



PRODUCTS AND RITUALS FOR SOOTHING SKIN AND SOUL

In the midst of our chaotic and stressful lives, it's easy to lose sight of the sacred nature of our bodies, the gracious gift of health and the healing power of touch. The toxins and stressors around us take a tremendous toll, and many of our inner senses, such as smell, sight or hearing, are bombarded by noises, scents and imagery that can compromise our well-being. Chemicals, machinery, poor diet, lack of exercise, and negative visual or tactile experiences can all contribute to a loss of inner peace and outer beauty.

This is why it's vitally important to nurture our precious bodies by honoring them with cleansing, massage, moisture and meditation. Muscles, organs, skin, hair and eyes need to be rested and energized as part of a daily body nurturing practice. The Innersense oils, lotions and body butters, along with the simple meditations that accompany them, will inspire you to spend several minutes each day focused on loving and revitalizing your beloved body.

Skin is miraculous. It's soft and strong and the same time, and it repairs itself constantly. It is the body's largest organ and is constantly regenerating, shedding over 1 million cells every hour. It protects and insulates us from environmental stressors, the effects of weather, and foreign matter. It produces oils and fluids that regular the body's temperature.

But it can be easily damaged by a myriad of elements and energies, including environmental toxins, stress, poor diet, poor circulation, forced heat, air conditioning allergies, inflammatory conditions, hormonal changes and any form of imbalance. Skin is meant to breathe, and is one of the five pathways by which toxins enter the body. When the skin isn't functioning properly it loses its natural radiance and luster. To restore resiliency and health to damaged skin, optimal blood and lymph circulation is vital, provided by stress management, whole foods nutrition, hydration, exercise and detoxification.

Massage, cleansing, exfoliating, moisturizing, and protection of the skin are elemental practices for keeping skin healthy, and Innersense skin nurturing products an excellent partner in this practice. They nourish, hydrate and protect, acting as a restorative and healing agent when used regularly.