



A FREE SKINCARE GUIDE

5 HOLISTIC HACKS FOR HYDRATED SKIN

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AAOKA

AYURVEDIC SKIN WISDOM

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INTRODUCTION

Hello, my name is Sophie and I'm the founder of AAOKA®. My journey to becoming a Holistic Skincare Educator began with my own personal beauty struggles...

In my mid 30's I looked in the mirror one day and didn't recognise myself. Horizontal lines were etched across my forehead, mirroring the excessive stress and worry I was experiencing at the time. My face appeared dull, sunken and aged beyond my years.

Synthetic solutions and injectables have never aligned with my beauty values, but I did consider them at this low point, in desperation to feel like myself again. But in my heart I knew that there was a more holistic and nourishing path for me, that would bring balance to my body, mind and skin as a whole.

This led me to study various modalities in the fields of Ayurveda and Holistic Beauty. By applying these principles to my own life, I reversed signs of premature ageing and hydrated my skin from within.

One of the most fundamental things I've learned on this journey, is that we must remove the CAUSE of a problem in order to create long term results. *Dry skin is a reflection of dryness within.* We can apply all of the latest 'hydrating' skincare products, but if our internal landscape is dry, we find ourselves desperately doggy paddling towards the next quick fix.

It is my deepest desire that this handout will inspire you to begin your own holistic skincare journey so you may express your highest beauty potential, and enjoy hydrated skin, through all life stages.



AYURVEDIC SKIN WISDOM

5 HOLISTIC HACKS FOR HYDRATED SKIN



If we want to enjoy more naturally plump and hydrated skin, we must approach beauty in a holistic manner. From this perspective, anything that we do to improve our skin's elasticity and hydration, should simultaneously provide nourishment and care towards our body, mind and spirit. When we approach skincare in this holistic manner, radiant beauty becomes the by product of a hydrated and balanced inner landscape.

Here are 5 holistic hacks to hydrate on the inside, so you can grow younger on the outside...

HACK #1

RELAX DAILY

A relaxed mind leads to a relaxed and hydrated body. Stress and tension impact on digestion, which is the cornerstone of plump skin. Healthy digestion ensures that nutrients from foods are delivered to the blood plasma, which is responsible for keeping the skin plump and juicy. Vata dosha refers to the *ether* and *air* elements that make up the body. When this dosha moves into excess, the body becomes dry - including the skin. Relaxation is essential for keeping this flighty dosha calm. Daily relaxation can look different for everyone such as; gentle nature walks, guided meditations, yoga nidra, savasana, gentle face massage, belly breathing. Find the right fit for you and honour your starting point - as little as 5-10 minutes per day can have a profound effect when practiced consistently. Watch your skin transform as you consciously relax your body and mind daily!



HACK #2

DRINK WARM WATER

In Ayurveda we understand that *agni*, the inner digestive fire, is the foundation of radiant beauty and hydrated skin. When *agni* is strong, food and life experiences can be properly processed in order to nourish the bodily tissues that determine health and physical beauty. Consuming cold water can be likened to throwing a bucket of ice on a camp fire, in which case it will be extinguished. Sipping warm - comfortably hot water helps to keep *agni* strong and encourages relaxation within the body and mind. This is because warmth = dilation and cold = constriction. Avoid chugging cold water and instead try sipping appropriate amounts of warm - comfortably hot water throughout the day. Notice how your digestion and skin respond to this simple lifestyle hack. Note; tap water is void of any nutrients and contains drying chemicals such as chlorine. Consider natural spring water options, that do not contain BPA, or invest in a good water filter.



HACK #3

EAT WARM MOIST FOOD

When working to holistically hydrate the skin, a large proportion of hydration should come from the foods we eat. Dry, processed, packaged and cold foods add more dryness to the body and are difficult to digest. Warm, moist and freshly cooked foods are gentle on digestion, as they get pre-digested in the cooking process and therefore require less digestive capacity. Moist and hydrating foods add more of these qualities to the body, which feeds more plump and juicy skin. Examples of moist and hydrating foods include; fresh or stewed fruits, juicy and seasonal vegetables, whole grains such as rice and oats cooked so they are moist, ghee, cold pressed oils such as olive and sesame, dahls, lentil stews, soups. To drastically improve skin hydration, try limiting dry and processed foods and instead favour freshly cooked, warm and moist foods - as close to their natural state as possible. Pay attention to how you feel as you consciously nourish your skin from within.



HACK #4

CLEANSE WITH OIL

Oil plays an important role in Ayurvedic beauty as a way to hydrate, nourish and purify the skin. Oil has been used since ancient times as a way to naturally and gently cleanse the face without stripping away the skin's natural oils. Commercial cleansers that leave the skin feeling 'squeaky clean' often contain drying ingredients and detergents. These ingredients deplete the skin's natural sebum, which can lead to dryness, or even breakouts as the skin tries to overcompensate for the loss of sebum by producing more. Oil cleansing involves using a natural oil such as jojoba to gently massage the face as you would with a regular cleanser. The oil is then gently removed using lukewarm water and a soft, natural fibre cloth. The oil acts as a magnet, pulling out impurities without disrupting the natural balance of skin sebum, thus supporting a glowing and hydrated complexion.





HACK #5

CHEW YOUR FOOD

Sometimes it's the most simple changes that can have the most profound effect. Ayurvedic wisdom teaches us that HOW we eat is just as important as what we eat. Chewing food is an essential step in the digestive process, and remember - healthy digestion plays a key role in glowing and hydrated skin. When food is chewed until it is liquid, it mixes properly with saliva. This sends signals to the belly to start releasing digestive juices that are required to digest the incoming food. If this step is by passed, as a result of rushing and not chewing correctly, food may not be properly digested. This can lead to an accumulation of metabolic toxins in the body. Metabolic toxins are not conducive to hydrated skin, and according to Ayurvedic wisdom, they are one of the greatest causes of imbalance and premature ageing. To best support your skin and beauty, approach meal times with the intention to provide nourishment to your body, and chew food until it is mush before swallowing. It can be helpful to count the chews when working to implement this principle, whilst also eating without distractions such as T.V, phones, computers. Eventually it will become second nature to chew food properly, and your digestion, skin and beauty will thank you immensely for it.



CONCLUSION

Hydrated skin doesn't come in a bottle. Hydrated skin is a reflection of a happy and well watered inner landscape!

When we prioritise nourishment and care towards our body, mind and skin as a whole, a glowing and hydrated complexion becomes the byproduct of vibrant body and peaceful mind.

Ayurvedic wisdom offers gentle guidelines and holistic self care tools. Subtle changes can offer valuable opportunities to weave more nourishment into daily life, and their compounding effects can profoundly enhance inner and outer beauty.

This journey is not about striving for perfection, it is about honouring our starting point and taking baby steps in the direction of balance and radiant beauty. If this resonates for you, I invite you to select one skincare hack to focus on for 1-2 weeks, always listening to your body and noticing how you feel. Then when you are ready, move onto another hack that feels right, and so on.

Please let me know how you go and share your progress on Instagram @aaoka.beauty. Enjoy the journey to rediscovering your most radiant and hydrated self, and thank you for being part of this important movement to *raise beauty consciousness.*





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The Radiance Rhythms is an online self care sanctuary for learning life long tools and techniques that support hydrated and vibrant skin, through all life stages.

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