

FitLife.tv

10 DAYS TO VIBRANT SKIN

A NATURAL SOLUTION FOR RADIANT SKIN

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Alicia Diaz, M.A. is an Ayurvedic Health Coach whose mission is to empower individuals worldwide to create abundant energy and vibrant health that lasts. During her years as a Clinical Exercise Physiologist in integrative medical clinics in NYC and San Diego, she was always searching for a way to heal her body from fatigue, digestive disorders and female reproductive imbalances. Discovering and applying the timeless wisdom of Ayurveda proved to be the missing framework for her and many others that can fully restore balance in one's body and create long lasting transformations. She has studied under the world-renowned Dr. Vasant Lad, Dr. Pankaj Naram and Dr. Claudia Welch in India and the U.S. and shares these authentic teachings in a practical way that integrates with modern concepts of holistic health.



She is also the founder of [JivaJourney.com](https://www.JivaJourney.com), an online Ayurvedic health community committed to creating vibrant health together. This membership-based website teaches participants all the fundamentals of Ayurveda in an engaging, easy-to-implement format so that they can learn and experience the profound wisdom of Ayurveda from the comfort of their own home. It also provides guidance and support for each individual's health transformation along the journey.

Alicia lives and practices Ayurveda in San Diego, CA working with clients locally and abroad.

Hi my friend,

Welcome to the 10 Days to Vibrant Skin Program!

I'm so honored and excited to have you join this little health adventure with me. I really wanted to make this program as simple and as easy to follow as possible. So, here's a summary of exactly what you're going to get so you know what to expect for the 10 days:

1. The 3 foundational steps to creating healthy, glowing skin
2. Skin typing quiz plus how to mix your personal face mask formula
3. How-to instructions for your daily facial
4. How-to instructions for your daily self-oil massage
5. Recipes for juices and foods that will support your skin care regimen
6. Guidelines on how to move your body to support you skin care regimen
7. A calendar with daily routine checklist to help you stay on track!

I've seen this program do WONDERS for my skin and so many of my clients. I look forward to celebrating your vibrant skin with you as well!

Love and blessings,
Alicia

Overview

The 3 steps to having vibrant skin are to **Purify, Nourish, and Hydrate** daily!

STEP 1: Purify

1. Discontinue using toxic substances on the skin
2. Gentle exfoliation to remove dead skin and stimulate new cell growth

STEP 2: Nourish

1. Provide antioxidants to repair and rejuvenate cells
2. Improve circulation and blood flow
3. Promote healthy blood (cleanse, detox, build healthy blood)
4. Get appropriate amount of SLEEP to rejuvenate tissues and organs

STEP 3: Hydrate

1. Apply moisture and nutrients that penetrates deeply to replenish all seven layers of tissue
2. Hydrate within the body and seal in the hydration

Daily Routine

- Drink 16 Oz golden turmeric tonic
- Apply herbal face pack (See "How to Apply Face Mask")
- Full body oil (See "Full Body Oil Massage")
- Warm rinse in shower
- Spritz, moisturize with facial massage and exercises
- 8 am- Smoothie or juice for breakfast
- 10 am- optional juice or tea
- 12 noon- Lunch
- 3 pm optional: yoga or other body movement (because they can perform their body movement any time it works in their schedule)
- 4 pm- optional juice or tea
- 6 pm- Dinner
- Before bed- you can rinse face with warm water and apply shea butter (optional)
- Reduce exposure to artificial light all evening but at least by 9 pm
- 10 pm- Get a full night of restful sleep (use eye mask to darken room and rejuvenate adrenal glands)

10 DAYS TO VIBRANT SKIN

Day #1	Day #2	Day #3	Day #4
<input type="checkbox"/> Golden turmeric tonic <input type="checkbox"/> Herbal face mask <input type="checkbox"/> Full body oil <input type="checkbox"/> Rose water spritz <input type="checkbox"/> Shea butter (optional): <input type="checkbox"/> Full body movement <input type="checkbox"/> Fresh air <input type="checkbox"/> Early bedtime <input type="checkbox"/> Triphala Tea Nightly Detox <input type="checkbox"/> Fresh juice/food recipe	<input type="checkbox"/> Golden turmeric tonic <input type="checkbox"/> Herbal face mask <input type="checkbox"/> Full body oil <input type="checkbox"/> Rose water spritz <input type="checkbox"/> Shea butter (optional): <input type="checkbox"/> Full body movement <input type="checkbox"/> Fresh air <input type="checkbox"/> Early bedtime <input type="checkbox"/> Triphala Tea Nightly Detox <input type="checkbox"/> Fresh juice/food recipe	<input type="checkbox"/> Golden turmeric tonic <input type="checkbox"/> Herbal face mask <input type="checkbox"/> Full body oil <input type="checkbox"/> Rose water spritz <input type="checkbox"/> Shea butter (optional): <input type="checkbox"/> Full body movement <input type="checkbox"/> Fresh air <input type="checkbox"/> Early bedtime <input type="checkbox"/> Triphala Tea Nightly Detox <input type="checkbox"/> Fresh juice/food recipe	<input type="checkbox"/> Golden turmeric tonic <input type="checkbox"/> Herbal face mask <input type="checkbox"/> Full body oil <input type="checkbox"/> Rose water spritz <input type="checkbox"/> Shea butter (optional): <input type="checkbox"/> Full body movement <input type="checkbox"/> Fresh air <input type="checkbox"/> Early bedtime <input type="checkbox"/> Triphala Tea Nightly Detox <input type="checkbox"/> Fresh juice/food recipe
Day #5	Day #5	Day #6	Day #7
<input type="checkbox"/> Golden turmeric tonic <input type="checkbox"/> Herbal face mask <input type="checkbox"/> Full body oil <input type="checkbox"/> Rose water spritz <input type="checkbox"/> Shea butter (optional): <input type="checkbox"/> Full body movement <input type="checkbox"/> Fresh air <input type="checkbox"/> Early bedtime <input type="checkbox"/> Triphala Tea Nightly Detox <input type="checkbox"/> Fresh juice/food recipe	<input type="checkbox"/> Golden turmeric tonic <input type="checkbox"/> Herbal face mask <input type="checkbox"/> Full body oil <input type="checkbox"/> Rose water spritz <input type="checkbox"/> Shea butter (optional): <input type="checkbox"/> Full body movement <input type="checkbox"/> Fresh air <input type="checkbox"/> Early bedtime <input type="checkbox"/> Triphala Tea Nightly Detox <input type="checkbox"/> Fresh juice/food recipe	<input type="checkbox"/> Golden turmeric tonic <input type="checkbox"/> Herbal face mask <input type="checkbox"/> Full body oil <input type="checkbox"/> Rose water spritz <input type="checkbox"/> Shea butter (optional): <input type="checkbox"/> Full body movement <input type="checkbox"/> Fresh air <input type="checkbox"/> Early bedtime <input type="checkbox"/> Triphala Tea Nightly Detox <input type="checkbox"/> Fresh juice/food recipe	<input type="checkbox"/> Golden turmeric tonic <input type="checkbox"/> Herbal face mask <input type="checkbox"/> Full body oil <input type="checkbox"/> Rose water spritz <input type="checkbox"/> Shea butter (optional): <input type="checkbox"/> Full body movement <input type="checkbox"/> Fresh air <input type="checkbox"/> Early bedtime <input type="checkbox"/> Triphala Tea Nightly Detox <input type="checkbox"/> Fresh juice/food recipe

