



The Edible Beauty Calm Skin Guide

You Inside-out Plan for
Managing Sensitive skin

EDIBLE BEAUTY
AUSTRALIA



If you experience redness-related skin issues, rest assured that you are not alone and there are ways to treat it naturally. Redness is a common complexion concern and for many, this daily battle with flushing and irritation can be extremely frustrating; not to mention take a toll on self-confidence. Common triggers include stress, the wrong beauty products, genetics, weather, diet and lifestyle factors. Tailoring an inside-out approach to address the causes is an important part of treating symptoms.

This guide takes a holistic approach to correcting redness, by addressing both the topical and internal underlying issues. The beauty of this regimen is that it won't take long for you to reap the rewards. You can expect clearer, more even skin with less incidences of flushing and irritation in as little as two weeks.

Here's your comprehensive inside-out guide to combating redness:



Outside

Stage 1:

When it comes to topical treatments, the first goal is to reduce irritation, soothe inflammation and protect against environmental aggressors using a gentle skincare regime with minimal products.

- **Reduce irritation:** Often harsh formulas can cause irritation. Changing your face wash is the first step in calming a red, angry complexion. A mild milky cleanser that's "non-foaming" is essential, as it ensures that the skin is not stripped of its "acid-mantle," which acts as a barrier, protecting it from microbes and toxins that can trigger redness. Our *No.1 Belle Frais Cleansing Milk* is a gentle Coconut Oil-based emulsion containing soothing natural extracts such as Cucumber, Wattleseed and Zizyphus.



- **Soothe inflammation:** Soothing botanicals are your skin's new BFF. If fine lines are not a major concern, use our *& Soothing Nectar Hydrating Gel*. This aloe vera-based gel features a dream team of calming Chamomile and Cucumber, redness reducing Niacinamide (vitamin B3), antimicrobial Calendula, and reparative Gotu Kola. If fine lines are more of an issue, try our *No.3 Exotic Goddess Ageless Serum*. Antioxidant-rich Kakadu Plum does triple duties - soothing, healing and strengthening skin - while Hyaluronic Acid lends its hydrating and plumping properties. It also contains Gallic Acid, a natural anti-inflammatory ingredient, which helps to quell redness and irritation.
- **Protect:** Using a nourishing moisturiser with soothing botanicals, both morning and night, works to boost barrier function, providing protection against potential sources of external irritation. For night time protection, hydrate and nourish your skin with *& Coco Bliss Intensive Repair*. Shea and Cocoa Butter work to intensely hydrate, soften and nourish the skin whilst B vitamins encourage more youthful looking and visibly even skin tone and texture. Anti-ageing Vitamin E, enhances the skin's natural healing process.
- **Strengthen:** Calm, restore and strengthen your skin's barrier with our *Probiotic Radiance Tonic*. Enriched with the live probiotic strain Lactobacillus Bulgaricus Ferment, this formula restores the skin's microbe balance, encouraging optimal skin health and resistance to acne breakouts, external aggressors and irritation. A burst of protective and hydrating action is provided by intensely nourishing Jojoba Milk and Birch Leaf offer a strong protective barrier and the bonus of instant skin tightening.

Stage 2:

Now that obvious signs of redness are under control, the aim is to reduce irritation permanently by strengthening the skin barrier to improve resilience and address the predisposition to redness and flushing.

- **Repair:** Our *& Coco Bliss Intensive Repair* is a nourishing night cream that utilizes Niacinamide (vitamin B3) to stabilises the epidermis and promotes protein synthesis, while Vitamin E enhances cellular repair and Cocoa Butter protects against environmental damage.
- **Control redness:** To further reduce redness and boost barrier function while you snooze, slather on an overnight mask like our *& Sleeping Beauty Purifying Mousse*. Healing Pink Clay, which works to purify, renew and improve elasticity, gets an assist from soothing Aloe Vera and anti-inflammatory Snowflower Seed Oil.
- **Strengthen skin barrier:** The outermost layer of your skin plays a crucial protective function, serving as a barrier to external aggressors (irritants, microorganisms, UV rays, etc) that can trigger redness. Powered by antioxidant-rich Edelweiss, Kakadu Plum and White Tea, our *No.3 Exotic Goddess Ageless Serum* enhances natural DNA protective actions, guarding against sun and free radical damage, while helping to reduce hypersensitivity.

