



BESTOW UNIVERSITY

KNOWLEDGE IS BEAUTIFUL

BESTOW BEAUTY OIL

In this module, I would like to talk to you about Bestow Beauty Oil.

Bestow Beauty Oil moisturises skin from within, making it feel soft, smooth and velvety and giving it a natural, luminous glow.

During this session you will learn why I developed this product, what it contains, the science behind what it does for the skin and how to use it to moisturise the skin from within.

Why was it developed?

Bestow Beauty Oil was the very first product I developed in the Bestow Beauty Range. When I began working from within, one of the first things I learnt was that EFA deficiencies are the most common cause of skin problems. Many processes in the skin depend on good quality EFAs being but with our modern diet we just don't get enough of them.

Most clients who walk through your door will be deficient in EFAs. This can cause problems with oil regulation so a deficiency can present itself as either very dry or very oily skin. However an EFA deficiency isn't always visible which makes it hard to diagnose. It's important to remember that even if a client has no visible symptoms, it's still likely that they have an underlying EFA deficiency, which will prematurely age their skin.

EFA supplements are very common and you can buy them in most health food shops. What makes Bestow Beauty Oil different is that it has been designed with both your skin and body in mind.

For example, people tend to think that fish oils are the complete EFA solution. While fish oil is wonderful for treating inflammation in the body, they are certainly not the complete answer for skin.

Bestow Beauty Oil includes a blend of cold-pressed organic flax seed oil and safflower oil that has been formulated to deliver the best balance of healthy fats for skin health.

So, how does it work?

Let's take a closer look at how Bestow Beauty Oil feeds the skin at a cellular level.

1. Bestow Beauty Oil Stabilises Oily Skin

People with oily skin often think they need to avoid oil but this

only exacerbates the problem. Good quality fats like Bestow Beauty Oil actually help to regulate and stabilise oil flow.

First it changes the quality of the sebum that the skin produces. It keeps the sebum flowing so it gets up out of the pore, and is less likely to form comedones. If the cell membrane contains good fats it is more permeable and nutrients can get in and wastes can get out. Bestow Beauty Oil prevents skin congestion and 'breakouts' and can even help dissolve existing blockages.

2. Bestow Beauty Oil Moisturises Your Skin From Within

As the cells travel up to the stratum corneum they release the oils that they contain. If the cells have been supplied with the right balance of good oils the oil that is released into the bi-layers will be strong and resilient - creating plump, glowing skin. It is literally your moisturiser from within. Your topical moisturiser works from the outside in and your Bestow Beauty Oil works from the inside out.

3. Bestow Beauty Oil Heals and Protect Your Skin

When these good oils get out on the surface of the skin it forms a very protective, healing anti-inflammatory film. This will then strengthen the barrier function of the skin, which is a key factor in keeping skin looking youthful for longer.

Who is it for?

Every single one of your clients will benefit from Bestow Beauty Oil - whether they are concerned with acne, anti-ageing or anything in between.

Bestow Beauty Oil is my personal favourite product from the Bestow range. It's not the whole answer for skin on its own, but I can't achieve skin transformation without it. It is foundational for skin health. That is why I call Bestow Beauty Oil and Bestow Beauty Powder the Twin Skin Essentials.

How To Use It

To enjoy the skin benefits of Bestow Beauty Oil you should take 1 tablespoon everyday, mixed into food. Some people ask us why we don't create oil capsules. You would have to take 15 capsules to equate to just 1 tablespoon of Bestow Beauty Oil.

Also, research shows that your body will utilise Bestow Beauty Oil much, much better if it's mixed with food. This could be as simple as making a Bestow Breakfast Smoothie, pouring the oil over your muesli or porridge, mixing it into yoghurt or adding it to salad dressings. I even add some to my juices to provide some

fat and help my body absorb the fat-soluble vitamins contained in the carrot or veggie juice. For best results, don't add it to piping hot food, as heat makes the oil degrade quickly.

In terms of dosage, the average person would have between a dessertspoon and tablespoon a day. Children can have 1 teaspoon, and some of my skin disorder clients have 2 tablespoons.

It is really helpful to create a self-care daily ritual around taking your Bestow Beauty Oil. Rituals are healthy habits that help us to sustain healthy practises over a lifetime. Whether you make a Bestow Breakfast Smoothie or have it with yoghurt and fruit for dessert, find an enjoyable ritual that works for you and do it with intention as a way of taking care of yourself.

FAQ's

Can you have this when you are pregnant or breast-feeding? Yes

Will I put on weight? Many weight-loss programmes actually recommend that you use good quality fats because they act as a spark plug for your metabolism.

Oily skin break out? Some clients may be concerned that taking oil will make their oily skin even oilier. The good news is that Bestow Beauty Oil won't stimulate oil glands to make more oil. In fact, it just changes the quality of the oil they produce so that it's less likely to create blockages and is more healing to the skin once it's secreted onto the skin's surface.

How to look after oil? Oil is protected its bottle but once you open the bottle you let light and oxygen in so you need to keep it in the fridge. You've got six weeks to consume it. It starts to degrade after six weeks. As long as it tastes good it will be fine.

So, now you will understand why I am so passionate about Bestow Beauty Oil and why it is still my favourite product after all these years. I look forward to hearing about your experiences with this product.



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