

Fall

NATURAL BEAUTY RESET WORKBOOK



A step-by-step guide
to live your best
Natural Beauty Fall!

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*"Life starts all over again
when it gets crisp in the fall."*

F. Scott Fitzgerald

YOUR SUMMER RESET SHOPPING LIST

SKINCARE

1. **Daily Skincare System** with organic ingredients and pH of 4.6 – 5.0 for face and below 5.5 for body. Check out [TheSpaDr.com](https://www.thspa.com) for natural and organic ingredients that meet Natural Beauty Reset standards.
2. **Facial Sponge** (natural – such as Konjac)
3. **Organic Essential Oils**, such as lavender and ylang ylang
4. **Fresh Seasonal Herbs and Flowers** or dried herbs from late summer (for herbal face steam)
5. **Mineral-Based Sunscreen**

MINDSET & MOVEMENT

1. **Journal**
2. **Loose Leaf Paper**
3. **Blue-Light-Blocking Glasses**
4. **Yoga Mat or Towel**
5. **Supplements with Adaptogenic Herbs**, such as [Stress Adapt](#)

FOOD

Choose from any of the following:

1. **Grains**—millet, basmati rice, quinoa, corn (non-GMO), oats, and amaranth
2. **Fruits**— apples, crabapples, figs, pomegranates, pears, grapes, persimmons, quinces, cranberries, key limes, kiwis, goji berries
3. **Vegetables**—cabbages, pumpkins, bell peppers, bok choy, chard, frisées, radicchios, arugula, celery, beets, turnips, parsnips, broccoli, broccoli rabe, carrots, cauliflower, eggplants, potatoes (yellow, blue, and red), kale, escarole, leeks, sunchokes, spinach, wild mushrooms (besides morel), sweet potatoes and yams, rutabagas, collard greens, radishes, brussels sprouts, winter squash, burdocks, and olives
4. **Legumes**—lentils, edamame, and green beans
5. **Nuts and seeds**—pistachios, almonds, chia seeds, sunflower kernels, butternuts, pecans, pine nuts, hazelnuts, and walnuts
6. **Animal protein**—turkey and wild line-caught pacific halibut
7. **Herbs and spices**—rosemary, parsley, thyme, sage, onions (red, yellow, and white), garlic, ginger, chicories, chiles, and fennel
8. **Sweets**—dates and honey



STARTING YOUR FALL RESET

How fall is different from other seasons:

Fall is a time of transition from warm to cooler days with the sun moving further away. In fall, as we shift away from a bustling summer and prepare our bodies for winter, we may feel the changes that occur with the sun. Many women experience more PMS in cooler months, and seasonal affective disorder (SAD) starts to set in for many. Preparing for this time of year means supporting your mood as well as a healthy immune system before cold and flu season begins.

When to start:

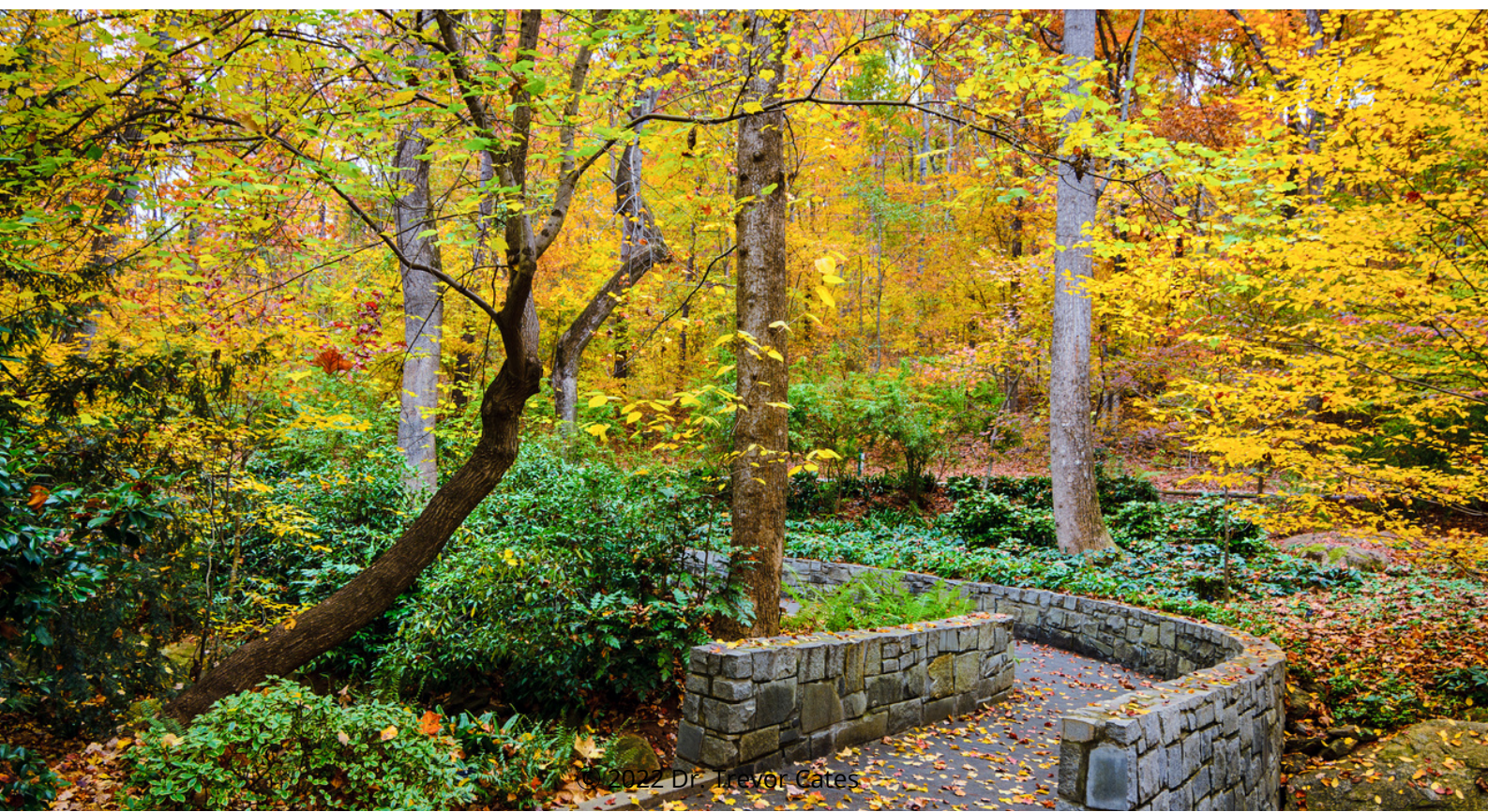
Ideally, you will start on or around the fall equinox, when day and night are equal in length. In the northern hemisphere, this happens from the 21st to the 24th of September, while in the southern hemisphere it occurs in March. The day after the fall equinox is when nights become longer until we get to the spring equinox, when the nights become shorter.

