

Trina Felber: Alright hey everybody, Trina here, thanks for joining me on the Healthy Me. Today I'm really excited, Rachel is with me, Rachael Pontillo and we are going to be talking, like this is going to be so cool because we're talking about one of my favorite topics today and I'm not even going to tell you what that is right now. I'm going to wait and make you sit on it for a second, but the topic itself is, is the most popular skin care ingredient also the most dangerous?

If you've ever heard me talk, you know exactly what I'm talking about, when I say the most dangerous and the most popular ingredient. So let me tell you really quickly a little bit about Rachael though. Rachael is a holistic skin care innovator, author, and educator. She is the best-selling author of the book, Love Your Skin, Love Yourself and co-author of the Sauce Code.

She's an AADP an IAHC board certified international health coach, licensed esthetician and natural skin care formulator and educator. She's the president and co-founder of the Nutritional Aesthetics Alliance, am I saying that right Rachael?

Rachael: You are.

Trina Felber: Okay. The creator of the popular skin care and healthy lifestyle blog, Holistically Haute as well as the much love online course, Create Your Skincare. She's an avid herbalist, self-professed skin care ingredient junkie and life long learner. I pretty much could've read, like that's almost, you sound like me.

Rachael: I know. I know, we are so similar.

Trina Felber: She's like my twin over here. Well, welcome, welcome, I'm so glad to have you.

Rachael: Thank you. I'm excited to be here.

Trina Felber: Alright, so let me jump into this because everybody's sitting on the edge of their seats and they're like oh my gosh.

Rachael: Like what are we going to talk about?

Trina Felber: What are we going to talk about? And if they know me, they're like, I know, I know. So you tell me, what is, in your opinion, in your professional opinion, what is the most popular skin care ingredient and why is it so popular?

Rachael: So drum roll, it is water.

Trina Felber: Water. That's what I said.

Rachael: Water.

Trina Felber: Alright, why? Why is it so-

Rachael: Why, exactly. So obviously it makes sense, I mean you wash your face with water, you take a shower or bath in water, so clearly it would make sense to use water in a skin care product line that's intended to cleanse the skin.

From a formulation and manufacturing perspective, water is pretty darn cheap compared to some of the other ingredients that we would use in skin care, such as oils and extracts and some of the other things that we're going to talk about in a little while.

So it makes sense, from a theoretic perspective, but also from a financial perspective. If you're manufacturing and selling a mass produced skin care line, that you would want to kind of water down your formulations to keep your costs down and to be able to offer bigger quantities to your customers.

It's also a way where, you know, a customer might think they're getting a big amount of product but it's actually not going to be-

Trina Felber: So let me ask you real quick-

Rachael: Very strong. Yes?

Trina Felber: For the most part, on average, when water is listed and it's usually listed as the first ingredient.

Rachael: Number one, yep.

Trina Felber: Number one. What typically is the concentration or percentage of water? That you've found?

Rachael: So typically in a formulation, the first five ingredients are going to make up 80-85% of the entire product. So if water is your number one ingredient, that could be up to 80%.

Trina Felber: That's what I usually say, it's somewhere between 75 and 90, because some formulations are even higher, they're like 90%.

Rachael: It's true, especially if it's something like a cleanser or people see the word serum and they're like oh it's fancy, that must mean it's better. Not necessarily. That nice light consistency that people love, means there's a lot of water in it. I was just, I'm not going to name names but I was watching TV and a very popular anti-aging skin care product line now has a product out there that they're like, oh my God it's so light, it absorbs so quickly.

Trina Felber: It's not absorbing, it's evaporating.

Rachael: It's evaporating people! It's evaporating, it's not absorbing! I looked up the ingredients, I'm like yep, water, water, chemicals. It's just, it's not that nice light

consistency that people like so much, does not always mean that your skins getting any lasting benefit, or that the ingredients are even able to absorb.

Trina Felber: Well and on top of that, not even benefiting you, but actually harming you. Not just your skin, but harming you internally and I'm sure we're going to talk about that too. But why would water be considered a dangerous ingredient?

Rachael: There's a couple of reasons why. So first and foremost, water is like a cesspool, like a smorgasbord for microbes, so bacteria, mold and yeast propagate freely whenever water is present in a skin care formulation. That can just be water itself, even if it's water and then a whole bunch of chemicals, but it can also be any ingredient that is water containing in any way.

