



Radiance Guaranteed!

Get The Soft &
Supple Skin You Want
& Deserve With Our
Game-Changing Skin
Care Routine.

It's About Time

...that you have the results promised to you and the simple experience that you crave.

It's about time that, after washing your face, it isn't bright red or so dry that it hurts.

It's about time you feel confident enough to ditch the foundation and trade in your reactive skin for a more resilient one that can hold its own rain, wind, snow or shine...

It's about time you experience soft, clear and supple skin that is getting better and better every day.

Don't You Think?

Now's the time for a simple beauty routine like no other where you can implement tried and true tips from my 20+ year career in integrative esthetics and look amazing in the process. My clients, even those with challenging conditions like eczema, cystic acne and rosacea, have had amazing success with my routines and now it's your turn!

A great way to start is with a few tips, or just one... Elique doesn't believe in trying everything. We believe in trying one thing, doing it slowly, consistently and with intention. and moving forward in the order it suits your skin best. It only gets better from there.

XO *Elisha*



Don't Forget...

Take a before and after pic (for your eyes only) to reference every 1-2 weeks so you can celebrate your progress.

Hello Gorgeous!

GAME-CHANGING TIP I

Don't Skip Compressing



Begin every morning and evening routine with three rounds of slow and thoughtful warm facial compresses. This creates movement to purify the skin, lymph and blood which all lead to healthy, vibrant and bright skin. Compressing gently exfoliates, minimizes the appearance of large pores, and encourages healthy oil production for skin in desperate need of barrier repair or will balance an overactive oily skin. Compressing makes for less products in your routines which will be a huge relief to your skin.

TEMP OF WATER - Warm for dry skin with inflammation or a little more hot for thicker, oily and congested skin with NO redness. Just make sure you do not compress with cold water.

GAME-CHANGING TIP 2

Ditch The Cleansing / Make-Up Remover Wipes



Because you often don't rinse off our skin after using store-bought makeup/cleansing/baby wipes, they wreak havoc on your skin. This means residue from industrial, aggressive and alkaline ingredients linger on the surface, never giving your skin respite from the added battle it has to fight every day with these pathogens. No wonder your skin is so sensitive and dry.

AND if you care about the health of our Mother Earth, wipes are an enormous burden to Her. It is estimated that 20-million pounds of single-use wipes are disposed of Every Day (and that is just in the U.S) and with so many wipes being used, there is overflow from landfills forming massive gooey globs that are near indestructible (literally). They are in our rivers, oceans, streams, fields, forests, mountain trails & valleys. And despite brands making eco-claims of biodegradability many are not being honest about those claims. You deserve better than to shop within an industry that you cannot trust and our Mother deserves better. Make your own wipes with a damp 4x4 cotton square. Apply a thin layer of coconut, almond or sesame oil. If you're not sure how, watch my video [HERE](#). Easy Breezy.

GAME-CHANGING TIP 3

Cleanse The Face With Honey & Oils



To build and maintain your skin's barrier, swap the foaming, gel and cream cleansers for honey and oils* Honey is exfoliating (super skin softening) and a humectant (draws moisture to the skin) and quality oils are amazing deep cleansers that are loaded with fatty acids to strengthen the skin and support a healthy protective barrier. You can't go wrong. See how to cleanse with oils and honey [HERE](#) & [HERE](#)

**if you have very tender/inflamed acne or weeping eczema, this tip deserves a deeper conversation not available in this guide.*

GAME-CHANGING TIP 4

Exfoliate



If you are not exfoliating, then you are applying moisturizer and make-up on top of layers of dead skin. Every. Day.

No wonder your moisturizers never work and your skin always feels rough and dry. I understand your hesitation with exfoliating though. It seems scrubs and acids are the only choices you have but they're not. Honey, whole fat cream, white wine and soft clays all have natural acids, enzymes and sugars working gently and efficiently to leave your skin bright and baby soft. And if you are compressing, then you're already ahead of the game.

GAME-CHANGING TIP 5

Avoid Washing Your Face In The Shower



If you have acne, any redness or chronic dryness, please stop washing your face in the shower. I suggest instead applying a THIN layer of sesame or coconut oil to your face before getting in. This way your skin is protected from the heat, fragrance and surfactants that are in your products. Also, keep in mind that when rubbing your face with cleanser while in that fragrant heat only irritates the skin further. Do your facial routine a few minutes after the shower, always rinsing product very well to remove all surface residue.