What date will you start the 7-Day Summer Reset?

Shifts in Women's Hormones in the Fall

Neurotransmitters and Mood: The darker days of autumn cause a drop in serotonin, so you may not feel as positive as you did in the summer. You can get ahead of the winter blues with the fall reset. If you do experience SAD or another mental health disorder, now is a great time to check in with your doctor to evaluate your hormones, as well as with a mental health specialist, both of whom can provide you with additional support and guidance for the season.

Thyroid and Metabolism: If you notice low mood, fatigue, weight gain, intolerance to cold, and brain fog, check in with your doctor and get your thyroid panel (TSH, free T3, free T4, and thyroid antibodies). The active thyroid hormone T3 may be higher in response to cold this time of year compared to the summer. It's good to get your blood work done before the weather turns cooler, so you have a baseline to go from. You can start by taking this quiz: hormoneseries.com/quiz.



Vitamin D: Less sun exposure in fall also means vitamin D stores may wane. Vitamin D deficiency impacts 50 percent of the global population—nearly 1 billion people of different ages and ethnicities. To avoid being a part of this statistic, get your 25-hydroxy vitamin D levels tested. In summer, you enjoyed a boost in your sun exposure and are on the brink of the darker days of winter, so you want to check your levels to make sure they're high enough to last through the less sunny months ahead. If they're low or on the lower end of the normal range, it's a good time to start taking a vitamin D3 supplement. The dosage of vitamin D3 depends on your needs, but, in general, 2,000 IU daily is a great place to start, or closer to 10,000 IU daily or 50,000 IU weekly if your levels are low.

Testosterone and Drive: One bright spot of fall is that darker days typically lead to higher testosterone levels. In fact, some experts believe that testosterone is highest in the autumn because of higher vitamin D levels in the summer, which triggers testosterone production. With higher testosterone levels, you may find you have higher libido and overall motivation, and you may find it easier to gain muscle with your exercise routine.

Melatonin and Sleep: Another perk as we shift toward more darkness is that our melatonin levels start to increase (compared to spring and summer), so sleep may be easier. If you currently struggle with sleep, this season is a good time to get your sleep back on track as you have darkness on your side (in a good way!). The downside of this is we may start to feel drowsier during the day compared to summer, as the days are shorter and melatonin production will naturally increase as the darkness sets in earlier.

YOUR FALL RESET JOURNALING PROMPTS:

What are your fall health and hormonal goals?

How is your mood as you transition into cooler, less sunny months?

Do you have signs of high or low thyroid? (Go to hormoneseries.com/quiz)

Have you had your vitamin D levels tested?

Are you hoping to get your sleep on track?

When is your local farmers' market? (Tip: look it up now, if you don't know - and add to your calendar)

If you have a garden, have you started to transition it for cooler months?



FALL FOOD

Fall harvest brings produce that is long-lasting and heartier than summer's. Because there is less opportunity for spoilage, your shopping may also be less expensive.

We want to consume nutritionally dense foods to protect our immune systems going into winter. Choose foods high in nutrients such as zinc, vitamin C, vitamin A, and B vitamins (including B12, B6, folate, and thiamine) because these are associated with immune health. Leafy greens (like collard greens, kale, and frisée), bell peppers, and cruciferous vegetables (such as broccoli, cauliflower, cabbage, brussels sprouts, turnips, and bok choy) are some of the top veggies to eat this time of year to help give your mood and immune system a boost.

These nutrients, along with omega-3 fatty acids (EPA and DHA), iron, magnesium, potassium, and selenium, may also help protect against depression. Foods in season containing these nutrients include pacific halibut, free-range turkey, kale, lentils, green beans, almonds, chia seeds, sunflower kernels, and pecans.

