

# Spring

## NATURAL BEAUTY RESET WORKBOOK



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

BY DR. TREVOR CATES

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Spring is nature's way of saying,  
"Let's party!"

Robin Williams

# YOUR SPRING 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.TheSpaDr.com) for natural and organic ingredients that meet Natural Beauty Reset standards.
2. **Facial Sponge** (natural – such as Konjac)
3. **Natural Exfoliant**, such as The Spa Dr. Facial Exfoliant
4. **Zinc-oxide based mineral sunscreen**
5. **Dry skin brush**

## MINDSET & MOVEMENT

1. **Journal**
2. **Yoga Mat or Towel**
3. **Hiking or walking shoes**
4. **Trash bags and storage boxes** for spring cleanup
5. **Organic sweet orange or rose essential oil**
6. **Garden seeds and supplies**
7. **Unscented natural candle**
8. **Epsom salts**
9. **Baking Soda**
10. **Himalayan crystal salt**
11. **Organic lavender essential oil**

# FOOD

*Choose from any of the following:*

- Fruits—kumquats, strawberries, jackfruit, lychee, apricots (late spring), cherries (late spring), lemons, grapefruit, and guava
- Vegetables—green-leaf sprouts, microgreens, spring onions, asparagus, artichokes, radishes, rhubarb (late spring), morel mushrooms, mustard greens, collard greens, arugula, dandelions, fiddleheads, new potatoes, cabbages, and spring greens (arugula, dandelion greens, pea shoots, and watercress)
- Legumes—peas (garden, snap, snow, etc.) and fava beans
- Nuts and seeds—walnuts, cashews, and macadamia nuts
- Animal protein—chickens, eggs, sardines, and shellfish
- Herbs and spices—mint, cilantro, chives, garlic scapes, green garlic, dill, and parsley
- Sweets—maple syrups



# STARTING YOUR SPRING RESET

## *How spring is different from other seasons:*

Spring is a time of buds bursting and leaves unfolding, which means it is time to put away our winter coats. In winter our digestion typically slows, and our stress response may be a bit more challenged, so ease your way into the early spring by supporting your digestive tract and adrenals with dietary, exercise, and mindset shifts.

If you're considering starting or adding to your family, spring is the perfect time for reproduction and growth. Exposure to more sunshine increases our production of follicle-stimulating hormone, which helps stimulate ovulation. Even if fertility goals are not in your current forecast, spring is a great time to rebalance hormones, revitalize, and shake off the winter blues. We're shifting from high-cortisol times of winter to low-cortisol summers, and our estrogen levels are increasing as we approach summer.

## *When To Start:*

Spring equinox is when our planet starts to tilt more in the sun's direction and is a great time to start the spring 7-Day Natural Beauty Reset. For those of you who live in the northern hemisphere, the spring equinox is on the 19th, 20th, or 21st, depending upon the year, in March, and for those in the southern hemisphere, it is in September. If that exact date doesn't work for you to dive into your reset, anytime in spring works beautifully.

# YOUR SPRING RESET JOURNALING PROMPTS

What are your spring health and hormonal goals?

