



Top Tips for Real Skin Radiance!

Who doesn't want beautiful skin? It's the first thing we present to the world. I had a friend who always said, "Skin is *the most important thing*. If your skin looks good, you look good. Period." A sweeping statement but in many ways true. Skin after all reflects the state of our inner and outer health. And, skin that functions well reflects light and has a luminous radiant quality that no makeup can replicate. So how to get more beautiful skin? My inbox is flooded daily by beauty articles with titles like: Luminous Skin On Speed dial. And Look Radiant Now! When temptation gets the best of me and I open one, I am always disappointed because they usually direct me to quick but temporary and fleeting fixes. The thing is ...I AM GOING TO BE WEARING MY SKIN THE REST OF MY LIFE so I want practices and products that really work to lay the foundation for true skin health. I'm not interested in paying big bucks for products that simply cover up flaws! Even worse, many of the products that popular beauty "experts" recommend are laden with chemicals or contain pore suffocating ingredients. Definitely not the way to long term Real Skin Radiance!

So here are 7 Top Tips for Real Skin Radiance!

1. First, don't worry about your skin being less than radiant right this moment! When we're worrying we are not being proactive; we are waiting for our worst fears to materialize! The first rule of radiance is to remember that only when we *feel* good can we look good. This means to take time to do things that make us happy. Being creative, being around kids, dancing, laughing with friends, whatever floats our happiness boat will work. Of course, a daily Kundalini Yoga practice will keep happy vibes on high. Our daily practice is an on-the-spot life guard when life currents carry us into deep water. Get onto your magic mat. Your practice will wash away your worries and ratchet up your radiance!

Ravi taught Kundalini Yoga to the actress Liv Ullman when she was in her 40's. She reported that each time she did Kundalini Yoga she would get compliments on her youthfulness. She attributed her Kundalini Yoga practice with getting more acting work!

2. Recognize the unique needs of your skin with each new day. Have you ever noticed your body is different every day? Sometimes we have lots of energy, sometimes less, sometimes we are feeling flexible and sometimes tight. Based on how we feel, we pick the most appropriate workout to bring our body back to balance. It's the same with our skin, so why use the same beauty routine every day? Sometimes we sleep less. Sometimes we sweat more. Sometimes we are stressed, sometimes not. Sometimes we wear makeup and sometimes we don't. Consider keeping a couple different cleansers on hand, a deeper cleansing version and a very light foaming one. A couple different masks are also great to have on hand. One with natural exfoliants, maybe a clay one to draw out pollution and impurities, or a hydrating mask if your skin's feeling thirsty. An important addition to your beauty routine that helps all the concerns above is drinking plenty of filtered water to stay hydrated. Hydrated skin is plumper, smoother and reflects light more readily.

3. Kundalini is the Yoga of Awareness so trust your ability to discern whether or not a certain product works for you. Make sure it works over the long haul and not just temporarily, because quick fix ingredients can create more problems than they solve! Read labels and remember your skin is a living breathing thing that is interacting with its environments all day. It's not working just as a barrier. It absorbs much of what you feed it topically! As an example consider how quickly a person's skin can absorb nicotine patches or hormonal creams.

4. Consider NOT using a moisturizer over night every so often. I know, I KNOW, this is shocking. It's beauty blasphemy! We have been told over and over to moisturize, moisturize, moisturize! Even if skin is oily we are told-MOISTURIZE! But if you haven't worn much on your skin that day, and don't have be aggressive removing products, your face isn't stripped and you can skip the moisturizer once in awhile. Our skin likes to do what its made to do and that is to recalibrate on its own. If you are dry you may feel tight for 15 minutes or so, but then your skin will start to produce its own oil and soften up. Your skin will thank you in the morning by producing its own radiant glow!

5. Kundalini Yoga allows us to go more than skin deep. Not only does Kundalini Yoga flood our bodies with feel good things which is an immediate uplift for skin, but it also gets our blood pumping and our muscles working. Do your practice vigorously and break a sweat. This is wonderful for skin. Yogi Bhajan recommended that a woman break a sweat daily for glandular health which translates as healthy glow and a youthful appearance.

Do you know how you get a little lift when someone gives you a compliment? It's because you are being reflected back to you positively. Well, when we practice Kundalini Yoga, the Universe gives us a compliment. There's no better kind!

6. But don't sweat the small stuff! Accept your little imperfections. If only we all realized that it's actually the flaws that make any beauty fascinating! Have you ever noticed that when women want to look their absolute best for their big day they never quite look as good as they do in their more natural state. They over curl, over spray, over powder, over fuss, and over stress and the end result is a little like a bad prom photo! The moral is less is more, and keeping it at least somewhat real. Forget about being perfect every day of your life. I know of one woman who is a natural radiant beauty but seems to love the big eyebrow trend and has decided to have the thickest by drawing two thick furry black caterpillars across her forehead. She likes fair skin so she has made her natural golden skin the whitest white she can with her makeup. She loves dark hair and so has decided to have the blackest of anyone. Goth is great, but it wasn't what she was going for!

7. Rest and be blessed. Ever notice that your skin looks plumpest and freshest first thing in the morning? It's the overnight repair work skin does so well when we allow ourselves to truly do nothing. Meditation is even better than sleep because it puts us immediately in healing mode and gives us an **even deeper form of rest**. Meditate. Zen you will be radiant!