Eating an anti-inflammatory diet has been shown to help protect against depression, and eating high-fiber foods helps support a healthy gut microbiome. All of this can be achieved with the recommended fall food list in this section.

While you may crave sugar, eating the sweet stuff is known to actually decrease serotonin. So you'll want to find healthier comfort foods to help adjust for possible drops in serotonin during the cooler months. Since fruit is a more nourishing substitute to processed sugar, you can enjoy fall produce such as pears, apples, and figs and avoid cooling, out of season fruit like watermelon.

For additional seasonal foods, check with your local farmers market to find out which produce is freshest where you live. Choose organic and nongenetically modified foods as much as possible.

Foods Most Abundant During Fall Include...

- **Grains**—millet, basmati rice, quinoa, corn (non-GMO), oats, and amaranth: These grains are typically harvested in late summer into fall. Grains can be found year-round, but I include them here because they're freshest.
- **Fruits**— apples, crabapples, figs, pomegranates, pears, grapes, persimmons, quinces, cranberries, key limes, kiwis, goji berries
- **Vegetables**—cabbages, pumpkins, bell peppers, bok choy, chard, frisées, radicchios, arugula, celery, beets, turnips, parsnips, broccoli, broccoli rabe, carrots, cauliflower, eggplants, potatoes (yellow, blue, and red), kale, escarole, leeks, sunchokes, spinach, wild mushrooms (besides morel), sweet potatoes and yams, rutabagas, collard greens, radishes, brussels sprouts, winter squash, burdocks, and olives: Fall harvest brings in a vast array of vegetables. Check with your local farmers for the freshest varieties available in your current month.



- **Legumes**—lentils, edamame, and green beans: While they can be found year-round, these legumes are more abundant in fall compared to other legumes.
- **Nuts and seeds**—pistachios, almonds, chia seeds, sunflower kernels, butternuts, pecans, pine nuts, hazelnuts, and walnuts: Nuts can be enjoyed year-round, but their oils can become rancid so it's best to enjoy them as fresh as possible and to store them in dry, cool locations.
- **Animal protein**—turkey and wild line-caught pacific halibut: Animals have seasons, too. You'll find these animal proteins are easiest to find in fall.
- **Herbs and spices**—rosemary, parsley, thyme, sage, onions (red, yellow, and white), garlic, ginger, chicories, chiles, and fennel: These herbs and spices create the flavors of fall because this is the time when they're typically easiest to grow.
- **Sweets**—dates and honey: You can skip the sweets if you prefer, but if you want an occasional indulgence, these are your seasonal best and are more nutritious than processed sugar.



REFLECTION:

What are your favorite foods from the fall foods list?

Which foods have you not tried that you will be able to find where you live?

Which recipes do you plan to make from the list below?

Make note of which meals you enjoy the most so you can continue making them throughout the fall season.



Sample Fall Meal Ideas from Recipes

(Recipes available in the Natural Beauty Reset book)

Here are a week's worth of ideas to help you get started on the 7-Day Natural Beauty Reset for fall. Feel free to modify, substitute, and repeat recipes throughout. Remember, this is not about restriction or limitations; it's about enjoying the flavors and nourishment available during the season you're in.

Find ways to maximize your time and minimize prep. For example, make more than a recipe calls for and set aside as leftovers or chop a few days' worth of vegetables and fruit and store in a glass or ceramic container in the refrigerator.



Sample Day 1

Breakfast: Pumpkin Spice Smoothie

Lunch: White Bean Soup with Collard Greens

Dinner: Halibut Tacos with Red Cabbage Slaw

Snacks/sweets: Cinnamon Oat Bites

Sample Day 2

Breakfast: Ultimate Green Smoothie Juice

Lunch: Turkey Meatballs with Parsley Pesto

Dinner: Quinoa Lentil Salad with Roasted Eggplant

Snacks/sweets: Kale Chips

Sample Day 3

Breakfast: Overnight Chia Oats

Lunch: Roasted Brussels Sprouts and Apple Salad

Dinner: Lime Chili Halibut with Garlic Kale

Snacks/sweets: Pumpkin Pie with Almond Crust

Sample Day 4

Breakfast: Ginger Chia Pudding with Pomegranate Seeds

Lunch: Creamy Broccoli Soup

Dinner: Black Bean Turkey Chili

Snacks/sweets: Chocolate Truffles

Sample Day 5

Breakfast: Make your own smoothie bowl with one serving of seasonal fruit, one serving of fall greens, 1 cup of almond or hazelnut milk, and one serving of seasonal nuts or protein powder (optional: add fresh ginger for seasonal flavor)

Lunch: Leftover Black Bean Turkey Chili

Dinner: Make your own quinoa salad with edamame beans and any of the following: cabbage, bell peppers, bok choy, fennel, chard, carrots, kale, escarole, leeks, spinach, collard greens, radishes, brussels sprouts, winter squash, and olives

Snacks/sweets: Make your own snack by mixing one sliced organic apple with 2 tablespoons almond butter



Sample Day 6

Breakfast: Cinnamon Granola with unsweetened almond or hazelnut milk

Lunch: Fall Harvest Salad topped with sliced turkey breast

Dinner: Red Lentil Soup

Snacks/sweets: Beau Pa's Cookies

Sample Day 7

Breakfast: Make your own breakfast with two turkey sausage patties (nitrate free) and roasted seasonal veggies