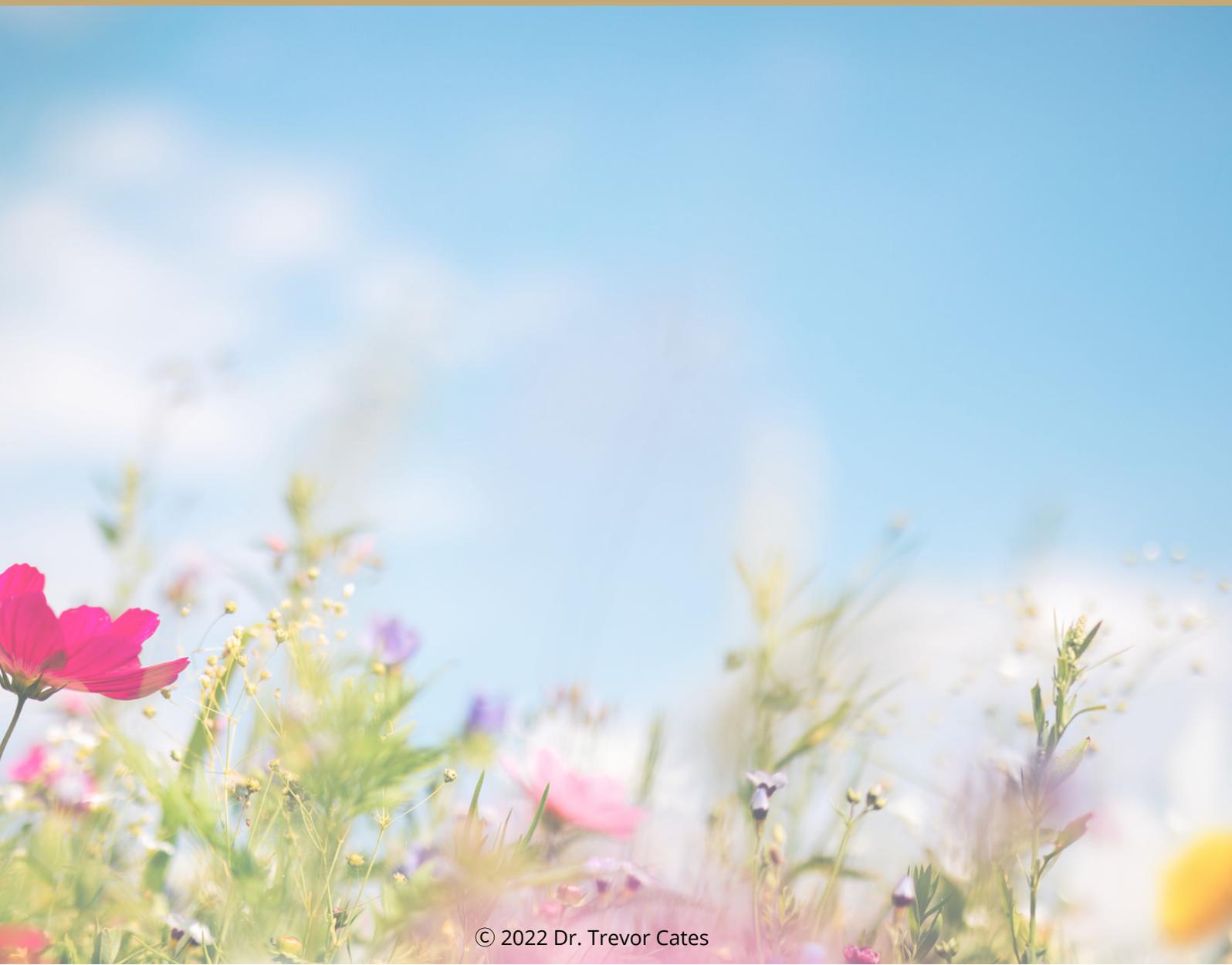
How is your mood during warmer, sunnier months?

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

Have you had your vitamin D levels tested?

Are you hoping to get your sleep on track?

When is the closest farmers' market?





# SPRING FOOD

Spring is the perfect time to cleanse your body and cut out substances that challenge your liver such as sugar, processed foods, alcohol, and caffeine. In spring, it's best to keep your meals simple and clean with less focus on fruits and grains, because they're not as readily available as they are at other times of year, and more focus on sprouts, greens, and spring protein, which are easier to find fresh and local, giving you a nutritional boost for your natural beauty.

To eat within season, start weaning yourself off eating cold weather produce like winter squash and root veggies. Eating light rather than heavy meals is key to resetting your metabolism and hormones. In early spring, if your environment still has cooler weather, the majority of your meals will ideally be at least lightly cooked or steamed so your body is not chilled, and your digestion is not stressed.

Bitter greens like mustard greens help stimulate digestion after the sluggish winter months. In the legumes department, focus on options that are easier to digest such as snow and snap peas. If you like going grain-free, now is the time of year to axe grains from your diet. On the other hand, if you want to consume grains, choose light options like quinoa, amaranth, and millet. As the temperature warms up, enjoy fresh, hydrating juices and more raw produce. Foods to avoid or minimize in spring are cucumbers, bananas, pineapples, melons, dates, coconuts, beef, and pork.

During spring, focus on mostly grain-free meals, and those eating meat will include chicken, eggs, and certain types of fish and shellfish. The foods found most abundantly in nature during spring are the ones most nourishing and restorative for our bodies and hormones. For additional seasonal foods, check with your local farmers market to find out which produce is freshest where you live. And remember, choose organic and non-genetically modified as much as possible.

