

#TwoForJoy



Oh, Jackie!

A NEW YOU

The secret to a perfect complexion is to stop stressing about it

One of the most stressful things I have ever done is lose 53 kgs of weight. Watching the collagen in my face break down was excruciating. My self-imposed routine of two hours of exercise and strict diet was helping me shed weight—but not my stress. And my skin, which had always been my pride and joy, was taking a beating, and all of my favourite products were failing me. As I grew increasingly panicked, I realised two key things—I had to balance my nervous system so my cells actually had a chance at being healthy, and I had to feed my cells the right nutrition by way of the skincare I used.

The network that connects everything inside our body is our nervous system, and when it senses danger or stress, it triggers the body's fight or flight response. It sends everything—from our hormonal systems to our heart rate and even the way our skin responds—into overdrive and therefore causes inflammation in our cells.

Here are seven highly effective ways to hack your nervous system, and trick it into believing that there is in fact nothing to worry about—at least as far as your skin goes.

LESS IS MORE. The fewer products you use on your skin, the more time your skin has to heal and strengthen. Overdoing treatments and products doesn't actually allow your cells the time they need to repair. They find themselves in a constant state of chaos—and that chaos manifests as skin problems that don't go away easily. A small number of effective products do their job and reduce mental and physical clutter around product use.

USE ANXIOLYTIC ESSENTIAL OILS. Incorporate products that are nutritious for your skin, and reduce cellular inflammation while calming down your

nervous system. Lavender essential oil is brilliant for reducing stress and anxiety. It has scientifically proven anti-anxiety benefits and it helps give your nervous system a chance to get out of fight or flight mode. Your skincare products should help you feel calmer—if it burns, stings, or causes discomfort—it should be ditched.

DON'T BELIEVE EVERY BEAUTY HACK YOU COME ACROSS. There are some things you shouldn't allow near your skin—face or body. Lemon juice is one of them. Create a simple and clean routine for your face and body that is focused on nutrition, nourishment, and lowering cellular inflammation. Not every fruit or vegetable belongs on your face or body.

MEDITATE. You may not enjoy it initially, but even 10 minutes of daily meditation can reduce cellular inflammation and help your body feel relaxed and rested. When you take conscious deep breaths, you are sending a signal to your brain that there is no danger and your nervous system relaxes.

BALANCE YOUR QI. Our bodies are intricate circuits of electrical wiring and energy. Focused energy clearing can improve your skin. Reiki, acupuncture, EFT, and yoga all help. By removing energy blocks in your system, you are allowing your circulation and life force to move freely. This means your body is not overproducing stress hormones—instead it gets to spend longer periods of time in zen mode.

REGULATE YOUR VAGUS NERVE.

It is arguably the most important nerve in our bodies, connecting the brain stem, facial muscles, throat, lungs, heart, stomach, and intestinal tract. It helps to regulate and suppress cellular inflammation.

In fact, one of the most important things you can do is keep your vagus nerve healthy and functioning. How do you do that? Hum or sing. It's true! The vagus nerve passes through the vocal cords and the inner ear. The vibrations from humming stimulate the vagus nerve—this is the reason meditators often chant or repeat mantras.

MESSAGE. Apply a combination of dead sea salt and cold-pressed jojoba or sweet almond oil onto your skin while you shower. Do this twice a week. The dead sea salt introduces minerals to your skin while gently exfoliating its surface—and the cold-pressed oils provide moisture and nourishment.

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