Ingredients to Avoid

Sadly, in many cases, the products we use to combat our skin concerns can be the very cause of them. These are the topical ingredients sensitive and redness-prone complexions should avoid:

- **Synthetic fragrances:** Synthetic fragrances are a major source of irritation for most skin types and are shown to trigger redness and inflammation.
- **Sodium laureth sulfate:** Sodium laureth sulfate (commonly added to face wash to make it foam) is what gives skin that squeaky clean feeling. The issue is that it strips skin of its natural oils, making it extra sensitive and susceptible to redness and irritation.
- **Alcohol:** Alcohol is an active ingredient in cleansers, makeup removing wipes, acne treatments and more. The problem is that it breaks down the skin's natural protective barrier, leading to dryness and redness.
- **Preservatives:** The types of preservatives found in most beauty formulas, including parabens, ethylhexanol and even those claiming to be natural, are among the most common irritants. Instead, we use sodium anisate (derived from aniseed) and sodium levulinate (a cellulose starch) to keep our product stable.





Inside

Complexion woes are never just skin deep. Topicals alone won't fix the problem. What you eat plays a major role in establishing harmony from the inside, out. Here are a few naturopathic tips that will not only get your skin back on track, they will have you feeling energised and radiant!

- **Elimination diet:** Avoid citrus, cheese, nightshades, alcohol, chocolate, yeast and vinegar. These foods can cause histamine reaction, leading to dilated blood vessels, redness and irritation.
- **Increase fatty acids:** According to a study in the British Journal of Nutrition, foods rich in Omega-3 fatty acids may prevent skin reddening and scaling. Aim to have 2 tablespoons of flaxseed oil and 1 tablespoon of evening primrose oil daily. Adding avocado, walnuts and nuts and seeds to your diet is also a good idea.

- **Reduce stress:** Stress and the production of cortisol are linked to inflammation in the body, which can reduce good gut bacteria and increase digestive issues. It can also lead to a rush of blood to the peripheries, resulting in redness and skin flare-ups. Meditation, yoga, adequate sleep and herbal supplements are great ways to control stress.
- **Cut out refined sugar and dairy:** Sugar causes insulin levels to spike. It's also linked to inflammation and oxidative stress. Eliminating conventional dairy products is shown to be helpful for those suffering from skin redness.
- **Avoid spicy foods:** Spicy foods promote heat in the body, leading to flushing and redness.
- **Heal your gut:** Skin woes are often a sign that the immune system is in overdrive and that the gut is inflamed or leaky. To heal stomach lining, start with antimicrobial herbs like goldenseal, calendula and oregano. Introduce a gut healing powder such as our *Gut Replenish Powder* along with supplements such as NAC, glutamine and turmeric.
- **Try herbal remedies:** If you have access to a qualified naturopath, herbal remedies can often effectively alleviate redness and rosacea, alongside some dietary changes. Some of our favourite anti-inflammatory, healing herbs include calendula, licorice, burdock, echinacea, ginkgo, turmeric, rhodiola, withania and ginseng.



Recipes



Breakfast

GOLDEN SMOOTHIE

Most of us know about the anti-inflammatory and antimicrobial actions of turmeric. However, due to turmeric's antioxidant properties, it has been used for skin rejuvenation for centuries. It is a great herb for balancing skin oil production, preventing break outs and it can help to soften lines and wrinkles due to its rich antioxidant content. It is also effective in assisting the redness associated with rosacea. Ginger root is antimicrobial and helps to eliminate congestion. It is also a powerful anti-inflammatory so will not only help with keeping puffiness at bay but will also help to promote blood circulation, enhancing radiance and skin vitality. Coconut milk in this latte provides hydration along with anti-microbial support, the perfect combination for keeping skin balanced, plump and radiant.

Serves 2

Ingredients

- 1.5 cups of coconut milk
- Juice of 1 orange
- 1 large banana, frozen
- 2 teaspoons of ginger (raw root ginger)
- 2 teaspoons of turmeric (raw root turmeric or powder)
- Pinch of cinnamon
- 2 teaspoons coconut nectar (optional)
- 1 cup romaine or cos lettuce

Instructions

Combine all ingredients in a high-speed blender until smooth and creamy.





PINEAPPLE & DRAGON FRUIT SKIN SMOOTHIE BOWL

Smoothie bowls often appear so intricately and beautifully designed that I have been avoiding experimenting with them. Don't let photos deceive you! The bowls are super easy and so much fun to make. The only thing you really need at hand is a frozen fruit (such as mango, pineapple or banana) and some activated buckwheat or granola along with a handful of greens. I have used pineapple and the exotic dragon fruit to enhance the skin beautifying action of smoothies. Pineapple is a wonderful source of digestive enzymes which makes it wonderful for gut healing. It is also anti-inflammatory which makes it the perfect choice for acne prone or red skin. The Dragon fruit not only looks incredible and has high doses antioxidants along with B vitamins, it is also a great source of fibre so will act to sweep away toxins and impurities which are playing havoc with your skin.

