10 Steps to Reconnect, Restore and Revitalize With Beauty

By Dorothy Inez Minister of Beauty

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Introduction

It is my mission to help women reclaim their power by revealing their true beauty—inside and out. We can all revitalize our spirits, reconnect with our higher sources and restore our hearts if we are willing to live each day consciously, with faith in ourselves and gratitude for the love in our lives.

Loving your life means taking the time and energy to care for yourself—mind, body and soul. I’ve been a beauty professional for more than ten years, and in that time I’ve worked with many women to enhance their outer beauty and find healing within.

With this program, you’ll learn simple and effective ways to revitalize, reconnect and restore with beauty:

I. Meditate and Connect with Your Higher Source
II. Develop a Positive Mindset
III. Let Go and Laugh
IV. Eat, Drink and Supplement
V. Shake Your Body Down to the Ground
VI. Be Consistent with Skincare
VII. Use Make-up to Revitalize Your Beauty
VIII. Journal for Freedom
IX. Sing It, Girl!
X. Take Mini Vacations

By the time you finish this program, you’ll be INSPIRED and armed with PRACTICAL TIPS you can put into action starting TODAY! You have an incredible life waiting for you. Perhaps you see glimmers of it today . . . but soon you will be living it fully. And I’ll guide you the whole way.

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Meditate and Connect with Your Higher Source

If you don’t already meditate, the idea of learning can feel intimidating or even impossible. We move so fast that slowing down can be an incredible challenge. But meditation is just about calming your mind, clearing the thoughts that clutter it, and connecting with your higher source—however you conceive of it.

Try meditating every day. Start with five minutes of stillness and build on that. You’ll be well on your way to Zen if you start with these two elements:

• Create a small altar in your home dedicated to connecting with yourself and your higher source. Your altar can be anywhere: in your living room, your bedroom, a spare room. The point is that it’s a special place dedicated to reflection and meditation. Put up things that inspire you—candles, incense, pictures, holy books, prayer beads, or whatever inspires you. Your altar should be a sacred and peaceful place for you.

• Learn how to breathe. The act of breathing is the body’s most vital and basic function, yet many of us pay little attention to our breath. We never learned how to breathe correctly. Learning to breathe properly can greatly improve your health and reduce the impact of stress on your body.

Our emotions are directly linked to our breathing. The next time you are upset or angry, notice how you are breathing. You may not be breathing at all! Instead of taking shallow breaths—or unconsciously holding your breath—practice deep breathing to relax yourself.

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When we breathe deeply, the impact of negative emotions on our bodies is diminished. And when we practice breathing, we oxygenate our blood so that all our organs function better. Deep breathing also calms the mind, which creates a sense of well-being and leads to vibrant health. Try this:

- Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.

- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.

- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.

- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.
Develop a Positive Mindset

Everything you say to yourself is either a positive or negative affirmation. You are what you think, so be careful about what you allow to enter your mind. Develop a consciousness about your thoughts. Practice becoming aware of negative affirmations and countering them with positive affirmations:

1. Take notice of negative thoughts as they pop up. Most of us blaze through our days without ever truly examining our own thoughts, so it might surprise you to discover how many of them are negative. If you can, it’s helpful to spend a day jotting down negative thoughts—everything from “I hate how my hair looks today” to “I’m messing up this project and my boss will think I’m incompetent.”

2. Counter each negative thought with a positive affirmation. Positive affirmations state things as though they were already in existence. For example, instead of saying or thinking, “I want to be happy” you say or think, “I am happy.” You can write down these positive affirmations or say them out loud or in your mind—but say them with strength and confidence, as though they already are true.
Let Go and Laugh

Laughter isn’t just silly or fun—it has real and important health benefits!

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

- **Laughter boosts the immune system.** Laughing decreases stress hormones and increases immune cells and infection-fighting antibodies, improving your resistance to disease.

- **Laughter triggers the release of endorphins,** the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even relieve pain temporarily.

- **Laughter protects the heart.** Laughing improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

- **Create laughter!** Rent funny movies, play with your pets, invent silly games, and go to comedy shows. You don’t have to wait for laughter to find you!
Water: Our Life Source

Water makes up more than two-thirds of the weight of the human body, and without it we would die in a few days. The human brain is made up of 95% water. Blood is 82% water and lungs are 90% water. A mere 2% drop in our body’s water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic math, and difficulty focusing on smaller print, such as a computer screen. (Are you having trouble reading this? Drink up!)