## Foods Most Abundant During Spring Include...

- **Fruits**—kumquats, strawberries, jackfruit, lychee, apricots (late spring), cherries (late spring), lemons, grapefruit, and guava: After the cooler temperatures of winter, there may be limited fresh fruit in your area. Look for spring crops like strawberries and then look for seasonal produce shipped to your area from warmer climates.
- **Vegetables**—green-leaf sprouts, microgreens, spring onions, asparagus, artichokes, radishes, rhubarb (late spring), morel mushrooms, mustard greens, collard greens, arugula, dandelions, fiddleheads, new potatoes, cabbages, and spring greens (arugula, dandelion greens, pea shoots, and watercress): Spring is the time of renewal and beginnings, so focus your vegetables on sprouts, spring greens, new potatoes, and other seasonal produce.



- Legumes—peas (garden, snap, snow, etc.) and fava beans: Now is the time to switch from dried and frozen to fresh seasonal legumes.
- Nuts and seeds—walnuts, cashews, and macadamia nuts: These nuts are easier to find fresh in spring and provide essential fatty acids to help nourish your body after winter.
- Animal protein—chickens, eggs, sardines, and shellfish: Chickens and eggs are a sign of spring, making it the perfect time to enjoy these in your meals along with sardines and shellfish.
- Herbs and spices—mint, cilantro, chives, garlic scapes, green garlic, dill, and parsley: Enjoy the fresh flavors of spring with these seasonal herbs.
- Sweets—maple syrup: Spring is a good time to lay off the sweets to cleanse and renew. If you need the occasional sweet, enjoy a bit of seasonal maple syrup.



## Sample Winter 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 spring. 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. Make note of the spring meals your body and mind enjoy the most so you can enjoy them throughout the spring season.

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: Poached Eggs over Arugula and Sprouts Bowl

Lunch: Spring Greens and Strawberry Salad

Dinner: Spring Chive Soup

Snacks/sweets: Cherry Chocolate Mousse

### **Sample Day 2**

Breakfast: Spring Greens Smoothie

Lunch: Braised Turnips and Greens Bowl

Dinner: Pacific Sardines Salad

Snacks/sweets: Macadamia Nut Custard

### **Sample Day 3**

Breakfast: Dandelion Strawberry Bowl with Macadamia Nuts

Lunch: Creamy Cilantro Green Pea Soup

Dinner: Pan Seared Scallops Over Collard Greens

Snacks/sweets: Spring Onion Hummus with Nut Crackers

### **Sample Day 4**

Breakfast: Make your own breakfast bowl with 1 cup of spring greens, 1 cup of seasonal fruit, and one serving of nuts or two poached eggs

Lunch: Creamy Artichoke Soup

Dinner: Free-Range Spring Apricot Chicken with Leeks

Snacks/sweets: Strawberry Rhubarb Crisp

### **Sample Day 5**

Breakfast: Make your own smoothie with one serving of spring greens, 1 cup of unsweetened macadamia or cashew milk, one serving of macadamia nuts, and one serving of seasonal fruit

Lunch: Leftover Free-Range Spring Apricot Chicken with Leeks

Dinner: Make your own seasonal salad with spring greens and an oil, vinegar, and spring herbs dressing and top it with shrimp  
Snacks/sweets: Make your own potato salad using new potatoes and avocado mayonnaise



## Sample Day 6

Breakfast: Kiwi Mint Smoothie with Bee Pollen

Lunch: Chicken with Watercress Wraps

Dinner: Asparagus and Fava Bean Salad

Snacks/sweets: Egg Dip with Veggies

## Sample Day 7

Breakfast: Make your own smoothie with one serving of spring greens, 1 cup of unsweetened macadamia or cashew milk, one serving of macadamia nuts, and one serving of seasonal fruit

Lunch: Combine leftover chicken salad from the Chicken with Watercress Wraps with chopped seasonal vegetables and a drizzle of olive oil

Dinner: make your own Caesar salad using Romaine lettuce and store-bought gluten-free croutons and Caesar dressing

Snacks/sweets: Sardines with Nut Crackers



### Additional Snack Ideas for Spring:

- Seasonal mixed fruit (any combination of kumquats, strawberries, jackfruit, lychee, apricots [late spring], cherries [late spring], grapefruit, or guava)
- Mixed nuts (any combination of walnuts, cashews, or macadamia nuts)
- Mint tea
- Shrimp with cocktail sauce
- Steamed artichoke with avocado mayonnaise dip
- Deviled eggs

## REFLECTION:

What are your favorite foods from the spring foods list?

