

## **Acne Skin Care-Relaxation for Clearer, Healthier Skin**

Are you taking enough time to relax each day? Did you know that by taking time to relax regularly each day, it can actually help you to have healthier, clearer skin, especially if you suffer with acne skin?

Well, the truth is for many of us, we're all leading very busy lives and we aren't taking enough time each day to just relax and calm our minds and bodies. A major contributing factor in the cause of most diseases and excess toxicity in the body is stress. High stress is very destructive to your body as well as to your skin. Myself, I experience the worst acne blemishes and breakouts when I am experiencing higher levels of stress in my life. Whether it's high stress, or more normal everyday stress, we absolutely must learn how to cope with it in a healthy way. One natural and very effective technique we can learn is meditation. By taking a few minutes each day to sit down and slow down our minds, we can purposely direct and focus our thoughts on something positive, something that makes us feel good, or feel happy and peaceful. It is when our thoughts are slowed down, and our minds are relaxed, that our bodies will be relaxed as well.

Another natural and very effective technique you can do is to get a massage. A massage is not only great for relaxing, it also helps detox the body by stimulating the lymph glands. If you cannot afford the expense or luxury of a massage, you can also try taking a warm bath with lavender or chamomile essential oil and Epsom salts. Epsom salts contain magnesium which helps relax the muscles and the nervous system while chamomile or lavender calm the mind. Another natural and very effective technique and also a favorite of mine which I do at the end of each day, is to have a cup of soothing and calming chamomile tea.

Whichever natural technique you prefer to use, with regular and consistent practice, you will start to notice that you feel less stressed and anxious. Overall you will just feel better, calmer. You will start to feel a greater sense of peace, joy and well being. When we've relaxed and cleared our minds, improving the health

of our inner world, our bodies as well as our skin will also reflect improved health in our outer world.