

Lucky's Market

QUIZ: Test Your Iron Smarts ///  
Making Sense of NATURAL SUNSCREENS

# Health & Happiness

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A HOLISTIC DOC'S ADVICE ON

## HEALTHY AGING FOR WOMEN

3 HERBS FOR  
ECZEMA with  
SKIN-CLEARING  
POWERS

plus

FEEL MORE ALIVE  
WITH AYURVEDA

The No. 1  
Cause of  
THYROID  
PROBLEMS  
P. 10

taking magnesium?

HERE'S WHAT  
YOU NEED  
TO KNOW

Make Your Own  
Rosehip & Argan  
Face Serum with  
Essential Oils!  
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# get your glow on

Many essential oils have that magical quality of hydrating skin and promoting the healing process

Use the following guide to find the best essential oils for your skin type. It's easy to incorporate them into your daily routine—simply add a few drops into a dollop of your favorite moisturizer or other skin care products.

## All Skin Types

**Wild carrot seed:** Also known as Queen Anne's lace, wild carrot seed is rich in vitamin A and antioxidants, both of which can help battle free radicals that sap moisture from the skin and cause dryness and wrinkles.

**Geranium + Lavender:** Geranium essential oil helps decongest pores. When combined with lavender, geranium helps soothe irritations, support a healthy outer dermis, and restore a glow to tired skin.

## Oily Skin

**Bergamot + Cedarwood + Lemon + Tea Tree + Geranium:** All of these essential oils offer antifungal, antiseptic, and antibacterial properties to treat pesky skin eruptions, calm inflammation, and help regulate excess sebum production. The scent of tea tree is slightly medicinal, but it can be a savior for problem skin. Dot blemishes with a drop of tea tree essential oil for fast results. Offset tea tree's strong scent with the rich, woody scent of cedarwood and the fresh scents of bergamot and lemon,

which offer uplifting citrus aromas. Geranium essential oil helps clear up blemishes and speed healing of acne scars. Use it with a carrier oil, or add it to your favorite moisturizer.

You may be thinking, oils for oily skin? Definitely! As counterintuitive as it sounds, the right oils can help stabilize, heal, and protect skin congested from an imbalance in natural oils or irritated by acne treatments. The key is a light touch—and consistent use.

## Dry Skin

**Cucumber Seed + Helichrysum + Frankincense:** An anti-aging blend for dry and maturing skin starts with the aroma of just-sliced cucumbers. Cucumber seed oil offers omega-6 fatty acids, which moisturize skin, soothe dermal irritations, and speed skin cell regeneration. Add on the powerhouse oils helichrysum and frankincense for relief from redness and dry patches, and to boost skin's elasticity and firmness.

## Skin Revitalizing Trick

Try this simple anti-aging treatment for radiant-looking skin: Blend equal parts of rosehip and argan oils with four to five drops of essential oils per ounce of oil. (Use the essential oils suggested here for your skin type.) This vitamin-packed combination makes the perfect base for any skin type, and it can help improve your skin tone. Rosehip oil, harvested from the seeds of the wild rose bush, is a natural antioxidant. It's chock-full of essential fatty acids, which help bolster aging tissue and keep skin looking youthful. Argan oil's skin-protective properties include squalene, a moisturizing components produced by human skin cells.



## Aura Cacia Lavender Essential Oil



This pure, unadulterated essential oil is obtained by steam distillation of fresh flowering tops. It contains no artificial ingredients and is never tested on animals.

## MyChelle NEW Discovery Kit

Discover the beauty of natural skin care with this collection of top-selling and award-winning products, including Refining Sugar Cleanser, Perfect C Serum, and Sun Shield SPF 28.



## NOW Solutions Let There Be Peace and Quiet Kit



This soothing oil kit includes peppermint, eucalyptus, and lavender, plus a Peaceful Sleep blend.

## SpaRoom NEW AromaScape Diffuser

Crafted from bamboo and hand-blown glass, this diffuser provides up to 8 hours of continuous aromatherapy.

