

NSP AUTHENTIC Essential Oils

In Your Beauty Regimen
Featuring **Shahnaz Nensey**



Would you like to...

- ▶ Have healthy-looking skin without using chemicals?
- ▶ Revive your mind and spirit as you do your beauty regimen?
- ▶ Relax and rejuvenate in a one step process?
- ▶ Radiate your magnificence?

Beauty Basics

- ▶ Self Love
- ▶ Sleep
- ▶ Hydration
- ▶ Relaxation
- ▶ Whole Fresh Foods

Essential Oils



Lavender

- ▶ Distilled from the flowers
- ▶ Diffuse in a room to relax and promote sleep
- ▶ Helps moisturize skin, Relaxant
- ▶ Aroma: Calming, relaxing
- ▶ Diffuse, topical application, inhale



Frankincense

- ▶ Distilled from resin
- ▶ Considered a liquid gold
- ▶ Often used with carrier oil to diminish the appearance of stretch marks and relaxant
- ▶ Aroma: Spiritual awareness, Uplifts spirit, helps improves attitude
- ▶ Inhale, topical application and diffuse



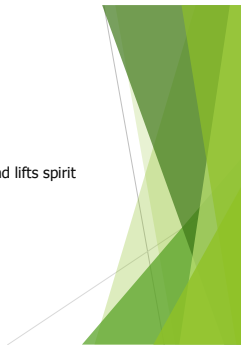
Rosemary

- ▶ Distilled from leaves
- ▶ Used as a room aromatic
- ▶ Aroma: Cleanse the mind, helps relaxation and alertness
- ▶ Diffuse, topical application and inhale



Geranium

- ▶ Distilled from flowers and leaves
- ▶ Moisturizes skin and nourishing attributes
- ▶ Aroma: Soothes nerves, balances emotions and lifts spirit
- ▶ Diffuse, topical application and inhale



Tea Tree

- ▶ Distilled from leaves
- ▶ Aroma: promotes cleansing and purity of mind and spirit
- ▶ Diffuse, topical application and inhale



Bergamot

- ▶ Cold pressed from rind
- ▶ Relaxant
- ▶ Aroma: Uplifting and relaxation
- ▶ Diffuse and inhale



Face Masks



Face Mask for Skin Rejuvenation

- ▶ 1 tbsp garbanzo flour
- ▶ ¼ tsp turmeric
- ▶ 1 tbsp plain yogurt
- ▶ 2 drops lavender Oil
- ▶ 2 drops Tea tree Oil
- ▶ Make a paste and apply.
- ▶ Let it dry
- ▶ Wet finger tips with water and scrub it off to exfoliate
- ▶ Rinse and moisturize



Face Mask for Skin Rejuvenation Demonstration



Face Mask for Healthy-looking-Skin

- ▶ 1 tbsp yogurt
- ▶ 1 NSP Probiotic capsule
- ▶ 1 NSP Charcoal capsule
- ▶ 1 tsp Apple cider vinegar
- ▶ 3 drops Tea Tree oil
- ▶ 3 drops Lavender oil
- ▶ Mix and apply to face and neck. Let it dry and rinse with cool water. Moisturize.



Face Mask for Healthy-looking Skin Demonstration



Face Mask for Skin Tightening

- ▶ 2 tbsp green clay or fullers earth
- ▶ 1 tsp honey
- ▶ 5 drops Geranium EO
- ▶ Water to make a paste consistency
- ▶ Apply evenly on face and neck. Let it dry and rinse off with cool water. Moisturize.



Face Mask for Skin Tightening Demonstration



Hair



Thick, Lustrous-Looking Hair

- ▶ 4 tbsp olive oil (castor/coconut oil)
- ▶ 5 drops rosemary EO
- ▶ 5 drops Lavender EO
- ▶ Warm massage oil and add EO. Massage into scalp and leave on for 2-3 hours. It is wonderful if you can leave it overnight. Shampoo and condition as normal.



Thick Lustrous-Looking Hair Demonstration



Hair Moisturizer

- ▶ Yolk of one egg
- ▶ 1 tsp honey
- ▶ 1 tsp olive oil
- ▶ 5 drops lavender EO
- ▶ Mix above ingredients apply to hair saturating the ends. Put on a shower cap and let sit for one hour. Shampoo and condition as normal.



Hair Moisturizer Demonstration



Scrubs



Sensual Sugar Scrubs

- ▶ 1 1/4 cup sugar
- ▶ 2/3 cups coconut oil
- ▶ 10 drops each orange and Lavender EO
- ▶ Mix and store in glass jar.
- ▶ Use one to two times a week



Sensual Sugar Scrubs Demonstration



Silky Salt Scrub

- ▶ 1/4 cup magnesium flakes ground
- ▶ 3/4 cup epsom salt
- ▶ 1/4-1/2 cup coconut oil
- ▶ 10 drops lavender EO



Salt Scrub Demonstration



Clay



Clays

- ▶ Bentonite Clay- a volcanic clay, rich in magnesium. Drawing action.
- ▶ Red Clay- high in minerals & iron. Regenerative and replenishing.
- ▶ Green clay- high in minerals. Great for skin.
- ▶ Fullers Earth- powerful for drawing skin impurities. Has a bleaching effect on skin.



Spritzers



Soothing and Uplifting Skin Spritzers

- ▶ 4 oz spring water
- ▶ 10 drops each of Lavender and geranium EO



Relaxing Room Spritzer

- ▶ 4 Oz Spring water
- ▶ 15 drops lavender EO



Soothing and Uplifting Skin and Room Spritzers Demonstration



Baths



Blissful Bath

- ▶ 1/2 cup Honey
- ▶ 3 cups milk
- ▶ 5 tbsp almond oil
- ▶ 10 drops each ylang ylang and lavender EO



"Let your beauty tell a story about the authentic you."

-Shahnaz Nensey HHC CNHP