# Leyla Weighs In: The Art of Natural Skincare

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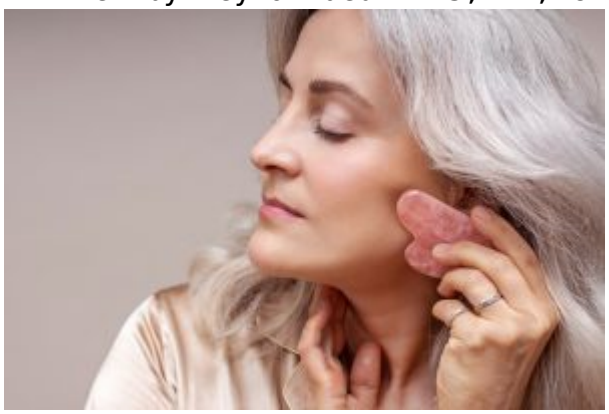

In this episode of ‘Leyla Weighs In’ on the *Intelligent Medicine* Podcasts, Leyla discusses the importance of natural and holistic skincare. She emphasizes the value of good nutrition, sufficient sleep, and stress management for radiant skin. Leyla shares insights on effective, low-cost skincare practices such as lymphatic drainage, cold water toning, and the use of coconut oil. Additionally, she highlights the benefits of natural ingredients like aloe, shea butter, and CBD, and underscores the necessity of mindful eating as it impacts skin health. Leyla also touches on the positive effects of sunlight, proper pillowcase hygiene, and a mindful approach to skincare routines.