. But you know many factors go into how our skin works and how we can take the best care of ourselves. For example, understanding

your skin face type is essential. And if you have dry skin, your face care routine should include more moisturizing products. While if you're acne prone, it makes sense to stick to non comedogenic products. I can't pronounce the word but it means those things that can clog the pores. You know also you've got to be mindful, especially as we're going from our summer to fall and into winter here that face skin types change with the seasons. I know for me personally, I am more oily in the summer months, and I tend to have drier skin in the winter months. And some women's faces may also be very sensitive during certain times of the month, or at different stages in your life, you might see your skin changing in different ways. So it helps to kind of keep track of these things.

Diane Laffoon 3:19

Next, you've got to know that toxins are out there that you need to avoid in your skincare in your face care products. Did you know that the average woman puts over 500 chemicals per day on her body. And it's believed that our skin absorbs at least 60 to 70% of any topical products that we use. So all of those things you're putting on your face or on your skin 60 to 70% of those are getting absorbed into your body. So why not give your face care products a makeover and swap them out for their non toxic counterparts? This is not a conclusive list but some ingredients to look out for in your skincare products and your face care products especially include aluminum, DEA, TEA, sodium lauryl sulfate, propylene glycol, parabens, phthalates, mineral oil and other petroleum products. And yes, fragrance fragrance is a bad boy too. And that's just the shortlist there's actually even more and you can do your research.

Diane Laffoon 4:27

Now it's time to trade face care products with their toxin free counterparts. It's important to know that when you start using a non toxic face care product, it may take weeks or even months for the skin to show improvement because it takes time for those toxins to leave your body. This means you've got to be patient in order not to give up on your new face care routine, especially if you've gotten rid of those toxins and definitely will pay off in the long run though.

Diane Laffoon 4:54

For example, I was addicted, very addicted to Carmex Lip Balm for years, I thought I had to have that in my purse in and on my bedside table. I used Carmex all the time. And the only thing I thought was it to keep my lips from drying out because my lips always felt like they were dry it was put out at bedtime, put her on the morning, put it on throughout the day. And then I learned of the dangers of using petroleum products. And I was shocked to see petrolatum is the main ingredient in Carmex. So anything like mineral oil, petrolatum any petroleum jelly, what they do is they actually smother the skin. These ingredients form a layer on the skin, and they trap moisture under the skin, preventing the skin from breathing. And so they can slow cellular development. And they actually can create earlier signs of aging. At the same time it stops waste and toxins from escaping your body through your skin because there's this sealed layer. And so they are poor choice for beauty products including lip balm, because it disrupts the way the body naturally detoxifies, it slows the rate at which cells are renewed and thereby damaging your collagen, your connective tissue, your elastin, all of which contribute to the way your skin looks and feels. And actually using anything with these petroleum products, results in skin that can age prematurely so when I read all this, I knew that I had to get rid of products that contain these

chemicals because they actually create the very conditions that they claim to relieve like my Carmex. At first I had no idea how I would resolve my dry lips without slathering on my Carmex every night before bed. So I switched to Young Living lip balm and it's made with coconut oil, beeswax and jojoba seed oil instead of petroleum products. And honestly it took a while it took a few weeks. But eventually I started realizing I no longer needed my daily lip balm It was amazing to me. I use Young Living lip balm occasionally maybe more in the winter than in the summer. But I don't have a daily need I don't go to bed every night swiping my lips with something because they feel dry. It's because my body is working the way it was designed to work and it's no longer got this seal over my lips. And so my lips are naturally moist from the water I drink it from you know from just breathing act like they're supposed to breathe.

Diane Laffoon 7:31

So we've paid attention to our skin type we're watching for those toxins in our in our skincare products. Now let's talk about cleansing our faces because that's the first and most important step you've got to wash your face with warm water and a gentle cleanser morning and night. Get rid of all those impurities that have can clog your pores can reduce you know the the complexion that you're looking for. It may sound simple, but not everyone washes their face, morning and night. And many face washes contain some of these harsh chemicals that stripped the face of its natural moisture and oil and that only further damages the skin. Face Wash is used to remove dirt, remove oil, remove makeup and it should do this without over drying the face while also leaving some kind of protector barrier on the face. Actually I use two different moisture or two different cleansers. In the morning I use an oil based cleanser. It's called Mirah cleansing oil and I had never tried an oil cleanser cleanser before but it is an effective way to cleanse your skin without stripping the oils away from your skin that your skin needs. So if you have dry or sensitive skin and you've never used an oil based cleanser, you're in for a real treat. If you try this Mirah oil cleanser, I love it and especially in the morning when your skin is a little bit drier because you may have been dehydrated all night, that kind of thing. So that's my choice for morning.

Diane Laffoon 8:57

And then at bedtime when it's time to wash my face and cleanse myself for bedtime. I picked up ART foaming cleanser. It's a gentle cleanser, and it's infused with face loving premium essential oils like Frankincense actually smells like Frankincense to me, also has Royal Hawaiian sandalwood, Melissa and a few more oils. And so it's very important to choose a gentle cleanser, one that works best for you that has none of those toxins in it and wash your face with warm water morning and night.