Serves 1

Ingredients

Smoothie Base

- 2 cups pineapple, chopped and frozen
- ½ nectarine, chopped
- ½ white dragon fruit
- 2 cups of baby spinach (or other green)
- ½ cup of water or coconut milk

Toppings

- ¼ cup fresh blueberries or other berries of choice
- ½ cup granola or activated buckwheat (I use the Loving Earth brand)
- ½ red dragon fruit, scooped in small balls with a teaspoon and frozen
- ¼ cup fresh pineapple
- Handful of baby spinach

Instructions

1. Combine all smoothie base ingredients into a blender until smooth
2. Pour ¼ cup of granola into a serving bowl. Pour smoothie layer.
3. Add toppings – start by spreading granola (or activated buckwheat) vertically across bowl and arranging chopped fruit beside it.

Lunch

CHICKPEA KALE SALAD

This is a very easy salad to throw together for lunch. Kale is on par with broccoli when it comes to its antioxidant rich constituents. It has over 45 different flavonoid antioxidants, as well as the carotenoids lutein and zeaxanthin which are wonderful at protecting the skin against free radical damage and inflammation. It is also a very rich source of Vitamin A, a nutrient which is important for even skin tone and a clear complexion.

Serves 2-3

Ingredients

For the Salad

- 8 cups baby kale (or combination kale and spinach)
- 240 grams cooked chickpeas
- 1 ripe avocado, diced
- 2 cups roasted pumpkin, sliced
- 2 teaspoons

For the Dressing

- 2 tablespoons lemon juice
- 1 clove garlic, crushed
- 1 teaspoon Celtic or Himalayan Sea Salt
- Pinch cracked pepper
- 1/4 cup extra virgin olive oil or flaxseed oil

Instructions

1. Rinse kale. Tear kale leaves, discarding the stems. Massage kale with two teaspoons of salt until kale leaves soften (about three minutes).
2. In a medium-sized bowl, whisk together lemon juice, garlic, salt and pepper, slowly drizzle in olive oil, whisking until creamy emulsion forms.
3. When ready to serve, pour dressing over kale and massage to cover all surface areas of the kale.
4. Add chickpeas and avocado. Cover and refrigerate until ready to serve.



ZUCCHINI NOODLES WITH BROCCOLI ROCKET PESTO SAUCE

Broccoli is a superstar vegetable when it comes to its glow properties. It is not only rich in vitamin C, it is also rich in sulforaphane which is a potent antioxidant with a powerful ability to draw toxins and protect the skin from free radical damage. Zucchini is also rich in vitamin A and C which are both beneficial for increasing skin firmness and elasticity.

Serves 1-2

Ingredients

- 2 medium zucchinis
 - 1 medium zucchini, sliced (optional)
 - Handful of cherry tomatoes, halved
 - Generous pinch of salt
 - 1 tablespoon of coconut oil
- Broccoli and Rocket Pesto*
- 1 cup broccoli florets sliced stems
 - 7 tablespoons sliced toasted almonds, reserve 1 tablespoon for garnish
 - 1/4 cup fresh rocket
 - 2 cloves garlic, minced
 - 2 tablespoons lemon juice
 - 8 tablespoons olive oil
 - Sea salt and freshly ground black pepper
 - Hemp seeds, to garnish

Instructions

1. Using the julienne blade of a mandolin, very carefully slice each side of the zucchini until you get to the seeds. Turn zucchini over and repeat on all three remaining sides. Alternatively, you can use a spiraliser to create zucchini threads which look more like pasta.
2. Place zucchini strips in a colander over a bowl or in the sink. Sprinkle zucchini with salt and toss to combine. Let the zucchini sit for 15 minutes while the salt extracts the moisture. Drain excess water, squeezing zucchini to remove the water.
3. Bring a medium pot of well-salted water to a boil—get this started before you start chopping the broccoli. Cook all broccoli until bright green and just tender, about 2 minutes. Remove with a slotted spoon into a bowl and let cool slightly. Reserve the water to toss with the pesto later. Roughly chop 1/2 cup cooked florets and set aside for garnish.
4. In a food processor or blender, puree remaining broccoli, almonds, rocket, garlic, and lemon juice. Add olive oil. Season with salt and pepper.
5. To serve heat up a tablespoon of coconut oil in a frying pan and add one clove of minced garlic per serving. Cook garlic for one minute before adding sliced zucchini if using. Gently fry the zucchini before adding the zucchini spaghetti. Toss over the heat for two minutes; add heaping spoonful of pesto for each serving and stir well, adding a couple of teaspoons of the reserved broccoli water to loosen the pesto. Top with halved heirloom cherry tomatoes, reserved broccoli, hemp seeds and a handful of slivered almonds!



