

NATURAL SKINCARE TIPS FOR THE GLOWING, BLEMISH-FREE BRIDE

Every bride wants to look wedding day perfect, from shiny hair and strong nails, to blemish-free skin.

While blemishes and mild acne may not be in a bride-to-be's plans, the common skin condition is an all-too-real concern for many, as planning pressures and poor diet habits often escalate in the lead up to the big day.

A recent survey of 92 private dermatology clinics in the UK showed a 214 percent increase in pre-wedding adult acne treatment, with more than one in three brides aged 35 and over. In Australia, blemishes and mild acne affect 35 percent of women.

A holistic beauty routine that considers the skin from the inside and out is a bridal beauty essential in order to keep pimples at bay and get that big day glow. But where to start?

Naturopath Shelley Atkin advises giving some thought to skin health and stress levels at least three months prior to walking down the aisle.

"Our skin is a reflection of our inner health and emotions, both of which can experience changes when planning a wedding. However, there are some small changes that can make a big difference, to have you smiling down the aisle focused only on your partner".

Try these natural skincare tips for glowing, clear skin on the day and beyond:

TOP 5 BRIDAL SKINCARE TIPS

1. Keep it Natural Choose a skincare regime with natural and nourishing ingredients to cleanse, treat and repair. Look for chemical-free formulas to treat blemish-prone skin. "Internal supplements should contain natural ingredients to support the skin by helping to foster healthy hormone balance, such as the liver herb Burdock and vitamins B6 and A, which are important in maintaining overall skin health," Atkin says.

2. Hydrate the Skin A bride needs well-hydrated, supple skin for make-up to look its best. If you have dry skin, ensure regular water intake, use skincare and choose supplements that support skin hydration and nutrition. Look for a cleanser that gently clarifies, rebalances and tones without drying. Choose a moisturiser and spot gel that's non-greasy and formulated with naturally derived, soothing ingredients such as aloe vera and cucumber.

3. Avoid Stress and Planning Overload Staying away from stressful moments may be easier said than done, but being aware of what situations push your buttons and choosing to avoid or navigate them differently can help to calm frayed nerves and minimise the effects on your skin. If oily skin is an issue, it's important to avoid stress, as this prompts the body to produce more androgen hormones, which leads to increased oil production. Choose an exercise, such as yoga, to balance stress hormones that will have your skin flushed and glowing.

4. Prevent Blemishes from the Inside and Out Choose a day or more each week to fuel up with organic greens including a nutrient-dense smoothie to enhance skin clarity. For best results, begin an inside and out beauty regimen, with the Qsilica Naturally CLEAR Skin Blemish Control Kit. Containing strengthening and rejuvenating colloidal silica and natural cleansing herbals, its three-step process minimises the risk of blemishes and spots.

5. Continue with Healthy Habits, Post Wedding No need to look back at your wedding photos wistfully as a time of beauty perfection. When continuing these skin tips beyond the big day, skin, hair and nails can stay shiny, healthy and beautiful.

#qsilica #blemishfree #bridalbeauty

How Qsilica Naturally CLEAR Blemish Control Kit Works,
from the Inside and Out

- 1.Cleanse - Internally detoxifies, cleanses and purifies the blood. Externally removes dirt and dead skin cells;
- 2.Treat - Internally supports normal hormone function through androgen regulation, while antioxidants assist the body's natural free radical defences. Externally kills pimple-causing bacteria at the site;
- 3.Repair - Internally promotes skin healing through cellular support and repair. Externally calms skin and reduces redness through anti-inflammatory properties.

The Qsilica Naturally CLEAR range includes:

Qsilica Naturally CLEAR Skin Support Tablets* \$29.95 RRP

Qsilica Naturally CLEAR Skin Cleanser \$24.95 RRP

Qsilica Naturally CLEAR Spot Gel \$17.95 RRP

Qsilica Naturally CLEAR Blemish Control Kit \$59.95 RRP

* Contraindications: If you are pregnant, or considering becoming pregnant, do not use supplements containing Vitamin A. When taken in excess of

3000 micrograms retinol equivalents, Vitamin A can cause birth defects.

MEDIA NOTES:

POTENTIAL ANGLES: • Wedding skin solutions • Health and beauty wedding planning • How to treat skin issues from the inside and out • Holistic skin treatments • Latest skincare must haves

PLEASE NOTE: This news release is distributed on behalf of Qsilica. Its use in part or in entirety must retain reference to Qsilica.

IMAGES: High resolution images are available on request. Product samples may also be available.

AVAILABILITY: The Qsilica range is available from leading pharmacies, health food stores nationwide and at www.qsilica.com.au

ABOUT QSILICA Family-owned Planet Health launched its award-winning hair, skin and nails brand, Qsilica in 2006. Formulated to promote beauty from the inside out, the range comprises supplements and skincare products. In 2012, the Qsilica Skincare range was commended in London's inaugural FreeFrom Awards, with the Remove MakeUp and Grime Cleansing Gel claiming Gold and Overall Winner in the face and skincare categories. In 2013, a selection of Qsilica Skincare products was again commended in the awards, with the Paw Paw Rescue Ointment shortlisted. Meanwhile, the Qsilica One-A-Day Tablets jointly received the 'Best Supplement' in the annual Janey Lee Grace Platinum Awards, which celebrate quality and integrity in the natural health industry. Qsilica Naturally CLEAR is the latest product line to join the popular internal and topical ranges, which are formulated with the brand's hero ingredient, colloidal silica. Qsilica products are proudly Australian made with premium ingredients and are 100% quality guaranteed. The entire range is vegetarian-friendly with no animal testing.

Contacts

Shannon Dunn
(03) 9028 2229
mailto: shannon@communeco.com