

## WE ARE OFFICIALLY IN AUTUMN

What does that mean for our skin ?

As the seasons begin to change and the weather starts getting colder , your skincare routine should change as well. It is key to keep your skin healthy and hydrated.

Your skin is the most important barrier against microbes, pollution, and environmental toxins. When temperature and humidity drop, your skin barrier is the first one getting affected. Just like you need an extra layer during the chilly mornings , so too , does your skin need an extra layer .

The cold, dry weather causes your skin to get dry. That's why changing your skincare routine for autumn is so important. Dry skin makes you more susceptible to inflammation, irritation, sensitivity, and wrinkles. Factors like humidity dropping, a hot shower, and using a heater inside your home have an effect on your skin. These factors dry out your skin and cause inflammation.

Be sure to hydrate your skin during this season, so you can glow all year round



## CONTENT

Autumn and how that affects your skin.....	1
Avo's .....	2
Five min routine.....	3
Skin types.....	3
Room Diffusers.....	4
Giveaway.....	5
30 day challenge .....	5
DIY recipes .....	6

## Avo's



Avocados are nutrient rich. According to the USDA National Nutrient Database, one serving (one-fifth of an avocado, approximately 40 grams) contains:

- ◇ 64 calories
- ◇ almost 6 grams of fat
- ◇ 3.4 grams of carbohydrate
- ◇ less than a gram of sugar
- ◇ almost 3 grams of fiber

The beta carotene, protein, lecithin, fatty acids, and vitamins A, D, and E found in avocado oil help moisturize and protect your skin from and also increase collagen metabolism .

It can be used on skin daily without adverse effects.

TIP: To use avocado as a facial moisturizer, you can take the inside of an avocado *peel* and massage it on to your face. Leave the residue on for about 15 minutes, then rinse the face with warm water.

---

*“Beauty begins the moment you decide to be yourself.” Coco Chanel*

---

### MY 5-10 minute

#### DAILY FACE ROUTINE

Washing my face with Charcoal and Vitamin E Soap

Dap dry : *Do not pull your skin as it stretches*

I use my make-up remover which is also a toner as it has rose-water , witch-hazel and natural oils to nourish and moisturize my skin —I squirt a few drops on a cotton pad and gently spread over my face .

<https://www.unfeined.co.za/shop/fragrance-free-make-up-remover-100ml/>

I then use my aloe vera daily cream, as a moisturizer .

AND OFF I GO

Nothing else needed !

### KNOW YOUR SKIN TYPE

**Dry skin** : Feels tight in the morning . May have rough or flakey patches and may be itchy. Has a dull appearance

**Oily Skin** : Feels slick to the touch and has a shiny appearance. Produces oils in the t-zone *and* the cheek area . Pores are enlarged. Prone to blackheads and acne.

**Combination Skin**: Usually dry on cheeks but oily in the t-zone. Enlarged pores but usually on the nose.

**Dehydrated Skin**: Skin is visibly dry and may have flakey spots but produces excessive sebum (an oily, waxy substance ). Often mistaken for oily skin due to oil production , in turn making it worse by using drying products . This skin type should be treated as dry skin .

**Sensitive Skin**: Reacts negatively to many products , often breaking out or becoming very dry. May be red or hot when touched. May to itchy.

**Acne-Prone Skin**: Prone to acne. Usually combination to oily. Can be caused by sensitivity or hormonal imbalances.

**Normal Skin**: None of the above . Dewy appearance . No major skin issues

*Room diffusers are a stylish way to add a luxurious scent to your home.*



Whether you're trying to remove the odors from fresh paint, cigarette smoke, or pets, natural products from your pantry can work wonders:



Real estate agents know the power of comforting aromas in helping to sell a home, so they bake cookies or simmer spices in water on the stovetop. You can do the same thing at home with your favourite herbs and spices .

Simple fill a small pot with water and bring it to a boil. Add the ingredients you've chosen and allow them to boil for three minutes. Reduce the heat to low and let the brew simmer. Check the level of water every 30 minutes or so and add more as needed. You can also use a slow cooker to create a simmer pot.





## GIVEAWAY

Tell 5 friends about my website , get them to subscribe and send me their email addresses and you will stand a chance to win one of my latest products with free delivery !!

You will be notified via email or what's app if you are the lucky winner

## 30 DAY MORNING ROUTINE CHALLENGE

◇ Wake up early

◇ Don't hit that snooze button

Hitting the snooze button has a negative effect on your body

◇ Exercise , even if it is for 20 mins

This releases endorphins and boosts your metabolism

◇ Read for 10 minutes

Read something educational or motivational to start your day

◇ Eat something

You wouldn't leave the house without fuel in your car so too , you should fuel your body with a nutritional break fast

◇ Write something

Take time to write down a positive affirmation or a goal for the day



## DIY RECIPES !!

### Headache Blend

Supports relaxation and tension, eases discomfort

- 4 drops Lavender
- 4 drops Peppermint
- 2 drops Frankincense

Roll on back of neck, shoulder, behind ears &/or forehead.

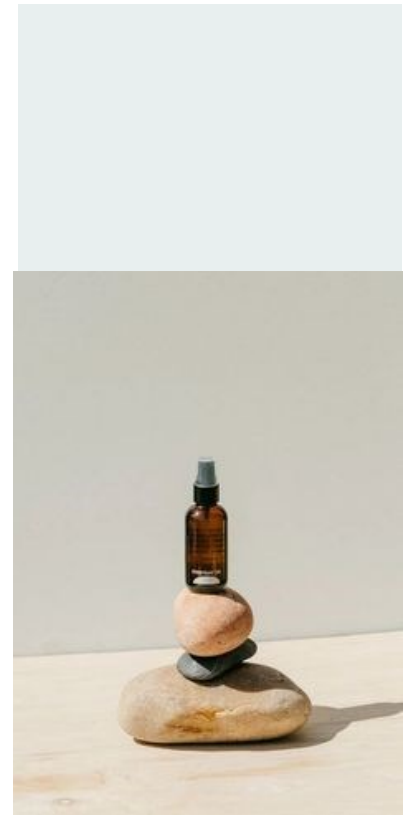
**Cracked winter lips** : coconut oil and some honey (OR MY SUGAR LIP SCRUB ) <https://www.unfeined.co.za/shop/sugar-lip-scrub-30ml/>

**Cracked heels** : Coconut oil and vitamin e oil (OR MY AMAZING LOTION BAR <https://www.unfeined.co.za/shop/adzuki-beans-lotion-bar-120g/>

### Bruise Blend

Promotes healing to bruised skin

- 4 drops Lavender
- 4 drops Helichrysum
- 2 drops Fennel



---

*“A beautiful day begins with a beautiful mindset “*

---

## WHAT WOULD YOU LIKE TO SEE

If there is anything specific you would like tips on, pop me an email or what's app

faye@unfeined.co.za | 082 995 1343