Mild dehydration is also one of the most common causes of daytime fatigue. About 75% of Americans have mild chronic dehydration. That’s a pretty scary statistic for a developed country where water is readily available.

How much water should you drink per day? We’re often told to drink 8 cups (64 ounces). If you have trouble keeping track of your water consumption, remember this rule of thumb: If your urine isn’t clear, you’re not drinking enough water. If it is, you’re adequately hydrated.
Eating Right

When it comes to nutrition for staying younger, there is 1 major Do and 1 major Don’t:

- **Do** eat a lot of vegetables, fish and lean meats. If you don’t like fish, take a supplement of EFA’s (Essential Fatty Acids). You can get EFA’s from flax seed oil or fish oil supplements. Another key supplement? Vitamin B-complex, which helps manage stress and boost energy.

- **Don’t** overload on refined sugar and starch. Not only do they pack on pounds and contribute to bad heart health and cholesterol, they age the skin.

- **Do** add a supplemental antioxidant like **Isotonix OPC-3**. **Isotonix OPC-3** is an isotonic-capable food supplement that is made from a combination of bilberry, grape seed, red wine and pine bark extracts, and citrus extract bioflavonoids, all found to be powerful antioxidants. Oligomeric proanthocyanidins (OPCs) are bioflavonoids (complex organic plant compounds) found in fruits, vegetables and certain tree barks that provide exceptional nutritional benefits to the human body.

  Studies have shown OPCs to be up to 20 times more powerful than vitamin C and 50 times more powerful than vitamin E in neutralizing free radicals. **Isotonix OPC-3** contains the only isotonic form of Pycnogenol® in the world. Pycnogenol is a natural plant extract from the bark of the French maritime pine tree and the most clinically researched and potent bioflavonoid.

**Tips for good nutrition and drinking more water:**

- Plan your meals daily and keep your kitchen stocked with fresh food. When you have a plan—and plenty of healthy food at home—you’re less likely to turn to junk food or take-out when meal time rolls around.

- Play with foods and create new meals. Buy healthy recipe books and magazines, and challenge yourself to try new combinations and experiment. Even if you don’t normally cook, start with the basics and you’ll learn to see cooking as an opportunity to get creative (plus you get to reap the rewards of your work right away!).

- Bored by water? Jazz it up by adding mixed berries, mint leaves, orange wedges or cucumber slices. Or try naturally-flavored seltzer for a fizzy oomph.

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Shake Your Body Down to the Ground!

Moving your body doesn’t just transform you physically—it also does wonders for your mind and spirit.

How to get moving and love it:

• Find something you love to do. If you cringe at the thought of running or Rocky-style sit-ups, forget the traditional workout. Try belly dancing or Zumba instead, or check out the classes at your local gym. Whatever you do, do at least 20 minutes a day.

• Check out salsa clubs. Many clubs offer free or low-cost salsa lessons and follow them up with open dancing so you can show off your new moves … no matter how good you are.

• Yoga is amazing for increasing flexibility, balance, and physical and mental strength. Many people think they already need to be flexible to start yoga, but that’s a total misconception. Yoga is a practice—and almost every studio has a beginners’ class so you can learn the basic poses and get comfortable with it. You can also buy yoga DVDs, but attending at least a couple classes is a good idea so you know how to do the poses correctly.

• Just dance in your room for 30 minutes. Put on your favorite jams and get down! Invent new moves, bring back the classics from childhood, or just get your groove on without thinking about choreography!
Be Consistent with Skincare

Everything you’ve read about so far affects your skin: nutrition, water, body movement, mindset and laughter. To bring it all together, you need a consistent skin-care regimen.

What is a good skin-care regimen? As we age, we need to make sure our routine includes the following steps:

1. Remove makeup with makeup-remover towelettes. This is important because your face wash is not meant to really breakdown the makeup. Especially the anti-aging cleansers.
2. Cleanse with glycolic cleanser to help facilitate skin cell turnover. Look for cleansers that are non-comedogenic (don’t clog pores).
3. Apply any skin treatments like Vitamin C serum, an antioxidant or Matriskin a collagen booster.
4. Moisturize. In the morning, use a moisturizer with SPF of at least 15. At night, apply one that is nutrient-rich NO SPF: look for moisturizers that contain vitamins and minerals.
5. Apply a retinol cream at night 3 times a week to help promote even skin texture and diminish fine lines. USE BEFORE MOISTURIZER
6. Apply eye cream day and night. Use your ring finger to pat it into the delicate skin below your eyes—your ring finger applies the least pressure.
7. Exfoliate your skin twice a week to keep skin bright, remove dead skin cells and prevent oil from building up and clogging your pores.

