



The Edible Beauty Balanced Skin Guide

Your Inside-out Plan for Combination Skin

EDIBLE BEAUTY
AUSTRALIA



Combination skin is characterised by an oily T-zone (nose, forehead and chin), enlarged pores, shininess, blackheads and a tendency to breakout in these areas, with normal or dry cheeks and under eyes.

Having multiple skincare concerns due to a combination skin type can seem complicate things when taking care of your complexion. How are you supposed to target an array of issues, such as oiliness and dryness, at the same time? If you have combination skin, the trick is to make balance is the name of the game. That means correctly using multi-tasking topical products with botanicals that reduce bacteria on your T-zone, while simultaneously moisturising drier areas.

Whilst balancing your skin from the outside, it is also beneficial to incorporate inside practices that will help you take care of combination skin, so we have included some easy to follow diet tips too.

Consider this your comprehensive guide to treating and caring for combination skin.



Outside

Stage 1:

The first step is getting pores, oil, blackheads and blemishes under control. We have hand picked a dream team of multi-tasking products to target a combination (get it?) of complexion woes.

- **Unclog pores:** Cleansing is an essential step in the AM and PM. But not just any face wash will do. You might find that many of those that target acne are great for your T-zone but too drying for the rest of your visage. The solution? A mild emulsion that purifies but doesn't strip skin. Our *No.1 Belle Frais Cleansing Milk* contains Salicylic Acid to unclog pores and balance sebum. Coconut Oil does double duty hydrating and regulating oil production, while Fruit Extracts even pigmentation and combat eruptions.

- **Reduce surface oil and bacteria:** Over the years, toner has gotten a bad rap. And that's because, in the past, it was alcohol-based and notoriously drying. But nowadays botanical-driven formulas are offering a skin-friendly update on this staple. Our *No.2 Citrus Rhapsody Toner Mist* harnesses the powerful astringent properties of May Chang to remove excess oil, refine pores and expel acne-causing bacteria. Coupled with stress-relieving Calendula and Fig, it leaves skin fresh and radiant.
- **Soothe and repair:** Combination skin requires specialised hydration. A moisturiser which hydrates whilst controlling oiliness is key. Our *& Soothing Nectar Hydrating Gel* combines the calming benefits of Chamomile and Cucumber with the antimicrobial abilities of Calendula and Echinacea. Antioxidant-rich Cranberry and White Tea enhance repair, while Aloe Vera provides oil-free hydration.

Stage 2:

Now is the time to rev up your oil-control efforts and incorporate hydrating and nourishing products into your routine.

- **Hydrate:** Now that oiliness is under control it is time to provide the skin with more intense hydration. Use a lightweight formula like our *No.4 Vanilla Silk Lotion*—a blend of Camellia Seed Oil, Cocoa and Shea Butter moisturises without clogging pores. For an extra hit of hydration, try our *No.3 Exotic Goddess Ageless Serum*. Hyaluronic Acid surges water deep into the skin, Kakadu Plum quells inflammation, Acerola lends antimicrobial support and Edelweiss protects against UV damage.
- **Balance sebum:** An overnight mask is an essential in your oil-combatting toolkit. Our *& Sleeping Beauty Purifying Mousse* leverages Australian Pink Clay and Volcanic Zeolite to purify, decongest pores and banish breakouts. It also contains Avocado Oil, which is clinically shown to stop the conversion of testosterone into DHT (one of the hormones responsible for overactive sebaceous glands), reducing an oily T-zone by 70% in two weeks.