Lunch: Leftover Red Lentil Soup

Dinner: Make your own dinner with roasted cauliflower, brussels sprouts (or other seasonal veggies), and baked or grilled halibut

Snacks/sweets: Fig Pudding (use the Ginger Chia Pudding with Pomegranate Seeds recipe (page TK) but use fresh figs instead of fruit)



Additional Snack Ideas for Fall:

- Rooibos chai tea latte with almond milk
- Edamame (steamed with sea salt)
- Mixed nuts (any combination of pistachios, almonds, sunflower seeds, pecans, pine nuts, hazelnuts, or walnuts)
- Roasted pumpkin seeds
- Apple sauce with a dash of cinnamon
- Fruit salad (any combination of apples, figs, pomegranates, pears, grapes, persimmons, quinces, or kiwis)

FALL MOVEMENT

With the shift into fall, your body may crave more rest and less activity. But that doesn't mean you can't enjoy all that the season has to offer, such as the changing colors of the leaves. Try hiking, taking walks in the park, or biking for gentle exercise.

A significant focus during fall is preparing for winter, which is a time when mood tends to decline. Fortunately, exercise offers an easy solution. But don't overdo it—moderation is key, research shows.

Since women typically have higher testosterone levels in summer and fall, this is an ideal time of year to renew or get a gym membership and begin pumping some iron. That elevated testosterone in the fall means building muscle will be easier than in other times of year. If going to a gym sounds too daunting, try creating a home gym.

While a home workout can be efficient, easy, and cost-effective, I also encourage you to connect with a community for keeping active. You can attend fitness classes and show up early to connect with others. Or invite people to join you on a fall hike or bike ride. Fall is the perfect time to find and solidify your community. This way, when the heaviness of the winter blues sets in, you have a group of people to help lift your spirits.

Here are examples of movements for each of the seven days of your fall reset. You can choose to do one each day or pick three or four to complete throughout the week. After a week of trying these exercises, you can continue your favorites throughout the fall season. And before we dive in, note that if you have physical limitations or injuries or a medical condition, consult with your healthcare provider before dramatically changing your workout routine.

7 Movements for Fall

Circle the movement activities below that you will commit to:

1. **Take a fall hike or bike ride.** Fall is an ideal time for hiking and biking because the temperatures tend to be cooler, and if you live in a place where the leaves change colors, it's a great opportunity to take in the beauty of the season. This type of movement improves balance and helps strengthen and tone muscles throughout the body. Being in the great outdoors also helps manage stress and boosts mood. Take advantage of the weather and prepare with the right clothing. Bring a small backpack with water, a windbreaker, and sunscreen. If you can, grab a friend or go with a group, and work on strengthening your bonds with others.

2. **Enjoy a fitness class or outdoor sport.** Have fun with this. Try taking a fitness or dance class, or gather some family and friends and a soccer ball and head to your local park. This activity is meant to be fun and creative to help lift your spirits along with your heart rate.

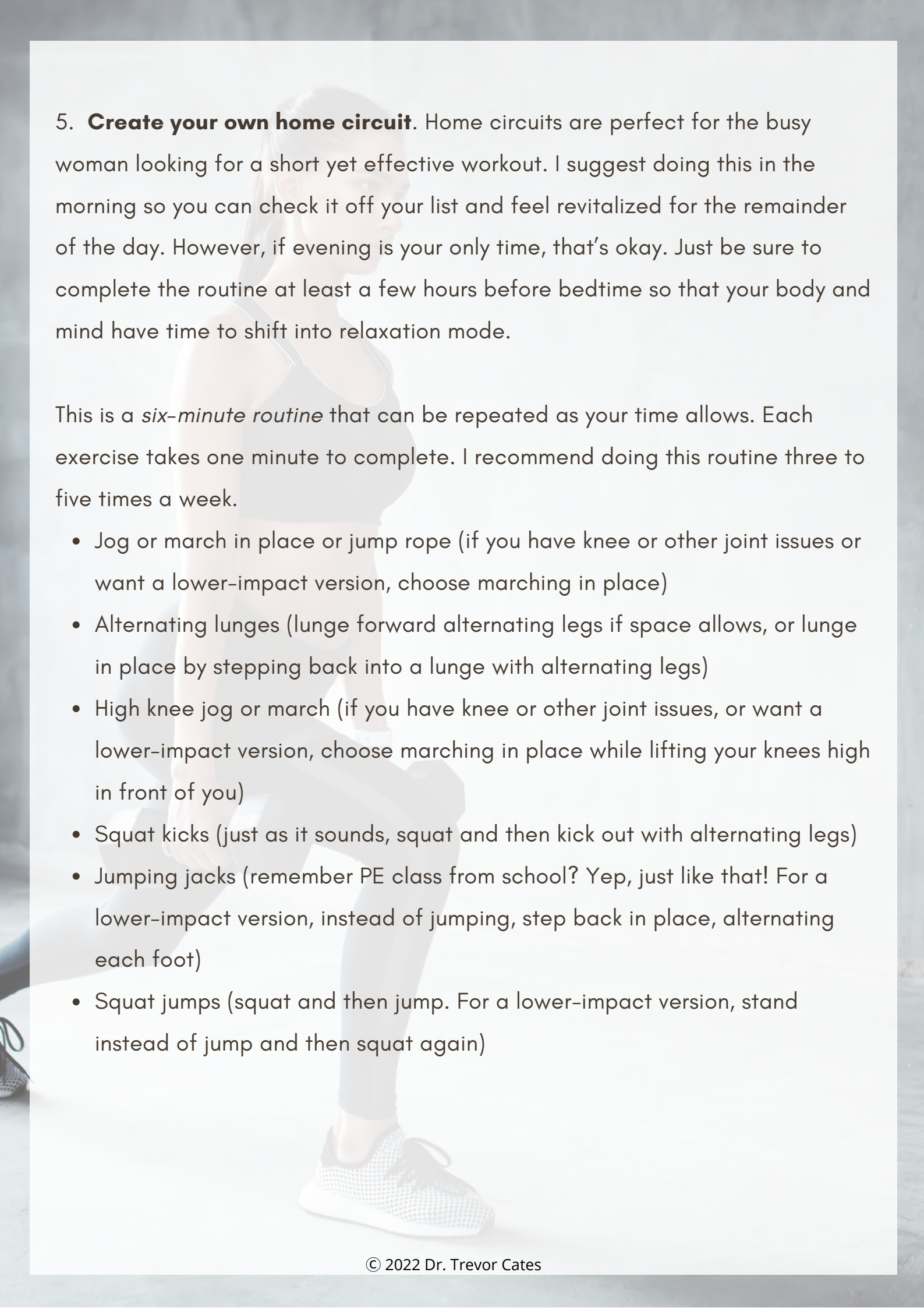
If you're bored with your fitness class, try taking a different one. Sometimes doing something new can feel like a daunting task, but I encourage you to muster the courage to take the leap and keep an open mind. I've been to so many fitness classes—some I've loved, and some I just managed to get through. Classes that encourage creativity like dancing can feel so fun that it doesn't feel like exercise, and a great instructor can help you forget the time and fall back in love with the way your body moves. If sports are more your jam yet you still want that structure and company a class provides, consider signing up for a club sport or taking lessons for activities like pickleball, tennis, volleyball, or soccer.