It may seem like a lot to do—but once you get it down, this regimen takes 5 minutes. Taking care of your skin is one gift you can afford to give yourself.

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Use Make-up to Revitalize Your Beauty

The foundation of every makeup regimen is ... well, foundation. Foundation acts as a barrier and inhibits some free radicals from penetrating and damaging your skin. And most foundations contain SPF to protect your skin from the sun.

Many people worry that foundation causes break-outs. However, thanks to advances in product technology, that’s simply not the case. Makeup only causes break-outs if:

• It contains an ingredient your skin is sensitive to, such as mineral oil or petrolatum
• You use a sponge or powder puff repeatedly
• You sleep in your makeup

Tips for maximizing your makeup:

• Use foundation that contains CO-Q10 to even out your skin tone and even treat break-outs. One of my favorites is Ageless Renewal Foundation by Motives Cosmetics. It’s great for mature skin.

• Use a medium coverage concealer to conceal under-eye circles, which make us look tired and older. I like to use one that is a shade lighter than my skin to brighten up my eyes and highlight my cheekbones. Both Motives and MAC Cosmetics have wonderful concealers. If you are wearing a powder foundation, use the concealer first. If you use a liquid foundation, apply concealer second.

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• Wearing too much makeup can make you look older. Use light strokes to apply washes of color rather than intense deposits—you’ll open up your face and it will look more youthful and radiant.

• Avoid using too much powder on mature skin. It tends to gather in fine lines, making them look deeper and more pronounced,
  o If you do use powder, use a setting mist to minimize the appearance of fine lines and wrinkles.
  o Motives Cosmetics carries an amazing setting spray (used by Jennifer Lopez and others) called “10 Years Younger Spray.” It hydrates the skin, giving it a youthful glow while setting it for up to 16 hours. Visit www.motivesbydorothyinez.com to get your spray today.

• Instead of black eyeliner, try dark brown, purple, blue or green. You’ll be surprised how your eyes will pop. I recommend the liners as follows:
  o Dark brown eyes: black or purple liner
  o Medium to light brown eyes: dark brown or blue liner
  o Blue or green eyes: blue, olive green or medium brown liner

• Don’t keep yourself in a box. You can wear any color you want as long as the shade is correct. So many women tell me they can’t wear red lipstick. Then I find the right shade and guess what? They can wear a red lip. And remember that you may have to get used to seeing yourself in a new color—what seems startling at first will feel natural and gorgeous as you get used to seeing yourself in it!

• Bring light into the face with cream highlighters. Try a cream highlighter on the cheekbones and just above on the balls of the cheeks to give your skin a youthful glow.

Use high-quality products: Check out my exclusive skincare and mineralized cosmetics line.

http://www.motivesbydorothyinez.com
Journaling offers you the opportunity to express yourself without judgment from anyone. Buy a beautiful journal or even a sketchpad—and remember: it doesn’t have to be ruled! Blank pages can free your mind to write in whatever patterns feel right. Every day, set aside some time to reflect on your day, your feelings, your goals and dreams. Whether you can dedicate five minutes or two hours, journaling frees your mind. There are no rules, so just write.

If you don’t like to write, draw or even cut pictures and words out of magazines and collage your thoughts. Be creative and let this book tell your story.

You’ll find it rewarding to go back and read your personal story and see how you’ve grown.
Sing It, Girl!

Whether singing in the shower or in a choir, sounds can influence brain-wave frequencies and promote well-being. “Sound therapy” is linked to health benefits for body and spirit, and singing can:

- Reduce stress and improve mood
- Lower blood pressure
- Boost the immune system
- Improve breathing
- Reduce perceived pain
- Improve a sense of rhythm
- Motivate and empower

Ongoing research in alternative and complementary medicine is examining the ways in which singing plays a healing role in chronic pain management. A 2004 study published in the *Journal of Music Therapy* showed that group singing helped people to cope better with chronic pain.

In many senior centers, singing is being studied for its role as a memory trigger, specifically for slowing mental decline and building self-esteem. For example, Alzheimer’s patients who can no longer carry on a conversation are able to sing the lyrics to songs from their past!

Listening to music can be great therapy, but singing takes it to the next level by making you an active participant. We are so stressed that we hardly sing with friends or with our children. The next time you feel tense, worried or afraid, try singing a happy tune. You’ll notice that your mood and performance will improve. You don’t have to have a good voice—just crank up the karaoke machine (my favorite!) and get singing!

