



# TOP TIPS FOR HEALTHY SKIN



**Brighton School of Massage**

## **Contents**

**Introduction**

**Skin Types**

**Rejuvenate Your Eyes**

**Coconut Oil For Your Skin**

**Relaxation**

**Nutrition For Ageing Skin**

**Amazing Antioxidants For Skin And Body**

**Calming Green Algae**

**Stay Hydrated**

**Exercise, meditation And Sleep**

**Tea Tree Oil**

**Limes**

**Shea Butter**

**Facial Steaming**

**What Can We Take Away From This?**

**Resources**

## Introduction

It seems that more and more people are turning to natural skincare, and for a good reason. When you decide to use a natural skincare product as opposed to one that's commercially prepared, you're putting good things back into your body and saying no to harmful chemicals.

If you're considering taking on a new, more natural approach to your skincare routine, then we really think you'll enjoy this list of tips. We make it easy to get back to nature without having to spend a lot of money, time, or effort.

And we believe that by incorporating these natural skincare habits into your daily routine, that you'll both, feel and look your very best. Before we look at our top tips, do you know your skin type?

**Important Note:** It's important that you seek the advice and approval from your health care provider prior to making any drastic changes to your diet or exercise.

## Skin Types

Basic skin types are determined by genetic disposition and will have become apparent in the early teens. Most people know their skin type, but if you are unsure, the following pointers should help.

- Youthful skin
- Mature skin
- Normal skin
- Dry skin
- Oily skin
- Combination skin
- Sensitive skin

### **The structure and elasticity of healthy young skin**

Young skin contains large amounts of Hyaluronic acid (HA)

Hyaluronic acid is a natural sugar found in all living cells that attracts and binds water, hydrating the skin and giving it volume.

Hyaluronic acid also affects some of the other components of skin structure such as collagen and elastin, as well as the function of skin cells

In these ways, Hyaluronic acid is very important in maintaining the structure and function of young skin, helping it to look healthy, feel smooth and elastic

### **Skin changes with aging**

As we get older, Hyaluronic acid is lost from the skin

Women aged 75 years have approximately four times less HA in their skin than women aged 19 – 47.

This decrease in HA contributes to some of the signs of ageing – loss of skin hydration, skin thinning and decreased ability for the skin to restore itself

### **Young skin**

If the natural oils in the skin are well balanced the skin remains healthy and is considered young / normal

#### **Young / normal skin tends to be:**

- Soft subtle & smooth with a velvety feel to it
- Appearance similar to a young child / good elasticity
- No areas of excess oiliness or dryness
- Skin is balanced throughout with perhaps a slight oiliness in the T – zone
- Clear appearance with a fine-grained texture / small pores



#### **Recommended Carrier oils:**

- Apricot Kernel
- Sweet Almond
- Jojoba

## Mature skin

This skin is usually very dry, lacking both oil & moisture, and is developing wrinkles and lines.

### Mature skin tends to have:

- Expression marks around the eyes, nose and mouth
- Slackness around the eyes
- Dull complexion with loss of skin elasticity and natural moisture
- Fine network of veins, broken capillaries
- Age spots



### Recommended Carrier Oils:

- Apricot Kernel
- Jojoba
- Evening Primrose
- Avocado

## Dry Skin

Dry skin lacks the surface oils, which give normal / young skin its smooth velvety feel.

### It is often delicate & sensitive and tends to have:

- Dull appearance with a dry and course feel to it
- Often flaky & chapped and feels 'tight' after washing
- Finely textured and prone to broken capillaries
- Creases visible
- Feels tight after washing
- Sensitive to cold



### Recommended carrier oils:

- Sweet Almond
- Avocado Jojoba
- Evening Primrose

## Oily Skin

Oily skin is caused by overactive sebaceous glands, which secrete too much sebum.

**This skin type is prone to breakouts and tends to have:**

- Shiny look with a greasy feel to it
- Course grained texture and dilated pores
- Blackheads, acne and skin blemishes due to excess sebum clogging up the pores
- Not generally sensitive



**Recommended carrier oils:**

- Apricot Kernel
- Jojoba

## Combination Skin

Combination skin is a mixture of dry skin with oily patches on the T – zone, where the sebaceous glands are more productive and generally it is best to treat each area separately, using the appropriate oils.