Which foods have you not tried that you can source locally?

Which recipes do you plan to make from the book?

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

How do you feel after eating seasonally?





# SPRING MOVEMENT

Spring is a time of getting back outdoors on a more regular basis to ground yourself and reconnect with nature. Studies have shown that time in nature where people feel safe is an effective way to manage stress. It lowers blood pressure and stress hormones, supports immune system function, improves mood, increases self-esteem, and reduces anxiety. Take your movement to the outdoors for more than a few potential perks!

Different types of physical activity influence our hormonal balance. For example, during resistance exercise, testosterone production can be triggered in healthy women. And low intensity exercise can decrease our stress hormone cortisol, while high-intensity exercise tends to increase cortisol. With this in mind and remembering that our hormones are a motivation factor when it comes to exercise, I will recommend movement modifications to jump-start the spring reset. Because spring is the time of “waking up,” recommended exercises during these seven days are relatively more restorative with a focus on certain types of yoga, stretching, and walks in nature. I encourage you to exercise in the morning with the early rise of the sun to help your body wake up with a healthy dose of morning cortisol.



## 7 Movements for Spring

**Circle the movement activities below that you will commit to:**

1. **Take a quiet sunrise hike.** Set your alarm because awakening with the changing time of sunrise may not initially feel intuitive, but it will help you get off on the right foot for a spring reset. Turn your hike into a meditation by focusing on the sights, scents, and sounds around you. If thoughts of your pending to-do list drift in, acknowledge them briefly and then return your focus to your senses and the rising sun while you take each step. If you only have time for a twenty-minute hike, take it! If you have time for an hour or two, that's great, too. The key is finding time and making it happen.

2. **Enjoy chest-opening yoga poses.** Opening up your body and mind to allow for more vitality in your life is a great focus for spring. Practice yoga poses that open tight areas such as the chest and help wake up your body from the colder and more sedentary months behind you.

Some yoga poses to try with your yoga teacher or to learn how to do in an online class include the following poses and will help bring your body back to life and bloom into spring. Backbends help bring more energy into the chest, and standing poses will help activate and ground you.

- Sun salutation
- Cobra pose
- Fish pose
- Camel pose
- Lunge prayer twist
- Savasana

As with all yoga and exercise, be sure to use proper form, and if you're new to these exercises, ease your way in rather than try to turn into a yogi in a day.

### 3. **Take an afternoon brisk walk, hike, or run in your nearby park or forest.**

Instead of taking a nap, beat afternoon fatigue by putting on your running shoes and getting outdoors. You'll likely be revitalized by the crisp air, recent rain, or breeze on your skin. If you still need that ten-minute snooze, you can take it, but getting the exercise in first will help you determine whether you're truly sleep deprived or just in need of some fresh air and improved circulation. Spring weather can be unpredictable, so set yourself up for success by having a light rain jacket handy and shoes with good tread and support.

4. **Get in a morning workout.** Spring is about waking up, so push yourself a bit to reset your clock by waking up forty-five minutes earlier than usual to fit in an am workout. Plan ahead with an earlier bedtime so you're not starting off your day with sleep deprivation, which will only further stress your adrenals. If you're not typically a morning person, start slow. For example, try a twenty-minute cycle of simple side steps, squats, and lunges. Then if you're ready to step it up, add in another ten to fifteen minutes and find some stairs to walk (or run) up and down on or do some chair squats. Add in some upper-body strengthening with push-ups or planks.

**5. Stretch and reflect.** As women, we often try to do it all and push ourselves to the point of exhaustion. But resist this urge and listen to your body. When you need to rest, rest. When you have the energy to push yourself, push yourself. But if you burn yourself out mentally and physically, you will only set yourself back, losing motivation and potentially injuring yourself. If you're noticing that your body is tense and you're ruminating rather than relaxing, it's time to stretch and reflect. First sit quietly and check in with your body. Where do you feel tension? Do you have pain, aches, spasms, or other physical discomforts? Taking mental note can help you determine which muscle groups to focus on. If you have extreme pain from a suspected injury, touch base with your healthcare provider for treatment. If your body is simply tight or tense but not due to an injury or strain, go ahead with stretches that address those areas. Common areas of muscle tension include the back of the upper legs, the calves, the sides of the upper legs, the lower back, and the sides of the neck. Be gentle as you stretch and reflect on how your body responds.



