

Summer

NATURAL BEAUTY RESET WORKBOOK



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

BY DR. TREVOR CATES

A note from Dr. Cates...

Welcome to the Summer Natural Beauty Reset! Summer is an energetic and revitalizing season most of us look forward to – especially if you live somewhere with long winters like I do. The birds are chirping, the sun is shining, the thunderstorms are booming, and flowers are blossoming.

With these longer and warmer days, we tend to spend more time outdoors and being more active. We don't have to worry about icy, snowy roads or bundling up when we leave the house. And with this magnificent season, we often experience an improved mood, mindset, and outlook.

It's not just us though. Even nature takes part – conditions are optimal for plants' photosynthesis, and they give us more oxygen to help us breathe and live. By tapping into this energy, we can prepare ourselves for the rest of the year.

In this workbook, you'll find everything you need to complete the 7-day summer reset, including tips for mindset, movement, food, and skincare. Plus, you'll learn more about how your hormones shift during the summer months. The best part is you'll be surprised at how many changes you will see and feel in just one week.

Ready to get started? I can't wait for you to experience this healthy journey. Thank you for trusting me to be your guide.

With gratitude,
Dr. Trevor Cates

TABLE OF CONTENTS

1. Your Summer Reset Shopping List
2. Starting Your Summer Reset
3. Summer Food
4. Summer Movement
5. Summer Mindset
6. Summer Skincare

"Live in the sunshine, swim in
the sea, drink the wild air"

-Ralph Waldo Emerson-

YOUR SUMMER RESET SHOPPING LIST

SKINCARE

1. **Exfoliant** (mildly exfoliating)
2. **Daily skincare system** (with organic ingredients and pH of 4.6 – 5.0 for face and below 5.5 for body)
3. **Facial sponge** (natural – such as Konjac)
4. **pH strips**
5. **Natural deodorant** – or make your own!

DIY Natural Deodorant Recipe

½ cup coconut oil

½ cup shea or cocoa butter

3 to 4 tablespoons baking soda

½ cup organic arrowroot powder

10 to 20 drops essential oils, such as lavender, frankincense, or rose

Directions

Mix all ingredients in a glass bowl until blended. Store in an airtight container and apply daily.

6. Natural first aid kit:

- Aloe vera gel—great for minor burns (make sure it's 100 percent natural)
- Calendula spray—for minor cuts and scrapes (make sure you choose a non-alcoholic spray, so it doesn't burn)
- Arnica gel or cream—for bumps and bruises
- Healing salve with comfrey, plantain, and vitamin E—for cuts and scrapes
- Baking soda—for insect bites and stings; make a paste with baking soda and water to stop the sting
- Epsom salt—to soothe sore muscles in a soak
- Lavender essential oil—a few drops in a spray bottle with distilled water can help soothe minor burns and skin irritations



7. Journal

8. Yoga mat or towel

9. Wide-brimmed hat

10. [Mineral-based sunscreen](#)

11. Cucumber Mint Face Mist recipe ingredients (see below)

Cucumber's soothing and hydrating properties along with the cleansing and toning benefits of mint make this the perfect summertime DIY recipe.

Makes enough for a 4- to 6-ounce spray bottle

½ cup distilled water

4 mint leaves

½ cucumber

4 to 6-ounce spray bottle

1 cheesecloth

Directions

In a food processor, blend the distilled water, mint, and cucumber, and then press the mixture through a cheesecloth. Place the strained mixture in a spray bottle. Shake vigorously and spritz your face two to three times per use. Store unused portions in a closed container in the refrigerator. Use within three days.



FOOD

- Grains—corn (GM-free)
- Fruits—blackberries, blueberries, raspberries, strawberries, mulberries, boysenberries, grapes, nectarines, peaches, cantaloupe, honeydew melon, avocados, cherries (early summer), figs, pineapple, plums, passionfruit, and watermelon
- Vegetables—arugula, summer squash (zucchini, yellow squash), tomatillos, tomatoes, rhubarb, cucumber, purslane, eggplant, okra, and heat-resistant summer greens such as Malabar spinach, lamb’s-quarters, chicory leaves, and sorrel
- Legumes—fresh green beans, fava beans, garbanzo beans, black-eyed peas, and lima beans
- Nuts and seeds—peanuts, macadamia nuts, and coconuts
- Animal protein—wild Alaskan salmon, lamb (late summer), freshwater trout, and goat and sheep cheese
- Herbs and spices—fresh basil, cilantro, parsley, sage, rosemary, mint, and shallots
- Sweets—stevia (early summer) and honey (late summer)
- Drinks: mint (fresh or tea bags) for making herbal iced tea

STARTING YOUR SUMMER RESET

Every season brings its own gifts and opportunities for replenishing the body and promoting healing. You can use this workbook to support hormonal balance specifically during the summer months, starting with the summer solstice.