**Combination skin tends to be:**

- Partly dry and partly oily / different appearance between T – zones
- Prone to dilated pores and blackheads on the T – zone

**Recommended Carrier oils:**

- Apricot oil
- Jojoba

## Sensitive Skin

This skin type is prone to sensitivities and allergies, particularly to the chemicals and fragrances found in many skin care products.

### Sensitive skin tends to be:

- Pale, dry and fine textured
- Sensitive to many products (burning sensation)
- Sensitive to sunlight, developing red, scaly patches
- Develop red blotches and broken veins in extreme temperatures
- Poorly protected due to insufficient epidermis oils

### Recommended Carrier oils:

- Apricot Kernel
- Jojoba
- Evening Primrose

## Rejuvenate Your Eyes

Our eyes love to show our current physical and mental state. This means that when you're exhausted, it's one of the first things that people around you will notice. Thanks to the power of caffeine though, you don't have to look too far for a natural way to de-puff your peepers!

So why do so many people turn to caffeine to brighten their eyes? There are several reasons, actually. First of all, caffeine brightens our skin and helps to remove those pesky dark circles. You know, the ones that like to hang out under our eyes.

In addition to decreasing the appearance of those dark circles, caffeine also helps our skin reduce inflammation when it's puffed up. Caffeine actually constricts the blood vessels right underneath our skin, and by doing so we get our regular skin tone back.

There are plenty of eye treatments on the market that promise to do all of this, but buyer beware. Steer clear of those with too many chemicals, and look for ones that are primarily made up of caffeine and B vitamins. Better yet, try this easy at-home remedy.

All you need to do is steep two, caffeinated tea bags in very hot water for about a minute or so. Then place both of them on a plate and put in your refrigerator to chill.

Once they're nice and cold, put one on each of your closed eyelids for up to 15 minutes. Voila! Goodbye tired eyes and hello, sunshine! To really see the difference, consider taking a before and after shot of your eyes.



## Coconut Oil For Your Skin

Not only is coconut oil good for your physical health, but it also has many benefits when applied directly to your skin.

Coconut oil is high in good kinds of fat, which is why cooking with it is so beneficial. But those same fats also contain antimicrobial properties, which means they're great for your skin as well.

There are many different types of skin infections that you can develop; Athlete's foot and folliculitis are just a couple. By incorporating coconut oil into your natural skincare routine, your chances of developing a skin infection drastically diminishes.

More than half of the fatty acids in coconut oil are lauric acid, which is extremely antimicrobial and helps ward off nasty bacteria. In fact, studies have shown it to be one of the best fatty acids to prevent bacterial infections.

You can easily incorporate coconut oil into your natural skincare by using it as a body moisturizer, hair mask, and even as a facial moisturizer.

It's important to keep your skin type in mind before trying coconut oil, though, as it can clog your pores. Start by using it on a small patch of your skin and see how you react. If you're unsure of your skin type, then consult with a physician who can make that determination with you.

Make sure to always opt for the all-natural variety to avoid adding any extra unneeded chemicals to your skin.



## Relaxation

As we get older, our skin slowly loses its elasticity. This leads to a sagging face that can reflect our true age, sometimes even making us look older than we really are. But you don't have to spend a penny to fix this common skincare concern.

Yoga is an ancient form of stretching that thousands of people practice on a daily basis. In addition to keeping our joints intact and strong, there are certain moves that may aid in keeping your muscles supple and aid in relaxation.

When you feel great and relaxed, your face looks relaxed!



Before having your picture taken or going to a big event, take a few minutes and practice one or more of the following yoga poses:

### **Downward-Facing Dog**

Start in plank position like you're getting ready to do a pushup. Slowly bring your rear and abdomen upward, making an upside down v with your body. Hold this pose for several seconds and then move back into plank position.

### **Deep Forward Fold**

Standing straight, keep your feet firmly planted as you lean forward, letting your hands fall straight in front of you. Hold for one to five minutes, and then slowly come back up. To stretch your shoulders, fold your arms, grabbing your elbows and gently sway your torso from side to side.

