

# WHAT IS YOUR SKIN TELLING YOU?

## Skin Concern

- Acne
- Discoloration
- Dry, flaky, wrinkly
- Itchy
- Small bumps
- Thin & sensitive
- Weeping

## Root Issues

- Bacteria & hormonal imbalance. Lack of self-love & acceptance.
- Fungus causing inflammation. Allowing negative energy in and not letting go of it quickly.
- Dehydration & Nutritional deficiencies. Not accepting & receiving nurturing energies of love
- Gut & Organ. Irritations & intolerance. Not owning one's power. Undefined boundaries.
- Fungus & hormonal imbalance. Allowing negative energy in and not letting go of it quickly. Lack self-awareness.
- Nutritional deficiencies. Not accepting & receiving nurturing energies of love. Undefined boundaries.
- Infections. Fear, victim, defenseless, feeling unsafe, weak, powerless and allowing negative energies in.

## Suggested Solutions

- Cleanse internally with good nutrition & essential oils. Develop self-love & self-worth.
- Cleanse internally with good nutrition & essential oils. Forgive self & others. Surrender need to control.
- Use quality supplements, increase intake of omega oils and water. Allow self to receive love and care.
- Cleanse internally with good nutrition & essential oils. Defined boundaries.
- Cleanse internally with good nutrition & essential oils. Work on self-awareness & love. Forgive. Tolerance.
- Cleanse internally with good nutrition & essential oils. Choose joy & happiness. Focus on positivity & love. Create healthy boundaries.
- Cleanse internally with good nutrition & essential oils. Use protective oils. Create belief of being safe & loved.