**6. Jump into a more intense workout.** After you've rested sufficiently, step up the intensity and duration of your movement. Speed up your walk to a power walk, go from a brisk walk to a jog, or take your flat hike to one with more hilly terrain. Increase the duration if you can: If you normally exercise for twenty minutes, try bumping it up to thirty minutes or from thirty to forty-five minutes, for instance. Pay attention to how your body responds, and remember not to overdo it.

If you're already an athlete, today might be more about slowing down and doing the opposite of an intense workout. The idea is to mix up your routine today and spring forward into something different.

Don't forget to stay hydrated with water and consume electrolytes. Wear appropriate shoes and outdoor gear. Watch your form or have a friend join you for support, especially one who is a more regular exerciser than you, as they can inspire you to increase your fitness goals.

**7. Take a morning bike, swim, or outdoor fitness class.** Now that the weather is warming up, your local gym or community center may offer outdoor fitness classes such as alfresco spinning and yoga. Seize the opportunity to mix up your environment or try a new activity. Perhaps you'll make some new personal connections and bolster your local support system. Spring is all about newness, which also includes new friends. Swimming and biking are great outdoor activities you can do solo or with a buddy. If you're new to any of these activities, go with a friend, join a group class, or book a lesson so you're sure to set yourself up for success to obtain results and avoid possible injury.

## 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?





# SPRING MINDSET

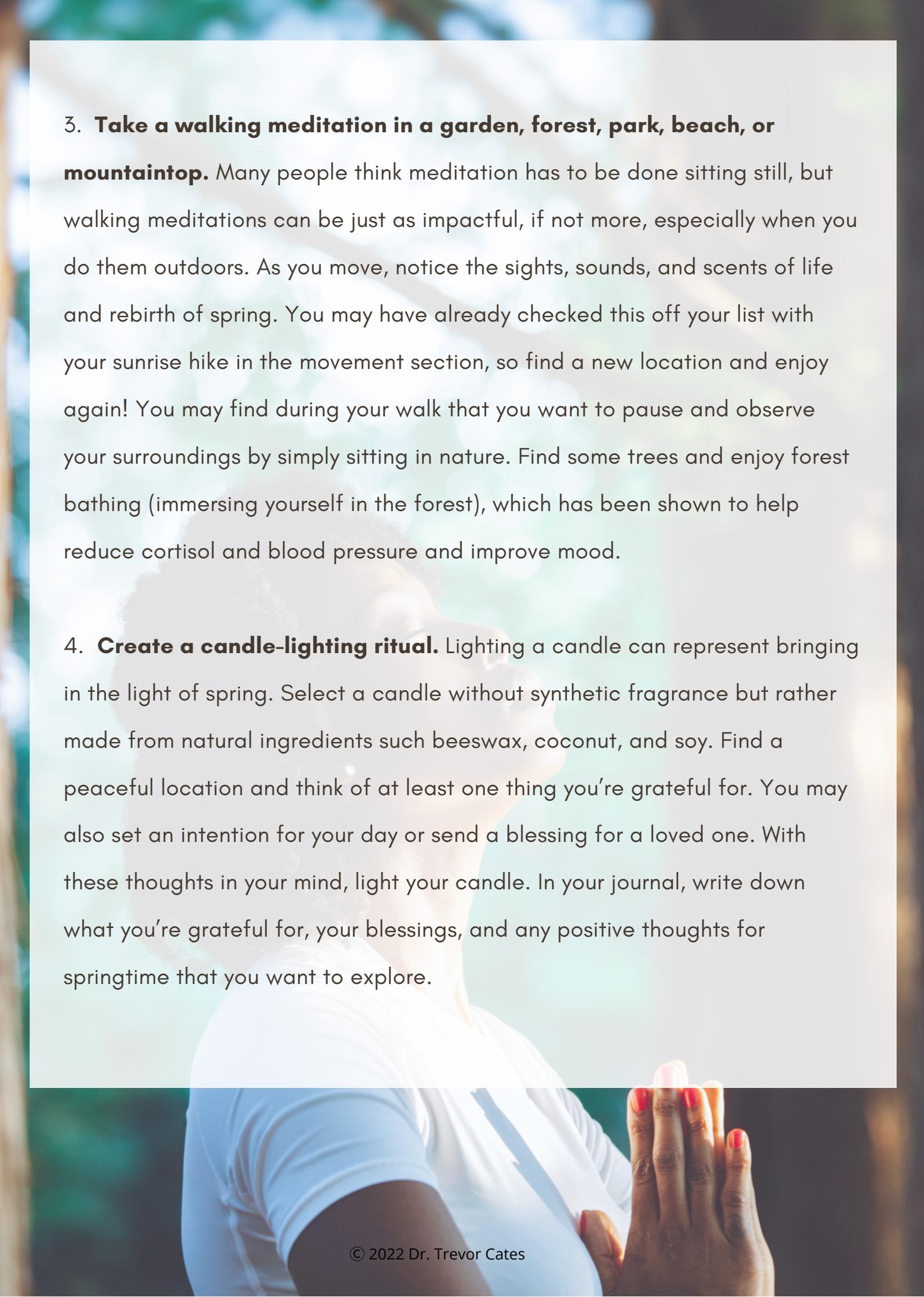
Spring is the time for cleansing and initiation, and there are a number of meditations, visualizations, and mindfulness exercises to these ends. Transitioning from winter blues, we can support our hormonal harmony with mindset shifts and practices. We can do breathwork exercises for spring rekindling and to warm the body. This is also the perfect time to start a new creative activity and do some spring-cleaning in our homes.