10 DAYS TO VIBRANT SKIN

Day #8	Day #9	Day #10
<input type="checkbox"/> Golden turmeric tonic <input type="checkbox"/> Herbal face mask <input type="checkbox"/> Full body oil <input type="checkbox"/> Rose water spritz <input type="checkbox"/> Shea butter (optional:) <input type="checkbox"/> Full body movement <input type="checkbox"/> Fresh air <input type="checkbox"/> Early bedtime <input type="checkbox"/> Triphala Tea Nightly Detox <input type="checkbox"/> Fresh juice/food recipe	<input type="checkbox"/> Golden turmeric tonic <input type="checkbox"/> Herbal face mask <input type="checkbox"/> Full body oil <input type="checkbox"/> Rose water spritz <input type="checkbox"/> Shea butter (optional:) <input type="checkbox"/> Full body movement <input type="checkbox"/> Fresh air <input type="checkbox"/> Early bedtime <input type="checkbox"/> Triphala Tea Nightly Detox <input type="checkbox"/> Fresh juice/food recipe	<input type="checkbox"/> Golden turmeric tonic <input type="checkbox"/> Herbal face mask <input type="checkbox"/> Full body oil <input type="checkbox"/> Rose water spritz <input type="checkbox"/> Shea butter (optional:) <input type="checkbox"/> Full body movement <input type="checkbox"/> Fresh air <input type="checkbox"/> Early bedtime <input type="checkbox"/> Triphala Tea Nightly Detox <input type="checkbox"/> Fresh juice/food recipe

STEP 1

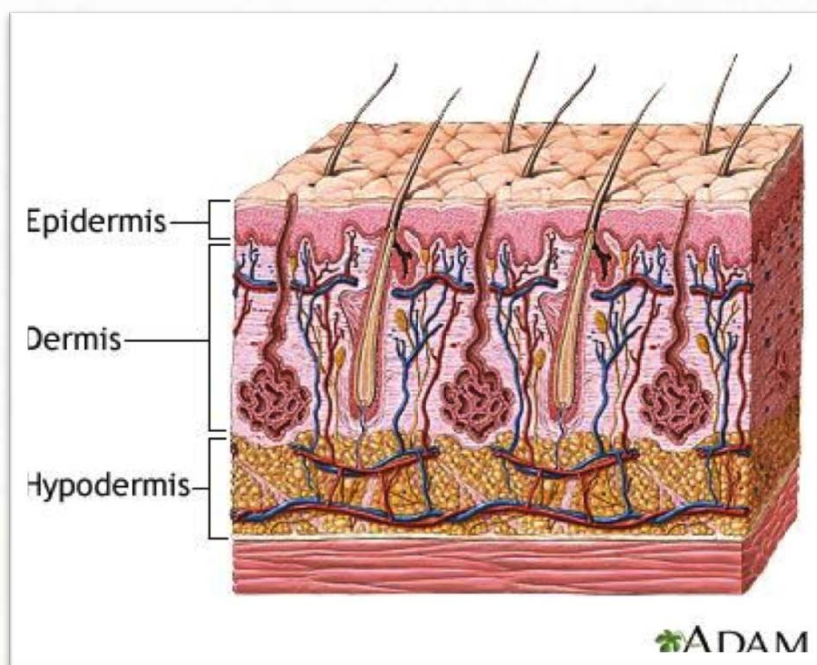
PURIFY:

1. Discontinue using toxic substances on the skin
2. Gentle exfoliation to remove dead skin and stimulate new cell growth

Everyday the cells in our body are dying and being replaced with new fresh life. So, each day you will stop clogging the skin with chemicals and begin gently exfoliating the skin to slough off old cells and make room for the new, fresh, vibrant skin cells.

