

Keep Skin Glowing Naturally this Summer with Tips from Pomega5.

Holistic tips for your skin and body from *Tzeira Sofer* – practitioner in healing arts, expert on women's health & wellness and founder of **Pomega5**.

- Eliminate hydrogenated oils (such as corn, coconut, palm and soy oils) from your diet and skincare and instead incorporate beneficial essential fatty acids for better health.
 - Choose a healthy organic olive oil when preparing foods.
 - Incorporate products with Omega5s (pomegranate seed oil) and cold pressed Omega3s (almond and argan oil) into your skincare regime. They will help balance and nourish skin and because Omega5 is a dry oil, it will never leave skin feeling oily.
- Remember to keep your skin hydrated, especially when exercising – **Pomega5's** new *Revitalizing Nourishing Toner* offers an instant refreshener. Just mist it on skin throughout the day whenever you need a lift.
- Stay away from sugary drinks such as juices and colas because they dehydrate skin. Drink lots of water instead.
- Switch out your table salt for Himalayan salt instead. Unlike traditional table salt (sodium chloride) or salt used to cure and process deli meats (sodium nitrite), Himalayan salt is a pure intense mineral formula. Whereas sodium chloride and sodium nitrite cause fluid retention (which is particularly unseemly in the summer), Himalayan salt actually does the opposite - alkalizing the system and helping the body release unwanted toxins and fluids.
- Apply cool cucumber slices to your eyes and potato slices to your face to absorb excess oil, calm, rehydrate and replenish minerals.
- Wash away dirt and sweat 2 to 3 times a day with a pure, hydrating cleanser like **Pomega5's** *Cleansing Bar*.
- Consume lots of organic green and yellow vegetables and berries that contain purifying antioxidants for a healthier body.
- If you've had a late night, first thing in the morning apply cool chamomile tea bags to eyes to reduce puffiness.
- For some natural sun protection use **Pomega5's** *Pure Pomegranate Seed Oil* which offers a natural SPF of 5.

Pomega LLC, which was founded and based in Marin County, California, offers the first complete line of therapeutic skin care and nutritional supplements made with organic, cold-pressed ultra-premium pomegranate seed oil. The **Pomega5** skin treatments are all-natural, preservative-free, dermatologist tested and contain no synthetics or fillers. Working with doctors and experts on healing plants, founder Tzeira Sofer developed **Pomega5** based on ancient recipes and supported by the latest scientific research, to help people achieve healthier skin and a healthier body. Products are available at select health/wellness stores nationwide including *Elephant Pharmacy* and select *Whole Foods* and at www.pomega5.com

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