



Wellness & Skin: How Supporting Your Mind and Body Reflects on Your Face

By Laura Hunnewell

Have you noticed how refreshed you look after an outdoor trip, a spa getaway or a few peaceful days by the lake? Your skin appears brighter, and you return with a healthy glow.

It's not just your imagination. When you unplug and let go of everyday stressors, your body responds. Your skin does, too. There's a real connection between how we feel on the inside and how we look on the outside. Stress, overthinking, and sensory overload can lead to dullness, breakouts, and inflammation. But when we slow down and nourish both mind and body, our skin often thanks us.

THE BEAUTY OF ROUTINE (AND WHY RUSHING DOESN'T WORK)

Let's be honest: rushing through your skincare routine on autopilot doesn't do you- or your skin any favors. Establishing a thoughtful, consistent routine gives your

products the chance to work the way they should, and your skin will benefit from this greatly.

MORNING: PROTECT & DEFEND

Start your day with antioxidant-rich protection. **Rare C Serum** is packed with powerful ingredients that neutralize free radicals and shield your skin from environmental stressors like pollution and UV damage. It's your skin's first line of defense during the most exposed hours of the day. Additionally, it helps brighten the complexion and helps boost a youthful radiance.



EVENING: RESTORE & REPLENISH

Nighttime is when your skin naturally enters repair mode. Support that process with soothing, nutrient-dense products:

- Try a light application of **Soothe Essence Serum** which naturally reduces redness blended with **Hush Hydrate Gel** for calming overnight hydration.
- For regenerative night renewal, reach for **Saffron Meristem Cream** with a drop of **Remedy Rehab Oil** to lock in moisture and revitalize dull and dehydrated skin.

Ingredients like plant stem cells work wonders while you sleep, helping to regenerate skin at a deeper level. The meristem cell extract in the saffron cream has natural anti-inflammatory properties, too. Skincare doesn't have to be complicated. It just needs to be consistent.

LESS IS MORE: CREATING A HOME RITUAL

Can't sneak away to the mountains or book a spa day? You can still treat your skin (and yourself) to some well-deserved calm in the comfort of your home. Start with the basics:

- Cleanse gently and effectively with **Quiet Wash**.



- Apply a mask depending on your skin's needs: **Berry Boost Mask** to brighten and refresh or **Charcoal Clarifying Mask** to promote detoxification and balance.
- Finish with a serum, hydrating cream or facial oil.
- Don't neglect the delicate eye area. Try a small facial massage tool to work the cream gently around your eye area and help to reduce puffiness. **Eye Mousse** helps to smooth out lines, reduce dark circles and gently hydrate.
- Add an outer glow with **Brilliant Eye & Lip Serum** to seal in moisture, firm and protect.

This time is just for you. Light a candle and play some comforting music. Add an intention or phrase to your relaxation such as the simple words: breathe in - let, breathe out - go.



LEARN FROM NATURE

There is something beautifully grounding about walking through a field of wildflowers. You pause, notice and are made aware of what surrounds you. Should your travels take you to an area where you might see a bright yellow arnica flower - and realize that's the same botanical extract in your favorite anti-inflammatory gel you apply to bruises, bug bites or sprains - pause and try to appreciate the wonder of it!

When you notice where your ingredients come from and how they support you - it becomes more than skincare. It becomes self-care.

So, next time you get that *"You look amazing!"* comment, think back. Maybe it wasn't just your moisturizer. Maybe it was extra sleep you allowed yourself. The journey you made, the sacrifices you took to take that trip you dreamed about! Your glow comes from all of it.

Try to stay present and listen to your body. Consider saying no to things you simply don't have the energy for.

Love each day, appreciate the small things and take care of you.



SUPPORT FROM THE INSIDE OUT

Skincare isn't just what we apply, it's what we do. Small calming rituals throughout the day support your nervous system and, in turn, your skin.

- Sip peppermint or chamomile herbal tea.
- Add a few drops of lavender essential oil to your pillow.
- Keep a calming amethyst crystal near your bed.
- Try keeping a clear quartz wand at your desk for focus or to hold while concentrating on a project.

Ready to build your own skin-wellness ritual? Explore the full Hale & Hush collection - designed to protect, calm, and support sensitive skin, inside and out.



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