Everything you put ON your skin is DIGESTED by your skin, so remove all chemical products from contacting your skin and start using ONLY the things we list here in this guide. If you want to return to feeding your body toxic skin food after the 10 days you are welcome to, but try your best to abide by these guidelines for radiant skin at least for this short time... I just KNOW that your skin will thank you! :)

According to Ayurveda there are 7 layers of skin and each one represents each of the 7 tissues of the body.



Literally, you ARE what you eat and that includes your skin!
When you feed your SKIN, you feed and nourish your BODY.
When you nourish your BODY, you are feeding and nourishing your SKIN!

Also, using soap on the face and body every day strips the natural oils away from skin causing further imbalance... it promotes more dryness if your skin tends to be dry, can counteract and make the skin more oily if it tends to be oily and lead to even more breakouts and acne. Throughout these 10 days you will use these ingredients in place of soap *

- Herbal powders to clean and exfoliate the skin each day.
 - The herbs act as a gentle scrub to clear away dirt, toxins, pollutants and dead cells but do not strip away necessary moisture in the skin.
 - The herbs are balancing, nutritive, healing and totally free of toxic ingredients.
- Cleansing oils to sanitize and nourish the skin.
 - Many natural oils have anti-bacterial, anti-septic, anti-microbial, anti-fungal that are lightweight but moisturize and simultaneously clean the skin.

* Another note on the "less soap" thing...

If you're not in a climate or doing work every day where you are physically getting dirty and/or sweating profusely, then limit soap use to "strategic areas" (i.e. armpits, groin, feet) daily and do a total body soap wash only once or twice a week at most. This is especially important if your skin tends to be dry. The oils will clean the surface of your skin beautifully without stripping away the natural oils that your body produces. The soap that you DO use should be plant based and mild such as Dr Bronner's organic castile soap or Auromere herbal soap.

DETERMINE YOUR AYURVEDIC SKIN TYPE USING THE SKIN TYPING QUIZ
THEN CREATE THE FOLLOWING DAILY FACIAL RECIPE

For the Face Mask, measure out recipe into a container that you can use for the entire 10 days. As you scoop, just add 10 of each dry ingredients and

mix, cover and keep in the bathroom. Then each day all you need to do is scoop out 1 Tbsp of the mixture, add 1 Tbsp of warm water and create your mask. **IMPORTANT: Alternative options for all the skin care ingredients can be found on page 29**

Vata Daily Skin Care RECIPE:

Face Mask:

- 1 Tbsp bentonite clay
- 1 tsp triphala
- ¼ tsp neem
- ½ tsp turmeric
- 1 Tbsp warm water

Face Toner

- Rose water

Face Moisturizer

- Unrefined shea butter

Body Oil

- Vata Massage Oil

Body Moisturizer

- Shea butter & Jojoba Oil

Pitta Daily Skin Care RECIPE:

Face Mask:

- 1 Tbsp bentonite clay
- 1 tsp neem
- ¼ tsp triphala
- ½ tsp turmeric
- 1 Tbsp warm water

Face Toner

- Rose water

Face Moisturizer

- Unrefined shea butter

Body Oil

- Pitta Massage Oil

Body Moisturizer

- Shea butter & Jojoba Oil

Kapha Daily Skin Care RECIPE:

Face Mask:

- 1 Tbsp bentonite clay
- 1 tsp turmeric
- ¼ tsp triphala
- ½ tsp neem
- 1 Tbsp warm water

Face Toner

- Rose water

Face Moisturizer

- Unrefined shea butter

Body Oil

- Kapha Massage Oil

Body Moisturizer

- Shea butter & Jojoba Oil

STEP 2

NOURISH:

1. Provide antioxidants and vitamins to repair and rejuvenate cells
2. Improve circulation and blood flow (i.e. exercise, yoga, rebounding)
3. Promote healthy blood tissue (cleans, detox, build healthy blood)
4. Get appropriate amount of SLEEP to rejuvenate tissues and organs
5. Stretch and strengthen the facial muscles and entire body to improve blood flow and reduce signs of aging

Nourish the skin with **FOOD** and **HERBS**

- Turmeric root is a potent antioxidant food for the skin. Applied externally in your daily facemask it will feed the skin vital nutrients and bring harmony to all bodily tissues. Taken internally all three herbs are also given the opportunity to bring out radiant skin from within. Turmeric, triphala and neem also cleanse the blood, which is directly related to the health of the skin as well.

Choose from these antioxidant, blood building & vitamin rich juice recipes and foods, and meal ideas:

Golden Turmeric Tea Tonic:

NOTE: A simple alternative is store-bought turmeric tea

Brighten-Up-Your-Day!

GOLDEN TURMERIC TONIC
2 cups of hot water
1 tsp (or 1 tea bag) of Tulsi Tea
3 slices of fresh ginger
1/2 tsp turmeric powder
1 fresh lemon wedge
1 tsp raw honey

Steep tea, ginger and turmeric in hot water for 5 minutes then squeeze in lemon and stir in raw honey to make this warm, golden tonic that is **AMAZING** for its anti-inflammatory and alkalizing effect.

This mix also boosts the immune system and promotes glowing, radiant skin!!



2 cups of hot water
1 tsp (or 1 tea bag) of Tulsi Tea *optional
3 slices of fresh ginger
1/2 tsp turmeric powder
1 fresh lemon wedge
1 tsp raw honey

Steep tea, ginger and turmeric in hot water for 5 minutes then squeeze in lemon and stir in raw honey to make this warm, golden tonic that is AMAZING for its anti-inflammatory and alkalizing effect. This mix also boosts the immune system and promotes glowing, radiant skin!!

Blood Building Juice Tonic:

1 beet
3-4 beet greens
1 carrot
3 celery stalks
1 lime
Juice together and enjoy!