- **Target congestion:** Targeting congestion and reducing clogging of pores is the key to ensuring skin is kept clear of breakouts. Our *Turmeric Beauty Latte* is a booster serum designed to be used as a spot treatment, specifically on acne, cysts or congested areas to encourage clear and blemish-free skin. It is an overnight fix to congested and unhappy skin.
- **Nourish:** Regular exfoliation keeps pores clear of grime. While many products can be harsh—stripping natural oils and causing further irritation—our *& Desert Lime Micro-Exfoliant* is a kind-to-your-face polish that gently sloughs away dead skin cells and promotes epidermal turnover with Rice Enzymes. Ginkgo Biloba boosts circulation and Wattleseed refines pores. Cocoa Butter, Coconut and Camellia Seed Oil impart a triple dose of nourishment.

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 combination complexions should avoid:

- **Sodium Laureth Sulfate:** Sodium Laureth Sulfate (commonly added to face wash to make it foam) is what gives skin that squeaky clean feeling. Unfortunately, it strips skin of its natural oils, causing overproduction of sebum, which can lead to clogged pores and breakouts.
- **Synthetic Fragrances:** Synthetic Fragrances are a major source of irritation for most skin types and are shown to trigger redness and inflammation.
- **Mineral Oil:** Mineral Oil is known to clog pores. It sits on top of the skin, creating a film that traps acne-causing dirt and bacteria beneath.
- **Alcohol:** Alcohol is an active ingredient in everything from cleansers and makeup removing wipes to acne treatments. The problem is that it's exceptionally drying and irritating. It breaks down skin's natural protective barrier and can actually exacerbate blemishes.
- **Silicones:** Silicones—found in many mattifying or smoothing products (e.g., primers, cosmetics and moisturisers)—can cause congestion and clogged pores.
- **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 products stable.

HOW TO MULTI-MASK

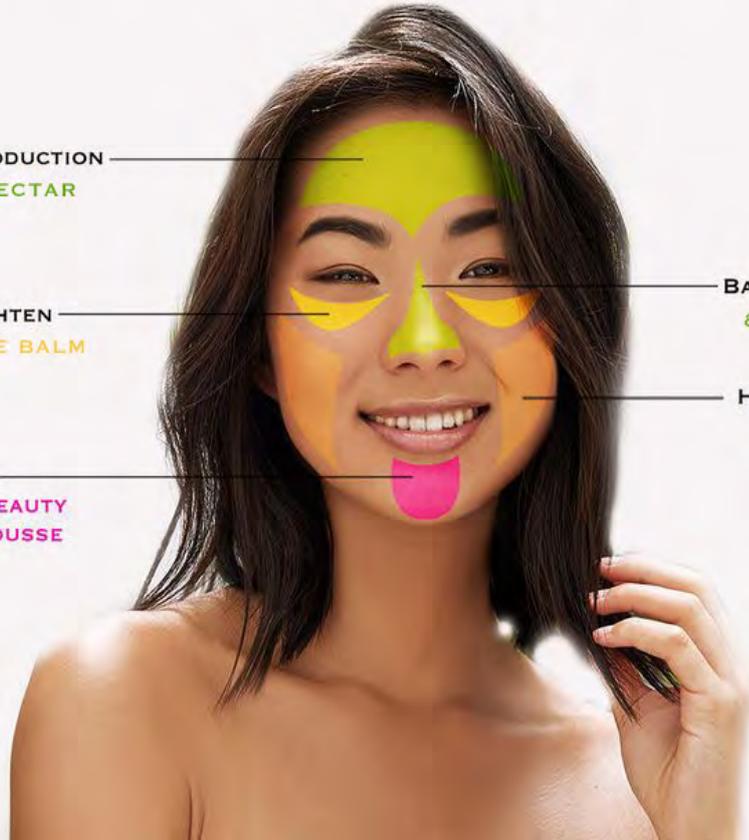
BALANCE OIL PRODUCTION
& **SOOTHING NECTAR**

FIRM & BRIGHTEN
GOLD RUSH EYE BALM

PURIFY
& **SLEEPING BEAUTY**
PURIFYING MOUSSE

BALANCE OIL PRODUCTION
& **SOOTHING NECTAR**

HYDRATE & REDUCE REDNESS
& **COCO BLISS INTENSIVE**
REPAIR





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!