### **Bridge Pose**

Laying on your back with your feet stretched out in front of you and your hands behind your head, slowly lift and arch your back until the top of your head is touching the ground. Hold for one to five minutes, and then slowly lower yourself back down.

As with any physical activity, please check with your healthcare provider ahead of time.

All of these movements increase blood circulation to your face, relaxing all your muscles.

Yet another reason to start practicing yoga!

## Nutrition For Ageing Skin



### **Zinc**

Zinc is required for collagen production and elastin synthesis, as well as DNA repair. Zinc is required for DNA duplication, which is required for cell division. Zinc is required for the production of certain proteins that remove damaged or mutated tissue as well as for superoxide dismutase, a powerful antioxidant.

### **Copper**

Copper helps to stimulate the production of collagen and elastin, helps to thicken the dermis, increases vascularity and oxygenation and works to stimulate superoxide dismutase.

### **Sulphur**

Sulphur is a component of the protein Keratin found in nails, hair and skin. Sulphur is essential for the production of collagen and it is required for the production of the connective tissues.

**Vitamin A**

The vitamin necessary for healthy skin. A serious lack or excess intake can cause dry, rough skin, among other problems. Products containing vitamin A applied on the skin decreased the level of formation of free radicals.

**Vitamin C**

Known for its antioxidant properties. Skin care products high in Vitamin C have are indicated in the prevention and treatment of skin aging. Topical applications of 5% vitamin C cream is an effective treatment, clinically shown to improve photo damaged skin.

**Vitamin D**

Vitamin D has been shown to reverse skin damage, increase wound healing. Vitamin D is produced in the body in response to sunlight, and has been shown to have a beneficial effect on skin repair and hair growth. Vitamin D rarely requires supplementation, and 15 minutes of daily low-sun exposure should stimulate adequate production of this hormone-like vitamin.

**Vitamin E**

Vitamin E is a powerful antioxidant. Experiments show that it may protect against the degradation of collagen, and prevent skin damage by environmental insult and aging.

**CoQ10 (Ubiquinone)**

Internal and topical application of CoQ10 has a beneficial effect of preventing photo aging. CoQ10 penetrates into the viable layers of the epidermis and reduces the level of oxidation. Reduction in wrinkle depth following CoQ10 application has also been shown in clinical trials. CoQ10 prevents oxidative DNA damage and suppresses the degradation of collagen.

Here is an easy recipe for berries that is chock full of good skin nutrients:

### **Berry Parfait (1 serving)**

#### **Ingredients**

- ½ cup of plain yogurt
- 1 teaspoon of honey
- ½ teaspoon of ground cinnamon
- ½ cup of blueberries
- ½ cup of blackberries
- 1 tablespoon of sunflower seeds

#### **Instructions**

In a bowl, start with the plain yogurt, add the honey and ground cinnamon on top. Add the berries and seeds. Enjoy!



## Amazing Antioxidants for Skin And Body

The prefix 'anti' means against, in opposition to, or corrective in nature. In this case, the 'anti' in antioxidant describes the effect these chemicals have against oxidants.

Oxidants, usually referred to as 'free radicals' are produced as a natural by-product of the millions of biochemical processes undertaken by the body every minute. The same life-giving oxygen that supports all the functions of the body creates these harmful by-products which cause cell damage, usually to DNA, fats and proteins.

Free radicals also enter the body through external influences such as exposure to the sun, pesticides and other kinds of environmental pollution. In addition, their levels are increased by mental and physical stress, the consumption of alcoholic beverages, unhealthy foods, and cigarette smoke.

In much the same way as oxidation causes rust on cars, oxidation inside the body causes a breakdown of cells. If the amount of free radical oxidation in the body is allowed to rise to an unhealthy level, it can result in extensive damage to cellular components and can accelerate the ageing process.

More importantly, it may contribute to a wide range of degenerative illnesses and reduce the body's ability to deal with other problems, including cardiovascular malfunction, eye disease, and cancer.



Additionally, it may result in a compromised immune system, leading to immunological disorders and a lessening of the body's ability to heal wounds and overcome infections. Some studies indicate possible links to arthritis and similar chronic conditions.

Antioxidants counter these effects by binding with free radicals before they can cause damage. They then convert them into non-damaging biochemical substances, assisting enormously with the reparation of cellular damage.