GAME-CHANGING TIP 6

Palm Your Face



Want immediate results to calm redness and brighten the skin? Palm your face! And do it often! HOW TO: After cleansing, don't towel dry. Instead use entire open hand to palm the water into it (see pic). Hold, breathe in and breathe out. Close your eyes. Palm first the cheeks and then one hand on forehead other covering chin. Also, palm after spritzing your beautifying water, in-between compressing and when moisturizing the skin. Even mid-day after washing your hands (if you are foundation-free) take ten seconds to palm, hold & breathe.

Don't underestimate the results you can have. Palming warms, comforts, calms and stimulates stagnant lymph flow which purifies and brightens. It also forces you to slow down which brings instant relief to inflamed skin.

GAME-CHANGING TIP 7

Less Is More



Get happy skin by removing what make it unhappy and have to fight a constant battle. Trying and layering everything on your skin without a clear understanding of what you're using and why will never give you the results you want. Those results come from a simple routine with less actives (serums, wipes, over the counter anti-aging products) and more nourishment.

So. Many. Industrial. Synthetic. Ingredients.

Indulge your skin in honeys, oils, hydrosols and creams. Cleansers should always have few ingredients.

The more you introduce to your skin, the less you know what is working and what isn't. That means you will never truly know about your own beautiful skin and what it needs most from you. Slow down and it will tell you.

GAME-CHANGING TIP 8

No Towel To Face & Body



Avoid drying your face & body with a towel. Instead palm and spread the water into your face (see tip #6) and body, applying oils and/or creams while skin is still damp. This little tip does wonders for your skin: hydrating the surface, locking in the moisture, helping spread the creams in so you need less product and, most important, it forces your hands to massage your body, exactly what is needed if you want beautiful skin.

GAME-CHANGING TIP 9

More Fats In The Diet



Eating an avocado every day is great but for relieving dry skin and creating the suppleness you want, go a bit further like drizzling of extra virgin olive or avocado oil on your grain bowl. Add 1/2 tsp ghee to your oatmeal, and olive oil on your greens. Eat nuts and seeds, especially walnuts, pumpkin and sunflower seeds. Get your Essential Fatty Acids (omegas 3, 6 & 9) from sunflower, hemp, olive, evening primrose, flaxseed and borage. I recommend UDO's Vegetarian Complete Omega 3-6-9 Formula and Deva Nutrition products.

GAME-CHANGING TIP 10 Level-Up Your Hydration Game



When you are hydrated on a cellular level, inflammation goes down, dryness balances out, lines soften and overall your skin becomes more soft and radiant. For years in my practice, I prescribe teas (herbal) to heal chronic inflammatory disorders with great success and I suggest them for you too. HOW TO: Before you go to bed, fill a 32 ounce mason jar with filtered water, add two herbal teabags of your choice and a dash of Himalayan salt. Drink the infusion first thing and within an hour of waking up to hydrate, boost metabolism and help flush metabolic waste from the body. The minerals in the tea allow your body's cells to absorb water more efficiently.

A hydrated body means gorgeous, supple and dewy skin. Skin elasticity is improved and chronic disorders such as eczema, dandruff, and psoriasis, can also be alleviated when your body is hydrated. Hello Gorgeous.

About Me



My career in skin care and wellness span two decades and in that time I have transformed the most troubled skin and unhealthy lifestyles with straight-forward, loving and easy-to-digest advice rooted in nutrition, plant and lifestyle medicine and therapeutic touch. I remind my clients to recognize their small progress and the healing that follows from there. Grasping this motivates them to stay the course.

I am a serial entrepreneur, opening a successful on-location catering business when I was 21 years old and later was a pioneer in organic skin care and product development. I have been mentored by some of the most esteemed chemists and industry leaders and my brands featured in national press and news media like CNN & ABC News. I am a CA and NY state Licensed Esthetician, Dr. Vodder certified Manual Lymphatic Drainage therapist and Certified Ayurvedic Health & Wellness Educator. I currently live in Los Angeles and spend my free time kissing and snuggling my dog Noodle, reading a great mystery novel or cooking up something delish. Feel free to email me at eliqueorganics@gmail.com with any questions or thoughts. I love hearing from you!

XO *Elisha*

Disclaimer



The content in this guide is not intended nor implied to be a substitute for medical advice, diagnosis or treatment. This guide is for informational purpose only and as always, one should always consult with their physician or qualified medical provider for personalized advice before beginning any lifestyle changes.

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Simple Beauty & Wellness Classes

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