

UNFEINED BEAUTY

NEW BRAND AMBASSADOR : GIA KOPPS

Check out promo videos on my Instagram (@unfeinedbeauty) featuring little Miss Gia Li Kopps

Go and give her a follow on her Instagram (@gialikopps)



WINNER OF THE MARCH BEAUTY COMPETITION IS

ROSHENA RANDERA

CONGRATULATIONS !!

I HOPE YOU ENJOY YOUR

UNFEINED BEAUTY GIFT

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Cucumbers



According to dermatologist and psychiatrist Amy Wechsler, cucumber has skincare benefits including vitamin C and caffeic acid, which both fight to reduce inflamed or irritated skin, and hydration thanks to its high water content. The peel itself contains silica, which firms up sagging skin. Wechsler believes even people with the most sensitive skin types

can use cucumber to their advantage.

Below are three ways the dermatologist recommends remedying your skin with cucumbers:

- ◇ Calms puffy eyes
- ◇ Treat sunburn and irritated skin.
- ◇ Use as an anti-aging facial mask.

GIVEAWAY !!!

This month I'm giving away a beautiful Room Mist Spray—check out my Instagram page for more details @unfeinedbeauty



Frequently asked questions

How do I get rid of hyperpigmentation?

Aloe vera contains aloin, a natural depigmenting compound that has been shown to lighten skin and work effectively as a nontoxic hyperpigmentation treatment . Apply natural aloe vera gel before bedtime on clean skin every evening .

How often can I exfoliate my skin?

At least once or twice a week is advisable

Does lack of sleep affect my skin ?

Try to sleep at least 8 hours every night. If you don't get enough shut eye, your skin gets tired just like you - it sags and you get bags. So don't risk it. You can also apply honey on your face twice or thrice a week to naturally soothe and heal your skin.

"Don't: Forget to wash and moisturize your face before going to bed", . "For dry skin, use milder cleansers that are free from alcohol. Apply lots of moisturizer, and avoid hot water as it dries out the skin excessively."

Do you have a men's range ?

Yes I do . On the website you will see the men's range and if they order body scrub or body butter , the men can choose a more manly fragrance such as Bergamot .

Do I still make candles ?

If there is a demand , I will start that again . Just pop me a message , email or call for more information or orders.

What products to use if you're DIABETIC

3 Simple Tips for Smart Diabetes Skincare

To avoid dry skin, bathe with mild soap and warm (not hot) water. Use moisturizing soap and lotion or cream to retain moisture. In the dry winter months, keep your home humid, and check your skin regularly for red dots, bumps, or other abnormalities.

Natural Glycerin Soap is advisable for face and body . **Aloe Vera Gel** works wonders on burning itching areas of your skin.

It may also help to keep a first aid kit for your skin in your home. Make sure to include, antibacterial ointment, clean petroleum jelly, gauze pads, hypoallergenic tape, cleansing towelettes, and Coban self-adherent elastic wrap.

Diabetics may also be prone to foot problems, such as blisters, cracked feet, infections, and skin conditions from a lack of circulation or diabetic nerve damage. My sugar body scrubs or **Himalayan salts** body scrubs are excellent for this as it contains natural oils to moisturize your skin leaving it soft and smooth with no irritation .

Do: Make sure you always (and I mean always) remove your makeup before hitting the sheets. The skin needs to breathe overnight, and makeup prevents that, as leaving it on overnight clogs the pores which may cause blemishes and/or blackheads. Don't own a makeup remover? Try my 100% natural make up remover

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



Advertising

If you have a small business and would like to advertise in my newsletter , please email me : faye@unfeined.co.za

There is no cost . It is FREE !!



Beauty Tips :

Drink a lot of water

Don't over-do your make-up

Moisturize your lips

Be confident





ADVERTISING



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MANGO BUTTER

Similar to cocoa butter, mango butter is an effective **moisturizer** and may help soften your skin. The abundance of **Vitamin E** and **Vitamin C** in mangos may help protect your skin from environmental stressors like sunlight, pollution, and even blue light from screens. These stressors can lead to damage and premature aging.