So even your herbal products that are made with different infusions and hydrosols and extracts, if any of them contain any water whatsoever, which many of them do, that is going to propagate that microbial growth. So that is where water itself really can be the most dangerous, because if you're using a product that is contaminated with some sort of a pathogen, you can cause some serious damage.

Not only to your skin, but also to your internal health because if the skin itself is broken and unfortunately a lot of people do have compromised barrier functions in their skin where there are microscopic fissures or otherwise compromised areas of the skin, where certain things that are not normally, would not normally come in because the microbiome can handle them but they do.

If a pathogen enters the body through the skin, which can happen if the skin is, has like dry cracks on it anywhere, if you have some sort of a scaly rash, if you have an acne breakout, all of that is broken skin. Even if you have a little scratch on your hand and the lotion that you're using comes into contact with that scratch, that pathogen can enter the body.

We're not talking just about like cute little buggies here, we're talking like some serious bugs. We are talking potentially drug resistant strains of bacteria and molds and yeasts that can then really propagate in the body.

Trina Felber: What I wanted to add is that you might not, like that's not something you might see on your skin, it's going to be an internal thing that you end up with flu like symptoms and you never associate that with what did I just use yesterday on my skin?

Rachael: Exactly, you would associate that more with food that you're eating or air that you're breathing or coming into contact with something, you know like poison ivy or something like, I mean contact dermatitis, but yeah using a regular cream and lotion that seems very harmless, when you're using that product, there may

be no visible signs that it's contaminated. There's this misconception that you'll know if a product goes bad because it'll separate or it'll smell funny or-

Trina Felber: Or it'll be green.

Rachael: Yeah, or you'll see black specks or fuzz. That's not always the case at all. There are many times when a product becomes contaminated or a preservation system fails because of the high water activity in that product.

Trina Felber: Let's not forget too, because I'm guilty of this and most women probably are, you open a bottle or a container and technically as soon as it's opened it's supposed to be used within-

Rachael: It's exposed.

Trina Felber: Yes, and it's supposed to be used within six months, as like a guideline that everyone should follow for everything.

Rachael: For every product.

Trina Felber: Yeah.

Rachael: Even ones that are preserved with chemical preservatives that I never recommend and I know you don't either.

Trina Felber: It's because as soon as you, they're meant to be preserved closed, in a closed system, and to keep a longer shelf life. As soon as you open it, you're exposing it to the air. Six months ladies and gentlemen, six months. Otherwise you're, even those things that have those heavy doses of preservatives can grow bacteria and harmful things. I also want to mention too, because I know when I talk about water, especially with my products from Primal Life Organics, I talk about, and I don't know if you've mentioned this too, but the other things that are found in water.

What I like to tell people, is for most skin care companies they're not really purifying their water, they're using tap water, and these are the things that have been found in tap water, heavy metals, we talked about the disease causing bacteria, so disease causing bacteria, heavy metals, gasoline solvents, synthetic chemicals like benzene, industrial waste products, disinfectant by products and radio active substances such as, uranium, radium, and radon.

Rachael: Isn't that fun?

Trina Felber: What's great is that water evaporates and leaves these things sitting on your skin.

Rachael: Or absorbing into the skin.

Trina Felber: Right and especially they can cross through but they're like, when you talked about the little fissures or little cuts or if you just exfoliated, there's breakdown that you don't see or feel in your skin.

Rachael: It's true and then one other thing that I wanted to mention that not everybody knows about is that, water for the skin is actually alkaline. We've been told a lot nutritionally that's it's good to have an alkaline environment inside of the body, I mean I'm sure you guys have heard about drinking alkaline water and the benefits of that are for another conversation, but topically, the skin itself actually is on the acidic side. It has to be, that's how it supports its microbiome. Typically between a pH of 4 and 5.5.

Water, distilled water is about a 7, which is neutral, so that means that it's not, even neutral is alkaline which can be extremely irritant to the skin with repeated use. This is why so many people, when they take a lot of long showers or soak in a bath, their skin actually feels really dry and irritated.

Trina Felber: Right, and it's, like when you talk about the microbiome, what cracks me up is, just recently I saw an email from a popular blog, healthy blog person, I don't want to name them, who is supporting a company out there that considers their stuff safer. And mentioning how this company is the first company to be preserving your natural biome on your skin and I laughed because I'm like, oh I've been doing that for 10 years. This has been coming out of my mouth about your natural biome being supported. Water kills it, the pH when you're talking about it, having the alkaline pH from water is killing your natural biome.

