



BESTOW UNIVERSITY

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## THE GRACES SOOTHING DUO - PART TWO

In this video, I'll introduce you to The Graces Skin Soothing routine. This is a gentle routine for sensitised skin, using The Graces Soothing Duo products. Your client should follow this skincare routine morning and evening for as long as it takes for their skin barrier to repair.

Now, the soothing routine features a technique you might not have heard of before – skin bathing. Skin bathing involves soaking a soft cloth in warm water and pressing it to the skin. When you hydrate the skin in this way, the skin absorbs precious moisture in the upper layers of the epidermis. Applying the soothing products immediately after bathing seals in the moisture and stops it from escaping.

In a parched desert, an oasis of water is a game changer. It's just the same for dehydrated skin. When repairing the skin barrier, topical hydration is vital. Moisture activates enzyme action in the skin, which in turn helps to rebuild the skin barrier. No water, no enzymes, no healing.

When you bathe the skin twice daily, you re-hydrate the cells in the stratum corneum. Instead of being dry and shriveled, they will flatten out, plump up and fit neatly together, offering valuable protection to the skin cells beneath. The enzymes will become active and the skin structure will become organized and strong. This will enable the skin to reflect light, taking on a healthy glow. Regular skin bathing results in glowing, silky-feeling skin that has great barrier function, which is exactly the goal we are after.

So, let us look at the twice-daily Soothing Routine in action. In the morning, no cleansing is necessary. Simply wipe the skin with a warm, damp cloth. Over-cleansing is one of the biggest causes of skin problems, especially for sensitized skin. At Bestow, we reserve cleansing for the evening to remove pollutants, make up and sunblock chemicals. In the morning, all you have on your skin is maybe a little bit of perspiration, dust and traces of your night care products. All of these will rinse away with water. Wiping the skin with a damp cloth removes any excess oil or perspiration without stripping or undermining the skin barrier.

Begin your morning routine with the skin bathing step. Immerse a bathing cloth in warm water, lightly wring it out and press to the skin for five deep breaths. Repeat this step three times. Deep breathing will put your body into the parasympathetic nervous system, which is your rest and repair mode. This soothing routine is a moment of self-care in your busy day, so relax and enjoy the slow pace. And remember, while you are calming your nervous system down, your skin is drinking in all that precious moisture.

Next, dispense one pump of the soothing serum onto your

fingertips and gently massage the serum into the skin. Make sure you apply it straight away while your skin is still damp. Every moment matters. Allowing your skin to dry out will make your skin even dryer than if you had not bathed your skin in the first place.

After applying the serum, immediately dispense one pump of the soothing oil onto your fingertips and gently massage it into the skin. This replenishing oil seals in the plant actives and hydration. This activates enzyme action in the epidermis and enables the skin to hold onto moisture throughout the day.

In the evening, we begin by cleansing the skin. In this routine the Soothing Oil is used as both a cleanser and as a moisturiser. This might take a bit of getting used to but even the gentlest of cleansers will be too stripping and active for sensitised skin. The Graces Soothing Oil contains plant oils that can effectively cleanse the skin without irritating it. To cleanse, dampen the skin, apply one pump of soothing oil to the fingertips, massage it into the skin and then very gently wipe it off with a warm, damp cloth. Repeat this step if you are removing heavy make-up, otherwise a single cleanse should be enough.

If the skin is very irritated, even a soft cloth may be too abrasive for the skin. In this case, damp cotton wool is a good alternative. Dip cotton wool in warm water and lightly squeeze it out. Apply one pump of Soothing Oil to the cotton wool and use it to gently cleanse the face. Continue the rest of the evening routine as per the morning routine. Bathe the skin with warm water three times, taking five deep, slow breaths each time. This is a lovely way to slow down just before you go to bed. Next, gently massage one pump of the Soothing Serum into your skin, while the skin is still damp. And finally, massage one pump of the Soothing Oil into the skin to seal in the hydration.

Skin bathing is a vital part of the Skin Soothing Routine. It brings out the best in the soothing products and in your skin. The skin can hold onto topical hydration for only 12 hours and then it is thirsty for more. This is why we bathe the skin morning and evening. In extreme cases of eczema or rosacea, the client may even need to repeat this routine in the middle of the day. This counteracts the extreme dryness of the skin. As the skin heals, it will hold moisture better, and bathing the skin twice a day should be enough.