How summer is different from other seasons:

Summer is the season of sun, longer days, and shorter nights. We're spending more time outdoors and taking vacations, so our mood and vitality is more elevated than during other times of year. It's the time to restore our bodies and prepare ourselves for fall and winter.

When to start:

Ideally, you will start on or around the summer solstice (usually June 20 or 21), the longest day of the year. It's when the sun is shining on us the longest.

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

Shifts in Women's Hormones in the Summer

Did you know your hormones change with the seasons? You may not notice, but here's what you can expect in the summer.

Cycles and Fertility: For women looking to get pregnant, summer is the ultimate time of year for conception because research shows a trend toward higher levels of follicle-stimulating hormone and greater frequency of ovulation compared to wintertime. Menstruating women may notice that their cycle is slightly shorter in summer.

Estrogen and Menopause: Post-menopausal women have peak levels of total and free estradiol (the active form of estrogen) in June, which may provide an opportunity for a boost in estrogen's benefits.

Mood Benefits: Because estrogen has a facilitatory role on dopamine, it may help give you a positive sense of pleasure in the sunnier months. More sunshine also means a boost in our serotonin levels, which means we're more likely to have a brighter outlook.

Vitamin D: Summer is also a time to soak up the sun and get your vitamin D fix. Our main source of vitamin D is from natural sunlight.

YOUR SUMMER RESET JOURNALING PROMPTS:

What are your summer health and hormonal goals?

Are you hoping to get your cycles more regular?

Are you trying to conceive?

Do you experience hot flashes, night sweats, challenges with temperature regulation or other signs of internal heat?

How can you to start shifting from warming to more cooling foods for summer?



JOURNAL / NOTES

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SUMMER FOOD

Because of the abundance of plants growing under the full sun, the focus of food during the summer reset are plants. With warmer temperatures, we choose cooling foods like cucumber, watermelon, cantaloupe, cilantro, and parsley. Avoid foods like winter squash and warming foods like hot peppers, ginger, and cinnamon during hot days.

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 summer include:

Grains—corn (GM-free): Since summer is a time of plentiful fruit and vegetables, it's the perfect time to shift away from grains, except for some occasional non-genetically modified corn.

Fruits—blackberries, blueberries, raspberries, strawberries, mulberries, boysenberries, grapes, nectarines, peaches, cantaloupe, honeydew melon, avocados, cherries (early summer), figs, pineapple, plums, passionfruit, and watermelon: Summer is the ideal time to enjoy fruit since it is rich in flavor and nourishment, and the summer heat and outdoor activities increase our need for nutrients naturally found in fresh fruit.

Vegetables—arugula, summer squash (zucchini, yellow squash), tomatillos, tomatoes, rhubarb, cucumber, purslane, eggplant, okra, and heat-resistant summer greens such as Malabar spinach, lamb's-quarters, chicory leaves, and sorrel: When the temperatures rise, it may be harder to find certain vegetables, so we focus on heat-resistant crops and those that grow above ground.

- **Legumes**—*fresh green beans, fava beans, garbanzo beans, black-eyed peas, and lima beans*: Summer is the perfect time to enjoy fresh seasonal legumes as a protein and fiber source.
- **Nuts and seeds**—*peanuts, macadamia nuts, and coconuts*: Coconuts grow in the tropics and subtropics and most abundantly in the warmest months. However, it's rarely grown where many of us in the US live. If you're lucky to live in a place where it grows, that's great! With so many other foods in season in summer, you can eat fewer nuts and seeds and focus on other sources of proteins and fats. Peanuts are technically a legume, but I include them here since most people think of them as nuts.
- **Animal protein**—*wild Alaskan salmon, lamb (late summer), freshwater trout, and goat and sheep cheese*: Summer is the time to enjoy dairy, particularly goat and sheep cheese because it's when the flavor and availability is highest. Late spring through summer is the best time for cheese production. Grass-fed cows, goats, and sheep are grazing on rich grass, clover, herbs, and flowers, so the nutritional content and flavor of their milk is at its peak. Fresh trout and wild Alaskan salmon are most prolific in spring and summer, and it's best to eat wild salmon in late spring through summer because it's when they've completed their life cycle, making it a more sustainable time to catch them. Lamb is more readily available in late summer.
- **Herbs and spices**—*fresh basil, cilantro, parsley, sage, rosemary, mint, and shallots*: Spice up your summer meals with cooling and flavorful seasonal herbs.
- **Sweets**—*stevia (early summer) and honey (late summer)*: Stevia plants grow easiest in summer, so you can enjoy a leaf in your smoothie. Later in summer, seek out a local beekeeper for fresh honey.
- **Drinks**—swap out hot drinks for cool water and iced herbal teas to keep your body's internal temperature balanced.

