



BESTOW UNIVERSITY

KNOWLEDGE IS BEAUTIFUL

BESTOW THE GRACES NOURISHING OIL

In this session I would like to talk to you about a very special product, my Bestow The Graces Nourishing Oil. This is a topical oil which nourishes your skin with 12 beautiful botanical oils. It's bursting with EFA's, vitamins and antioxidants, and is an enriching booster to add to any skincare regime.

During this session I will share with you the story behind this facial oil, the botanicals I personally chose for this blend, and a hydrating ritual that is a game-changer for skin.

When I was a young therapist I came across a book about the therapeutic benefits of plant oils. This simple book sparked my life-long fascination with these powerful oils.

Botanical oils are rich in phytonutrients, vitamins, and antioxidants - which are all essential for healthy, glowing skin. No two oils are exactly alike. Each has its own unique powers and properties, its own unique gift to offer skin.

Over the years, I collected botanical oils that I particularly liked and used them on my own skin. I loved the results I got and kept a mental record of my favourite oils. Years later, when I released Bestow Beauty Oil, people began asking me if they could put it on their face. The answer is most definitely no. Bestow Beauty Oil is a beautiful oil for nourishing the skin from within but the formulation is too heavy to be used topically.

But it did get me thinking...why not create a topical facial oil using a blend of my favourite botanical oils? Once this idea was sown it didn't take long before it became a reality - and that is how this beautiful Nourishing Oil became part of the Bestow range.

Bestow The Graces Nourishing Oil includes 12 botanical oils, and I would like to highlight the skin benefits of 6 of my favourites.

ARGAN OIL is often called 'liquid gold' because of its ability to moisturise lack lustre skin. It is high in EFA's and vitamin E, two key players which help to hydrate the skin and prevent further moisture loss.

TAMANU SEED OIL has anti-oxidant, anti-inflammatory and has skin healing properties. It's a very unusual oil because of its ability to penetrate very deeply into the skin.

BORAGE OIL is my absolute favourite botanical oil. It is nature's richest source of gamma linolenic acid, a secondary Essential Fatty Acid which helps repair the skin barrier faster than any other EFA. It helps prevent water loss, helping the skin stay hydrated and flexible. Borage Oil also includes two important polyphenols; ferulic acid, an anti-oxidant that can repair sun and wind-damaged skin, and ellagic acid, which protects collagen.

CALENDULA OIL is a beautiful healing oil. It speeds healing, reduces inflammation and helps improve epidermal differentiation. Calendula oil is really effective for treating acne scarring, once active acne has cleared.

JOJOBA OIL is technically not an oil at all. It's actually a wax - but don't let that put you off because it is amazing for the skin. Compositionally, jojoba is the plant oil closest to our own natural sebum, so it really strengthens the skin barrier function.

ROSEHIP OIL contains tretinoin, a vitamin A derivative that delays the effects of skin ageing and assists with cell regeneration.

There are also three essential oils in the blend - **Sandalwood, Rose Geranium and French Lavender**. Each of them have unique gifts to offer our skin and have a beautiful scent.

The final three oils in the blend are **avocado oil**, which is full of vitamins and anti-oxidants, **grade seed extract**, which helps repair the skin and **Vitamin E oil**, which helps protect the more delicate oils in the blend from oxidising.

So now that I've introduced you to the 12 botanicals in the blend, let's talk about who Bestow The Graces Nourishing Oil is suitable for.

The good news is that it is suitable for most skin types including sensitive skin. While rich in consistency, the formulation is non-comedogenic, which means that it won't block pores or cause pimples. With its nourishing lipids it is beneficial for dry skin conditions.

For best results, use Bestow The Graces Nourishing Oil every day for nourishment and protection, or you can use it two or three times per week as a skin booster.

To help you incorporate Bestow The Graces Nourishing Oil into your skincare regime, I'd like to tell you about the Nourishing Oil ritual. The heart of this ritual is skin-soaking. This is a simple way of treating dehydrated skin and is a real game-changer.

Most women have dehydrated skin without even realising it and this needs to be addressed as a first priority. Dehydration leaves skin looking dull and feeling tight. It compromises the barrier function and prevents the active ingredients in skincare from penetrating into the deeper layers of the skin. So if you are applying Bestow The Graces Nourishing Oil to dehydrated skin you will be missing out on most of the goodness.

Unfortunately, topical skin dehydration can't be solved by drinking more water, even though this is important for skin health. The skin needs to be hydrated topically and the

hydration then needs to be immediately sealed into the skin with a moisturiser or oil.

To give you a better picture of how this works, let's look at the Nourishing Oil Ritual in action.

NOURISHING OIL RITUAL

1. Partially fill your hand basin with warm water.
2. Immerse a Bestow Soaking Cloth, or soft cloth in the warm water, wring out the excess water and press the damp cloth to your face.
3. Take three slow, deep breaths.
4. Repeat the previous two steps to ensure your skin is well hydrated.

Deep breathing puts your body into your parasympathetic nervous system, which is your rest and repair system. This simple practice makes this a very good ritual for reducing stress levels as well as for hydrating your skin.

5. After soaking your skin, you can apply any toners, mists or serums that you desire.

6. Then quickly lock in all of this precious moisture by massaging or pressing 2-3 drops of Bestow The Graces Nourishing Oil into your skin.

7. You can then apply moisturiser to finish, if you wish.

Personally, I soak my skin and use my Bestow The Graces Nourishing Oil everyday - both in the morning and in the evening. If you do this ritual twice daily, your skin will look more radiant, more plump and will feel softer within just one week.

You can take good care of your Bestow The Graces Nourishing Oil by keeping it in your bathroom cupboard, away from excessive sunlight or heat.

It gives me great pleasure to share my Bestow The Graces Nourishing Oil with you and I hope you enjoy using it as much as I have enjoyed making it.



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