3. **Set up a buddy workout.** Having a friend join you for a workout makes the time pass more quickly. I've had some of the deepest philosophical conversations with my personal trainer and friend during a fitness routine in my home or neighborhood gym. If you're new to working out, I encourage you to find a friend who can help keep you motivated. For tips on form and performance, consider hiring a personal trainer who can create a routine that you can follow on your own.

4. **Try tai chi, qigong, or dance.** If you haven't heard of tai chi or qigong, you're missing out! These ancient Chinese traditions are known for helping people relieve stress and restore or revitalize energy. Tai chi is sometimes referred to as meditation in motion, and is a form of martial arts that involves a series of slow-moving mindful moves. Qigong, meanwhile, is a system of wellness that combines movement, breathing, and meditative practice to help with a mind-body-spirit connection.

People of all ages and fitness levels can enjoy these activities. You do not have to subscribe to a particular spiritual or philosophical belief system to participate in these activities. To enjoy these Chinese practices, find an online or in-person program or class, and take your time exploring the healing benefits.

If you're not ready or able to do these, turn up some music at home and dance. Move your body slowly and rhythmically while being conscious of your breathing, and let your thoughts go out the window as you focus on your body and how healing is available to you.



5. Create your own home circuit. Home circuits are perfect for the busy woman looking for a short yet effective workout. I suggest doing this in the morning so you can check it off your list and feel revitalized for the remainder of the day. However, if evening is your only time, that's okay. Just be sure to complete the routine at least a few hours before bedtime so that your body and mind have time to shift into relaxation mode.

This is a *six-minute routine* that can be repeated as your time allows. Each exercise takes one minute to complete. I recommend doing this routine three to five times a week.

- Jog or march in place or jump rope (if you have knee or other joint issues or want a lower-impact version, choose marching in place)
- Alternating lunges (lunge forward alternating legs if space allows, or lunge in place by stepping back into a lunge with alternating legs)
- High knee jog or march (if you have knee or other joint issues, or want a lower-impact version, choose marching in place while lifting your knees high in front of you)
- Squat kicks (just as it sounds, squat and then kick out with alternating legs)
- Jumping jacks (remember PE class from school? Yep, just like that! For a lower-impact version, instead of jumping, step back in place, alternating each foot)
- Squat jumps (squat and then jump. For a lower-impact version, stand instead of jump and then squat again)

6. **Select some grounding yoga poses.** Choose poses that are grounding to help you reconnect with the earth. Yoga has gained popularity around the world, and for good reason! Its practices are easily modifiable and aim to improve flexibility, making these mindful exercises great options for people of all ages and fitness levels. You can do simple poses almost anywhere, anytime. Here are a few of my favorites for fall to help restore balance and stretch commonly tense areas of the body. To learn how to do these therapeutic poses and to get the most out of them, I recommend taking a video or in-person yoga class.

- Forward fold: This pose calms the mind while stretching the hamstrings (the major muscles at the upper back part of your legs) and back.
- Extended side angle: This pose focuses on balance, breathing, and stretching the side of the body.
- Warrior I and II: These poses help with balance and strengthening your legs, while stretching muscles around your hips.
- Savasana: A relaxation pose that calms the mind and brings about deep awareness.



7. **Do yard work or take a walk in the park.** If you live in a place where the leaves drop, now is the perfect time to rake them, which will leave you with a clear lawn and a great workout. If you don't have a yard, see if there is a neighborhood elder who would love the extra help.