Certain antioxidant enzymes are produced within the body. The most well-known of these are **catalase, superoxide dismutase and glutathione**:

- Catalase converts hydrogen peroxide into water and oxygen.
- Superoxide dismutase breaks antioxidants down into hydrogen peroxide.
- Glutathione is a detoxifying agent, changing the form of toxins so that they are easily eliminated by the body.

Other antioxidants can be consumed through the diet. Some of the better known include:

- Beta-carotene
- Vitamin B6
- Vitamin C
- Vitamin E.

Minerals such as **selenium, zinc, glutathione and co-enzyme Q10** may also have antioxidant properties, and so may flavonoids such as **cranberry, some amino acids, plus organic extracts from milk thistle** and the tree known as **ginkgo biloba**.

A diet rich in fresh fruits and vegetables provides a large supply of these antioxidants, to help eliminate damaging free radicals. The highest concentrations are found in **fruits and leafy green vegetables**, such as **carrots, orange and red peppers, spinach and tomatoes**.

Cooking can destroy some antioxidants and interfere with the body's ability to absorb them, so eating raw vegetables and fruit, and including sprouts in the diet can help. Steaming vegetables as opposed to frying, microwaving or boiling is also a good idea.

Antioxidants are best taken in combination, since single antioxidants, such as vitamin E, need other vitamins in order to work as an effective antioxidant. Food and natural supplements may therefore provide the most bioavailable source of antioxidants. Natural products from the rainforests of the world are some of the best sources of natural antioxidants ever found. Fruits like the **acai berry** are amazing in the health world because of the wide range and high number of antioxidants they contain, making them a perfect source of antioxidants. It's no wonder that the acai berry has been dubbed one of the top 10 "superfoods" in the world.

## Calming Green Algae

If you think back to your middle school days, specifically when you were learning about chlorophyll, you probably remember playing with algae. Well, there's a reason to start playing with it again, as an adult: natural skincare!

Chlorella vulgaris, which is a type of algae, is chockfull of beta carotene and lutein, which are minerals that your body needs. Beta carotene is an anti-aging miracle nutrient, thanks to the high levels of antioxidants. No wonder your parents made you eat so many carrots as a kid!

### But what is lutein, and why is it good for you?

More than ever, we are feeling our deep connection to one another. Cell phones, tablets, computers, and technological advancements leave your loved ones at the touch of a button. Chances are, you spend a good amount of your day staring at some type of screen.

### That can show in your eyes.

Lutein works as a barrier from blue light exposure for your eyes, which is exactly the type of light that hits you when you stare at screens. In addition to being used as a natural barrier, it also does double duty for your skin.

This amazing antioxidant actually increases both skin hydration and elasticity!

The benefits of algae in terms of skincare:

- Detoxifying
- Moisturizing
- Reduces fine lines and wrinkles

And the best part is, algae isn't specific to just one type of skin. Which means that it doesn't matter if yours is oily or dry, you can still reap the benefits.