- **Eliminate refined sugar:** Refined sugar (white sugar, corn syrup, cookies and muffins to name a few) causes insulin levels to spike. This raises testosterone, which then converts to DHT, increasing sebum production. Keep blood sugar levels stable by sticking to a low-glycaemic diet. Alcohol, dairy and fried foods have a similar (negative) effect—so best to avoid.
- **Stock up on fibre:** A happy gut begets a clear complexion. Fibre is crucial for healthy digestive function, thus it's critical for combating acne. Get your fix by making low GI fruits such as apples and pears, wholegrains such as buckwheat and oats along with flaxseed part of your daily diet. I recommend taking at least 3 tablespoons daily, it is rich in lignans which bind and remove excess hormones.
- **Balance hormones:** Regulating hormones is an important factor in controlling sebum. Good news: It is as simple as stocking up on fibre, eating a diet rich in Omega-3 fatty acids (think chia seeds, walnuts, avocado, hemp seeds) and reducing sugar and dairy intake which can exacerbate inflammation.
- **Care for your liver:** The liver is a detoxifying powerhouse that supports skin health. To make sure this vital organ is running at peak performance, consider our No. 1 Green Goddess Detox Tea or Beauty Detox Shot. These herbal concoctions enhance liver function and up the ante on your body's detoxification processes.



Recipes

Breakfast

CHIA PORRIDGE

This breakfast is a wonderful breakfast that can be made ahead of time. Make a big batch of the dry ingredients and store in your pantry for a breakfast that's quick and easy to prepare. All you will need to do is add the wet ingredients the night before and leave to soak overnight, quasi-bircher muesli style! This is a supercharged breakfast with lots of fibre, protein, antioxidants, calcium and essential fatty acids. Chia seeds are truly a super food – they swell to 10 to 12 times their weight so make you feel full but also work to flush the colon and remove excess hormones and toxins that may be triggering excess sebum production. Goji berries provide natural sweetness in this porridge and are an abundant source of beta carotene which helps to promote healthy skin. Seeds and nuts are excellent sources of zinc, vitamin E and magnesium, which promote skin regeneration and healthy hormone production.

Serves 4-6

Ingredients

Dry Ingredients

- 1/2 cup chia seeds
- 1 cup activated buckwheat
- 1 cup shredded coconut (unsweetened and preferably organic)
- 1/2 cup goji berries
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/2 cup almonds and walnuts chopped roughly

Wet Ingredients

- 1/2 – 1 cup almond milk
- 2 tablespoons flaxseed meal
- 1/2 cup cherries, strawberries, blueberries or raspberries (can be frozen)
- 1 apple or pear grated (optional)

Optional

- 1 teaspoon coconut oil

Instructions

1. Mix all dry ingredients and store in a glass jar until needed.
2. The night before needed, mix 1/2 a cup of the dry mix with 3/4 to one cup almond milk as well as flaxseed meal and berries and apple or pear (if using).
3. Find your soaked and scrumptious porridge waiting for you the next morning! Sprinkle with cacao nibs, and add one teaspoon of coconut oil for an added super food boost
4. arranging chopped fruit beside it.



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.



Lunch

BUDDHA BEAUTY BOWL

This buddha bowl is a satisfying lunch dish with the bonus of being great for skin clearing and balancing oil production. Broccoli and cauliflower are great sources of glucosinolates, which support enzyme production in the liver. Activating liver enzymes is always helpful when it comes to addressing combination skin as it ensures that the liver is efficiently clearing excess hormones and toxins which trigger sebum production. Avocado is rich in fatty acids which providing hydration for the skin from the "inside out".

Look for gluten free and organic soba noodles made from buckwheat.

