

Holistic

HUMAN BODY SYSTEMS

The Journey of Me



Integumentary System

This journal is your personal space to track what you learn about your skin, how it responds to changes in your habits, and the activities you try. The integumentary system is more than just skin—it's your body's shield, communicator, and health reporter. Over this week, you'll explore how nutrition, movement, self-care, and natural remedies can keep your skin healthy inside and out.

Section 1: My Skin Awareness

Daily Reflection

Each day, write a few notes about your skin.

- How does it look today? (color, texture, breakouts, dryness)
- How does it feel? (soft, tight, oily, itchy, irritated)
- Any changes from yesterday?

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Section 2: Learning Checkpoints

What I Learned About My Skin:

One Thing I Can Do to Support My Skin Health:

Section 3: Activities to Increase Knowledge

1. Sweating and Exercise - Why Sweating Matters:

Sweating helps remove toxins, keeps the skin hydrated from the inside, and cools the body. When sweat evaporates, it releases heat—helping regulate your body temperature.

Some Exercise Options:

- Dance for 20 minutes to your favorite music.
- Go for a brisk 15–20 minute walk or bike ride.
- Play a sport with friends (basketball, soccer, volleyball).
- Do a 10–15 minute HIIT workout at home.

Reflection:

After your workout, how did your skin feel?

Did you notice any glow, warmth, or increased softness?

2. Dry Brushing Technique - Why Dry Brushing is Helpful:

- Increases circulation
- Supports lymphatic drainage (helps remove waste from the body)
- Gently exfoliates the skin

How to Do It:

1. Use a natural-bristle brush.
2. Start at your feet and brush upward toward your heart.
3. Brush in long, sweeping motions.
4. Do for 3–5 minutes before a shower or bath.

My Experience with Dry Brushing:

3. Epsom Salt Bath - Why Epsom Salt Helps:

- Provides magnesium for skin and muscle relaxation
- Draws out impurities from the skin
- Reduces soreness and promotes calmness

How to Do It:

- Fill your bathtub with warm water.
- Add 1–2 cups of Epsom salt.
- Soak for 15–20 minutes.

Reflection:

After my bath, my skin felt:

Section 4: Skin-Friendly Habits Tracker

Daily Habits Checklist:

- Drank at least 8 glasses of water
- Ate fresh fruits and vegetables
- Got at least 15 minutes of exercise
- Took skin-supportive supplements (Vitamin C, Omega-3s, Zinc, etc.)
- Did one self-care activity for my skin

Section 5: Herbal Learning Corner

This Week's Featured Herbs for Skin Health:

- Aloe Vera – soothes burns, hydrates
- Calendula – helps heal cuts and irritation
- Burdock Root – cleanses from the inside out
- Chamomile – calms inflammation

Activity:

Pick one herb, learn about it, and write:

- Where it grows
- How it helps the skin
- How you can use it (tea, topical, etc.)

HERB: _____

Where it grows _____

How can I grow it myself? What does it need to grow properly?

How will it help my skin?

What's the best way to use this herb?

Drink it in a tea / in a herbal tincture / topically in a lotion, salve, wash, mask

Other herbs I want to research for my skin are:

Section 6: Weekly Food Tracker & Skin Renewal Connection

How Food and Skin Are Linked:

Your skin cells are constantly being made and replaced. On average, your skin completely renews itself every 28–30 days. That means the skin you see today is made from the nutrients (or lack of them) you put into your body a month ago.

If you nourish your body well today—with vitamins, minerals, water, and healthy fats—you’ll be “building” your skin for the month ahead.

Your Challenge:

Track what you eat and drink for one week. At the end of the week, see how your skin looks and feels. If you can, try this challenge for an entire month. Then compare this to the next month and see if changes in your diet make a difference in your skin health.

DAY 1:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

DRINKS:

DAY 2:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

DRINKS:

DAY 3:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

DRINKS:

DAY 4:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

DRINKS:

DAY 5:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

DRINKS:

DAY 6:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

DRINKS:

DAY 7:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

DRINKS:

Section 7: Product Awareness

Why This Matters:

Your skin is your body's largest organ—covering about 16–22 square feet on average! It acts as a protective barrier, but it's also absorbent. What you put on your skin—whether it's lotion, deodorant, makeup, body wash, or sunscreen—can make its way into your bloodstream.. and don't forget the nonkeratinized tissue too - like toothpaste, eyedrops, and feminine products.

Some products contain nourishing and safe ingredients, while others may include chemicals that can irritate your skin, disrupt hormones, or cause long-term health effects.

This activity will help you become a label detective—learning what's really in the products you use every day and deciding if they are helping or harming your body.

Step 1: List the Products You Use on Your Body

Include everything you regularly use—makeup, lotion, face wash, deodorant, hair products, body wash, perfume, etc

PRODUCT NAME:

WHERE I USE IT ON MY BODY:

HOW OFTEN I USE IT:

PRODUCT NAME:

WHERE I USE IT ON MY BODY:

HOW OFTEN I USE IT:

PRODUCT NAME:

WHERE I USE IT ON MY BODY:

HOW OFTEN I USE IT:

PRODUCT NAME:

WHERE I USE IT ON MY BODY:

HOW OFTEN I USE IT:

PRODUCT NAME:

WHERE I USE IT ON MY BODY:

HOW OFTEN I USE IT:

Step 2: Read the Labels – Write Down the First 5 Ingredients

Ingredients are listed in order of highest to lowest amount in the product. The first 5 ingredients make up most of what you're putting on your skin.

PRODUCT NAME:

1st Ingredient:

2nd Ingredient:

3rd Ingredient:

4th Ingredient:

5th Ingredient:

PRODUCT NAME:

1st Ingredient:

2nd Ingredient:

3rd Ingredient:

4th Ingredient:

5th Ingredient:

PRODUCT NAME:

1st Ingredient:

2nd Ingredient:

3rd Ingredient:

4th Ingredient:

5th Ingredient:

PRODUCT NAME:

1st Ingredient:

2nd Ingredient:

3rd Ingredient:

4th Ingredient:

5th Ingredient:

Step 3: Research Your Ingredients

Look up each ingredient to find out:

- What is it? (natural, synthetic, mineral, chemical, etc.)
- What does it do? (moisturizer, fragrance, preservative, etc.)
- Is it safe for the skin? (look for data from trusted sources) www.EWG.org is a great website to check for safety!

You can write this information next to the ingredient above.

Step 4: My Reflection

Were you surprised by any ingredients you found?

Which products do you feel safe continuing to use?

Which products might you want to replace with safer alternatives?

Section 8: Final Reflection for the Week

My biggest “aha” moment about the integumentary system this week:

One habit I will continue to support my skin:
