

Natural Tips for Healthier

HAIR SKIN and NAILS

Hair

Reduce the Heat

Switch your styling tool to a lower heat and apply grapeseed oil to your hair before heat to avoid damage.

Ditch the Shampoo

Try using natural alternatives such as baking soda, clay, or even tea as opposed to chemical filled commercial shampoos.

Rinse with Apple Cider Vinegar

For shinier, smoother, stronger hair, rinse apple cider vinegar through your hair 2-3 times per week after washing.

Skin

Get More Sleep

Sleeping 8 or more hours a night rejuvenates cells, which improves your skin's luminosity.

Stay Active

Exercise helps accelerate the cleansing process for your entire body, so it's essential if you want to look your best and feel healthy.

Watch What You Eat

A diet full of greens, healthy proteins, and a variety of vitamins is essential for healthy skin.

Nails

Moisturize

Coconut oil benefits your nails and cuticles as well as your skin, so whenever you are applying it, be sure to rub it in to your nails as well.

Avoid Harmful Polishes

Nail polish often contains harmful chemicals, so be sure to read the label carefully. When in doubt, try a water based polish instead.

Take Care of Your Cuticles

Since they are meant to be the barrier for bacteria, it's often healthier to moisten and push back cuticles rather than trim them.