



5 Things You Can Do
Now

For Glowing Skin

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Did you know that your skin is a reflection of your overall wellness?

Have you noticed fine lines, wrinkles, and dark spots that weren't there before?

Do you want to feel vibrant and youthful without expensive and painful treatments and injections?

Answer yes to all or one of the above? Read on!

Your skin helps detox impurities and offers vital protection against the elements like nothing else. It speaks to you very clearly when your body is out of balance and alerts you when you may need to make a change or create a healthier habit to feel better. It's so important to treat this precious part of your body with true kindness.

Your skin is influenced by many things that can cause it to age prematurely. It's a reflection of environmental and chemical toxins, your mindset, stress, the type of exercise you choose, too little sleep, and your diet.

All of these factors can contribute to skin issues and prevent skin from looking its most youthful.

Below are my top 5 action steps and pro-tips that you can start doing today to uncover your unique soul glow!



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Action Step #1: Reduce sugar and wine

Checking in with your diet is one of the best things you can do to improve your skin. The things you eat and drink can impact your skin health and the aging process. Too much sugar and wine can lead to gut and hormone imbalances, inflammation, nutritional deficiencies, food allergies and sensitivities, along with digestive issues that can wreak havoc on your skin and throw your body off balance. Too much sugar and wine particularly can also cause an inflammatory response, raise your insulin and blood sugar levels, and negatively impact your hormones, all of which can contribute to acne and aging.

Try a sugar and wine detox for awhile. Pick a period of time that feels good to you. I usually suggest that my clients do a sugar cleanse for 2-4 weeks. Be sure to get plenty of fresh air, exercise, sleep, and stay hydrated during this time. Most importantly, keep track of any changes you experience.

After a period of time, slowly reintroduce some of your favorites and listen to your body. Continue to track to become better aware of how these foods are impacting your skin and body.

- *Did you breakout?*
- *How is your energy and emotions?*
- *Did your skin feel tight and dry?*
- *Did you feel less anxious and stressed?*
- *Did you sleep better?*

All great clues to determine the amount and frequency you can tolerate and if these common triggers are impacting your skin health.

Sometimes wine and sugar simply become a habit that you create and you may need to interrupt the pattern that you've grown accustomed to. If you are used to having a glass of wine or two with dinner or at night, try creating a new habit. Break out your favorite glasses and make a tasty mocktail with sparkling water, fresh berries, and a splash of pineapple juice.

It's also important when creating a new habit to practice mindfulness. Begin to tap into your intuition and ask your body why are you craving wine and sugary foods. Be mindful of the times of day you crave a drink or sweet snack. Really tap in and listen. Are you stressed? Are you rewarding yourself after a hard day? Are you lonely? Once you begin to uncover the reasons behind your cravings or habits, you can more easily take steps to replace the habit with a healthier option that feels good to you.

Pro-tip: *Stay hydrated. Especially if you've had alcohol or are trying to create a new routine. Water helps flush toxins and also helps you feel full. Your skin is made up of water and needs it to properly function. Lack of hydration can also cause dry, flaky skin which is more prone to premature aging and wrinkles.*



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Action step #2: Try Feel Good Exercise

What is feel good exercise? Exactly how it sounds! Physical activity that is kind on the body, that you look forward to, and that you enjoy. Regular exercise can be great for your skin. By increasing circulation, exercise helps to remove toxins and reduce stress. However, harsh workouts, such as long cardio sessions and heavy weightlifting can negatively impact your sleep, disrupt your hormones, and contribute to chronic inflammation. Harsh workouts can be difficult to sustain and may throw your body into an extended fight or flight response which can cause breakouts and cause your skin to look unhealthy.

Pro-tip: Try something new! My favorite feel-good workouts include: Pilates, Barre, Restorative Yoga, and High Intensity Interval Training (HIIT-short intervals of non-impact exercises that raise your heart rate). I love that these workouts provide great results, are kind to the body, and also allow you to tap into your feminine energy and have fun!