By using ingredients like the oils you're supporting your natural biome, which is supporting the growth of the bacteria that needs to protect you. So it just cracks me up that out there people are thinking that they're propagandizing like some new, something new. It's like, c'mon.

Rachael: I know, it's, yeah again, like don't get me, don't even get me started on that kind of stuff because it drives me crazy because they act like it's brand new information that they just discovered and is the only line to ever do this. No, actually.

Trina Felber: And really when you're destroying your natural biome, you're leaving yourself, like people that suffer from acne and rosacea, and skin conditions, you are actually, can cause more harm and it can actually cause irritations or worsen your acne.

Rachael: Yeah, you're leaving your entire body susceptible and open to, I don't want to say attack, but essentially it is, because even if they're microbes that you come into contact with that might not normally be a problem, if you don't have a rich and diverse microbiome in your body, and on the surface of your skin, then those tend to become opportunistic and throw things off balance and could really cause a problem.

Trina Felber: Yeah because even a small amount, if you have a weakened immune system or whatever, a small amount can cause more problems but, so, tell me, please enlighten us, are there any benefits for using water in skin care?

Rachael: Yeah. So, ... here's the thing, from a functional perspective, when we're talking about the function of the product itself, it makes the product feel nice on the skin. Not everybody likes the feel of oil based products and because look, the Industrial Revolution brought us a whole slew of water based products, we got used to it, we got comfortable with creams and lotions and gels and stuff like that.

It can be, sometimes difficult to switch somewhat over to an oil based regime when they're used to that light feeling. That light, dehydrated feeling. That stripped, that ... the squeaky clean.

Trina Felber: Like the prune versus the plum? Like if you want to look like a prune, put water on your skin, that's what I like to say.

Rachael: Right. But here's the thing, it is really important to hydrate the skin and it would be lovely if we could do that from the inside out by drinking water and having hydrating foods in our diet, but unfortunately it doesn't actually work that way because all of that hydration first goes to nourish and hydrate the internal organs and by the time the skin gets it, there's like 10% scraps left. It's like, the leftovers that nobody wants to eat. It's just not enough.

It definitely can help, there's always a visible difference of someone who drinks a lot of water versus who does not, but for proper hydration on the surface, it's really important to hydrate with some sort of water containing ingredient, but the other thing that's important about that is that even though water soluble ingredients don't necessarily penetrate all the time because the skins barrier is liquids, it's oils, it recognizes oils and oil soluble nutrients. However, we do have studies that show us the importance of hydrated skin to allow for that absorption to happen.

so if the skin is dehydrated, it's like pouring oil on top of like the desert, hard desert sand, nothings getting in there. It has to first be kind of opened up and softened up and watered like a sponge. Where it can open up further to take in those nutrients but if there's too much then you have just a soggy sponge where things are just falling out and nothings going in.

Trina Felber: That's what I like to tell, like it's not, in my opinion and I don't use water in my formulations, but in my opinion it's not the fact that there's water in skin care products, it's that there's water in every skin care product. So you're, it's the overuse. Like it's an absolute overuse. So if you're using one product that has water in it, please make sure it's purified. That will tell you that it's a better quality of water, but that's not going to be harm to your body like using 10 products everyday that have water.

That's really going to be where you're going to run into the area where you're not going to be supporting your natural biome. It's going to dehydrate you more than it's going to hydrate you because the water's actually going to pull the moisture.

Rachael: And the nutrition. You know with that evaporation and that's important. So it's nice if you are using products that contain water, it's ... there are better choices than just water, than distilled water. So I mentioned you know some of the herbal preparations that you can make a lot of, my colleague and my students use herbal infusions, which actually does lower the pH of the water. Yes you still have to deal with the microbe issue, that's a fact and natural preservation has come a long way since even just a few years ago when I first started teaching about it. It's, every six months there's a new natural preservation system, many of which are more supportive to the microbiome than some of the more traditional preservatives.

A lot of the natural microbials out there are, they bring benefits to the skin, and have ... nourishing properties in addition to the anti-microbial properties. Which kind of sounds like an oxymoron, like anti-microbials supporting microbiome, but the fact is, is that if you are going to formulate with water at all, or by a product that contains water, it's got to have a preservative, otherwise it's just going to be dangerous.

That's just a fact, but using herbal infusions or hydrosols, that is a way to at least deal with the issue of pH being too high, because those are more acidic and they're also going to help bring in some of the therapeutic properties of the plants in conjunction with the other ingredients in the product.