A walk in your nearby park is a great option for enjoying the health benefits of nature. Much research has shown the mental health effects of spending time in nature. One study showed that people who walked in nature for ninety minutes (compared to those who walk in high-traffic urban areas) had experienced less rumination (repetitive negative thoughts) and decreased activity in the area of the brain associated with risk for depression. If that study alone is not enough to get you in nature for a walk, dogs are a great motivator. If you don't have a dog, ask a friend or neighbor if you can walk their dog once per week, or volunteer at your local pet shelter. Having a companion for a walk, whether it's a dog or human, is a great way to enjoy this movement even further.



REFLECTION:

Which movement activities did you enjoy the most?

What did you notice during and after doing these?

What would you do differently with the next reset?

What would you do similarly in the next reset?



FALL MINDSET

As the leaves fall, we, too, can drop negative thoughts and beliefs that we no longer need. This season helps us prepare for what is ahead in the coming months and the neurochemical shifts we may experience with the change of seasons.

To keep our mood elevated, we want to shift our mindset practices. Our focus can turn inward more. Fall is an ideal season to reevaluate our projects, recall what's truly important, and clean up our to-do lists.

Fall is also a good time to start bringing the outside in. We can set ourselves up for winter with creativity and preparing our homes to be happy, healthy havens. As we watch leaves change and the outdoors transform, it is an opportune time to notice the transformation happening within us.



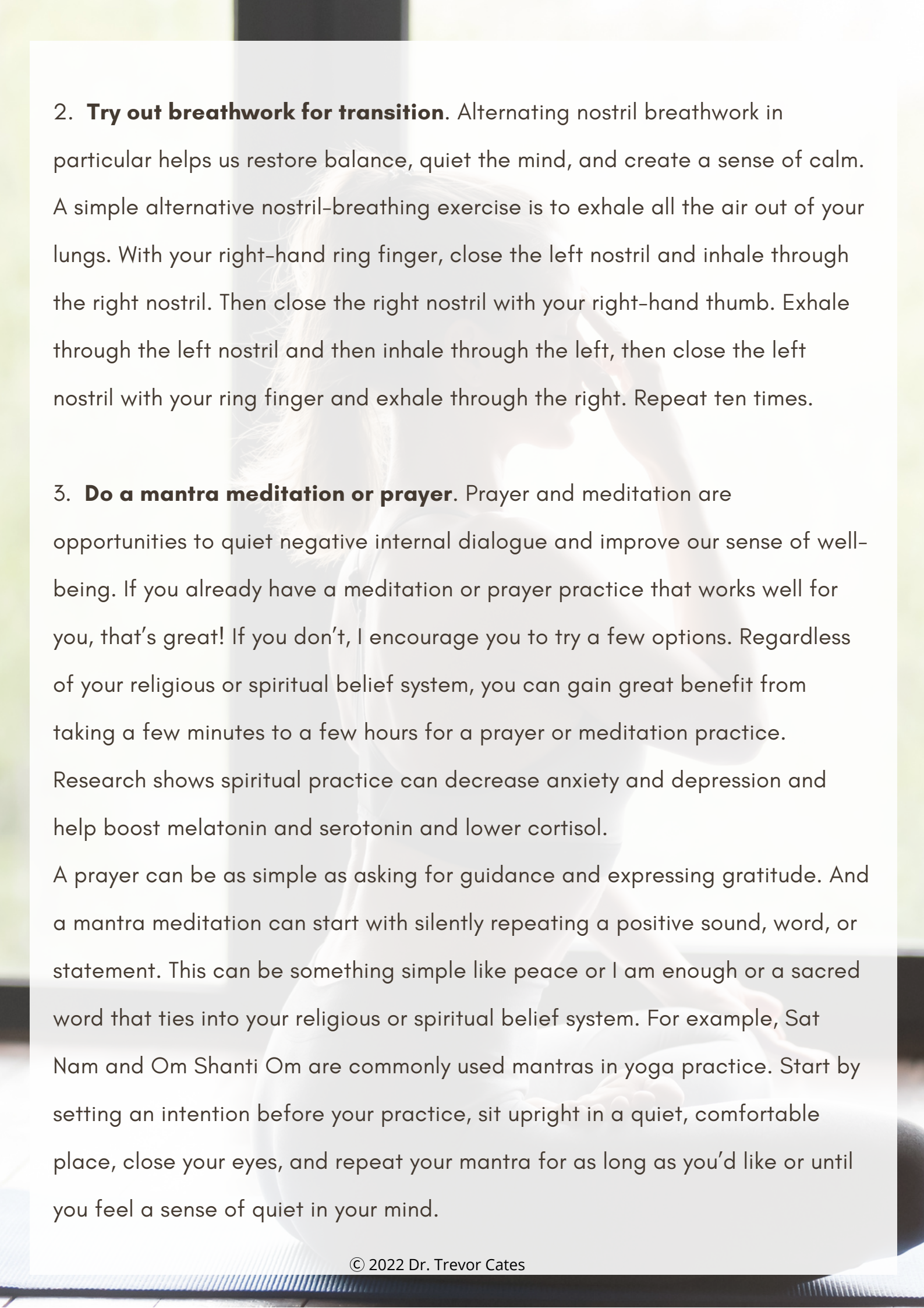
7 Mindset Activities for Fall

Circle the movement activities below that you will commit to:

1. Release and reflect through journaling. Review and record thoughts and emotions that may be holding you back so that you can start to release them from your life. As seasons change, it's an opportunity to press the reset button and reprogram our belief systems. A study published by Cambridge University showed that writing to express your emotions for fifteen to twenty minutes can help improve immune function, mood, memory, and performance. If your thoughts feel heavy, they're likely holding you back and can interfere with your healing journey. Why carry around that extra weight when you can move forward more easily without it?

