

Pumpkin

by Dasha Saian



We may often take the humble pumpkin for granted, but did you know that autumn's generous gift is a real miracle for our skin? It is an excellent source of antioxidants, vitamins, and essential elements the skin needs. Pumpkin is not just for carving and eating - it makes for a wonderful facial or body mask! All parts of the pumpkin, including seeds, can be used in creating amazing skin care products. Pumpkin masks and peels are always a popular choice for many aestheticians, because of their amazing exfoliating properties and creamy pleasant texture. It is no wonder that November's holiday treatments always include this deliciously fragrant gourd. Enzymes and alpha-hydroxy acids in pumpkin exfoliate dead skin cells while promoting skin repair and cell-turnover. A pumpkin mask or peel cleanses, conditions, and moisturizes while helping to firm the skin.

From a nutritional standpoint, just an ounce of pumpkin seeds contain 4.2 mg iron, which helps fight lead-poisoning, and as little as a half cup of canned pumpkin is rich in potassium, vitamins C, B1, B2, B5, E, and has 953mg of vitamin A! That vitamin A comes in the form of immune-boosting beta carotene. The name beta-carotene is derived from the Latin name for carrot, and it gives yellow and orange fruits and vegetables, such as pumpkin, their rich hues. Like all other carotenoids, beta-carotene in pumpkin is an antioxidant which protects the body from damaging molecules called free radicals.

Dermatologists use beta-carotene for its ability to increase cell turn-over and regeneration in the outer layers of the skin, making it effective for diseases and skin conditions related to epithelium damage. Research suggests that taking high doses of beta-carotene internally may decrease sun-sensitivity. People with erythropoietic protoporphyria, a rare genetic condition that causes painful sun sensitivity as well as liver problems, are often treated with beta-carotene to reduce sun sensitivity. A combination of antioxidants may help protect the skin against the sun's ultraviolet radiation. Long-term supplementation with beta-carotene may reduce UV induced skin redness, and appears to slightly reduce the risk of sunburn in individuals who are sensitive to sun exposure.

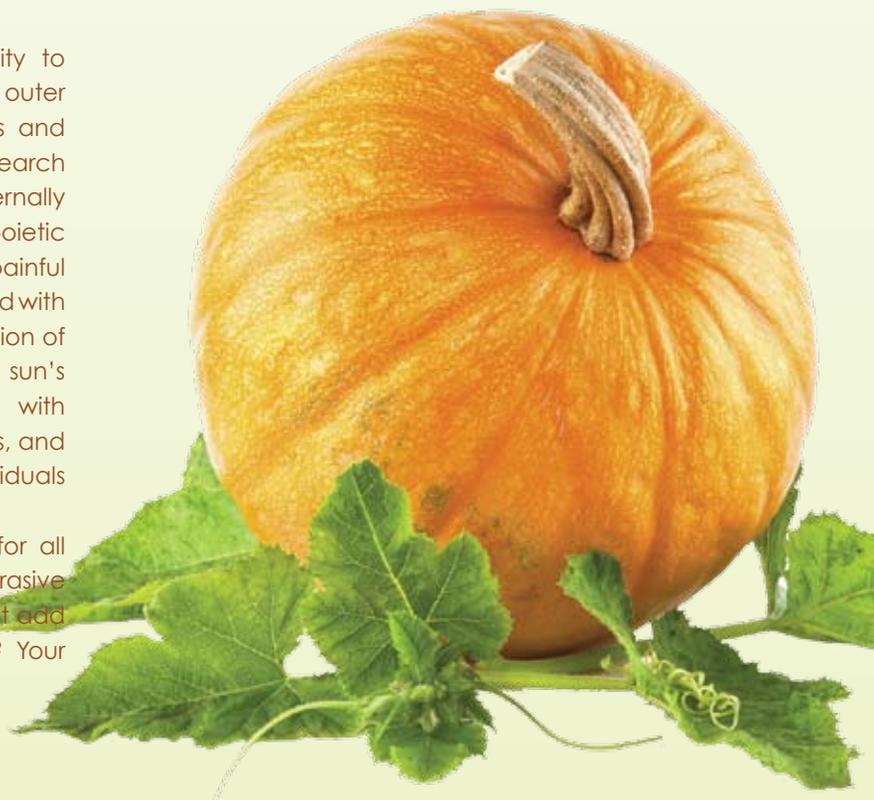
As you see, pumpkin is an excellent choice for all skin types. It nourishes the skin, provides a non-abrasive exfoliation, and makes skin baby-smooth. So why not add a pumpkin mask to your treatment menu today? Your clients will love you for it!



Facts about pumpkins...



- Pumpkins contain potassium and vitamin A.
- Pumpkins are 90 percent water.
- A pumpkin is really a squash. It is a member of the Cucurbita family which includes squash and cucumbers.
- Pumpkin seeds are considered a super food for the male system.
- Pumpkin seeds are also considered a great solution to increase and re-build energy. Try eating ¼ to ½ cup daily by sprinkling on salads or soups, using in a trail mix, or as a snack by itself.
- Pumpkin seeds when ingested help maintain prostate health and are a great zinc supplement.
- Native Americans used pumpkin seeds for food and medicine.
- Pumpkins were once recommended for removing freckles and curing snake bites.
- Pumpkins are a fruit and their flowers are edible.





Pumpkin Facial Mask Recipes

If you are looking for a way to use leftover pumpkin and you do not want to make a pie, there is an option you may not have considered, making a pumpkin facial mask. Varieties of the recipe are available for regular, oily, or dry skin – all depending on the secondary ingredients that you add to the mask. Pumpkins are rich in vitamin A and C, as well as zinc, making pumpkin a good choice for promoting healing and moisture.

General Pumpkin Facial Mask Recipe

Ingredients Needed:

- 2 cups fresh cooked pumpkin (pureed)
- 4 tbsp. unflavored yogurt
- 4 tbsp. honey
- 1 tsp. pumpkin pie spice

Mix 2 cups pureed cooked, fresh pumpkin or canned pumpkin, 4 tbsp. unflavored yogurt, 4 tbsp. honey, and 1 tsp. pumpkin pie spice to make the mask. Spread on the face and allow it to sit for about 10 minutes. Rinse off with water. This recipe is for a general facial mask, suitable for most types of skin. The finished mask has both a good taste and smells like pumpkin pie. The recipe has a high yield and leftover mask should be stored in the refrigerator.

Exfoliating Pumpkin Facial Mask Recipe

Ingredients Needed:

- 12 almonds (ground)
- 1 cup fresh pumpkin (pureed)
- ¼ cup honey
- 1/8 tsp. olive oil

Grind 12 almonds up into a fairly fine powder. Mix the ground almonds into 1 cup pureed pumpkin, either cooked fresh pumpkin or canned, 1/4 cup honey, and 1/8 tsp. olive oil. To use the mask, spread a thin layer on the face and allow it to sit for about five minutes. Rinse off with water. To store leftover mask... seal tightly in container and store in the refrigerator.

Copyright© eHow™, Inc. 

LYPO-1000 Vacuum Therapy

A unique radial endodermo system based on intermittent vacuum
Improves microcirculation and stretches the connective tissues
A variety of radial applicators for highly efficient body and facial treatments



Circle Reply No. 134



- * Reduces the appearance of Cellulite
- * Eliminate toxins
- * Reshapes the body
- * Revascularizes connective tissue
- * Facial attachments for of wrinkles, post surgical scars and eye puffiness
- * Drain and stimulate aching muscles to accelerate recuperation after exercise



Financing Available!

877-355-6089
www.spaproconsulting.com