Red Lentil Beet Stew:

1 C dried red lentils
1/2 C quinoa
1/2 medium beetroot, shredded
1 inch piece of ginger, chopped
1/4 C diced red onion
1 bay leaf
4 C water
1 Tbsp coconut oil
1/2 tsp cumin seeds
2 tsp ground coriander
1 tsp turmeric powder
fresh lime, pepper and rock salt to garnish

Place lentils, quinoa, shredded beet, ginger, onion, bay leaf and water in a pot.

Bring to a boil, reduce heat and simmer for 20-30 minutes.

During the last 5-10 minutes, heat coconut oil in a small separate skillet.

Lightly sauté cumin seeds, coriander and turmeric for 1-3 minutes on medium heat (making sure they don't burn).

Add oil & spice mixture to the stew and mix.

Serve with a smile and top with a squeeze of lime and sprinkle of salt and pepper.

Nourishing Juicing Recipes

VIBRANT AND FRESH

- 2 cucumbers (peel if not organic)
- 2 carrots (cut the ends and tips off)
- 1 beet
- 1 handful of collard greens
- 2 knuckles of turmeric

INIMITABLE

- 2 cucumbers (peel if not organic)
- 1 beet
- 3 asparagus stalks
- 1 sweet potato
- 1 carrot
- 1 clove of garlic
- 1 carrot

KALE AID

- ½ beet
- 1 lemon (peel if not organic)
- 1 cucumber(peel if not organic)
- 4 carrot
- 4 celery stalks (organic)
- 1 green bell pepper

GLOWING

- 1 yellow bell pepper
- 4 brussel sprouts
- ½ beet
- 2 cucumbers (peel if not organic)
- 2 knuckles of turmeric

BETA FACE

- 1 cup of pumpkin (if not organic peel)
- 2 carrots
- 1 knuckle of ginger
- 1 yellow bell pepper
- 1 green bell pepper
- 2 cucumbers

SUPER BETA

- 4 carrots
- 1 beet
- 2 cucumbers

Glowing Skin Salad Dressing

- 1 unpeeled raw zucchini
- 1 unpeeled raw carrot
- 2 inch piece of fresh ginger root (peeled and grated to remove strings)
- 1 handful raw spinach
- ½ bunch of cilantro
- ¼ bunch of parsley
- 1 Tbsp raw, unfiltered apple cider vinegar (Bragg's brand is best)
- ½ C extra virgin olive oil
- 2 tsp flaxseed oil
- juice of 1 lemon
- 1 avocado
- 1 tsp turmeric powder
- 1 cup purified water

Blend all ingredients in a high-powered blender and add salt/pepper to taste.

Note: feel free to use your own taste buds to determine proportions

(p.s. this is a GREAT sauce to sneak more veggies in to kid's meals! ;)

Spirulina Protein Smoothie:

- 2 cups almond or coconut milk
- 1 tsp spirulina
- 1 tsp chia seeds
- 1 Tbsp hempseeds
- 1 tsp cardamom (or cinnamon)
- 1 tsp flaxseed oil
- pinch of stevia

Blend all ingredients until smooth and enjoy!

Green Coconut Smoothie:

- 2 cups almond milk
- 2 leaves of kale (stem removed)
- 1 Tbsp shredded unsweetened coconut
- 1 tsp coconut oil

- 1 tsp spirulina
- 1 inch piece fresh grated ginger
- 1 tsp cardamom
- 1 pinch stevia (or raw honey to taste)

Blend all ingredients until smooth and enjoy!

Gorgeous Glow Rice & Kale

- 1 cup brown rice
- 2 cups water
- 1 bunch kale- chopped
- 1 cup soaked cashews
- 1 cup water
- pinch Celtic sea salt
- pinch turmeric
- ½ bunch of cilantro
- drizzle of olive oil
- squeeze of lime juice
- ½ tsp spirulina

Add rice and water to a covered pot. Bring to a boil, cover and simmer for 30-40 minutes. During the last 10 minutes place chopped kale on top and quickly replace cover. While the kale is steaming blend the remaining ingredients and pour over the top to serve.

Steamed beets and greens:

- 1 whole bunch of red beets with greens attached
- Drizzle of extra virgin olive oil
- Fresh ground pepper and celtic (or Himalayan) salt to taste

Rinse the greens and beet root, but do not peel. Slice beets thin and place in pan with just enough water to cover half. Simmer covered until beets start getting tender then add chopped beet greens and steam together until soft. Mix and drizzle oil and spices on top to serve.

NOTE: Yes, we do recommend that you order Triphala specifically for your success. The good news is that this can be easily purchased online (ie Amazon.com)

Triphala Tea Nightly Detox

1 tsp triphala powder

1 cup water

Bring water to a boil in a saucepan. Add triphala powder and remove from heat. Allow to steep for 5 minutes. Strain and drink 1-2 hours after dinner or one hour before bed.

Triphala is a phenomenal herb widely used in Ayurveda for detoxing the body, regulating elimination and deeply rejuvenating the cells. It is balanced for use internally by all body types and very high in antioxidants.

The taste of triphala is different for every person. The more toxins a person has in the body, the more unpleasant the taste and over time this tea begins to take on a sweeter flavor as the body becomes more and more balanced.

Note: Sometimes the dosage varies for different individuals. Because this herbal blend regulates bowel movements and rejuvenates the colon, the best marker you have for determining your daily dosage is if you are having a bowel movement that resembles the consistency of a ripe banana within 1-2 hours of waking up. If stools are smaller or harder, ½ tsp more triphala can be added the following night. If stools are looser, ½ tsp less may be taken.

Generally include in your daily meals, foods high in...