Dinner

MEDITERRANEAN QUINOA SALAD

This quinoa salad is inspired by the classic tabouli salad. Parsley is a feature in this salad as it is a great skin food for balancing oil production, decreasing inflammation, and preventing discoloration in skin. The combination of avocado and protein rich quinoa makes this a wonderful salad for boosting skin hydration and elasticity, without encouraging oiliness.

Serves 2

Ingredients

- 1 cup cooked quinoa
- 15 cherry tomatoes, halved
- 1 cucumber, chopped (peel if desired)
- 1 avocado
- 3 tablespoons chopped fresh basil
- ½ cup. chopped fresh parsley
- 1/8 cup extra virgin olive oil
- 1 tablespoons apple cider vinegar
- 1/2 teaspoon Himalayan salt
- Juice of 1/2 a lemon or lime

Instructions

1. To cook the quinoa, use one part rinsed quinoa to two parts water. Simmer, covered, for 30 to 40 minutes or until the liquid is absorbed and the germ turns opaque and splits from the seed, it will resemble small curls.
2. Toss with a little olive oil and season with salt and pepper. Note: Cooked quinoa will keep for four days in the fridge.
3. Cut the cherry tomatoes into quarter slices and chop the cucumber into small cubes. Cut the avocados into small cubes.
4. Combine herbs, quinoa and vegetables in a large bowl.
5. Add olive oil, lemon juice, apple cider and pinch of Himalayan salt.





FALAFEL BALL SALAD WITH TAHINI DRESSING

Chickpeas and herbs are the key ingredients in these falafel balls. Herbs such as turmeric and cumin are anti-inflammatory and anti-microbial which makes them wonderful for balancing oil production. Parsley is also a great herb for clear and balanced skin tone. When it comes to a clear complexion and the reduction of break outs, fibre is key as it helps to clear excess toxins and hormones which trigger break outs. Chickpeas are a rich source of fibre, with one cup providing a little over a quarter of your daily requirements.

Makes 12 falafel balls

Ingredients

- 1/2 cup raw dried chickpeas, soaked overnight and boiled as per instructions OR 1 cup organic BPA-free canned beans (eg Eden Organic or About Life)
- 1/2 cup raw veggies eg zucchini carrot or sweet pumpkin
- 1/2 cup chopped parsley
- 1/2 cup chopped coriander
- 1/2 teaspoon cumin
- 1/2 teaspoon black pepper
- 1/2 teaspoon sweet paprika
- 1/4 teaspoon all spice
- 1 teaspoon turmeric
- 1/8 teaspoon cardamom
- 1 teaspoon salt

Tahini Dressing

- 1/2 cup tahini paste
- 2 tablespoons lemon juice
- 1/2 teaspoon of salt
- 4 tablespoons water
- 2 cups of mesclun salad leaves
- 12 cherry tomatoes
- 6 basil leaves chopped
- 1/2 avocado, diced

- 1 teaspoon lemon zest
- 3 tablespoons sesame seeds or ground nuts of choice
- 2 tablespoons coconut oil

Instructions

1. Pre-heat oven to 200 degrees Celsius.
2. Pulse veggies in a food processor until chopped into consistency of mince. Add other ingredients into the food processor, except coconut oil in the food processor.
3. Pulse a few times until all the ingredients are well combined, but not completely smooth
4. Place mixture in a bowl, add oil and mix well.
5. Using your hands, form small balls, coat in sesame seeds and place them a lined baking tray
6. Bake at 200 degrees Celsius for 20 to 30 minutes.

Dressing

1. In a small bowl, mix tahini paste, salt with lemon juice with a spoon until well incorporated.
2. Add water, 1 tablespoon at a time until and mix. For a thinner sauce just add a little more water.
3. Divide salad ingredients between two bowls. Arrange three falafel to four falafel balls over salad ingredients. Drizzle with tahini dressing.
4. Note, if you do not think you will make it through your falafel balls within three days you can freeze them once they have been baked.



Beauty snacks

If you feel hungry between meals, enjoying one of these healthy snacks will help keep you going until your next meal.

- A handful of raw, unsalted nuts
- 1 cup of berries with coconut yoghurt
- Raw vegetable crudité's with hummus
- Brown rice cakes with $\frac{1}{4}$ avocado, lemon juice and Himalayan salt
- Apple sliced with 1-2 tablespoons of almond butter, sprinkled with cinnamon
- 1 scoop of plant-based protein powder mixed in 1 cup of unsweetened almond milk, coconut milk or coconut water
- Turmeric latte made with unsweetened nut or coconut milk
- Homemade trail mix with seeds, coconut flakes, goji berries and cacao nibs





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