SHEA BUTTER

Benefits: Anti-inflammatory, itch relief. Derived from the nut of a shea tree, shea butter is an ingredient in many moisturizers. It seems to hydrate skin effectively because it's loaded with fatty acids. These nutrients have a calming and anti-inflammatory effect on the skin. Shea butter might be most useful for treating and soothing eczema. Clinical studies using shea butter as a treatment for eczema in children showed less itching within 4 weeks, and another study with adults showed improvement in 2 weeks.



TEA TREE OIL

Benefits: Anti-microbial, blemish-fighting. The herbal remedy derived from tea tree leaves has antimicrobial and anti-inflammatory effects that help combat a range of germs, fungus, and bacteria.

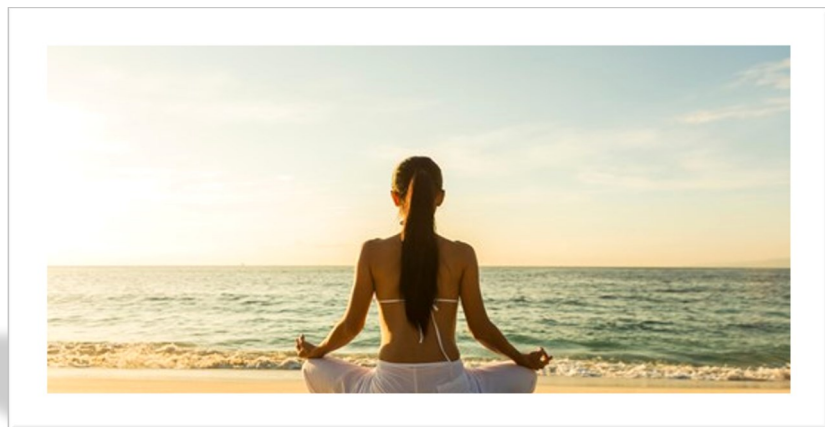


Benefits of Meditation

Meditation is a great way to help with stress. Meditation over time will help your body not go into the fight-or-flight mode so quickly, and when it does, meditation helps your body return to normal much quicker.

Practicing meditation helps reduce stress, lowers blood pressure, controls anxiety, and promotes emotional health.

But did you know that the benefits of meditation also include having healthy skin? Having a daily meditation ritual will help encourage healthy skin from the inside out.



HOW WINTER AFFECTS YOUR SKIN AND WHAT CAN YOU DO ?

Avoid long, hot showers. While a hot bath or shower can feel great in the winter, it can strip your skin of important oils.

Choose the best winter moisturizer for your skin. The same old moisturizer you use the rest of the year may not cut it during cold and dry months. That said, thicker doesn't mean better when it comes to moisturizers.

Don't forget the sunscreen. Sunscreen isn't just for hot summer months. Winter sun, can seriously damage your skin. Apply sunscreen to your face and hands (if they're exposed) about 30 minutes before you go outside.

Know when to call on an expert. Seeing a dermatologist even once is a good investment. They can analyze your skin type, troubleshoot your current skin care regimen, and give you advice on the skin care products you should be using.

- * Aloe vera gel is literally perfect all throughout the year BUT works best during cold dry months.
- * Honey can be used as a gentle moisturiser as it is—look out for the next newsletter on diy honey face masks
- * Bananas are naturally enriched with fatty acids.



DIY RECIPES !!

Avocado hair mask :

Egg yolk

Avocado

Castor oil

Use a blender and mix together . Apply to hair and leave on for 30mins

Lip sleeping mask :

1 tsp aloe vera gel

1tsp avocado oil

Mix together until it becomes white in colour. Apply to lips every night before bed for soft lips the next day .



*“A strong woman looks a challenge in the eye and
GIVES IT A WINK “*

WHAT WOULD YOU LIKE TO SEE

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

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