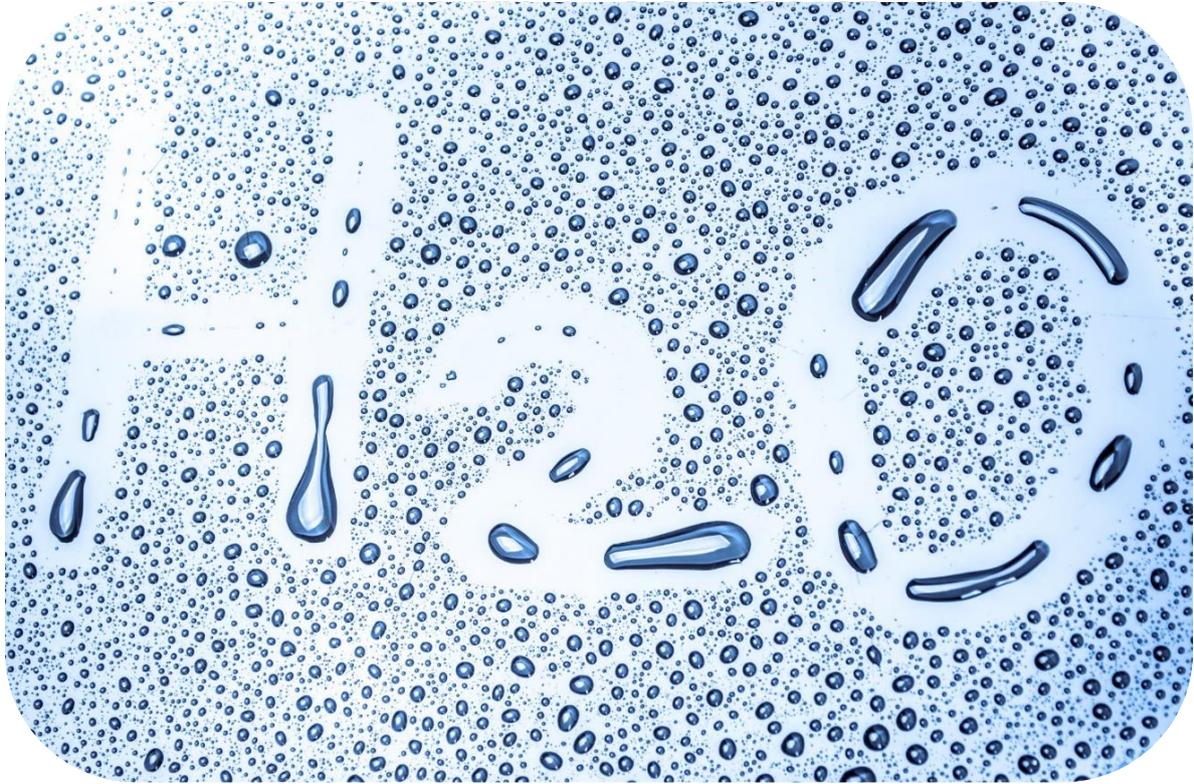
While there are plenty of natural skincare products that contain algae, consider buying some powdered algae and making your own face mask at home.

Just mix 1/4 cup of the powder with, either 2 tablespoons of olive oil (for dry skin), or 2 tablespoons of clay (for oily skin). Add your favorite essential oil, some water, and apply to your clean face. Relax for 20 minutes and then rinse off.

Make this a regular part of your skincare routine to see the long-term benefits of algae!



## Stay Hydrated



We hear it all the time: drinking water is so important, and for good reason. Our body is made up of more than 50% water, which we lose throughout the day when we perspire. But it's not just our internal body that takes a hit when we become dehydrated.

It shows in our face, too.

Unlike sugar-laden soda and drinks filled with chemicals, pure water helps to flush out toxins within our body. Those toxins can wreak havoc to our skin, causing uneven skin tones and loss of elasticity.

Furthermore, our blood needs somewhere to look when it gets low in water and becomes dehydrated. That's when it leeches onto skin cells and sucks up all of that water, which can often result in dark eye circles and deep eye sockets.

If you've ever eaten something that's high in sodium, such as pretzels, then you know how it feels to retain water. Because that's what sodium does. And when we retain water, it can often show in our skin.

Drinking plenty of water not only helps get rid of that bloat, but it also helps get rid of the puffiness that accompanies water retention.

And if you've ever experienced acne as an adult, then you'll want to consider drinking even more water. Some of the toxins that contribute to adult acne can easily be flushed away with higher water intake.

As you can see, you don't need to invest in expensive skincare or necessarily give up your favorite salty snack. Just try sneaking in a little more water, then watch and feel your skin get back to its glory days!

Increasing your fruit intake is another quick way of ensuring you stay hydrated.

## Exercise, Meditation And Sleep

While taking care of your body has some obvious benefits for your physical health, you might be surprised to know just how much it affects your skin too. And that includes keeping stress at bay.

When you go to bed after a long day, your main goal is to recharge your internal clock. But what you might not know, is that as that's happening, your skin is naturally rejuvenating itself. So not only do you need a good night's sleep to physically function, but your skin needs it too!

To ensure that you rest long enough every night, make sure to maintain a peaceful and relaxing bedroom atmosphere. Turn off all mobile devices and invest in a good mattress. Try reading before you go to bed instead of watching television.