Summer Food Precautions

A Note About Rosacea and Hot Flashes: If you tend toward conditions that reflect rising internal heat such as rosacea and hot flashes, avoid spicy foods like jalapeños and cayenne, which can worsen your symptoms.

Women with these conditions already have a predisposition to being triggered by these foods, and the heat of summer months can make it worse. During perimenopause, temperature regulation can be more challenging, so be mindful of supporting your body by eating cooling foods and herbs.



Sample Summer Meal Ideas from Recipes

Here are a week's worth of ideas to help you get started on the 7-Day Natural Beauty Reset for summer. 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.

You can find the following recipes in the Natural Beauty Reset book!

Sample Day 1

Breakfast: Peach Coconut Mint Smoothie

Lunch: Cucumber Salad

Dinner: Wild Alaskan Salmon with Pesto Green Beans

Snacks/sweets: Roasted Tomatillo Salsa and GMO-free corn chips

Sample Day 2

Breakfast: Green Goddess Smoothie

Lunch: Salmon Salad (find the recipe with the Salmon Cabbage Salad recipe) from leftover salmon and serve over summer greens

Dinner: Lamb Chops with Mint Chutney

Snacks/sweets: Coconut Ice Cream

Sample Day 3

Breakfast: Berry Bliss Smoothie Bowl

Lunch: Watermelon Salad with Mint and Goat Feta

Dinner: Macadamia-Crusted Trout with Pineapple Chutney

Snacks/sweets: Creamy Chocolate Mousse Parfait

Sample Day 4

Breakfast: Golden Mango Smoothie

Lunch: Tomato and Peach Summer Salad

Dinner: Ratatouille

Snacks/sweets: Summer Berry Crisp

Sample Day 5

Breakfast: Make your own smoothie bowl with one serving of seasonal fruit, one serving of summer veggies, one serving of nuts, and 1 cup of water or unsweetened coconut nut milk

Lunch: Leftover Ratatouille

Dinner: Make your own grilled zucchini, eggplant, and shiitake mushrooms topped with goat feta and lamb meatballs made from ground lamb

Snacks/sweets: Make your own frozen seasonal berries on a skewer

Sample Day 6

Breakfast: Make your own smoothie with one seasonal fruit, 1 cup of summer veggies, one serving of nuts, and 1 cup of water or unsweetened coconut nut milk

Lunch: Summer Gazpacho

Dinner: Summer Squash Tacos

Snacks/sweets: Melon with Coconut Sauce

Sample Day 7

Breakfast: Make your own smoothie with one serving of seasonal fruit, one serving of summer veggies, one serving of nuts, and 1 cup of water or unsweetened coconut nut milk

Lunch: Summer Greens Salad with Black-Eyed Peas

Dinner: Leftover Summer Gazpacho

Snacks/sweets: Make your own variation of Nut Crackers with Black Bean Dip by adding Basil Pesto (find the recipe in the Wild Alaskan Salmon with Pesto Green Beans recipe)

Additional Snack Ideas for Summer:

- Fruit salad (any combination of blackberries, blueberries, raspberries, strawberries, mulberries, boysenberries, grapes, nectarines, peaches, cantaloupe, honeydew melon, cherries [early summer], figs, pineapple, plums, passionfruit, or watermelon); for extra flavor, sprinkle with stevia powder and shredded coconut
- Herbal iced tea with fresh mint and stevia leaves
- Macadamia nuts
- Fresh coconut (cut open the top, drink the water, and scoop out the meat)
- Frozen fruit pops (blend any combination of the summer fruits and then pour into an ice tray with toothpicks or into popsicle molds and freeze)
- Nut crackers with smoked salmon

YOUR SUMMER FOOD JOURNALING PROMPTS:

What are your favorite foods from the summer 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 summer season.

