



HELPFUL LIVING
MAGAZINE

**MAKE YOUR MENTAL HEALTH
A PRIORITY**

ENDING THE STIGMA ONE ISSUE AT A TIME

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DO YOU HAVE A SKINCARE REGIMEN?

A Queen's Essentials specializes in recurring skin conditions with the mission to Educate, Elevate, and Empower Self-Care Wellness in Loving the Skin that you're in. Our luxurious products are made with natural and organic ingredients with our soaps being certified by the USDA National Organic Program.

The skin is the largest and one of the most important organs the human body has. It forms a protective barrier between the external environment and the internal organs. The skin is strong, protective, powerful and it can heal itself.

The Benefits of Having a Skincare Regimen

- It slows down the signs of aging
- It gets easy to maintain, once established
- It is a confidence booster, looking good means feeling great
- It promotes healthy skin, healthy skin- healthy you
- Amazing results are achieved when you stick with it
- You will save a lot of coins by maintaining your skin health down the road
- It encourages an overall healthy lifestyle routine

In the past year, during the pandemic, some of us have been affected by depression, anxiety, and just overall stress.

When you feel stressed, your sympathetic nervous system releases stress hormones like cortisol and adrenaline into your body. Cortisol causes increased oil production in your skin glands, which can lead to clogged pores and acne breakouts.

When stress causes chemical responses in your body, it makes the skin more sensitive and difficult to heal or go through its natural protection process.

Have you ever noticed that you break out more when you're stressed? It even more so aggravates psoriasis, rosacea, and eczema. It can also cause hives and other types of skin rashes and trigger a flare-up of blisters.

Not to mention that you can just feel stressed to have problems with your skin. Some people feel so bad about how it looks that they keep to themselves, which adds more stress.

If you are already stressed, it may interfere with your daily skincare regimen.





Here are some ways to Ease the Effects of Stress on Your Skin:

- Don't neglect your skin.
- Get regular exercise
- Take time for yourself to do something you enjoy, even if you only have 10 minutes.
- Take a walk around the block
- Practice stress management techniques, such as breathing exercises, yoga, meditation, or visual imagery. Praying and fasting
- Get enough sleep
- It's ok to Say No- Whew less stress
- Seek Support from a friend or professional therapist

Simple Skincare Regimen to get you started! Gather your Queen Care Products!

- Cleansing — Washing your face.
 - Toning — Balancing the skin.
 - Moisturizing — Hydrating and softening the skin.
1. Use these twice a day, "Morning and Evening "
 2. Use lukewarm or cool water
 3. Cleanse face using your hands
 4. Use circular motions
 5. Rinse and pat dry
 6. Tone using hands or cotton balls
 7. Moisturize, Done!



To get your full Free 21 Day Queen Care Natural Skin Regimen and all of your skincare and DIY needs, visit:

aqueensessentials.net

Instagram @a_queens_essentials