In addition to getting a good night's sleep, it's imperative to have a solid and healthy exercise routine, and not just for your physical health. By regularly exercising, you're getting rid of stress and releasing endorphins. Getting rid of stress means getting rid of toxins, which can cause your skin to look and feel lackluster.

Before starting an exercise routine, be sure to meet with your physician.

Another great stress reliever is meditation. When we relax and calm our minds, focusing only on our breathing, we tend to look at everything around us in a brand new light. Having a more positive outlook means less stress on our bodies, which equates to an overall healthy glow.

If you make all three of these changes as part of your new, natural skincare routine, you'll be surprised at how much better you look and feel in just a short amount of time. When you feel good on the inside, it shows on the outside!

## Tea Tree Oil

You've probably heard about the many benefits of tea tree oil, which is derived from *Melaleuca Alternifolia*, also known as, Tea Trees. They are full of medicinal properties. It's no wonder that so many people keep a bottle on hand and the essential oil movement is on the rise!

Tea Tree oil is great for soothing dry skin, and its natural antiseptic qualities help combat oily skin as well. So, if you have either dry or oily skin, look for a natural lotion that contains real tea tree oil. It's important that it be diluted, since Tea Tree oil is so potent.

Tea Tree oil is also great for treating boils, which often occur from skin rubbing together and getting overheated. Treat the infected area by diluting some Tea Tree oil with water, dabbing it on a cotton swab and applying it to the boil two or three times per day. It will slowly cause the boil to come to a head and begin to heal.

Be sure to keep the surrounding area of your skin clean by applying a washcloth, since you don't want to spread the infection onto. What will come out will be a mixture of blood and puss, and it's best to keep that contained. Once properly drained, apply a bandage and change it daily until fully healed.

You can find Tea Tree oil in whole foods stores and medicinal shops, along with many online retailers.



## Limes

When you think of limes, you probably think of tropical drinks or lemon-lime soda. But this popular citrus fruit is actually very beneficial for your skin.

If you have any dark spots on your skin that you'd like to brighten, then invest in some limes and cotton balls. Simply take a bit of lime juice, dip a cotton ball in it, and apply it to the affected area for about a half an hour.

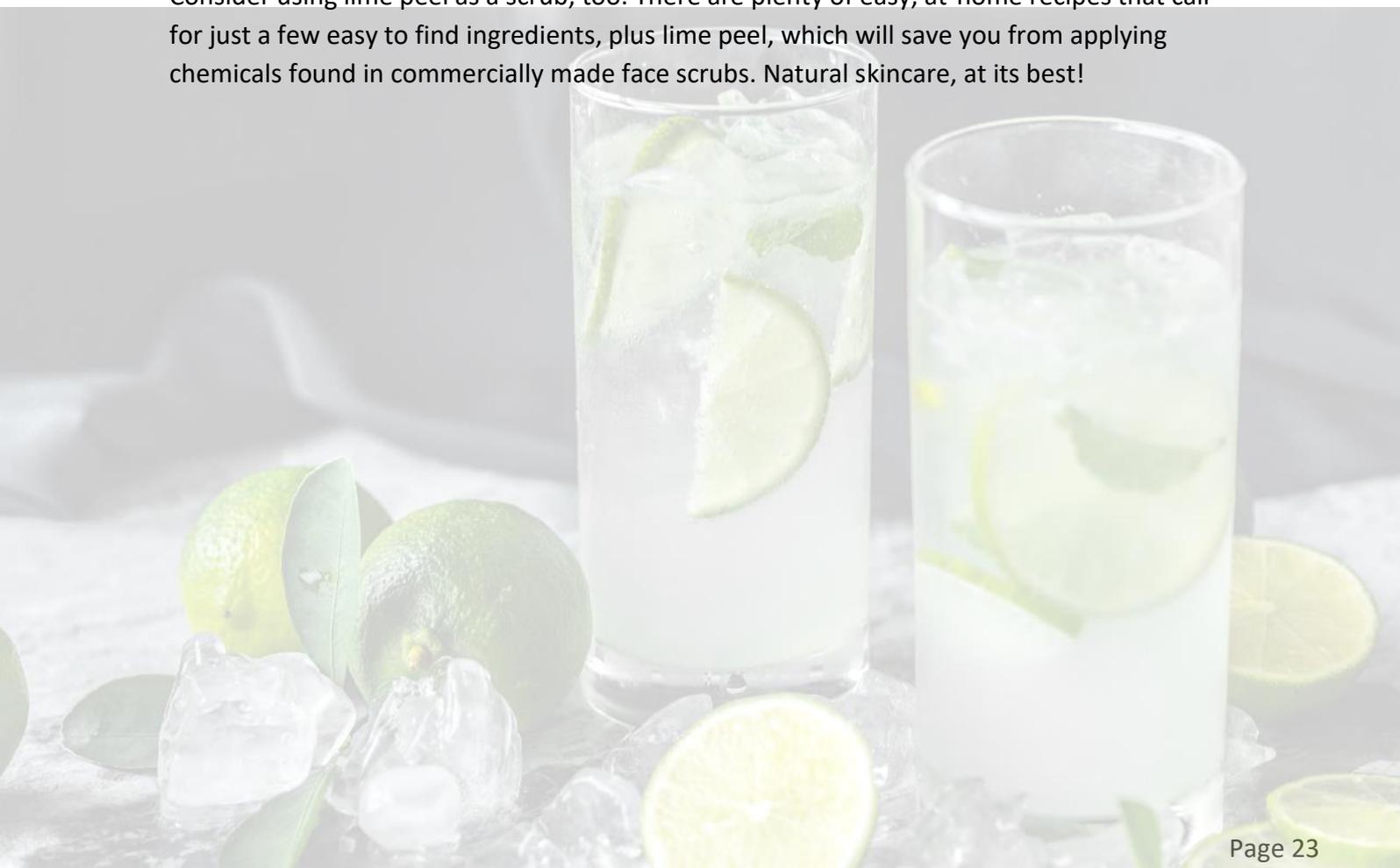
This same technique can help fade scars and pimple markings, thanks to its natural bleaching agent. And if you suffer from loose skin, then good news: it helps with that, too!