Serves 1-2

Ingredients

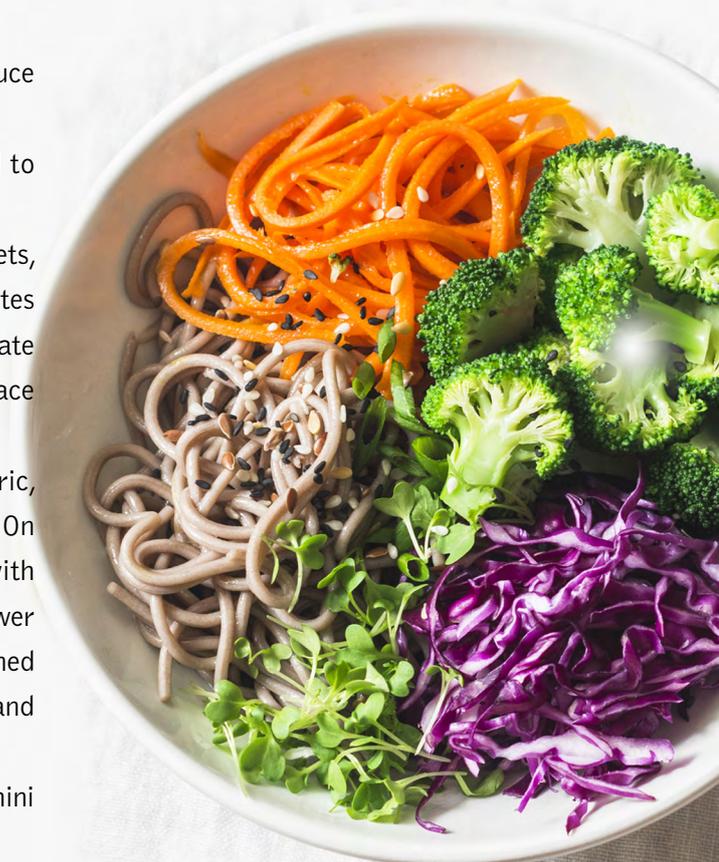
- Soba Noodles (1 cup cooked)
- 1 large carrot, julienned
- 1 medium broccoli (cut into florets)
- 1 portobella mushroom, sliced
- 1 medium cauliflower (cut into florets)
- ¼ cup of frozen peas
- 1/2 of an Avocado (sliced)
- Sesame seeds for garnish
- ¼ cup olive oil
- 2 teaspoons cumin
- 1 teaspoon turmeric or garam masala
- ¼ teaspoon crushed red pepper
- ½ teaspoon Himalayan or Celtic sea salt

For the sauce

- 2 tablespoons of Tamari (Gluten free)
- 1/2 teaspoon of Toasted Sesame Oil
- 1/2 teaspoon of Dijon Mustard (or spicy mustard)
- 1/2 tablespoon of Tahini
- 1 clove of Garlic (minced fine)
- 1/3 inch of Ginger (minced fine/ about 1/2 teaspoon)

Instructions

1. In a small bowl, mix all the ingredients for your sauce together and set aside.
2. Cook soba noodles according to package, drain and add to your buddha bowl.
3. Using the same pot and boiling water, blanch broccoli florets, sliced mushrooms and frozen peas for about 4-5 minutes and remove with a slotted spoon, placing in your bowl/plate with your noodles. Lastly, blanch carrots, remove and place in your bowl as well.
4. To prepare cauliflower, combine the oil, cumin, turmeric, crushed red pepper and pinch of salt in a small bowl. On a large rimmed baking sheets, drizzle the cauliflower with the spiced oil and toss well to coat. Spread the cauliflower in an even layer and bake for about 1 hour, until browned and tender. The cauliflower can be made ahead of time and stored in the fridge.
5. Add sliced avocado, sesame seeds to bowl and drizzle tahini dressing all over the top!



CHICKPEA KALE SALAD

This is a very easy salad to throw together for lunch. Kale is on par with broccoli when it comes to 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.



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 tablespoon 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 crudités 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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