## 7 Mindset Activities for Spring

**Tip: Keep a daily journal and write about your activities and insights.**

- 1. Declutter and spring-clean your space.** Spring-cleaning can lead to a tidier space and a clearer, calmer mind. A decluttered environment gives us more mental space for clarity and creativity. It also clears out dust laden with toxins that have settled in our homes. Start with one area rather than tackling the entire home and giving up from being overwhelmed. Choose your pantry, desk, a bedroom closet, or a bathroom cabinet as a starting point. When you have one success, it's easier to have more. To get motivated, close your eyes and visualize the end goal of your clean area. Then get going! If you have family or a roommate, get their help and make it a group project to build camaraderie.
- 2. Plant seeds.** It's never too late to develop a green thumb by starting a garden or nourishing a houseplant. If you have room in your yard, start planting seeds where they'll be protected from deer and other animals and have plenty of sun. Check with a local farmer or search online to find seedlings that grow well in your area, and watch the weather forecast for those spring frosts so you can plan accordingly. If you don't have space or the inclination to start an outdoor garden, tap into the benefits of gardening by tending to a single plant. Anyone who gardens can tell you the joy and sense of accomplishment that comes from watching seeds grow into plants and flourish. If you have children around, encourage their involvement and watch their wonderment in the process. Digging into soil is good for your microbiome, too!



3. **Take a walking meditation in a garden, forest, park, beach, or mountaintop.** Many people think meditation has to be done sitting still, but walking meditations can be just as impactful, if not more, especially when you do them outdoors. As you move, notice the sights, sounds, and scents of life and rebirth of spring. You may have already checked this off your list with your sunrise hike in the movement section, so find a new location and enjoy again! You may find during your walk that you want to pause and observe your surroundings by simply sitting in nature. Find some trees and enjoy forest bathing (immersing yourself in the forest), which has been shown to help reduce cortisol and blood pressure and improve mood.

4. **Create a candle-lighting ritual.** Lighting a candle can represent bringing in the light of spring. Select a candle without synthetic fragrance but rather made from natural ingredients such as beeswax, coconut, and soy. Find a peaceful location and think of at least one thing you're grateful for. You may also set an intention for your day or send a blessing for a loved one. With these thoughts in your mind, light your candle. In your journal, write down what you're grateful for, your blessings, and any positive thoughts for springtime that you want to explore.

5. **Choose one thing to simplify.** What can you simplify to revitalize your body, mind, and soul? Consider your daily routine and create a schedule that helps you save time and increase efficiency. You may find there are things in your life that are drawing more of your energy than they deserve. Are you overcommitted? What can you take off your plate so you have more time to relax? Take a look at your to-do list and remove anything that's unnecessary, drains your energy, or takes up too much of your valuable time. When you let go of something that you no longer need and simplify aspects of your life, you allow space to bring in something new that nourishes your mind and lifts your spirit.