So that's a way that it can be beneficial but I don't really recommend even to my students to use straight water in their products at all. I recommend that showers be kept to a minimum, and that-

Trina Felber: Oh they have the shower heads that you can get the, because I had that, the filter yeah, that you can just attach right to your shower head so that your showers are filtering out the heavy metals and the waste products and all of that.

Rachael: Chlorine.

Trina Felber: And the chlorine and you can get whole house systems. We have a whole house system now, but we did use the shower before we moved into this house, I had a shower head. So yeah, it's really important, we don't realize how much-

Rachael: Really important.

Trina Felber: Yeah, how much our skin actually just absorbs this stuff.

Rachael: It does.

Trina Felber: It affects, like you think about the brain fog and the fatigue, chronic fatigue that people are suffering.

Rachael: The hormones.

Trina Felber: Hormone disruption, you know, how many women are having difficulties getting pregnant, how many people are having problems losing weight? Your thyroid gland is responsible for your metabolism and that's affected by stuff. So, all of this stuff comes into play and what's really fun is Rachael and I have never, we've met a couple times, we've met at a couple of places and we've never actually had this conversation so it's really kind of a fun topic for us to talk about.

Rachael: It is, we're geeking out over water, I love it.

Trina Felber: I know, yeah. So alright. What are natural alternatives to water? Either as a skin care ingredient or in your daily skin care regimen?

Rachael: Yeah. So as I mentioned, herbal infusions, so that's basically an herbal tea or you can make green tea. Green tea actually has a ton of topical skin benefits, really wonderful ingredient that you have to use water to make the tea. You have to use water to extract the benefits of the plant, typically hot water. Then there are some herbal preparations you can use called glycerides, where you're using glycerine to actually extract some of the preparation, or some of the therapeutic benefits from the plants. That's a lot less irritant than using something like an alcohol extract or an herbal vinegar.

Herbal vinegars are great for salad, but not so much on the face, it's too acidic and therefore too irritant. Of course we got to talk about oils, we love oils. Oils don't hydrate the skin perse because they're not bringing any water into the skin but they absolutely are essential for helping to maintain skin hydration because they are helping to, kind of seal off the evaporation pathways from the water that's already in the surface of the skin. They're helping to keep that moisture in and they're also delivering just pure plant nutrition into the skin. It's just wonderful.

I really think there's an oil for everyone. If you put an oil on your skin and it feels too greasy or it's not absorbing or it's too thick, try another oil. There's so many of them out there now and they all have different properties, they're all made of different essential fatty acid chains that will determine how it absorbs and whatever, depending on what your skins needs are, it, you will find the right one, you just have to discover it.

Trina Felber: Sometimes what I find with people too is that you're so used to putting on that watered down product that you need more of, that you're using, it's a simple

math product. You're actually, you're just using too much oil. So if you simple cut the oil down into half or even a third, then what I tell my clients is, you know what, if you put the serum on, like my CX serum, Vitamin C serum, if you put that on, and 10 minutes later you feel it on your skin, you've put too much on.

Rachael: You put too much.

Trina Felber: So get it, with in 10 minutes you should have soft feeling skin. Not dry, not oily. It should be just like, to the touch, you just feel soft. So keep cutting back until you get to the point where you know I need three drops, I need two drops, I'm two and a half, because some, most of the time we're just so used to using such high volumes. Because that's what those big bottles come, in big bottles so they look nice and big and you think oh, but you're using three times as much as you would if you just used an oil.

Rachael: Exactly. It's so true. Another thing that I want everybody to have, there's two things that I want everybody to have in their regimen and that's, first is rose water. That's something that can be used just as a spritz before you apply your oils, or you can use it as a compress before you apply your oils. That will bring hydration as well as gentle tightening and really just beautiful properties into the skin. Then you put your oil on top so that it keeps that moisture in there but you haven't dehydrated your skin. The pH is still lower so you're not irritating your skin in terms of acidity or alkalinity. You also get the natural aromatherapy from it, which is shown to improve the mood. There are a lot of skin and health benefits associated with rose water, so that's one.

Then aloe vera plant, an aloe vera plant. Everybody should have an aloe vera plant in their homes. It's just really simple to get the gel out. You just take a vegetable peeler, peel the leaf off, it exposes the gel inside. Scoop it out, stick it in like a little Nutribullet, that makes a nice consistency. You can apply just a layer of that as kind of a serum. Then your oils on top, or you can even mix it with your oils and apply that as your own emulsion that doesn't contain and emulsifier, just for like a quick and easy DIY.