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Take a Mini Vacation

Mini vacations (vacays) are one of my favorite things to do. Often women think they have to go to a foreign country or fly to some exotic island to have a vacation. So not true! Mini-vacays, as I call them, can be taken anywhere from your home to somewhere in your city. Mini-vacays give you the opportunity to remove yourself from your current life and take you into paradise—even if it’s just for a couple of hours. It’s a time to wind down, regroup your thoughts, and restore your heart and mind.

I have a girlfriend in Texas who loves the beach. There is no beach where she lives, so a couple times each week she lounges by the pool at a luxurious Hilton in her town. She acts like she is a guest and enjoys the pool and a few drinks. I’m not saying you should do what my friend does, but it’s a clever example.

Ideas for taking mini-vacays that will help you reconnect, restore and revitalize so you can go out into the world full of love, joy, beauty and abundance:

1) Set your bathroom up like it’s an exotic day spa retreat. You will need:
   a. Scented candles
   b. Fresh-cut flowers you could float in your bath (daisies)
   c. Scented bath salts that have healing properties
   d. A bath pillow so you can lay back and relax
Pick your fluffiest oversized towel to dry off. Then hydrate your body with sweet smelling almond oil. I like to give myself a massage as I put it on, then pat off any excess oil.

2) Go to a park. Take a blanket, a good book, some music and treats. Take a moment to enjoy nature and all the life around you. If there’s a water fountain, sit close so you can hear the relaxing sounds.

3) Rent a room at a nice hotel that has room service, a gym, a restaurant, a pool, a hot tub, breakfast in the morning and (of course) LATE checkout. Or go stay at a beautiful bed and breakfast. Those are fun because you have the opportunity to meet with other guests and enjoy their company.

4) This is going to be a hard one: leave your phone at home! Go for a walk downtown, go to a bookstore or coffee shop. Just spend time with YOU! By leaving your phone at home, you are able to really be present to what’s going on around and inside of you. You will be amazed at how relaxed you feel without that phone attached to your person. If you’re at a coffee shop, bring a good book or magazine, a sketchpad or journal. Listen to a cool playlist on your iPod and allow yourself to get absorbed.

5) Hug someone. It’s rare to see people really hug. A hug can change your life and the lives of the ones you hug. Physical contact is so critical, and many of us long for human contact but rarely get it. Not only does a hug help emotionally, but it has been shown to help physically as well. It can lower blood pressure and heart rate and reduce stress—and it just feels good.

6) Camp out. Many campgrounds offer cute one-bedroom villas for as little at $85 a night, fully furnished. All you need is your clothes and food. If you have a rustic side, head to a woodsy campground with a friend and bring a tent and a cooler. Channel your inner kid by taking walks, skipping stones or roasting marshmallows.

7) Plan a “take care of your temple” day. Attend a yoga class followed by a healthy lunch and a walk that connects you to nature. I find these types of days to be restorative. My energy and creativity are high when I truly care for my temple.

8) Take a drive to your city or one close by to see some new sights. So often we don’t get out and explore the place we live. There are so many treasures, from museums to historical sites. If we seek, we shall find.

9) Just visualize and breathe. Breathing is something we actually forget to do right. If you don’t have a lot of time to spare, lie on the floor and do a round of deep cleansing breaths in your nose and out your mouth. Breathe into the spaces in your body where...
you feel tension, anxiety or pain. Allow yourself to feel those feelings. Then exhale them out as you reinvigorate your body with clean oxygen. Clear your mind and body of all the things that don’t serve it or you. Use the power of your mind to take you to your favorite place like the beach, a wonderful childhood memory or another time in your life you felt happy.

Also use this time to visualize the life you want. Visualization creates physiological responses in the body, therefore making those experiences real in your mind. These visions have the power to calm you when you feel stressed and they have the power to help you achieve your dreams.

As you can see, mini-vacays are just about using your imagination to restore, reconnect with, and revitalize your life and way of being.
Get in touch! I’d love to hear from you or answer any questions you might have about these tips. I’m happy to assist you in any way I can. Just click the link below:

http://www.dorothyinez.com

Every day is an opportunity to make YOUR life different and the change the world.

Love yourself and who you are.

Every single one of us has a purpose on this planet.

Find your purpose, live your passion and share your TRUE BEAUTY—inside and out.

With Heart,

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