6. **Try something new.** Spring is the ideal time to pick up a new hobby, learn to play an instrument, or start a crafty project. Have fun and be creative! Spring is the perfect time to play, and, even better, explore hobbies with a new or rekindled friendship. If you're short on time, start small. Here are some ideas:

- Create a springtime wreath
- Grow a windowsill herb garden
- Have a spa day at home with DIY skincare
- Make your own fragrance-free natural candles
- Make a suncatcher
- Set up a bird feeder and learn about birds in your area
- Create an outdoor garden mandala, medicine wheel, or other spiritual symbol to help you connect with nature's wisdom

Enjoy these activities alone for nurturing "me" time, or invite your housemates to join in on the fun!

7. Try a new bedtime relaxation technique. Sleep may be more challenging as the days get sunnier, so start with a relaxation technique to prepare your body and mind for z's. You want to aim for seven to eight hours of sleep every night, so if you have to wake up at 6 am, you'll want to be in bed and ready for sleep by 10 pm. There are many books, apps, and videos with relaxation techniques to choose from. Here is a simple one to try: While lying in bed, close your eyes and imagine letting go. You can picture a wave gently washing over you and taking away negative thoughts, misunderstandings, judgments, or anything else you wish to release. Take deep breaths, and with each exhale, notice every muscle from head to toe relax as if your body is melting into the mattress beneath you.



## 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?





# SPRING SKINCARE

When spring-cleaning your home, don't forget your vanity and bathroom cabinets. That means tossing out expired personal-care products and making room for new, natural, clean, and organic skincare alternatives. The goal is to make skincare more about self-care than simply applying products to your skin, so embracing the senses brings mindset into your skincare routine. Spring brings more sunshine and typically more humidity, so it's a good time to shift your skincare routine from your wintertime approach, too.



## 7 Skincare Practices for Spring

1. Spring-clean your personal-care products. When was the last time you cleaned out your skincare cabinet? Skincare products and makeup do have expiration dates. Spring is the perfect time to bring in the trash bin and toss anything that's over two to three years old. In addition, clean your makeup brushes and facial sponges with some natural soap and warm water. While you're at it, check the ingredient labels of your personal-care products and throw out those that contain any of the twenty toxic ingredients below:

- Fragrance
- Formaldehyde and formaldehyde releasers (quaternium-15, diazolidinyl urea, DMDM hydantoin, bronopol, or imidazolidinyl urea)
- Mineral oil and petroleum (also called petrolatum, petroleum jelly, and paraffin oil)
- Parabens (propyl-, isopropyl-, butyl-, and isobutyl-)
- Ethanolamines (diethanolamine [DEA], monoethanolamine [MEA], and triethanolamine [TEA])
- Oxybenzone (benzophenone), octinoxate, and homosalate
- Hydroquinone (or tocopheryl acetate) and other skin lighteners
- Butylated hydroxyanisole (BHA)
- Triclosan and triclocarban
- Coal tar ingredients (including aminophenol, diaminobenzene, and phenylenediamine)
- Toluene
- Mica, silica (crystalline), talc (unless asbestos-free), and titanium dioxide nanoparticles (TiO<sub>2</sub>) in powders, loose makeup, or spray

- Methylisothiazolinone, methylchloroisothiazolinone, and benzisothiazolinone (also 2-methyl-4-isothiazoline-3-one, Neolone 950, OriStar MIT, and Microcare MT, and 5-Chloro-2-methyl-4-isothiazolin-3-one)
- Heavy metals such as mercury, lead, arsenic, and aluminum (calomel, lead acetate, mercurio, mercuric chloride, or thimerosal)
- Resorcinol (or 1,3-benzenediol, resorcin, 1,3-dihydroxybenzene, m-hydroxybenzene, m-dihydroxyphenol)
- Carbon black (or D&C Black No. 2, channel black, acetylene black, furnace black, lamp black, and thermal black)
- P-phenylenediamine (or 4-aminoaniline; 1,4-benzenediamine; p-diaminobenzene; 1,4-diaminobenzene; 1,4-phenylene diamine)
- Teflon (and polytetrafluoroethylene [PTFE], polyperfluoromethylisopropyl ether, and DEA-C8-18 perfluoroalkylethyl phosphate)
- Acrylamide (also polyacrylamide, polyacrylate, polyquaternium, acrylate)
- Phenoxyethanol (also Euxyl K 400 and PhE)