Then honey, raw honey is a beautiful thing to was your face with and also to use as a mask or as a spot treatment. It is very high in water activity, it's a humectant, it attracts moisture into the skin, but it itself does not contain a lot of water. It has a naturally lower pH but you're also getting a lot of natural skin nourishing microbiome feeding.

Trina Felber: I was going to say, it's loaded with microbiomes.

Rachael: Its so-

Trina Felber: Like listen to us, we're like oh feed my skin.

Rachael: Yeah. So I don't want you to actually look for that in a skin care product because honey in a skin care product can actually cause more microbes because it feeds them, but as a stand alone DIY skin care regimen step, either as a cleanser or as like a spot treatment or a mask, it's really beautiful and it's very hydrating to the skin. So if you wash your face with honey-

Trina Felber: Then you can always just like lick it off.

Rachael: Honey's very sticky but it's very easy to remove with just a gentle, warm wash cloth. So just apply it to the skin, kind of tap it around a bit, get things moving, rinse it off with a warm wash cloth, spritz your face with some rose water. Then put on your really nourishing oil serums, you are good to go.

Trina Felber: So what are the main things you need to know if you choose to use skin care products that contain water, or water containing ingredients? So what's the most important thing to look for?

Rachael: If you see a product that contains some sort of an herbal extract, or something with water, or a hydrosol and it says, "Preservative free," run. Put the product down and step away from it. There's no such thing as a preservative free product that contains water that is safe.

Trina Felber: Because water, like we talked about, just grows bacteria.

Rachael: Right. So either the product is formulated unsafely, or they're lying and they have not listed out the preservatives and that happens a lot. We often see products that, I know where to look for the sources of the ingredients because that's what I do, but a consumer is not going to know, oh well where did they get that ingredient? Then if you go look at that ingredient, the ingredient itself might have methylparaben in it but because it's below a certain percentage of concentration you would never need, you would never know that as a consumer because the individual constituents of raw materials are not necessary to be listed on labels.

So ... always be wary of those free from claims, it's typically too good to be true.

Trina Felber: So I love this conversation because I love the fact that we're on the same page with it. I always think that two voices are always stronger than one.

Rachael: Absolutely.

Trina Felber: Four voices are stronger than two. I know a lot of people get worried about competition and things like that but I applaud people that can band together and love each other and spread the word because like I, my biggest thing is I really want people to understand the safer ideas of skin care.

It doesn't have to be, just because something looks pretty and is marketed I don't want to say correctly but marketed.

Rachael: Marketed well, marketed a certain way.

Trina Felber: Yeah. Marketed well, like I always talk about, like mineral makeup is not really safe. It was a marketing ploy because it sounds safe and it exploded. So it's the same idea with marketing. Marketing, just because something looks good, doesn't mean it's good. I want everyone to go home, this is your homework, you have to go home, look at the products that you're using, especially like the stuff you use everyday. Look at the ingredient and see if the first ingredient is water, that's it, that's all you got to do.

That in itself is going to be an eye opener when you look at 10 products and you see that 10 products out of 10 products have water listed as the first ingredient. So really just open your eyes and then you can start to delve into it and figure out like what do I need to do to make the change. What do I look for? Obviously you have a course that I know that you want to offer everyone, my products of course, Primal Life Organics are all very up, it's an oil based skin care program that I developed, but tell-

Rachael: And it's a beautiful line. I've sampled your products before, you do a great job.

Trina Felber: Thank you, and I take that very like, from an expert to an expert so that means a lot to me, but tell them about your course, because I really want people to really, if you're interested, if you geek out about this stuff like we do. Rachael has a great course that you can go through, so tell them about your course.

Rachael: Absolutely. It's called Must Have Secrets for Gorgeous Skin. It is a 10 lesson video course where I, you sign up for the course, you'll get an email every day with a lesson in it. It basically takes you through the entire process that took me years to figure out and you're going to get all that information in these 10 videos.

I talk about what you need internally to build healthy, beautiful cells from the inside out with what foods you should be looking for, also what substances and foods you should be avoiding. We talk about lifestyles upgrades that you can make to support healthy skin. What are things in your house, in your daily lifestyle, at your workplace that you should be taking a look at to kind of run through this check list? Like oh okay, do I have this, this, this, or this? Okay well lets fix this and there all things that are within your control, that if you make these small changes they can really make a big impact overall on your skin.

