



Spring Clean Your Beauty Routine

Holistic beauty and wellness tips from green lifestyle expert **Randi Ragan**

▼ **THE OWNER AND FOUNDER OF GREENBLISS ECOSPA**, A MOBILE SPA AND GREEN LIFESTYLE COMPANY, RANDI RAGAN IS AN EXPERT IN ORGANIC BEAUTY TREATMENTS AND HOLISTIC WELLNESS. WITH CLIENTS IN PASADENA AND A DAUGHTER AT WESTRIDGE, SHE WAS MORE THAN HAPPY TO WRITE AN INTRODUCTION TO GREEN BEAUTY FOR OUR READERS, SHARING SOME OF HER FAVORITE INGREDIENTS AND PRODUCTS, AS WELL AS A RECIPE FOR A SPRING DETOX GREEN SMOOTHIE, BECAUSE GREEN BEAUTY ALSO COMES FROM THE INSIDE OUT!

The advent of Spring is the perfect moment to consider the importance of "greening up" our beauty and wellness habits. Just like the organic, locavore food movement has given us a new view of how we procure and prepare our food, so too can that same sensibility impact our beauty and self-care routines. After all, the ingredients in our personal care products end up in the same place as our food: inside our bodies, absorbed through our skin, hair, and nail beds and processed through our vital systems.

By taking a holistic (total body) approach to your beauty routine, you are incorporating the first and most important rule of green beauty: everything you do in, on, around, and to your body is connected. Spring is an excellent time to put that theory into practice. My advice is try and incorporate one or more of the following into your beauty regimen every day, and soon you will be "connecting the dots," on your way to a healthier, greener and more beautiful you!

Aromatherapy: Essential oils of lavender, bergamot and lemon stimulate the lymphatic system, which is responsible for cleaning the blood supply of cellular debris. This will improve the quality of your skin, eliminating breakouts, dark under eye circles and puffiness. The easiest way to use essential oils is to shake a few drops into a hot bath. Take care not to rub directly on your skin, as they are concentrated and potent and could cause a reaction.

Chrysanthemum Tea: The Chinese herb ju hua, or chrysanthemum flowers, is an aid for calming the liver and resolving toxicity. In TCM (Traditional Chinese Medicine), if you are feeling a bit on edge and hot tempered, chrysanthemum tea is prescribed. Brewing the flowers requires steeping them in hot water for about five minutes. The aroma is gently floral and the smell is instantly calming. This is the perfect delivery system for the herb, as it creates a "time out" moment.

Do your products check out?

The first step in greening up your beauty routine is to make sure all your personal care products are organic or use wild crafted herbs, flowers, and other plants. If your products have a long list of chemical names on the label, visit the Environmental Working Group's website to research toxicity levels: ewg.org/skindeep

A couple of my personal favorite lines:

Golden Path Alchemy. This local purveyor of pure, organic beauty products specializes in handmade, herbal skin, body, and spirit care products based on principles of traditional Chinese medicine. They grow many of their ingredients on their own farm. goldenpathalchemy.com

Naya. This Marin County-based company is also at the forefront of the artisanal/small batch beauty products movement. Their ingredients are also sourced from local farmer's markets and are made without preservatives. nayahandmadeskincare.com

Zoya Natural Nail Polish. We use Zoya polishes for our GreenBliss manicures and pedicures, but any polish brand that is "three-free," meaning free of formaldehyde, toluene and dibutyl phthalate (DBP), works just as well. zoya.com

For more info visit greenblissecospa.com

Spring Detox Green Smoothie

This blended drink features kale for its high sulfur content, and isothiocyanates (ITC) from glucosinolates, which aid in the body's detoxification process. Additionally, it's a superstar for antioxidant vitamins A, D and E. The spicy, energizing kick comes from the ginger-lemon combo; both are blood purifiers. The dates and mango add a creamy texture and a sweet, delicious taste.

2 cups kale leaves torn into small pieces	Juice of 3 lemons
3 dried dates, pitted	½ cup frozen mango chunks
1 inch piece fresh ginger root, peeled	1-2 cups purified water depending on your preferred consistency

Combine all in a blender. Drink within 20 minutes to receive the full benefit of the vitamins and minerals in the kale.