

Feeling good about the past

by Susan Turner



Ethnobotanists, scientists who study the relationship between plants and indigenous cultures throughout the ages, have been looking at skin care in a new way. By partnering with these cultures and supporting and protecting their environment – whether it's a rainforest, an island paradise, or glaciers – new and exciting opportunities arise to make the world a better place

and create strong bonds between the past, present and future.

As we continue to connect the knowledge of the global society we live in, the respect and celebration of our multicultural work seems to be bringing great minds together. Time proven formulas, ingredients and preparation methods of ancient times can now be studied and scientifically proven. Medicine people all over the world have a vast understanding of which plants help which skin conditions, but could not prove or thoroughly study isolated ingredients.

Pacific Northwest Native Americans tried to use glacial mud to make pots and failed because of the fine particle size. Later they noticed their hands were smoother and softer. Polynesian firewalkers put Hawaiian ti plant extract (cordyline terminalis) on to soothe, cool, calm and relax their feet. Native Americans discovered the use of yarrow and jewel weed to help with irritated, red, scaly, itchy or rashy skin conditions and the use of mint to calm aches and pains. Horse chestnut and eucalyptus also have cooling effects. Other comforting ingredients are mullein, chamomile, and Hibiscus flowers.

One of the most fascinating humectants for dry hair in the winter time is the ava puhi. It has been marketed for years but only the Hawaiians understand the importance of using only the true "moni" extract of the bulb instead of the whole plant. Polynesians are known for their beautiful, shiny, healthy hair and ava puhi is their secret. They would squeeze the nectar from the bulb directly onto their hair to cleanse and condition it.

All of us deal with dry skin during winter, so knowing these gifts from nature helps. Cacti are very efficient at retaining moisture they receive and extracts from them do the same for our tired, dry winter skin. Aloe vera was a favorite of Cleopatra as was rose oil. Crushed allspice berries blended with oils have been used by Central American healers for many moons for severe dryness and cracking heals brought on by extreme conditions imposed on their feet.

Giving back always feels good. These ethnobotanical creams, lotions, shampoos, and many skin care products not only benefit the user but help indigenous cultures appreciate their own knowledge. These products help save their environments, sustainability, and provide priceless global understanding of each other. The future of skin care often rests in the past. So give your body a treat from all over the world and feel good about it.

Susan Turner has been involved in health, beauty, skin care and fashion for 33 years and is now working with Nu-Skin. She is available for beauty consultations, skin analysis and total makeovers. Re-create yourself and your skin by calling 512-847-1647 or 512-470-5474.



1st Annual Senior Prom on February 16

by Kristi Fletcher

On Friday, February 16, the 1st Annual Senior's Prom will be held from 6 to 9pm at the Recreation Center below Canyon Dam. Dress in what makes you happy:

formal, tux, or casual. Senior prom photos will be taken underneath the decorated archway. Best Friends Band and will be performing. They play at the New Braunfels Senior Center and have quite a following. There will be a lot of dancing and music!

Food is being catered by Canyon Lake's own Ed Joy from Ed's Old Windmill. The meal will consist of chicken parmesan, pasta, salad, mixed veggies, and garlic bread. One glass of wine or beer and a corsage for the ladies or boutonniere for the gentlemen are included in the price. Tickets are \$25 per person and a good time is guaranteed for all.

Did you miss your senior prom or had so much fun you would like to do it again? Here's your chance! This will be the first time for this event but expect many more in years to come. And no, it's not just for Winter Texans and it's not just for seniors – everyone is invited! It's for anyone that wants to have great food, dance, and have a wonderful time.

When Kristi, Program Director at CRRC, read an article about Corpus Christi having a Senior Prom for their Winter Texans, she thought, "I can do this!" And she has. For more information, contact Kristi at 964-3003 or the administration office at 964-2324.

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