



skinhealth

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Cruising Review

Skin Health for at Home Formulations and
Extraction

Structured Data

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This webpage QR code

Skin Health for at Home Formulations and Extraction

PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/skinhealth.html>

Technique:

Base: Start with a standard, well performing skin cream. For this, keep it simple. I recommend our standard formulation of skin cream: Rice Bran oil, bees wax, Shea butter, Mango butter, and distilled water (you may add some Monoi oil for scent).

Cover Oil: Infused oil. Start with a good carrier oil like Rice Bran oil, Olive oil, Walnut oil, or Avocado oil. Then add your choice of nutraceuticals (Amla, Black Seed, Aloe, Vanilla, Oregano, Coffee, etc.). The botanicals will naturally extract using the induction mixer system with SwissMixIt and the carrier oil draws out the essential oils and terpenes (flavonols).

Why this method? While you can combine everything into one cream, it is easier and more effective to have a wide variety of types of infused oils, specific to your skin and health needs, instead of having a multitude of creams. This way you have a base, then can target areas which need improvement. For example, the feet may need some Oregano oil treatment, while the arms need anti-aging and hydration, while hands need age spot reduction, and around the eyes for less wrinkles. This method gives you the best of both worlds.

Keep infused oils separate: We recommend keeping your infused oils separate, then doing the pump-top dispenser for the ingredient needed for that area.

Faster Results: In general, you'll see faster results.

Best Flexibility: Do extractions separately, then combine when needed for specific formulations.

Research and Science: From all the research we've read, the number one defense is starting with eating healthy. Your skin and appearance is first effected by what you intake and filter through your body, which includes fresh water, and food. You can fine tune that process by apply skin creams and oils. Skin creams and oils are no substitute for healthy living. If you smoke, drink alcohol, and eat animal products, or overweight, you can expect age spots, glycation, wrinkles, and a host of other maladies. The application of skin cream and oil may only remediate some of the symptoms, and not the underlying problem. Instead of supplements, get your nutrients through whole-food plant-based products. They are absorbed better, and you know that it is the source. You have no idea what is in supplements, purity, grade, etc. (unless you have confirmed ingredients through your own lab testing).

Utilization: This new strategy allows you to have one skin cream, which applies to every use.

Travel Size: Instead of lots of bulky skin creams, it makes more space efficient sense to have one base skin cream, and then small ampules of targeting oil.

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Method of Dermal Nutraceutical Delivery:

Targeted Skin Care Strategy

If you're passionate about your skin care and health, you may wish to consider this method of both cosmetically and providing nutrients to your skin. Beauty starts from the inside out, so always have a healthy plant based diet, for best results.

Over the past year we've been experimenting with the best way to apply and absorb skin creams and oils for the delivery of healthy benefits of the ingredients.