- Iron (carrot, beets, leafy greens)
- Antioxidants (berries, acai, goji, general color variety of fruits/veggies)
- Omega fatty acids (chia, hemp, flax)
- Minerals (such as various seaweeds, mineral drops in water)
- High quality healthy oils to lubricate your skin from within (i.e. extra virgin olive oil, flaxseed oil, coconut oil, sunflower oil)

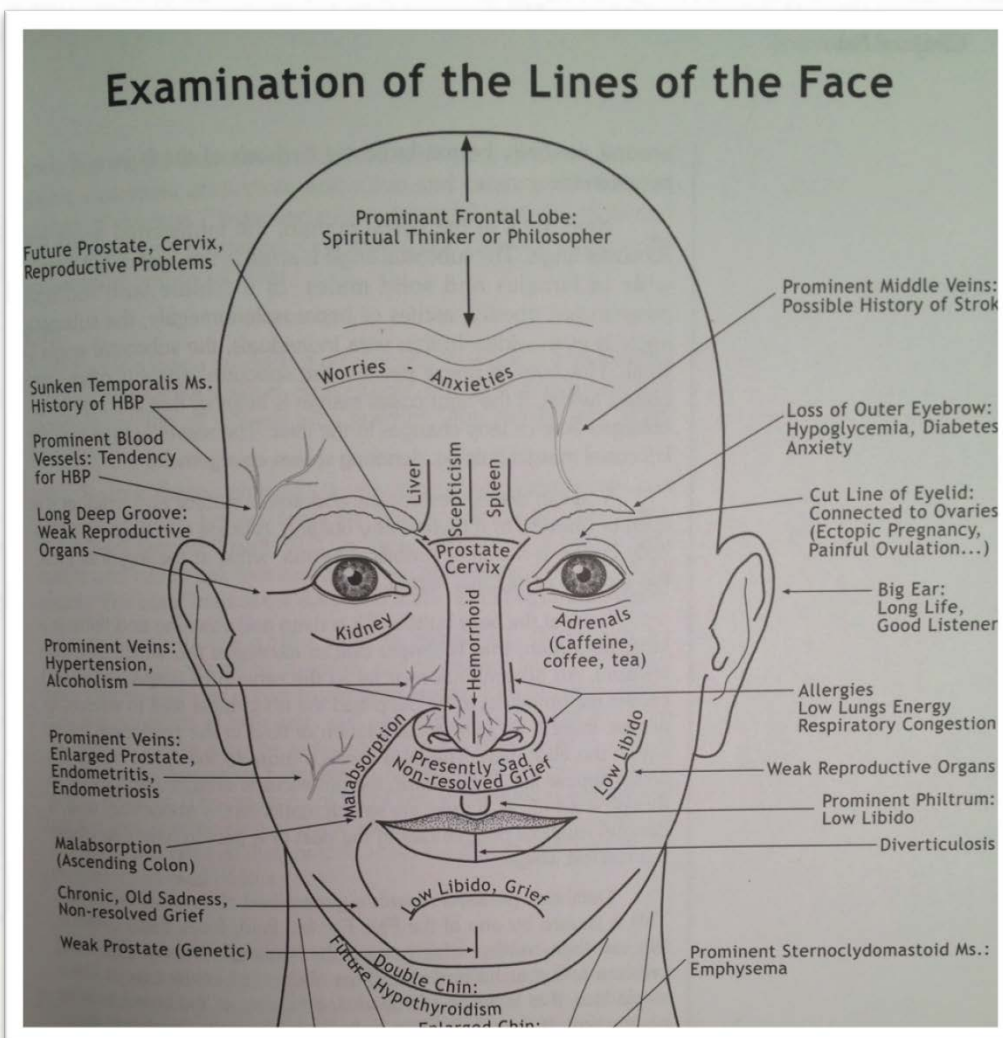
As well as **whole, fresh foods** that come from the ground and not a package!

TIPS

Hydration: Drink half of your body weight in ounces of water each day! Wrinkles on the skin are more prevalent when the body is dehydrated, not to mention WATER is one of the top 3 needs of the human body. For example, if you weight 200 pounds, aim to drink 100 ounces of purified water each day. Also, minimize drinking dehydrating substances (excess salt, coffee, alcohol, etc.)

Nourish the skin with SLEEP

- When sleep is poor, the body's organ systems become stressed. If stress levels are high, stress hormones are elevated in the blood, further taxing the organs and showing up as dull, lifeless skin. The lines of the exhausted organs even show up on the face!



