

YOUR HEALTH



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The Mask Of Zorro

Submitted by Alice Sevivas, LMT
M.Y. Bodyoga

As a young girl growing up, I experienced many holistic home remedies and natural beauty concoctions right in my own kitchen. I can remember mom boiling a couple anise seeds with a dash of sugar into a comforting tea for my bellyache. Breathing in a eucalyptus steam when I had a stuffy nose brings back memories.

Later in life, I was taught that pure essential oils have many health benefits. I, as well as many others, believe they do. Essential oils are extracted from certain varieties of herbs, shrubs, trees, grasses, and flowers. A couple drops on the skin, steam inhalation, or taken orally, the oil can penetrate into the bloodstream and the effect on the body can last up to three hours.

This process may play a role in bringing oxygen and nutrients to the tissues while possibly assisting in the efficient disposal of carbon dioxide and other waste products that are produced by cell metabolism.

Lavender is a common oil which people all over the world believe may stimulate the immune system. Lavender oil is thought by some people to be a natural antibiotic and antiseptic, effective for burns, scalds, cuts and scrapes, encouraging cells of a wound to regenerate more quickly.

Living off the earth can allow the

convenience of walking into your backyard or mini-garden pots in your home to grab an herb or vegetable for a home cooked meal. We raised our own chickens and used the organic eggs for our morning breakfast and an occasional facial.

Strawberries are a great pick in the summer for a smoothie, not to mention, a strawberry mashed mask. Rich in salicylic acid this exfoliating face or body mask will serve to remove dead skin cells allowing the skin to breathe and absorb moisture more efficiently.

With hot summer days came sunburns. Mom's aloe vera plants had a gel like substance in every leaf that soothed our sun burned skin. Legend has it that Cleopatra massaged fresh aloe gel into her skin every day to preserve her beauty.

Beauty at home takes some planning and discipline. Occasionally, I run for cover as the doorbell rings. Yikes, the fear of being seen with a green face and my hair lathered in a natural yogurt conditioner. I'm incapable of moving a single muscle in my face because of the clay mask that has taken over. I have been running around like the Masked Zorro.

Beauty truly begins from the inside and then out. A healthy diet, enough sleep, and at least eight, 8-ounce glasses of water per day will encourage nourishment, repair to the body and toxin removal. Cleopatra made it look so easy, so they say...