2. Ramp up exfoliation to brighten skin. Your skin should be able to tolerate acids before the summer sun kicks in, but don't overdo it. Nutrient-rich skincare ingredients and formulations can help decrease inflammation and support healthy skin cell turnover, collagen production, and hydration. Vitamin C, for example, can aid in promoting collagen production when used on the skin. Two of my favorite natural ingredients are acerola cherry fruit extract and chlorella (green algae) extract. Acerola cherry fruit extract is a rich source of vitamin C, putting foods commonly known to be high in vitamin C, like oranges and strawberries, to shame. Meanwhile, chlorella extract is a freshwater algae that is known for its potential to purify and energize the skin. Chlorella plays a role in inhibiting the enzymes that break down collagen and elastin.

3. **Use dry skin brushing.** Enhance circulation, help improve detoxification, and exfoliate dead skin with dry skin brushing, which is done prior to bathing. Use a long-handled skin brush, available online or at select health food and specialty stores. If you have irritated skin, open wounds, or severely dry skin, skip this technique or work around affected areas. While your body is dry, start at your toes and brush your skin with your long-handled skin brush in upward strokes toward your heart. Use light to medium pressure, as this should not be painful. When you reach your abdomen, start over at your fingers and brush toward your heart, along your arms and up your back. Continue brushing over your body (except your head and neck) in movements toward your heart. Once you've covered your entire body, enjoy a warm shower and finish with a ten-second cold shower blast and gently pat your skin dry.

4. **Ease off on certain oils and moisturizers.** As the season shifts from cold to warm, move away from using heavy oils and thick moisturizers. Instead, switch to lighter moisturizers with humectants and emollients, and avoid occlusives such as dimethicone, which trap in heat and moisture and may disrupt the skin microbiome. Even as the temperature rises and humidity increases, your skin can still benefit from moisturizing. Opt for natural and light serums, moisturizers, and plant-based oil blends, such as The Spa Dr.'s steps 2, 3, and 4. Don't skip moisturizing regardless of your skin type.

A close-up photograph of a woman's face and shoulder. She is wearing a light blue visor. Her skin is tanned. White sunscreen is applied to her shoulder in the shape of a sun, with a large circle in the center and several rays extending outwards. The background is a soft, out-of-focus blue and white.

5. **Update your SPF.** Now that we're closer to the sun, you need more UV protection than you did in the winter. Consider replacing toxin-laden and pore-clogging foundations with a tinted mineral-based sunscreen. Be sure to check the labels to avoid toxic ingredients such as synthetic fragrance. Take your time adjusting to the sun so you don't burn. Just in case, keep some aloe gel or an aloe plant on hand. If you use retinol products, be sure to use them only at night, and use caution with other photosensitizing ingredients such as citrus and enzymes. Both natural and completely synthetic skincare products can contain ingredients that increase your susceptibility to sun damage. Look for a new cute hat, sun shirts and other cover-ups, and sunglasses to prepare for the sunny days ahead.

6. **Choose skincare products with anti-inflammatory ingredients.**

For many people, springtime means allergies, eczema (atopic dermatitis), and inflamed skin. To help decrease inflammation and reduce sensitivity and irritation, choose natural skincare products with soothing ingredients. For example, sunflower oil is soothing and hydrating, even for sensitive skin. Green, white, and rooibos teas also provide calm and moisturize skin while providing antioxidants. Adaptogenic herbs like ginseng root extract can be used topically to de-stress skin.

7. **Go light on the makeup.** As the temperature and humidity rise, your pores are more likely to clog, and the combination of heat and makeup can disrupt your skin's microbiota. Once you've cleaned out your personal-care bags and cabinets, look for more natural, spring-focused, and light alternatives. Ideally, your skin will be so healthy and vibrant that you'll have nothing to hide, and makeup is only something you reach for to enhance your natural beauty on special occasions. If you're still working on clearing up and balancing your skin's glow, try to ease your way off the heavy foundations and concealers so your skin can adjust and heal while you're addressing root causes from the inside and out.



## REFLECTION:

Which skincare practices did you enjoy the most?

What did you notice during and after doing these?

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.