Diane Laffoon 9:28

Next we have to balance the pH of our skin and I will tell you I've always heard you're supposed to use a toner to help balance your pH of your skin. But I've never liked using a toner I felt it was an unnecessary, unnecessary step in my skincare routine. And I always felt like it left my face sticky. But I actually learned recently that even tap water can disrupt your skin's natural acidity and so it's essential to balance your faces natural pH it turns out your face care routine. Leave your skin light slightly more acidic at a pH level of four to six to maintain a protective barrier against the things that you'll come across during the day. A friend told me about this great stuff from Young Living called Royal Hawaiian Sandalwood Hydrosol and I believe what it is is after they have after they have distilled the essential

oil from the sandalwood, this is what's left in the water. The water that's leftover after that does this distillation process but I love this stuff. It is absolutely great to use as a toner after cleansing my face. You see it comes in a spray bottle and so after I cleanse my face morning and night, I just do a little spritz over my face and it's just a fine mist and it dries pretty quickly. But it feels very hydrating and soothing and refreshing. One of my new parts of my skincare routine that I absolutely love, it's just a wonderful aroma and it leaves my face ready for moisturizing.

Diane Laffoon 11:01

Because you Next you need to moisturize morning and night after you cleanse you use your something to balance your pH then you have to moist moisturize to nourish your face and you can't neglect the delicate skin around your eyes as well. So let's talk about face cream for a minute. Again, you've got to know your skin type and know how you change in different seasons of life or different seasons of the you know here to during the summer months. Like I said my face is a little bit more oily and so I have a light cleanser that I or a light moisturizer that I do called ART light moisturizer. It really absorbs quickly into the skin it's got a light consistency and it doesn't leave behind any shine which is good for me especially in the summer months. And then in the fall and winter I switched to something a little heavier because again my face gets a little drier in the winter months. And it what I like to use is called ART Sheerlumé. It has an excellent blend of face love loving premium essential oils designed for all skin types and condition conditions. And the other thing about the Sheerlumé is it has ingredients that actually visibly brightens and balances your skin tone. And we all want our skin tone to be balanced. We don't want splotchiness all over the place right? Don't forget about your eyes a face care routine just should include eye cream every day. This delicate skin around your eyes is where you start to show your age first and so I like to use wolfberry eye cream wolfberry eye cream from Young Living. It's a natural water based moisturizer formulated specifically for the delicate skin in the eye area.

Diane Laffoon 12:41

I'll be honest with you you know there's more that I do besides just cleansing and balancing my Ph and moisturizing I mask I exfoliate I use renewal serums there's other things that I do use, but I wanted to be sure that I shared the basics of cleansing and balancing your pH and moisturizing today.

Diane Laffoon 12:58

But there's one more tip I have for you. We also need to take care of our face from the inside out. So how do we do that? First you'll want to drink plenty of water to keep your skin hydrated and healthy. In fact, they tell us to drink half our body weight in ounces of water every day to stay healthy and hydrated. Also, of course choosing Whole Foods over processed foods helps to ensure that what you're eating contains enough vitamins and minerals for your face to stay healthy from the inside out. And this one's interesting try to aim for seven to nine hours of sleep each night to reduce your wrinkles and to keep your face looking young. Have you ever heard that you heard right sleep your way to fewer wrinkles. The skin actually makes new collagen when you sleep which prevents it from sagging and and that and it also prevents those those wrinkles. There is a dermatologist from New York, Patricia Wexler. And she says let me get it here.

Diane Laffoon 14:07

Patricia Wexler says that it's part of the repair process that more collagen in the skin means plumper and less likely to wrinkle. And when you get only five hours of sleep at night, it can lead to twice as many fine lines as sleeping seven hours what and it can leave your skin drier which also makes those lines more visible according to this Patricia Wexler, who is a dermatologist.

Diane Laffoon 14:31

You know the skin is the largest organ of your body and it's vital to keep it in top shape. You know following these skincare tips, you will give it the extra attention that it needs to maintain that beautiful healthy looking skin. When you understand your skin type. When you take a look at the seasons and what they do to your skin, consider swapping anything out that has those harmful ingredients, do some research there. There's a few websites online and I can post those below to where you can research that. Once you get into that routine of cleansing and balancing your pH, drinking water, keeping that moisture that good sleep at night, not only will you look good on the inside, but you'll look good on the outside too. I hope this information has inspired you to improve your face care routine, because if it does, then I've done my job right. And I know that when you feel beautiful, when you feel like your skin looks great. When you're doing your routine, then you're going to be better able to choose joy because joy doesn't simply happen to us. We have to choose joy and keep choosing joy every single day.



Text or Call: (989) 244-8448 | E: diane@dianelaffoon.com
W: DianeLaffoon.com
Young Living Independent Distributor #1097556