

# Foods for Healthy Glowing Skin

**Salmon** – EFA's

**Watermelon** – natural diuretic, fights puffiness

/inflammation

**Green Tea, Berries, Artichokes, Cloves,**

**Rosemary** – antioxidants, anti-inflammatory

**Tomatoes** – antioxidants, fight UV damage

**Carrots and Sweet Potatoes**– , Beta Carotene,  
Vitamin (Retin) A

**Avocado** – Good Fats, A, D, E

Olive Oil

**Walnuts** – Omega 3's

**Oranges, strawberries, grapefruit, peppers, berries**

**Mushrooms** – sources of Vitamin C to produce  
collagen, fights wrinkles

**Kale** – Vitamin A, antioxidant

**Almonds** – Vitamin E, anti-aging, copper

**Eggs** – protein, biotin, zinc, selenium for hair growth,  
B vitamins, Vitamin A

**Spinach** – Vitamin A, C, Folate all important for hair  
growth

**Sunflower, flax and chia seeds** – Vit. E, zinc,  
selenium, omega 3's

**Oysters**- zinc for hair growth and repair



# Skin- Topical



- Yarrow essential oil reduces the appearance of aging skin and promotes the look of young and healthy skin
- Pomegranate Seed Oil is rich in punicic acid and supports the skin's natural barrier
- Jojoba, Sunflower, Avocado, Grape Seed and Argan Kernel oils increase hydration and help prevent normal signs of aging
- Pomegranate esters help promote the appearance of bright, smooth, even skin
- Coffee Seed Extract is a skin conditioning agent that helps increase the appearance of smooth skin, improves skin texture, and rejuvenates the skin

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**Frankincense** helps to reduce inflammation naturally. Smooths wrinkles and reduces fine lines. Frankincense is rejuvenating and soothing to the skin and nerves.



**Sandalwood** promotes healthy-looking, smooth skin and reduces the appearance of skin imperfections.



**Lavender** soothes occasional skin irritations. It has been used to aid the skin in recovery from bruising, blisters and other conditions related to dry skin. Natural antihistamine.



**Myrrh** has powerful cleansing properties. It is soothing to the skin, promotes a smooth youthful-looking complexion.



**Helichrysum** is used to improve the appearance of skin and reduce blemishes. Often used to promote tissue regeneration.



**Rose** is often used to help stop the breakdown of collagen in the skin that can lead to a loss of elasticity and wrinkles. Also helps aid in the prevention of scarring. Balances moisture levels in the skin.



### **-Cellulite Support-**

Apply Cypress, Grapefruit, and Juniper Berry dilute and massage over the areas of concern.

### **-Acne Back and Chest Spray-**

4 ounce bottle

4 drops lemon

5 drops frankincense

4 drops melaleuca

5 drops copaiba

Add drops and top off spray bottle with witch hazel or distilled water.

### **-Healing Salve- (eczema/dermatitis)**

10 drops frankincense

10 drops lavender

10 drops melaleuca

5 drops geranium

Mix drops in 2-4 ounces of coconut oil.

**-Wart Removal-** Oregano and Frankincense with small amount of FCO on warts 2 x's a day.

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# Hair

*Lavender:* **Lavender oil** is known to keep the scalp looking healthy and clean.

*Peppermint:* **Peppermint oil** makes it the perfect oil for creating an invigorating scalp massage.

*Cedarwood:* **Cedarwood essential oil** has soothing properties that can help soothe skin and hair.

*Rosemary:* **Rosemary oil** is used for a stimulating scalp massage, or to help promote a healthy-looking head of hair.

*Eucalyptus:* Another essential oil with soothing properties, **Eucalyptus oil** is commonly used to soothe skin, hair, or other parts of the body.

## **-Hair Growth/Dandruff Remedy-**

5 drops lavender, 5 drops melaleuca, 5 drops rosemary, and 5 drops cypress added to your favorite natural shampoo.



# Nails

## **-Nail Strengthener-**

2 drops lemon

1 drop myrrh

Fractionated coconut oil. Add drops to 5 ml roller bottle and top with FCO.

## **-Antifungal Nail Blend-**

5 drops lemongrass

5 drops melaleuca

5 drops oregano

Fractionated coconut oil. Add drops to 10 ml roller bottle and top with FCO.

## **-Ingrown or Hangnail-**

5 drops arborvitae

3 drops myrrh

2 drops melaleuca

Fractionated coconut oil. Add drops to 10 ml roller bottle and top with FCO.



# Five-Free Gel Polish



No Formaldehyde



No Camphor



No Dibutyl Phthalate



No Formaldehyde Resin



No Toluene

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