JOURNAL / NOTES

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SUMMER MOVEMENT

Because this is the time of the year when days are the longest, we want to enjoy the great outdoors. Therefore, it's the perfect time for increasing physical activity. Enjoy nature and spend time doing new or familiar activities such as hiking, biking, swimming, surfing, and trail running. Do your best to exercise in the morning or evenings.

Don't forget to grab your purified water before you head out. Add electrolytes when exercising outdoors and when temperatures are high.

If you're exercising outdoors, don't forget your sun protection and remember to reapply more frequently as perspiration and water activities can cause your sunscreen to rub off more easily. Remember that mineral-based sunscreens provide a great barrier protection, but once they wear off, they're no longer helping you. If you use a spray, ensure it's free of oxybenzone and nanosized particles and be sure to rub it into your skin after applying so it's evenly distributed and covering your skin.

7 Movements for Summer

1. Do cooling yoga poses. Yoga offers benefits for every season, and in the summer, we can focus on shifting into postures that cool and calm our bodies. We're less likely to experience stiffness in the summer, so it can be a great time to start yoga or push your poses a bit further. Still, be mindful not to overdo it because that's when injuries happen. Yoga outdoors can be a nice alternative, and, again, opt for a morning or evening class so you're not doing your practice in the sweltering heat. Otherwise, opt for a well-ventilated indoor class to avoid overheating.

Here are some cooling and calming yoga poses to look for online or in a yoga class:

- Moon salutations (a variation of sun salutations)
- Cat-cow pose
- Supine spinal twist pose
- Legs up the wall
- Downward-facing dog

2. Try an outdoor bootcamp. While the weather is sunny, it's the perfect time to create your own bootcamp in your driveway or backyard. You can use trees, shrubs, or two cones to indicate your destination spots for sprints and lunges and create a course. Here's an example you can repeat several times for an outdoor bootcamp:

- 5-10 side steps in each direction
- Jump rope or high knees; march for 10 - 30 seconds
- 20 throw punches (alternately punch the air like there's a punching bag in front of you)
- 5-10 lunges in each direction



3. Seek an outdoor sport. Set your alarm and get to a court or field early. Bring friends or join others for activities such as volleyball, tennis, pickleball, badminton, golf, flag football, ultimate frisbee, or softball. This is a great opportunity for community building because in summer months you may feel more outgoing and livelier. Some days you may still feel like doing a solo sweat session. Don't let that stop you—go for a bike ride or a swim. Whoever you're with and whichever sport you choose, set yourself up for success and bring the appropriate gear, wearing a hat and moisture-wicking clothing to help keep your temperature balanced. Also, keep applying your sunscreen and stay hydrated with filtered electrolyte water.

4. Create a playground or park workout. Mix up your workout environment and bring out your inner kid by taking your movement to a local park or playground. If you have children, bring them along for the fun. Get creative! For example, try booty-toning squats using a playground bench, or do a little high-intensity interval training by sprinting up and down playground stairs. In a park, soak up the benefits of being in nature while getting your heart rate up. You may find there's no shortage of inspiration.

A word of caution: be mindful of your form and fitness level, and don't push yourself too hard. A new setting may mean a higher risk for injury.

Here's an example of a playground workout. Choose three to five exercises and repeat two to five times:

- Two to five minutes walking or running up and down stairs
- Ten to twenty triceps dips using a park bench
- Ten to twenty squats or lunges using a park bench
- Ten to twenty swing body weight rows (hold a swing in front of you, step forward so your body is at an angle tilting back, and then with your arms pull your upper body toward swing)
- Ten to twenty swing squat hops (hold the swing in front of you, step back until there's tension, squat, and then jump)
- Bonus: Try some chin-ups on the monkey bars—even if it's just one!

5. Plan a social fitness hour. Bond with your support system by combining a gathering like a barbecue or cookout with fitness. Do this by suggesting a pre- or post-party walk, hike, or outdoor group fitness class such as yoga. Choose a location near a park, forest, beach, or backyard, so you can easily shift from party mode to your fitness activity, or vice versa. If you're planning to indulge in food and alcohol, exercise before your get-together—this will ensure you fit it in.

If you and your guests plan to eat and drink in moderation, exercise after the get-together—doing so will help improve digestion, burn calories, and balance blood sugar for a more stable mood. Regardless of your workout timing, keep the entire event healthy (and your guests well nourished) by whipping up a seasonal summer salad or grilled food from the recipes section.