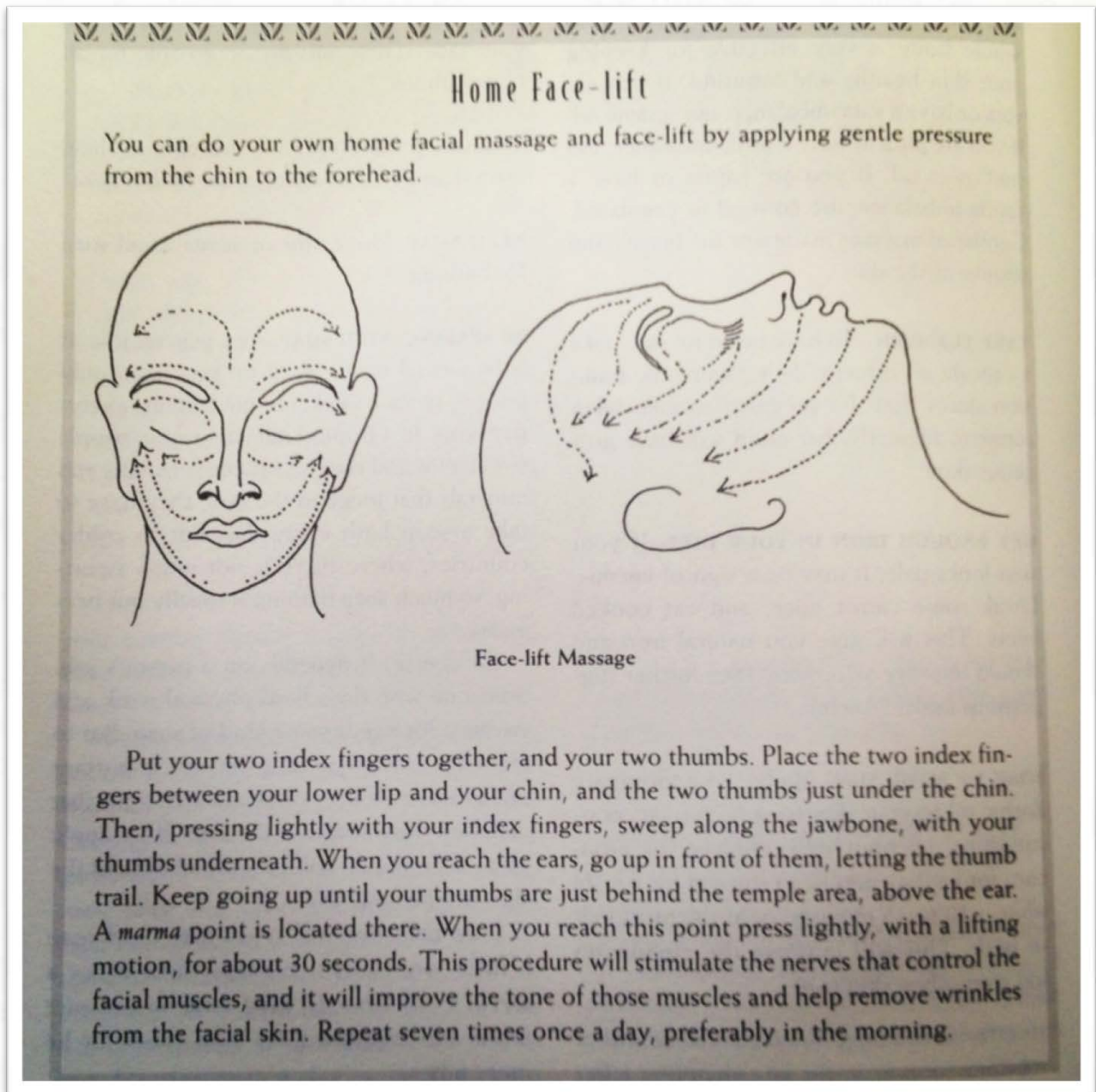
See sleep time guidelines under "Daily Routine."

Nourish the skin with MOVEMENT

Facial Exercise

When you rinse off your daily face mask massage areas of the face with gentle circular movements (do not scrub). Also, make as many funny faces as your heart desires! Moving, stretching and contracting your face muscles helps keep them toned and the skin young and supple. Exaggerated expressions (such as puckering the whole face or saying "ah" and stretching the whole face and tongue), in the privacy of your own bathroom (or out in the world if you prefer to have a little fun!) will actually contribute greatly to you having radiant and vibrant skin.

After you dry off and apply your shea butter you can use these guidelines for giving yourself a Home Face Lift. Compliments of my teacher Dr. Vasant Lad.



Whole Body Movement

Any form of exercise is recommended during the 10 Days to Vibrant Skin program but I wanted to highlight 2 specific types of yoga postures that are especially beneficial to giving you glowing, radiant skin!

Hold each pose for 60 seconds on each side and make sure you are breathing full and complete deep breaths throughout. Holding your breath is counter-productive!



Downward Facing Dog pose is a classic and easy inversion. Postures where a majority of your body is higher than your heart, will aid your lymphatic system in removing toxins as well as improve general circulation which will bring nourishment and fresh blood to your skin cells.



Even more basic are simple forward bends that you can perform any where and any time (even while seated at your desk!). This posture also helps improve mental clarity, focus and calms the nervous system.



This is a great rejuvenating posture at the end of the day or for a midday break. It helps align the posture and lengthen the hamstrings while rejuvenating the blood and nervous system. Ideally this posture is performed with legs relaxed up against a wall.



Spinal Twists offer a HUGE benefit to you having vibrant skin. The twisting motion rings out the internal organs, especially the liver, and allows fresh new blood to flood in and promote glowing health from the inside out. Remember, the internal organs and blood system are the most vital pieces to you having radiant skin.



Seated Spinal Twist is a simple alternative to the lunging spinal twist. Make sure in both twists you lengthen your spine up through the crown of your head and be mindful of twisting evenly throughout the whole length of the spine.



Child's Pose is a gentle way to stretch out the spine, relax the nervous system and gently bring fresh blood flow to the internal organs. Use this as a warm up and cool down to any yoga session.

Nourish the skin with FRESH AIR



Stale, recycled, air conditioned or heated air dries out the skin, feels dull to the mind and does not promote vibrant health. Expose your body to fresh outdoor air as much and as often as possible! Also, seeing daylight regulates your bodily rhythms and breathing fresh oxygen rejuvenates every organ including the skin. Commit to your body and your health to creatively come up with a way to spend some time in nature and in fresh air every day. Your glowing skin will thank you! ☺

STEP 3

HYDRATE:

1. Apply moisture and nutrients that penetrates deeply to replenish all seven layers of tissue
2. Hydrate within the body and seal in the hydration

You can follow your skin type regimen set out for you in Step 1. Here are more options that you can choose from as well.