On a piece of loose paper, make a list of everything in your life that feels like a burden, a weight, or an obstacle in your healing journey. Take your time as you write each item down and notice how your body feels. Do you feel heaviness, pain, or discomfort? Where do you feel it? Once you've written your list, burn or shred the paper and feel those burdens being lifted away.

Take time for reflection. In your journal, take stock of your life in the current moment. Do this simply and without judgment as if you're a neutral observer of your life. It's easy to be a critic, but can you simply reflect? What did you notice in your body and mind when burning the list of burdens? Did you notice a shift? How can you move forward on a more positive foot without those distractions?

A woman with long blonde hair, wearing a white tank top, is shown in profile, meditating. Her hands are in a prayer position (Anjali Mudra) with her fingers pointing upwards. She is sitting on a white mat on a wooden floor. The background is a bright, slightly blurred indoor setting.

2. **Try out breathwork for transition.** Alternating nostril breathwork in particular helps us restore balance, quiet the mind, and create a sense of calm. A simple alternative nostril-breathing exercise is to exhale all the air out of your lungs. With your right-hand ring finger, close the left nostril and inhale through the right nostril. Then close the right nostril with your right-hand thumb. Exhale through the left nostril and then inhale through the left, then close the left nostril with your ring finger and exhale through the right. Repeat ten times.

3. **Do a mantra meditation or prayer.** Prayer and meditation are opportunities to quiet negative internal dialogue and improve our sense of well-being. If you already have a meditation or prayer practice that works well for you, that's great! If you don't, I encourage you to try a few options. Regardless of your religious or spiritual belief system, you can gain great benefit from taking a few minutes to a few hours for a prayer or meditation practice. Research shows spiritual practice can decrease anxiety and depression and help boost melatonin and serotonin and lower cortisol.

A prayer can be as simple as asking for guidance and expressing gratitude. And a mantra meditation can start with silently repeating a positive sound, word, or statement. This can be something simple like peace or I am enough or a sacred word that ties into your religious or spiritual belief system. For example, Sat Nam and Om Shanti Om are commonly used mantras in yoga practice. Start by setting an intention before your practice, sit upright in a quiet, comfortable place, close your eyes, and repeat your mantra for as long as you'd like or until you feel a sense of quiet in your mind.

4. **Connect with your community.** Finding and connecting with like-minded individuals can help ease stress and give you a sense of belonging. Feeling isolated and alone can suppress your immune system, so it's important to spend time with your community in the fall. Getting outdoors with friends and family can offer the benefits of connecting with nature.

5. **Get creative for fall.** Participating in creative activities can have benefits similar to meditating, giving your mind a break from ruminating thoughts and helping you achieve a sense of well-being. This time of year, you can get crafty with art projects or tap into your creativity in the kitchen. For example, take some of your summer produce and can or dry them to use in the cooler months ahead. Those cucumbers from your local farmers market are a yummy source for bright pickles, and that fall cabbage is a few steps away from becoming sauerkraut, which will add an extra bite to your meals ahead. Go to your local apple orchard to pick apples and dry them so you can have a tasty healthy snack on the go.



6. Look for ways to bring more light and nature into your home. Light exposure during the day helps our circadian rhythm, which in turn impacts our mood and sleep. Since fall is darker than summer, we want to find ways to improve light exposure this time of year. The best time of day for light exposure is early morning. Natural daytime light, as opposed to nighttime light, exposure makes a difference in our mood and sleep.

According to a study in Sleep Health of 109 participants, office workers exposed to light in the morning had less difficulty falling asleep and better sleep quality than those who didn't have much light exposure during the morning hours. Those exposed to light during daytime hours experienced a reduction in depression.

To help your light exposure, you can go outdoors in the morning or stand near a sunny window. Natural light is the best, but if the weather is overcast, you can also use artificial light. If the area where you live is often cloudy or overcast during the fall and winter months, you may want to consider getting a light therapy lamp, which mimics outdoor light by emitting a broad-spectrum ultraviolet light. The most common prescription is thirty minutes of usage at the beginning of every morning, with the box or lamp 12 to 24 inches away.

7. Limit your screen time and consider blue light blockers. As you shift from summer to fall, you may be spending more time on your electronic devices. With this comes greater exposure to blue light. While some blue light is natural (from the sun) and can boost our alertness, today, most of us get too much exposure to blue light-emitting devices like cell phones, computers, electronic readers, and TVs. You may also want to consider blue-light-blocking glasses to moderate melatonin production for optimal sleep.

REFLECTION:

Which mindset activities did you enjoy the most?

What did you notice during and after doing these?

What would you do differently with the next reset?

What would you do similarly in the next reset?



FALL SKINCARE

Fluctuating daytime temperatures combined with cool winds are a recipe for dry, irritated skin. Coming off summertime, your skin is recovering from the harsh sun, and after a season of perspiring, you may notice your pores are larger than usual.

