

## **Summary**

### **Minerals and how they affect the skin**

**What?** Skin needs minerals to function at its best. Some of these are zinc which can help inflammation. Sulfur helps with acne. Copper can also help acne conditions.

**Why? History** Copper can also help acne conditions. Magnesium helps with circulation and moisture levels in the skin. It is easy to overlook minerals when it comes to skincare, but minerals are what actually help the cells transfer nutrients across cell membranes enabling cells to grow and renew.

**How does it relate to the skin?** The skin can absorb minerals in skin care products but if the molecule is small enough to get into the deeper layers of the skin. Minerals are often included with other ingredients to promote absorption by the skin. Epsom salts is a wonderful mineral with many health benefits.

**When? Implications** Minerals taken orally in the form of supplements will reach the skin at a cellular level from within, and they provide the energy needed to enzymes that carry out cell functions.

**Where does it typically occur?** Minerals occur naturally and they are great to help repair and regenerate the skin. A salt scrub or body mud mask, is rich in minerals that absorb through the skin into the body.

**What causes this?** The minerals have to be so small and in the correct carrier product so they can be pushed into deeper layers of the skin sometimes with the use of electrotherapy devices. A serum rich in phytonutrients, such as seaweed is used along with galvanic current to infuse the minerals from the serum into the lower cellular layers of the epidermis.

**How? Solutions (Mechanical / Machine)** Galvanic current and other modalities can be used to penetrate ingredients

**How? Solutions (Non Mechanical)** Use of supplements is beneficial for some people. Other ways to use minerals is in sunscreen to protect the skin. Epsom salt baths and dets can help with pain and breaking up lactic acid in the body.