



Looking after your skin

Did you know?

Skin is the human body's largest organ, and adults carry approximately 3.5kg of it. Our skin is a waterproof, insulating shield which protects us against high temperatures, UV light, and other harmful chemicals. It may not seem like it, but skin is the best barrier your body has to protect itself from infection.

We need to take care of it, and there are some simple things you can do daily to keep your skin healthy and functioning well.

- ▶ Stay hydrated - wrinkles develop more easily and sink deeper if your skin is dehydrated. Try to drink plenty of water and use moisturiser each day.
- ▶ Change pillow cases at least once per week – your skin cells shed daily, and your pillow case will capture this each night. Try to change your pillow case often so you can rest in a clean and comfortable space.
- ▶ Wear sunscreen every day and apply 15 minutes before going out – choose broad-spectrum UVA/UVB protection, even in winter. UV exposure occurs all year round.



DIY 'home remedy' hacks to avoid

- ⊘ **Lemon juice:** It may have citric acid, but it's too acidic and can cause dark spots to appear after sun exposure. It can also dry and irritate your skin.
- ⊘ **Baking soda:** At a pH level of 8, baking soda will stress your skin, significantly decrease your skin's water content, and cause dry skin.
- ⊘ **Garlic:** In raw form, garlic can cause skin allergies, eczema, skin inflammation, and watery blisters.

- ⊘ **Toothpaste:** The ingredients in toothpaste may kill germs and absorb oil, but they can also dry out or irritate your skin.
- ⊘ **Sugar:** As an exfoliant, sugar is too harsh for the skin on your face.
- ⊘ **Vitamin E:** Topical application of vitamin E can irritate your skin and is not proven to improve scar appearance.

If you have ongoing skin issues or conditions, speak to your GP or a dermatologist to help create a treatment plan suitable for you.

Plants and your wellbeing

Imagine a setting of complete relaxation and calm. Do you envisage a place surrounded by nature? Whether it be the beach, forest, mountains, bush, or the ocean, humans are connected to nature. We seek it out on our holidays, walks, and in our homes.

Recent research from the University of Melbourne and RMIT (for a new virtual reality app, Plant Life Balance) shows how plants can make a room, and the people living inside it, healthier. They found that having five indoor plants in the home can dramatically boost air quality and mental wellbeing. When we are near plants, our brains are more relaxed and able to think and communicate more clearly.

Current estimates indicate urban dwellers spend 90 per cent of their time in indoor environments – resulting in a high level of exposure to indoor contaminant compounds. Those compounds, found in carpets, paint, and furniture, can have a negative impact on productivity, mood, and allergies.

Improving air quality is as simple as having some low maintenance/resilient plants in your home or workspace. One medium sized plant in a medium sized room could make a 25% difference in absorbing toxins from the air. With ongoing COVID restrictions in Australia, we are spending more time in our home than ever before, so why not improve your green thumb and your wellbeing.

Chocolate coconut energy balls

Total time: 20 mins

Enjoy this as a daily snack or to curb those winter cravings.

Ingredients

- ▶ 1 cup raw almonds
- ▶ 15 medjool dates, pitted
- ▶ 1/2 cup unsweetened cocoa powder
- ▶ 1/3 cup unsweetened shredded coconut
- ▶ 1 teaspoon vanilla
- ▶ 1/4 cup mini chocolate chips

Method

- ▶ First, place almonds into a food processor and process on high until you've created a fine almond meal.
- ▶ Add the rest of the ingredients to the food processor and process on high until everything is combined.
- ▶ Scoop a tablespoon of dough into your hands and roll into a ball. Roll the ball in shredded coconut and place on a baking sheet. Repeat until dough is gone.
- ▶ Place baking sheet in the freezer for 10-15 minutes and then enjoy!

Tips:

- ▶ Don't blend almonds too long or they'll turn to nut butter.
- ▶ Add water to the mixture to reduce stickiness when rolling into balls.



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