6. Hit the water. Cool off under the sun by taking your workout to the water such as a lake, river, or ocean. Then pick an activity that strikes your fancy. Options include swimming, stand-up paddle boarding, body surfing or full-out surfing, water aerobics, wakeboarding, wakesurfing, waterskiing, kneeboarding, kiteboarding, canoeing, kayaking, or sailing. You can rent, borrow, or bring your own gear.

While you're cooling off in the water, you'll be getting in exercise and boosting feel-good neurotransmitters. In one study with 80 sixty-five-year-olds, participants noticed physical health benefits after doing ten weeks of aquatic exercise compared to the same number of land-based workouts. And a review of eighteen studies showed that water-based exercise improves mood, depression, anxiety, and balance. If you're new to the activity, be prepared to rent equipment and strongly consider using a trained instructor for guidance. As always with outdoor exercise, grab your sunscreen and plenty of water.



7. Stretch in the shade of a tree. You may be feeling more energetic in summer compared to other seasons, but don't forget to take time to rest and restore as well as stretch before and after your workout. To reap the benefits of the outdoors, do these practices with a tree as your prop, for either shade or a structure to deepen your stretch.

Here is some inspiration:

- Legs up the tree
- Side bends with one hand on the tree and the other stretching up and toward the tree (and then alternate sides)
- Calf stretches (face the tree with arms straight and palms flat against tree, walk your feet back until you can find an angle of your body where feet are flat and you feel a gentle stretch in your calves)
- Forward fold by keeping your feet hip-distance apart, and lowering the top half of your body forward, trying to touch your lower legs, your toes, or the ground with your fingertips

YOUR SUMMER MOVEMENT JOURNALING PROMPTS:

What movements do you enjoy the most?

What did you notice during and after doing these?

What new movements and activities do you want to try next?

SUMMER MINDSET

Summer is typically a time of travel and outdoor fun but take time to be mindful when you can. Remember that mindset isn't just a solo practice, though. Especially in the summertime, take the opportunity to connect with your community while you self-reflect.

Mindfulness practices can bring about a sense of calm and are easy to incorporate into your day while other practices may make you feel a bit out of your comfort zone. Trying something new that may be challenging is important for growth and well-being. While your mood is elevated, let go of your inhibitions and step out of your comfort zone!



Circle the mindset activities below that you will commit to...

7 Mindset Activities for Summer

1. **Retreat to the trees** for forest bathing. Bring a blanket or a camping chair and find some shade under the trees to relax and enjoy the healing powers of trees. You may want to bring some natural bug repellent, such as one containing citronella essential oil.

If you live in a city, find a few trees to linger under. If you have a car, make the drive to a forest for deeper immersion. Try a walking meditation, turn off your ruminations, and take in your surroundings—smell the earth, leaf, and pinecone scents as they waft around you. Look for signs of wildlife and notice the colors of the plants. Listen to the breeze through the trees and any birds that may be chirping. Take this time for healing by reconnecting with yourself and nature.

2. **Enjoy longer meditations** (twenty minutes or more). Find a quiet location in your home or outdoors without distractions. Set your alarm if you have limited time so you don't have to wonder what time it is, which can take you out of your meditative state. Focus on something—a mantra, a candle flame, a song, or your breath, and allow your to-do list, concerns, worries, and stressors slip away. To settle into your meditation, take some deep, cleansing breaths and feel your body relax and negative thoughts wash away.

3. Reframe your body awareness. With warmer temperatures of summer, we're wearing less clothing and exposing more skin. We may notice body image issues coming to the surface. If this describes you, know this is a very human experience that we all have. When you catch yourself being critical of your skin or body parts after putting on your bathing suit, shorts, or sundress, take a moment to acknowledge your thoughts. Instead of immediately suppressing your feelings or spiraling into negative self-talk, pause and observe without judgment.

Remember, *you're not alone*—this is a common human experience. Then try to reframe your perspective. Instead of being pained by the physical attributes you dislike, attempt to see them as traits that make you unique. Identify and focus on the parts of your body you do like. Find some positive messages for yourself and write them down in your journal. For example, you could write, **"I am enough, I am beautiful the way I am, my body is capable of amazing and powerful things."** I hope you feel comfortable writing these down because they're 100 percent true for all of us.



4. Garden. Whether it's your own garden or a friend's or community's garden, spend time today with your hands in the soil, touching plants under the warm sun. You can get a nice dose of vitamin D while you're fueling your creativity and reconnecting with nature.