You may consider turning to restorative facials to help soothe sun damage and rehydrate your skin. This can also be a fun time to take some of the seasonal foods from your plate and incorporate them into your skincare routine for nourishing, natural remedies. For example, you might try the DIY Pumpkin Face Mask or the Chia, Honey, and Green Tea Face Wash. (Find instructions for both in the recipes section of Natural Beauty Reset).

Here are seven skincare practices to incorporate in your Fall Natural Beauty Reset. You can choose one per day or choose several to repeat throughout the week. Note your favorites and continue using them through the fall season.

7 Skincare Practices for Fall

Circle the movement activities below that you will commit to:

- 1. Bump up the hydration in your moisturizers.** Look for moisturizers for your face and body that include naturally derived hydrating ingredients such as hyaluronate, niacinamide, glycerin, and plant-based oils such as pomegranate seed oil, cranberry seed oil, and apricot kernel oil. Avoid mineral oil and other petroleum-based synthetic ingredients that may feel lightly hydrating but lack the same kind of nutritional enrichment as plant-based oils. You want to look and feel hydrated but not gooey and sticky. For DIY cleansers, steams, and masks, include ingredients such as honey, coconut oil, oats, and essential oils such as lavender. (Note: because essential oils are highly concentrated, be sure to use caution around pets and young children.) For extra skin-pampering hydration, apply body lotion after stepping out of shower or bath while your skin is still damp and then gently pat your skin with a towel.
- 2. Use a hydrating cleanser and skip the toner.** Start your skincare routine using a cleanser with plant-based oils such as jojoba, argan, and almond. Avoid high-pH cleansers, like those that make suds and foam. If you're not sure of the pH, simply use a pH strip and check for yourself. If you choose a cleanser that fits this description you won't need a toner. Because they often containing alcohol and astringents, toners can be drying to the skin, which you do not need in fall months. Toners are typically designed to tighten the skin and remove residual dirt, pollutants, and impurities on the skin that remain after cleansing. If you're feeling the need for a toner after cleansing your face because your face still feels oily, try changing your cleanser first, then follow that with a highly nourishing antioxidant-rich serum.

3. **Bump up the antioxidants.** To help soothe damage from a summer of sun and outdoor air pollutants contacting your skin, look for skincare with high-antioxidant ingredients such as resveratrol, green algae extract, turmeric, and green, black, white, and rooibos teas. To create DIY options, look to seasonal foods high in antioxidants such as pumpkin, apples, pomegranates, grapes, chia seeds, honey, chard, and kale. The recipes section is bursting with ideas featuring these fall staples.

4. **Exfoliate gently and with care.** With the change of seasons to cooler months, and especially if you tend toward dryer skin, reduce or eliminate the use of more intense exfoliating ingredients such as retinoids, glycolic acid, salicylic acid, and benzoyl peroxide. There's never a season to stop exfoliation, but fall is the time where less is more. Exfoliating gently is also key. To do so, choose natural enzymatic ingredients such as pineapple fruit extract and physical exfoliants that are finely ground to the texture of fine sand. Skip the exfoliating brushes and devices, and switch to soft facial cloths and sponges such as a konjac facial sponge that is made with 100 percent natural and biodegradable konjac. With a well-designed exfoliant, such as The Spa Dr.'s facial exfoliant, you only need to apply light pressure and your skin should still feel hydrated afterward.

5. **Ensure your sunscreen is broad-spectrum.** While you have less UVB going into the fall and winter months, UVA levels are still significant skin agers, and they haven't gone anywhere this time of year. Make sure your sunscreen is broad-spectrum or has a high UVA rating. UVB is the wavelength that stimulates vitamin D, so you want more of that this time of year but without the UVA damage.

6. **Use herbal steam.** With dryer air comes dehydrated skin, so soothing your face with an herbal steam treatment can help your skin feel revitalized and hydrated. Choose fresh seasonal herbs and flowers or dried herbs from late summer, such as calendula and sunflower. If you're feeling tense, add calming essential oils like lavender for mind and skin benefits. The recipes section provides easy DIY essential oil combinations.

If you live in a dryer climate, consider using a humidifier in your bedroom and living areas to support your skin and airways. Find one that allows cool moisture, and be sure to clean it regularly to prevent mold growth. Ideally, choose a humidifier that has an option to add essential oils to get the most bang for your buck.

7. **Pamper yourself with a restorative facial.** Whether you choose to do this with a natural-product-minded aesthetician or on your own during a spa day at home, you'll enjoy the physical, emotional, and mental benefits of a restorative facial. Start with a relaxing environment and clean, fall-focused skincare. If you're going the DIY route, try to recruit a loved one to join in to boost oxytocin levels from their touch and to fully embrace relaxation. An example of using the DIY skincare fall recipes in this book is to start with the Chia, Honey, and Green Tea Face Wash and then use the Herbal Face Steam along with the Pumpkin Face Mask. After rinsing off the mask, enjoy some relaxation time with soothing music, journaling, and breathwork.

REFLECTION:

Which skincare practices did you enjoy the most?

Have you increased your use of natural moisturizers containing plant-based oils?

Did you make any DIY skincare? If so, make note of what you made and what you noticed during and after using them.

Have you been able to do some gentle exfoliation?

What did you notice during and after doing these skincare practices?