	Vata	Pitta	Kapha
Use on face after mask in morning and before bed at night	Unrefined shea butter Olive Oil Coconut Oil Avocado Oil Jojoba Oil	Unrefined shea butter Sunflower Oil Olive Oil Avocado Oil Coconut Oil Jojoba Oil	Unrefined shea butter Sunflower Oil Almond Oil Jojoba Oil
Use for full body oil massage	Vata Herbal Oil Raw Sesame Oil	Pitta Herbal Oil Sunflower Oil Coconut Oil Olive Oil	Kapha Herbal Oil Raw Sesame Oil
Use on full body after showering and drying off (in place of lotion)	Unrefined shea butter Coconut Oil Avocado Oil Jojoba Oil	Unrefined shea butter Coconut Oil Sunflower Oil Avocado Oil Jojoba Oil	Unrefined shea butter Sunflower Oil Almond Oil Jojoba Oil

NOTE: Each and any of the above options can be used as a simple substitute for the recommended products inside this protocol



Shea butter a superfood for your skin and hair. It is rich in essential fatty acids, phytosterols, vitamin E and D, provitamin A and allantoin. All these are natural and make shea butter a phenomenal skin healer. Shea butter is balancing to all skin types but can also be mixed with your skin-specific oil(s) for easier application.

Other exceptional properties of shea nut butter include:

- Reducing wrinkles, fine lines and repairing scars
- Antioxidant
- Anti-inflammatory
- Deeply moisturizing
- Stimulating for the superficial microcirculation
- Strengthens and protects skin
- Protects against UV rays
- Regenerates skin
- Stimulates the body to produce collagen (makes the skin stronger, more supple and younger)
- Helps heal minor cuts and burns
- Reduces muscle aches

Herbs



Certified Organic

Neem powder

(Azadirachta indica)

Maintains healthy skin*

Detoxifies the liver and blood*

Removes excess pitta and kapha from the system*

Neem is widely used in Ayurveda because of its effectiveness in dealing with nearly all types of pitta and kapha imbalances. Bitter and very cooling, it is usually combined with other herbs to offset its vata-aggravating qualities.

Neem has traditionally been used to purify the blood, cleanse the liver and support the immune system. It is also commonly used to support healthy skin and to maintain healthy blood glucose levels.*



Certified Organic
Turmeric root powder
(*Curcuma longa*)

Bright yellow Indian cooking spice that promotes digestion and overall health and well-being*

Cleanses the blood and promotes healthy skin*

Strengthens digestion and promotes healthy intestinal flora*

Supports healthy blood glucose levels that are already within the normal range*

Supports comfortable movement of the joints*

This common Indian kitchen spice has a broad range of beneficial properties. It bolsters the immune system, purifies the blood and promotes clear, healthy skin. Turmeric strengthens digestion and eliminates toxins from the GI tract. It supports proper function of the pancreas, reduces kapha and promotes healthy blood glucose levels that are already within the normal

range. Turmeric soothes and nourishes the joint tissue and promotes comfortable movement. An excellent herb for those with kapha constitutions or imbalances, turmeric supports proper function of the heart and helps clear the channels of the physical and subtle bodies.*



Certified Organic

Triphala powder

Balancing formula for detoxification & rejuvenation*

- Assists natural internal cleansing*
- Gently maintains regularity*
- Nourishes and rejuvenates the tissues*
- Supports healthy digestion and absorption*

Natural antioxidant*

Use daily for rejuvenation and detoxification. Also used to support healthy elimination, digestion, weight management, lungs, urinary tract and a clear complexion.*

Triphala is recommended and used more than any other Ayurvedic herbal

formulation. Popular for its unique ability to gently cleanse and detoxify the formula supports the proper functions of the digestive, circulatory, respiratory and genitourinary systems. Translated as "three fruits", it is composed of the dried fruits of amalaki, bibhitaki and haritaki. Containing five of the six tastes (all but salty), Triphala readily removes excess vata, pitta and kapha from the body, bringing balance and proper functioning to the system. It is commonly taken as a daily supplement to help maintain balance of the doshas.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

TIPS

Wearing makeup may clog pores and prevent you from truly getting the results you are looking for during the 10 day program.

If you do choose to wear makeup, however, you can remove it using coconut oil or jojoba oil on a cotton ball. Then, rinse face with warm water and apply moisturizer. If you feel like you need a toner you can use raw, unfiltered apple cider vinegar applied with a cotton ball.

TIPS

Get your body moving at some point during the day (before eating or at least 2 hours after eating). For example, perform 20-40 minutes of yoga postures to improve circulation, skin/muscle elasticity, be sure to include mild inversions and twists (see photos in Step 2). Rebounding or jogging are also great options.

TIPS

Ayurvedic Guide for Timing Meals/Sleep

- Vatta (Air) 6-7a wake up, eat within 30-60mins, 11:30-12:30p lunch, 5:30-6:30p dinner, and 8:30-9:30p sleep
- Pitta (Fire/Water) 5:30-6:30a wake up, eat within 1.5-2.5hrs, 12-1p lunch, 6-7p dinner, 10-11:30p sleep
- Kapha (earth/water) 4:30-6a wake up, eat within 2-3hrs, 12:30-1:30 lunch, 5:30-6:30p dinner, 10-11:30p sleep

How to Apply Face Mask:

1. Take 1 Tbsp powdered herb mix and add just enough warm water (approx. 1 Tbsp) to make a paste.
2. Soak a washcloth in warm-hot tap water and hold onto face. Repeat 2 or 3 times until the face feels fresh and warm so the pores open up.
3. Apply mask liberally on the whole surface of the face and into the hairline avoiding the eyes and lips.
4. Let the mask dry while applying the full body oil treatment below.
5. In the shower, allow warm water to soften and rinse away the mask using gentle circular motions with your fingertips to allow for exfoliation and to stimulate the circulation (be sure not to scrub forcefully) and perform 2 or 3 short facial exercises (aka funny faces to stretch and strengthen facial muscles).
6. After the shower, pat dry with a towel and spritz rose water onto face.