Research shows that gardening helps with cognition, mood, sleep, stress management, and healthy weight maintenance. This can be as active or as meditative as you'd like. For a bit of a workout, exert yourself with some digging, shoveling, raking, or hauling. Or for more relaxing downtime, find a place to kneel or sit and pot, weed, trim, pick plants, or plant seeds. To support a sense of connection, join others in a family, community, or school organic garden. Use natural alternatives to pesticides and herbicides to reduce your exposure to EDCs and other toxic chemicals. Wear gloves, closed-toe shoes, long pants, and other clothing to protect your skin.



5. Breathe to cool and calm. On hot summer days, we can use certain breathing techniques to cool and calm us. If you feel hot and overstimulated, find a relaxing position such as legs up the wall. Be aware of your breathing and then slow it down to a five-count inhale followed by a five-count exhale. For more of a cooling breath, try single nostril breathing by plugging your right nostril and breathing in and out only through the left nostril.



If you're seeking more balance, try alternating your breath through each nostril by closing one nostril at a time and breathing through the other side, as described in the fall activities section. To quickly dispel heat, try lion's breath, where you inhale and tighten the muscles in your face and then exhale while sticking out your tongue, opening your eyes wide, and rolling them upward. Repeat these three or more times.



6. Create a community project to give back. Summer is an excellent time for building community while friends and neighbors are spending more time outdoors in their yards, having barbecues and block parties, picnicking in the park, playing with kids at the playground, and walking their dogs around the block. Now is the time to connect with others to find a way to give back.

If you aren't sure where to start, think of what your community may need and ask your neighbors for their input. Then start a community project to give back for that cause.

Here are some ideas:

- Initiate a street cleanup
- Create a green or open space
- Start a community garden
- Collect clothing and supplies for those in need
- Organize errand-running for elders
- Ramp up the local recycling program
- Create a healthy cooking, baking, or arts-and-crafts group that gives back
- Join a book club with a charitable component
- Participate in your local church or spiritual group's projects of giving
- Participate in an organized bike ride, run, hike, or walk for a cause.

Any of these opportunities offer a great way to make friends, expand your social support, and contribute to your community!

7. Take a trip to explore nature you haven't seen. We tend to be creatures of habit and walk the same trails, go to the same parks, and wade in the same waters time and again. But trying new things and seeing new sights helps boost memory, concentration, and focus as we age. Getting outdoors and breathing fresh air also boosts our mood and gives our bodies a break from the toxins we're exposed to indoors.

Find a place in nature you haven't explored and plan a date to go. It could be a secret neighborhood spot that you discover, or it could be a new hiking trail, beach, or lake. You can do a search online or take it a step further and ask neighbors and friends for ideas because these hidden gems aren't always listed in a travel book or on a website. You may even want to plan an extended weekend getaway or a camping trip for a nature excursion that is new for you and your partner, the whole family, or a group of friends. Our planet is full of natural wonders to explore!

YOUR SUMMER MINDSET JOURNALING PROMPTS:

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?

SUMMER SKINCARE

With sun exposure at its highest, it's essential to achieve the right balance of sun protection with sunscreen and cover-ups. Too much sun exposure can lead to damaging effects and accelerate premature skin aging. Summer is a great time for your yearly dermatologist appointment to check for any precancerous or cancerous skin lesions.

You also want to keep your skin hydrated and soothe irritated skin. If you spend time in a pool, the exposure to chlorine or salt can cause drying and temporary irritation. Spending too much time in air conditioning also dries out skin. On the other hand, being outdoors with heat causes more sweating, which can lead to clogged pores and breakouts. The key is balance, so your skin feels hydrated and soothed without feeling oily and sticky.

Summer is also a common time for itchy rashes from plants, bug bites, and cuts, bruises, and scrapes from all your summer fun. Reaching for natural ingredients that help heal and soothe will ensure your skin stays happy through the season.

7 Skincare Practices for Summer

1. Use a face mist. DIY face mists and premade formulations with natural ingredients can provide a refreshing and hydrating boost to your skin's summer needs. Rose water, cucumber, and mint are some of my favorite cooling and soothing ingredients for summer face mists. (See Cucumber Mint Face Mist recipe.) For another refreshing option, you can make herbal and green tea face mists, and chill them. Be sure to use distilled water and refrigerate between uses to help reduce the growth of bacteria in DIY recipes.

If you choose a face mist that's already made, check the label to ensure it doesn't contain potentially harmful ingredients such as synthetic fragrance. Remember that organic essential oils are an excellent alternative. Anything that you spray in the air can make its way into your lungs, so it's not just your skin you're watching out for. As always, it's best to do a skin patch test, especially if you have sensitive skin.

