

Personal Skin Rescue Cream

Picture: Family 'pots' of Personal Skin Rescue Cream



I had always admired my friend whose skin was in beautiful condition even though she spent a lot of time in the sun. On writing retreat visits, I noticed that she put coconut milk, avocado, or aloe vera leaf gel (actually, almost any juicy fruit) over her skin anywhere that was not covered with clothing.

At first this habit seemed weird. Until one day she rubbed avocado over my skin before we played in the ocean like a pair of mermaids. The feel of my skin in the water and refreshed texture afterwards were unexpected—and soothingly lovely. It was then that I realised she had discovered and taught me another secret about nurturing skin health.

We made blends of coconut milk, aloe vera and avocado and stored it in the fridge between uses. We used our own small pot of the blend even after it became activated like yoghurt and slightly brown. It still felt to be a nurturing and soothing food for the skin; our largest organ.

Daily use all over my skin after a shower has helped my skin feel better; less dry. My skin has become comfortable and softer as some spots and bumps smoothed or faded over time. Skin blush from too much time unprotected under brilliant blue skies quickly soothed when the cream was smoothed on. Best of all, the terrible itching and dryness I used to feel during cold winters after a shower has abated with regular use—hence the name of Skin Rescue Cream; used externally.

Because I enjoy aroma, and believe essential oils can be beneficial, I often add (YL) Young Living™ Cypress, Frankincense, & Cedarwood, and occasionally other favourites. This has become a recipe used by family and friends.

I discovered that using a LS – 658 LadyShip organic nutrient essence extractor allowed the skin nutrient blend, or Personal Skin Rescue Cream, to keep adequately in the fridge for three weeks. Although I had used other mixers, I have found LadyShip to produce the best results for me.

I use LadyShip to make raw nutrient soups and green smoothies—nutrients for internal health and general wellbeing—including skin. The foods are very smooth and keep well in the fridge.

I thank my friend for sharing the gift that came from her own *inner knowing*, and for her willingness for me to pass this idea on as a gift offered to those who visit the website. My friend is also passionate about birth and the wellbeing of family and community. Enjoy this gift that comes from a friend who is family—a sister of the heart.

<p>Ingredients: 1 ripe avocado 1 tin of coconut milk or cream with no additives 1 whole small aloe vera leaf</p> <p>Without LadyShip, make small amounts more often: i.e. close to equal parts avocado and coconut milk with a <i>small</i> amount of aloe vera leaf. Too much aloe makes the blend too runny.</p>	<p>Essential oil options that we use: 5 - 10 drops YL Cedarwood 3-5 drops YL Frankincense 3-5 drops YL Cypress Other favourites</p> <p>WE add a tiny bit of honey to a small amount of the blend for an extra sense of tone and soothing benefit to an area of skin that we feel may be helped.</p>
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Method:

Place all ingredients into LadyShip. Pulse thoroughly several times, then set onto Auto. Store Personal Skin Rescue Cream in small containers. We use a different size or colour for each family member and store in the fridge between applications. Young Living is a referral company. If you do not already have a Young Living enroller/sponsor, and want your own wholesale account, you are welcome to join this 'wisdom of oils' family by using ID 950837 as enroller and sponsor. Proceeds donated to Way of Sacred Birth, as with LadyShip which is available to Australia N.Z. customers. <https://www.ladyship.com.au/partners/sites/affiliates/55d677d582e0e/>

How we use Personal Skin Rescue Cream:

After a shower, smooth all over the skin. Or use several times a day for extra soothing benefit on location of choice; in cases of older skin (like mine 😊), too much fun in the wind or sun, or when skin has had minor unexpected close encounters with surfaces, objects or small living things. My skin feels generally replenished with daily use—it took time to show benefits. Discover your own personal skin rescue wonders.

www.wayofsacredbirth.org

"Put love back into life and living. Transform 'scared' to 'sacred'."