7. Massage shea butter (plain or combined with oil) onto face according to diagram.

How to Apply Full Body Oil Massage:

Each morning rub oil all over your body (avoiding face) as if you are applying lotion. Leave it on for about 10 minutes (while you brush your teeth, etc.) Then take a warm shower. Ensure that the bathroom is warm so that the pores are open and allow the oil to penetrate into the body.

1. Warm approximately ½ cup of oil (in a container of hot water)
2. Slowly and thoughtfully apply the oil to your entire body in the following manner
Begin at the top of the head, massage oil into the roots of the hair (optional), massage the ear lobes, ears, jaw, neck, working your way down to the shoulders then towards the center of the body Continue massaging oil into each limb moving from the farthest point from your heart, inward towards the heart/torso.

Use long strokes on the limbs and circular strokes around the joints.

Massage the abdomen and chest in broad clockwise circular strokes.

Be sure to thoroughly massage your hands and feet.

Let the oil penetrate for at least 10 minutes (or up to 30).

Be careful stepping into the bathtub with oily feet!

Rinse excess oil off with warm water and soap only necessary areas.

The skin is the largest organ of the body and it performs several important functions. It provides a protective barrier, regulates body temperature, synthesizes vitamin D, maintains water electrolyte balance, provides a storehouse of fat, water, salt and glucose and maintains acid-alkaline equilibrium in the body. By allowing the oil to penetrate the skin before daily bathing, it protects, nourishes and supports one's mind, body and spirit. According to Ayurveda, there are seven bodily tissues and each one sustains the next with the end product being vital life energy/creation. Over time, with routine practice of oil massage, one's health and well-being are dramatically improved to the deepest and most subtle cellular levels.

Benefits of Oil Massage:

Imparts softness, strength and color to the body
 Decreases effects of aging
 Bestows good vision
 Increases longevity
 Regulates sleep patterns
 Benefits skin
 Strengthens the body's tolerance
 Imparts a firmness to the limbs
 Gives tone and vigor to the tissues of the body
 Stimulates the internal organs of the body, including circulation
 Keeps all body types (doshas) balanced

Signs of Proper Oleation:	Signs of Excessive Oleation:	Signs of Insufficient Oleation:
Regularizes bowel movements, urination and sweating Easy bowel movements with oily stools Enkindles agni so there is normal healthy appetite and thirst Stress is relieved Pain disappears Lightness in the body Clarity of perception Happy and content mind Sound sleep Clean tongue	Heaviness Body ache Headache Fizziness Excessive salivation Drowsiness Nausea, fever Burning pain in liver area Swollen, puffy eyes	Constipation Dry Skin Insomnia Ringing in the ears Dizziness Lingering stress Emotional release Gas Excessive thirst Body ache Headache

Skin becomes soft, oily and uniform in color and complexion Good general energy levels		
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Vibrant Skin Forever

Continue to apply your personalized facemask 1-2 times per week as well as the full body oil massage. The oil massage is best performed daily but I'd say at LEAST 1-2 times per week. On the days you don't use your clay mask use the following homemade face wash instead:

Face Wash

- Mix your dosha specific herbs (without the clay) together with coconut oil (melted) or jojoba oil (instead of water) and use in place of store bought face wash.

Your full body will also love gentle exfoliation on a regular basis. Try this easy mixture in the shower to scrub up and leave your skin silky smooth.

Body Scrub

- Regular cane sugar
- Sunflower Oil
- Essential Oil for fragrance
 - You can choose any essential oils that appeal to you or you can use your dosha type as a guide. Here are some examples:
 - Vata: Warming & grounding scents are best such as-Hina, Palo Santo, Jatamansi, Clary Sage, Khus, Cardamom, Patchouli, Vetiver, Basil, Amber
 - Pitta: Cooling & calming scents are best such as- Peppermint, Sandalwood, Jasmine, Ylang Ylang, Lavendar, Rose
 - Kapha: Light & invigorating scents are best such as- Tulsi, Cedar, Orange, Cinnamon, Rosemary, Sage
- Mix the ingredients in a jar and keep in the shower for regular use.

Natural Fragrances

- You can also use these essential oils in place of perfume/cologne for a healing and energizing effect!
- Tea Tree Oil makes a great substitute for deodorant.

- Most perfumes are toxic chemicals that increase ama in the body and disturb vata (air) that can have a negative effect on the nervous system and especially to the liver.
- Note: these scents are generally highly concentrated. One drop will go a long way. They are best used when diluted with a little oil (or even water).

Most importantly, continue with the momentum you started on eating clean, staying hydrated and not poisoning your skin with commercial products. When your body is healthy and clean on the inside your skin radiates that vibrant glow! Also, when your body is balanced within there's no need for clogging deodorants and chemical-laden scents to mask odors. If there IS odor, it's there for a reason... the body is trying to release something! Do your body a favor and don't stuff toxicity back in (and add to it) by using antiperspirant, deodorant and perfume. When there is no toxicity or clogging in the bodily channels, there is no unpleasant odor. Give yourself what you truly need each and every day and you will enjoy a long, healthy and happy life.

Thank you for embarking on this 10-day health journey with me as your guide. Enjoy your vibrant skin and radiant health as a result! This glow is a true sign of health from within.

It's been an honor to share this program with you 😊

Many blessings on your journey,
Alicia Diaz



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