In addition to all the above, lime juice is also full of antibiotic properties that help inhibit the growth of acne-causing bacteria.

You don't have to lime juice directly to the skin to reap its benefits, though.

Your skin can still get a glow from it by drinking the following concoction: the juice of one lime, a tablespoon of honey, and eight ounces of lukewarm water mixed together, every morning. The natural bleaching properties will help give your skin an overall glow.

Consider using lime peel as a scrub, too. There are plenty of easy, at-home recipes that call for just a few easy to find ingredients, plus lime peel, which will save you from applying chemicals found in commercially made face scrubs. Natural skincare, at its best!



## Shea Butter

Shea butter is popping up everywhere nowadays. The next time you're at the store, take a look at the skincare aisle and notice how many lotions contain this natural moisturizer.

It's popular for many reasons, one of them being that it encourages natural collagen production.

Collagen is what our skin needs to feel full and lustrous, filling out those fine lines and wrinkles. And it's perfect for all skin types, which means you can reap the benefits whether your skin is dry, combination, or oily!

Shea butter also melts at body temperature, which makes it perfect for absorbing in through our pores. Like some other items mentioned on here, it's also high in fatty acids that our skin needs.

An amazing compound found in shea butter is phenolic, which protects skin from free radicals. Loosely translated, that means that it's anti-aging, which is a big plus when it comes to natural skincare. When used regularly, it can also help to prevent stretch marks!

There are plenty of natural shea butter lotions that you can buy, but you can also purchase pure shea butter and apply it directly to your skin.

Just remember to try and avoid as many harsh chemicals as possible when buying anything that you're going to put on-or in-your body. It deserves the best!



## Facial Steaming

You've probably seen pictures and videos of women getting steamy facials. It's a popular procedure at beauty salons for many reasons. But don't worry, you don't have to loosen the purse strings too much to get one yourself.

Steaming your face opens your pores, which means it loosens all of that built-up gunk and dirt. It also gets rid of acne-causing bacteria as well. It opens your pores, which is great if you suffer from milia: small, white bumps on your face that are full of oil.

Steaming your face also warms up the surface for any facial treatments you'll be getting, which is why estheticians like to do it before applying face masks. And it also enhances circulation, which is perfect for maintaining a youthful glow.

