

## How I Achieve A Natural Glow; DOA Addition

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Day of Atonement is approaching. As most of our high holy days are, this day is a very important. It is a day to afflict our souls from sundown to sundown, praying for forgiveness, and essentially getting a clean slate. What better way to start then to wash your face?

The question is how should our appearance be amongst our fellow sisters? Should we jump out of bed and go about our day without a care of how we look? Or maybe it doesn't matter if we wash our face or not because hey, we're fasting anyway right? This shouldn't be. Although we are fasting we should treat this day as any other, as far as, if this was a New Moon Feast, we'd make sure that we're decked top to bottom. Now I'm not saying you must put a whole face of makeup on, but still take pride in how you look during this time. If we take a step back and examine what the scriptures say about fasting, we'd see that appearance is in a sense, everything. How we carry ourselves outwardly matters.

**Matthew 6:16-18** says "16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.17 But thou, when thou fastest, anoint thine head, and wash thy face;18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly."

As young Daughter of Sarah, we should never appear with sad countenance. How you reflect to others during your fast will show the true spirit behind it. When a person doesn't want to do something or is doing it only because they must, it shows. On the other hand, if you are genuine about change and understanding that this specific fast is deeper than just going without food for 24hrs (as every fast really is), your outward appearance to others will show differently.

Fasting wasn't always easy for me either. If you don't fast regularly it can be even more difficult and as we know, we are to congregate on this day. So, I got my sisters covered. Here is a step by step routine of how I achieve a natural glow for D.O.A

### Step 1

I always start out by washing my face with cold water. This tightens my pores, allowing me to feel and look rejuvenated. Be careful not to get any water in your mouth, for this will break your fast.



### Step 2

I then begin to lather up my face with the Dr. Browner's Pure-Castile soap in Lavender scent (if you have a face spine brush I'd highly recommend using it) I prefer no chemicals if all possible

### Step 3

After patting my face dry, I then tone my skin with Rosewater, adding extra hydration. To follow, I moisturize my skin with these 3 moisturizers that leave an excellent glow

These 3 products are my personal favorites, They leave my face hydrated all day. Because we go without water for 24hrs, this leaves my skin and lips feeling a little dryer than usual. But these give me the boost that I need.

### Step 4

Lastly I like to moisturize my lips with a non-scented, non-flavored Chapstick. I want to make emphasis on "non flavored" because it can accidentally get in your mouth or tempt you to lick your lips. Now, if you're one that licks your lips frequently you might want to leave this step out completely. Use your discretion.

*I Pray this helps you for the upcoming D.O.A! Shalom MHNCB.*

**“Whose adorning, let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; but let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.” 1 Peter 3:3-4 KJV**