Now, I need to tell you something important. I have just introduced you to the full soothing routine, but for the first week or two, your client should leave out the soothing serum step and just use the soothing oil. This is because sensitised skin is highly reactive, and it is best to introduce just one product at a time. This allows you to identify if the skin is receptive to the product or if it is too challenging at that time.

Begin by asking your client to bathe the skin and apply the facial oil in the morning. In the evening, they would cleanse with the oil, bathe the skin and then apply the oil again as a moisturiser. The oil is very gentle, and it is unlikely that their skin will react to this routine. After a week or two you can introduce them to the serum and ask them to do the complete routine. If your client reacts to the serum, it just means that their skin is not yet strong enough for the plant medicine it contains. In that case, they can simply return to the soothing oil routine that you know is supportive. This is the skin's safe place. After several weeks, you can try them again on the serum.

To finish this section, let's recap some of the skin benefits of using The Graces Soothing Duo and The Graces Soothing Routine. When done faithfully, morning and evening, the Soothing routine calms reactive and sensitised skin, gently hydrates dry, tight skin, helps the skin to repair its natural protective barrier, nurtures the skin without overstimulating it, strengthens skin and builds resilience, soothes and smoothes skin, softens wrinkles and fine lines and fosters a healthy glow. Next, I'd look to talk about how you can support your client to rebuild their skin barrier internally.

Topical skincare remedies are vital when it comes to healing sensitised skin. But as you know, they are only half the story. Skin barrier issues also reflect nutrient deficiencies and food sensitivities. Healing skin disorders from within will require skin nutrition support, supplementation and dietary and lifestyle changes. As you can imagine, learning how to coach someone through this process is a big learning journey for any therapist. It's too big a topic for us to do justice to in this video, but we want you to understand that working from within is a big piece of the puzzle.

Holistic strategies will fast track your client's skin healing journey and increase their overall wellbeing. It's a really important part of rebuilding a healthy skin barrier. Please contact us ([hello@bestowbeauty.com](mailto:hello@bestowbeauty.com)) to find out what learning opportunities we currently have available to help you up-skill in this area. Before we go, let's look at a couple of questions you might have.

How long should clients stay on The Graces Soothing Duo for? Clients should use the Soothing Duo exclusively for a minimum of three months. They may need to use it for longer if the skin is particularly damaged or if your client is unable to implement all of your nutritional and lifestyle recommendations.

What products should my client use once their skin barrier has healed? You will be able to tell when your client's skin barrier has repaired and strengthened. The redness will have calmed. Instead of being tight and dry, skin will be soft and plump to touch. Blemishes and inflammation will be visibly improved. At this point, your client needs good quality, pure products to continue their journey to healthy skin. By all means, try them out on your preferred skincare range, introducing just one product at a time. If your client's skin is not happy with any product it will tell you! If their skin reacts, get them back on the Soothing Duo until their skin recovers. You can then try again with another product.

Personally, I am passionate about Janesce skincare, an organic, botanical skincare range. The wisdom that I'm sharing in this university I originally learnt from the founder of Janesce Skincare over 20 years ago. Jan Sarre-Smith is a pioneer in the wellness movement, and she has always stressed the importance of protecting and strengthening the skin barrier. You will no doubt have your own skincare ranges that you know and love.

Once a healthy skin barrier is well established, The Graces Nourishing Oil can also be a good option to try. It contains 12 botanical oils, which are very nourishing and more active than the Soothing Oil. It will often take up to a year for a sensitised skin to be strong enough to use the Nourishing Oil.

We are initially releasing The Graces Soothing Duo as a prescription-only option. This means that we won't be advertising them on social media and your clients won't be able to buy it off the shelf without your recommendation. Because these products are a first-aid skin remedy, it is our intention that they will be prescribed by a Bestow therapist who can monitor their client's journey. You will learn a lot by accompanying these clients on their skin journey and we would love to support you along the way. If you have any questions you can contact us directly on [hello@bestowbeauty.com](mailto:hello@bestowbeauty.com).

I hope that by now you feel you have the confidence and the tools to be able to help anyone who walks through your door, no matter how sensitised their skin may be. The best learning comes from putting this new topical knowledge into practice. We look forward to hearing your success stories and celebrating your client's skin healing journeys.



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