Then I talk about topical in two ways, we talk about more ingredients like this. We talk about ingredients they should avoid, ingredients that you should look for, but as we mentioned at the beginning of this session today, I'm also a

aesthetician, so I'm giving you the skinny on what spa treatments are actually beneficial and which ones really are not.

Trina Felber: Oh.

Rachael: Yeah, there's a lot of spa treatments-

Trina Felber: Now it gets dicey.

Rachael: It does get dicey and unfortunately there are a lot of treatments that are being done in spas, ... on a regular, on a very regular basis.

Trina Felber: They're expensive.

Rachael: They're expensive but they're also doing your skin more harm than good and they're actually slowing down your skins healing process and speeding up your skins aging process. I don't think we want either of those things.

Trina Felber: No, and I talk a little bit about that every once in a while too when I talk about some of the ingredients. Like what kills me is when, like the Vitamin C formulations. Vitamin C itself starts to oxidize, you're laughing. Starts to oxidize as soon as it's exposed to air, it's not oil soluble so in order to put it in oil they have to attach it to something.

Rachael: They have to do a lot to it.

Trina Felber: So by the time, and what they attach it to, one of the side effects causes cell death. So the whole idea behind buying something that has Vitamin C is that you're going to be improving your skin, when in reality they've attached it to something that's going to cause cell death.

Rachael: Pretty ironic.

Trina Felber: Isn't that-

Rachael: And it happens all the time.

Trina Felber: And we buy into it. We buy into it and we wonder why we buy this bottle this big for \$200 and we don't look any different.

Rachael: It's true. Yeah and then in addition to that, I talk a lot about mind set in this course because I'm sure you've seen this with your clients and your audience as well, we know a lot of what we're supposed to be doing to get the results we want but sometimes we still don't do them because we're stuck or because we feel like we don't deserve it, or we feel like it's not for us, it's for that person.

so I talk about the importance of mind set and what shifts you really do need to adopt if you really want to get the results that you say you want and make them for you for life.

Trina Felber: Awesome. You are amazing Rachael.

Rachael: Thank you so are you.

Trina Felber: Thank you. We're two girls that just love each other.

Rachael: We are yeah. You should see us on the dance floor.

Trina Felber: Oh let's not go, oh my gosh that was so funny. Yeah we were just at an event recently, thanks JJ [Virgin 00:30:55].

Rachael: With costumes.

Trina Felber: Yeah and it was a lot of fun and we had so much fun. We were dancing maniacs so. Anyway, I totally appreciate you coming on. So we'll have in the notes, the show notes, all the information if anybody wants to go to the course, check it out. Rachael, I totally, I totally, totally thank you for being who you are, bringing safe skin care, the knowledge out there because so many estheticians, they don't get into the natural and they get stuck in the artificial, is what I like to call it, so I appreciate when the natural can come out.

So thank you so much for joining us today and everybody can check you out on your, you have a website as well?

Rachael: Yes. So I have rachaelpontillo.com.

Trina Felber: And that will be in the notes as well yeah.

Rachael: Yep perfect and then if you are interested in actually learning to make your own skin care products that are safe, like a lot of what we talked about today, I also have createyourskincare.com.

Trina Felber: Yeah that's awesome. Being the creator myself of a company that creates skin care, I always encourage people to make their own skin care, even if it's simple. Like I, like leave the really intricate stuff to me, like my super berry elixir has a ton of really good ingredients, so leave that to me and that can be your night treatment but I always encourage people to just dabble with making your own. It's of course going to be more cost effective for you and it's fun, especially if you have a daughter or a son, like get them mixing and just start.

Rachael: Put them to work.

Trina Felber: Yes and if you're using oils and food based it's kind of fun to do it. Make yourself a sugar scrub for your face. Make yourself that honey. Get raw ingredients and make them. So I always, even as a creator of a company that creates skin care, always encourage people to go out and make your own. Whatever you can, always make your own when you can and leave the nitty gritty and the really delicate stuff to other people that really love to geek out on that.

Thanks Rachael, I appreciate it.

Rachael: Thank you so much it was fun.

Trina Felber: Until the next time we run into each other on the dance floor.

Rachael: Absolutely.

Trina Felber: Sending love to you.

Rachael: And you as well, thank you.

Trina Felber: Alright, thanks guys for joining us, and we will catch you next time on The Healthy Me.

Thanks for watching, make sure you subscribe to keep learning how to create your healthy self, see you next time.