Action step#3: Make sleep a priority

Just as sleep allows your body to rest and restore, it does the same for your skin. Think about a time when you didn't sleep well, how did you feel the next day? Stressed, anxious, annoyed, foggy? Good sleep helps to regulate hormones, decreases inflammation, increases blood flow, and reduces dark circles and puffy eyes, which all help you look younger and more vibrant.

Pro-tip: I help clients who are trying to clear their skin create a soul soothing nighttime routine. Here' are a few things you can try to promote relaxation and fall asleep peacefully.

- About an hour before you want to fall asleep take a warm Epsom salt bath with a few drops of lavender essential oil.
- Turn off your electronic devices.
- Write down what you are grateful for.
- Read something gentle.
- Try a few relaxing yoga poses or put on some soft meditation music.

Begin to think of this time as part of your unique self-care and beauty routine.

Pro-tip 2: Use a satin pillowcase! This helps reduce friction between your pillow and your skin. If you have acne or are experiencing a breakout, change your pillowcase every night before you go to sleep.



Action Step #4: Choose products that do more good than harm

Remember that everything you put on your skin is being absorbed into your bloodstream. Many skin care, personal care, and cleaning products contain a laundry list of chemicals such as parabens, phthalates, fragrance, and synthetic colors that are highly toxic. These toxic substances can interfere with your hormones and cause allergies, skin sensitivities, and acne. Toxins in skincare products can also cause your body to feel sluggish, slow down your natural detox mechanisms, and negatively impact your skin microbiome.

Similar to your gut microbiome, your skin has a barrier of healthy bacteria that protects it from environmental damage, dryness and infection. While over 1,300 toxic chemicals are banned in Europe, only 11 are banned in the United States. These toxins lead to issues with the skin microbiome destroying it's natural ability to protect.

***Pro-tip:** I tell my clients to keep to a simple skin care routine: cleanse, tone, moisturize, treat, and protect. I suggest choosing skin and personal care lines that share their ingredients and where they are sourced.*

Action step#5: Create a "Youthing" Mindset

As you get older and your skin and body change, it's all too easy to be hard on yourself. Remember, your body hears everything you are saying and will respond accordingly. It's very easy to get caught up in comparing and feeling bad. Emotions like sadness, anger, and anxiety all release stress hormones, elevate heart rate, and cause other reactions that can negatively impact your mood and mindset. It's even more important to remember that you always have the power to choose how you would like to feel or how you wish to respond to everyday challenges.

***Pro-tip:** Age is just a number! "Youthing" refers to your vibration and energy about feeling vibrant and healthy. Stay youthful by shifting your mindset, moving your energy, and doing something you love when negative thoughts come up by doing things like laughing, dancing, or singing. Negative thoughts are just a result of habituated patterns. The next time you have a negative thought, develop a new habit of interrupting the pattern. Bring a little bit of who you are, "you to your now" as I call it!*



READY TO LET YOUR SOUL GLOW?

You're on your way to beautiful, healthy, and glowing skin!

Get in touch to schedule a conscious conversation or join my three-week *Soul Glow* Boot Camp or to develop your personalized skin care plan including the best foods to eat, the most effective types of exercise to incorporate, and how to reduce toxins.

Schedule a free consult with me at:

<https://heal.me/missylabate>

Cheers to your glow!
Missy XXOO



Missy LaBate

Holistic Wellness Coach

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Missy LaBate is a Certified Functional Medicine Health Coach, Certified Health Education Specialist, trained esthetician, and vocalist. She holds a bachelor's degree in Dietetics and a master's degree in Health Education. Missy has held several positions in hospitals and health care and has over 25 years of experience in health education, program management, process improvement, and designing various wellness and disease prevention curricula including nutrition, weight loss, fitness, skin health, and cardiovascular risk management.

Missy is the owner of M. LaBate Health & Wellness Coaching located in upstate NY. Her personal skincare story and journey into perimenopause led her to specialize in holistic wellness for women to guide them to feel better and rediscover their power as they enter this next phase of their lives. She has developed a comprehensive coaching program that focuses on a whole-body approach to perimenopause, menopause and beyond and works with clients to uncover the root cause of symptoms through examining diet, exercise, toxins, emotions, and stress. When she's not coaching, Missy enjoys singing, cooking, and spending time with her Yorkshire terrier, Evie.