2. Wear a hat and other sun cover-ups in addition to an SPF of at least 30. Don't forget your lips, ears, and the exposed areas of your scalp and other parts of your body. Sun's damaging rays are at their peak in the summer months, so do everything you can to protect yourself while enjoying the beautiful outdoors. Don't hide away indoors. There are many options for sun hats, clothing, and mineral-based sunscreens that will do the trick. You don't have to cover every spot of your skin all summer long. You can enjoy soaking up vitamin D to build up your stores. Take some time to expose your skin to sunlight in the early and later parts of the day without wearing sunscreen on your arms, legs and other areas where you get less sun exposure. Because your face, neck, and the tops of your hands get the year-round UV rays, those are the areas to keep protected as much as possible in the summer sun.

3. Start a natural skincare routine and create a first aid kit. Bites, stings, scratches, scrapes, bumps, and burns are part of summer, especially if you have children and are enjoying an active outdoorsy lifestyle. Be prepared for potential mishaps. A basic first aid kit is always a good idea to have in your home, car, and recreational vehicles, and you can step up your kit with some natural additions. Here are some of my favorites to keep on hand for summer's acute skin issues:

- Aloe vera gel—great for minor burns (make sure it's 100 percent natural)
- Calendula spray—for minor cuts and scrapes (make sure you choose a non-alcoholic version, so it doesn't burn)
- Arnica gel or cream—for bumps and bruises
- Healing salve with comfrey, plantain, and vitamin E—for cuts and scrapes
- Baking soda—for insect bites and stings; make a paste with baking soda and water to stop the sting
- Epsom salt—to soothe sore muscles in a soak
- Lavender essential oil—a few drops in a spray bottle with distilled water can help sooth minor burns and skin irritations



