

Beauty Tips by Shino Bay Aguilera

1) Hydrofacial: Lightening, tightening and brightening;

The HydraFacial is a gentle but efficacious skin resurfacing procedure that thoroughly and effectively cares for the skin, providing cleansing, exfoliation, extractions, and hydration, including Vortex-Fusion of antioxidants, peptides, and hyaluronic acid. The HydraFacial is a non-invasive, non-surgical procedure that delivers instant results with no discomfort or downtime. The procedure is immediately effective. I like to think of this procedure as an effective water- pressure cleaning system that goes beyond what, the now obsolete, microderm abrasion used to do. It is so gentle to the skin, yet effective and invigorating with a nice booster of antioxidants, peptides and hyaluronic acid, which is pressure- infused into the skin. The skin is left supple and luminous for days.

2) Plenty of rest and water:

The skin is a fascinating organ that does so much to protect our bodies, attract the opposite sex, and maintain a healthy metabolism. Now, there are a number of ways you can help it do its job and ensure that it continues doing its job long into your life:

Rest --

While we're asleep, our skin repairs itself from the day before. Collagen production, which limits the amount of moisture loss in our skin, kicks into high gear while we are literally getting our beauty sleep. We can usually tell if someone had a restful night or a rough night by just looking at his or her skin.

H2O --

Our body is composed of about 70% water; therefore, water is the primary ingredient in blood, lymph, mucus and the other fluids that circulate throughout our body. The human body needs to stay well hydrated so that blood, lymph and other fluids can circulate freely. The skin being the major organ in the body needs constant hydration for proper function, not only to ward off infections, but also for proper metabolism and other bodily functions that eliminate toxins, regulates body temperature and produce hormones. A well-hydrated skin advertises beauty and health.

4) A morning mindfulness meditation to give thanks and reflect upon the past year: All of your life's experiences have brought you to this point. Open your eyes and see what you have created for you and the people you love. Are you happy? Do you feel that you are a better soul this year than the others? Did you get reactive, gossip, cut corners, fight, struggle, cry, get offended easily, hurt, try to out smart the system? Were you more loving, proactive, kind, compassionate, altruistic? These questions are important to see the direction of where you have been and where you want to go. Remember, You are the protector of your own space. As this year is coming to an end do some spring cleaning in the kingdom of your mind and free yourself of old ideas and behaviors that do not serve you. Open up to a new world of love and happiness. This year change things a little, change the way you look at things. Let go of resentment and past unpleasant life experiences. No matter how horrible your past was you must remember one important thing: Your soul signed up for it to pay a karmic debt or you are an old Soul, strong enough to endure adversities; and bright enough to be

a vehicle of change in the consciousness of humanity. It is your soul mission to be kind every day, all the time, as much as you can to help the universal vibrational flow of positive energy through the cosmos and mankind. Only those who are centered and grounded find the courage within to face challenging moments in life. When darkness seem to arrive in your life, seek refuge within where your burning flame of love and passion for life will lead you out of darkness and into the light. Here is a trick: when faced with a difficult situation find a quiet place close your eyes and quiet the mind. Inhaling, I am loved and supported by the universe. Exhaling, I no longer feel anxiety and frustration (fear) from this situation. We cannot deny or avoid those difficult moments in life, but we can all learn to transmute fear and anxiety into love and courage. This is how your spirit grows bright and strong in this realm.

5) L-theanine supplements to reduce Holiday stress:

L-theanine is extracted from Green T and it is a natural stress reducer and increases a state of wellbeing within 20 minutes of ingestion lasting all day. L- theanine is believed to be key to many vital functions including that of focus, sleep, immune system strength and even blood pressure control. L-theanine produces Dopamine, a hormone that produces a sense of well-being. You cannot feel bad when you have a lot of the happy joy hormone in large quantities in your brain. In addition, L-theanine has been found to help LDL concentrations to remain normal instead of undergoing oxidation. This means keeping good cholesterol in balance with bad cholesterol. This is my power pill to keep me stress free and healthy during season in South Florida.