To do an at-home steaming session, simply boil some water, place in a heatproof bowl, drape a towel over your neck, and steam for 10-15 minutes before patting dry.

If you feel like splurging, you can also buy an at-home facial steamer and use that instead. Whichever you prefer, just so long as you steam your face and open those pores!



## What Can We Take Away From This?

As you can now see, it doesn't take a whole lot to incorporate natural skincare into your daily routine. By simply consuming more water, getting plenty of rest, and trying these natural tips, you'll soon be on your way to looking and feeling great.

When searching for additional supplements for your natural skincare routine, whether oral or topical, remember to limit the number of chemicals that you put into your body. The more natural you can be, the better it'll be for you in the long run.

As with any new program, be sure to consult with your physician before making any major new changes, especially when it comes to physical activity.

## Resources

Here are links to a few resources that I believe will help you:

### **Fish Oils and Omega-3:**

<https://www.medicalnewstoday.com/articles/40253#what-are-omega-3-fatty-acids>

### **Lutein Skincare Benefits: 13 Natural Remedies for Arthritis**

<https://www.health.com/condition/osteoarthritis/13-natural-remedies-for-arthritis>

### **Relief from Arthritis: Natural Relief Strategies**

<https://www.healthline.com/health/osteoarthritis/arthritis-natural-relief>

### **Home Remedies:**

<https://www.medicalnewstoday.com/articles/324446>

The Best Home Remedies for Arthritis

### **Tai Chi and Arthritis:**

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0061672>

### **Yoga Benefits:**

<https://www.arthritis.org/health-wellness/healthy-living/physical-activity/yoga/yoga-benefits-for-arthritis>

# Thank you

Copyright © All rights reserved worldwide.

**YOUR RIGHTS:** This book is restricted to your personal use only. It does not come with any other rights.

**LEGAL DISCLAIMER:** This book is protected by international copyright law and may not be copied, reproduced, given away, or used to create derivative works without the publisher's expressed permission. The publisher retains full copyrights to this book.

The author has made every reasonable effort to be as accurate and complete as possible in the creation of this book and to ensure that the information provided is free from errors; however, the author/publisher/ reseller assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein and does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

Any perceived slights of specific persons, peoples, or organizations are unintentional.

The purpose of this book is to educate and there are no guarantees of income, sales or results implied. The publisher/author/reseller can therefore not be held accountable for any poor results you may attain when implementing the techniques or when following any guidelines set out for you in this book.

Any product, website, and company names mentioned in this report are the trademarks or copyright properties of their respective owners. The author/publisher/reseller are not associated or affiliated with them in any way. Nor does the referred product, website, and company names sponsor, endorse, or approve this product.

**COMPENSATION DISCLOSURE:** Unless otherwise expressly stated, you should assume that the links contained in this book may be affiliate links and either the author/publisher/reseller will earn commission if you click on them and buy the product/service mentioned in this book. However, the author/publisher/reseller disclaim any liability that may result from your involvement with any such websites/products. You should perform due diligence before buying mentioned products or services.

This constitutes the entire license agreement. Any disputes or terms not discussed in this agreement are at the sole discretion of the publisher.

Disclaimer:

This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

## More Top Tips

We hope you found this Top Tips guide helpful. See below for recommended courses.

### Top Tips:

- Top Tips for Anti-Aging
- Top Tips for Weight Loss
- Top Tips for Stress Management
- Top Tips for Skin Health
- Top Tips for Recharging Your Body
- Top Tips for Juicing
- Top Tips for Anti-Aging
- Top Tips for Arthritis
- Top Tips for Detoxification
- Top Tips for a Flat Belly
- Top Tips for Immune Health

### Online Courses:

- Introduction to Gut Health
- Introduction to Skin Health
- Introduction to Detoxification
- Introduction to Immune Health
- Introduction to Stress Management
- Introduction to Weight Management
- Introduction to Aromatherapy Oils
- Introduction to Chakra Healing
- Introduction to Crystal Healing

[www.brightonschoolofmassage.co.uk](http://www.brightonschoolofmassage.co.uk)  
[info@brightonschoolofmassage.co.uk](mailto:info@brightonschoolofmassage.co.uk)