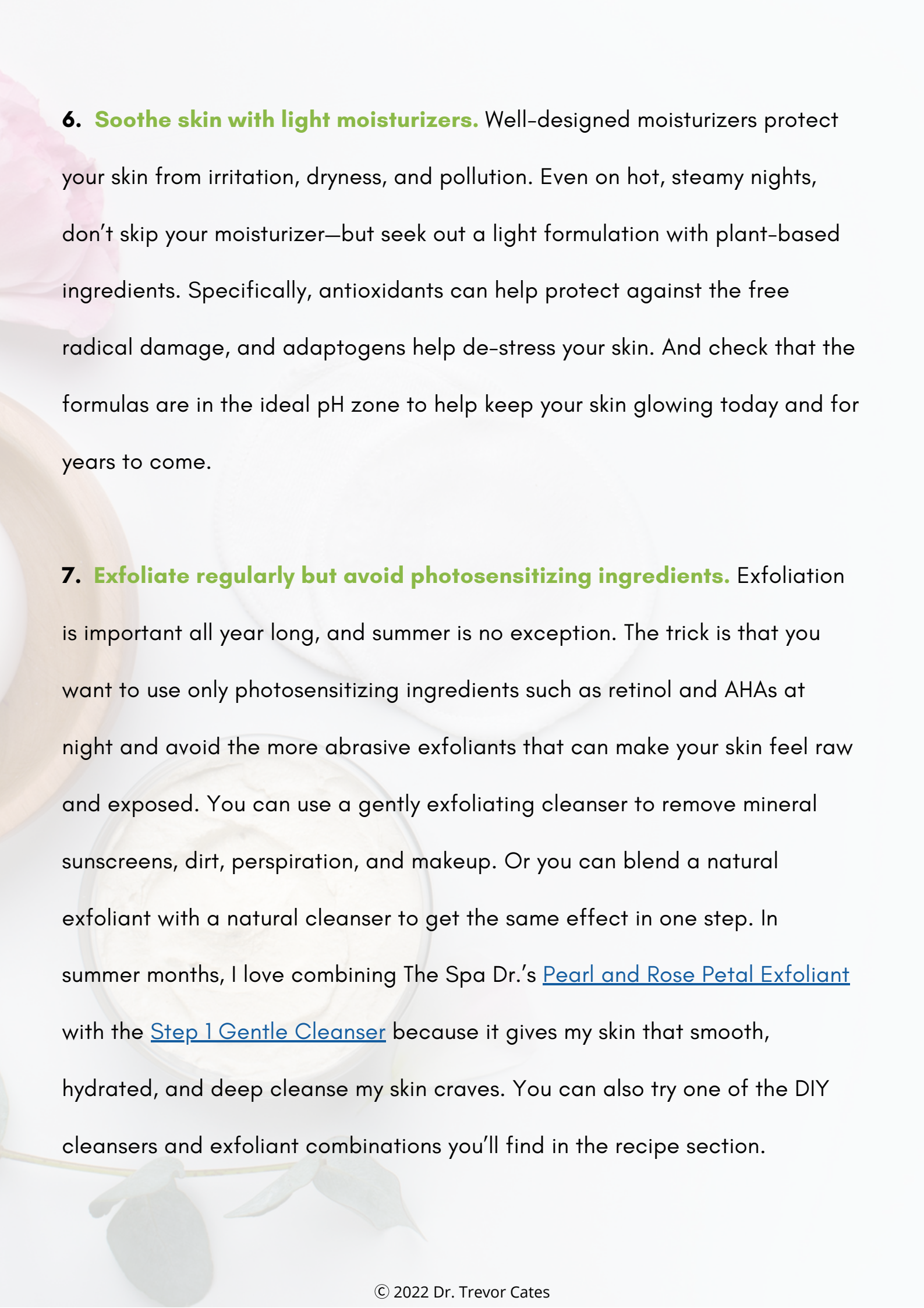


4. Avoid heat-trapping ingredients in personal-care products. When the temperatures are high, allow your body to perspire and be free of heat-trapping ingredients like dimethicone and other occlusives, which are known to create a barrier on the surface of skin to trap in moisture. While these ingredients can give your skin a dewy, moisturized look, they tend to trap heat, which may lead to irritation and breakouts. Your skin doesn't breathe in the way your lungs exchange oxygen, but it does need exposure to air and light, and an ability to easily perspire. Look for these ingredients in your makeup, lotion, and sunscreen. And then turn your attention to your underarms. Antiperspirants are not a healthy option because they block perspiration (one of the main ways we detox and cool off), and research has shown that they can actually produce more of the malodorous-producing bacteria. Instead, look for natural deodorant alternatives (or make the natural deodorant listed at the front of your workbook).

5. Use a facial sponge with your cleanser. Summer skin can feel sticky and harder to cleanse. It's important to clean your skin but be sure to do it in a way that protects and nourishes rather than strips away naturally occurring beneficial oils. Resist the temptation to switch to foamy cleansers with a high pH that damages your skin's natural barrier function. Staying away from high-pH cleansers will help you avoid skin irritation, breakouts, and damage from sun and air pollutants. Instead, keep using your fabulous oil-based cleanser, but use it with warm water and a gentle facial sponge or washcloth.

My favorite is the konjac facial sponge, like the one we sell at [TheSpaDr.com](https://www.TheSpaDr.com), because when it's wet, it's the perfect soft yet exfoliating texture to remove your cleanser, makeup, perspiration, and other buildup from the summer days and nights. Plus, konjac is a natural fiber that is biodegradable and compostable. Be sure to check the ingredients to make sure it's 100 percent natural and has no other added ingredients and clean it once a week by dropping it into boiled water for a minute or two.





6. Soothe skin with light moisturizers. Well-designed moisturizers protect your skin from irritation, dryness, and pollution. Even on hot, steamy nights, don't skip your moisturizer—but seek out a light formulation with plant-based ingredients. Specifically, antioxidants can help protect against the free radical damage, and adaptogens help de-stress your skin. And check that the formulas are in the ideal pH zone to help keep your skin glowing today and for years to come.

7. Exfoliate regularly but avoid photosensitizing ingredients. Exfoliation is important all year long, and summer is no exception. The trick is that you want to use only photosensitizing ingredients such as retinol and AHAs at night and avoid the more abrasive exfoliants that can make your skin feel raw and exposed. You can use a gently exfoliating cleanser to remove mineral sunscreens, dirt, perspiration, and makeup. Or you can blend a natural exfoliant with a natural cleanser to get the same effect in one step. In summer months, I love combining The Spa Dr.'s [Pearl and Rose Petal Exfoliant](#) with the [Step 1 Gentle Cleanser](#) because it gives my skin that smooth, hydrated, and deep cleanse my skin craves. You can also try one of the DIY cleansers and exfoliant combinations you'll find in the recipe section.

YOUR SUMMER SKINCARE JOURNALING PROMPTS:

Have you made an appointment with your dermatologist for a yearly skin check?

Which skincare practices did you enjoy the most?


What did you learn about your skincare products? Did you throw any away?

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

Did you test the pH of your skincare products? If so, what did you find?

What did you notice during and after doing these?





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