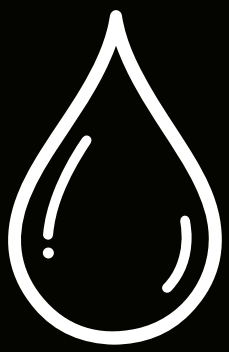
HYDRATION & FASCIA



YOUR GUIDE TO HYDRATING FROM THE INSIDE OUT - SAVANNAH ALALIA

Skin hydration and fascia release go hand in hand. Before your skin can truly respond - and before your fascia can release with ease - your body needs to be hydrated at a cellular level.

This guide explains why, and gives you practical steps to support that hydration from the inside out.

1. HYDRATION IS MORE THAN DRINKING WATER

Most people think hydration simply means drinking more water - but fascia expert John Sharkey explains it is far more nuanced than that. Your fascia manages water rather than just storing it. Hydration in the body is a dynamic, signalling process governed by calcium and movement.



As John Sharkey puts it:
"Hydration is a reflection of your behaviour.
Fascia expresses that behaviour moment to moment."

Two key biological regulators determine how well your fascia stays hydrated:

- **CALCIUM SIGNALLING - activated by varied, graded movement. For your face this would be a daily practice like Your Face Symmetry.**
- **HYALURONAN (HAS2) - an enzyme that builds the water-loving molecules that keep fascia pliable and adaptive.**

What this means in practice: movement is essential to fascia hydration, and stagnant postures lead to stagnant fascia.
Your daily fascia release practice is itself a hydration practice.

2. WHY DETOX COMES FIRST

When it comes to skin and fascia health, supporting your body's natural detox pathways is an important first step.

Here is why:

TOXINS CAUSE INFLAMMATION

Chronic, low-level inflammation - driven by the toxic load we all carry - causes fascia to tighten and dehydrate. Reducing that load helps your fascia stay supple.

YOUR SKIN IS YOUR LARGEST DETOX ORGAN

It is also your primary point of daily toxic exposure - from skincare, makeup, shampoo, perfume, and more. **What goes on your skin enters your bloodstream.**

HEAVY METALS DISPLACE KEY MINERALS

Lead, for example, displaces calcium in the body - the very mineral that governs fascia hydration. Mercury, cadmium, and others cause similar disruption to your hormonal and mineral balance.

A TOXIC LOAD SLOWS YOUR RESULTS

Do you feel like you are doing everything right but still experiencing puffiness, dull skin, or slow progress with fascia work? **A high toxic hurden may be part of the picture.**

You can do your best fascia release practice and drink plenty of water, but if your detox pathways are congested, your body will be unable to fully utilise those efforts. **Supporting detox gently and consistently is one of the most important foundations.**

3. WHAT TO WATCH OUT FOR IN YOUR PRODUCTS

The average person uses dozens of personal care products every day. Many contain ingredients that act as endocrine disruptors - meaning they interfere with the hormones that regulate everything from your thyroid to your skin's repair processes.

Key ingredients to be aware of:

PHTHALATES

Often hidden under the word 'fragrance' on labels. Known endocrine disruptors found in perfumes, shampoos and many cosmetics.

CHEMICAL SUNSCREEN

Chemical sunscreen agents such as oxybenzone and avobenzone are linked to hormone disruption. Opt for mineral-based (zinc oxide) sunscreens instead.

FORMALDEHYDE-RELEASING PRESERVATIVES

Found in some shampoos and skin products. Can irritate tissues and add to overall toxic load.

HEAVY METALS IN COSMETICS

Lead and mercury can be present in lipsticks and mascaras without being listed on the label.

Helpful free resources to check your products:

- EWG Skin Deep Database: ewg.org/skindeep
- Campaign for Safe Cosmetics: safecosmetics.org

BRANDS I ENJOY:
Nature's Glow Eczema Cream with Zinc Oxide (I use this for sunscreen)
Fushi Skincare

A QUICK TIP:
If you're going to wear perfume, apply to your clothing rather than directly to your skin to reduce how much enters your bloodstream.

4. WATER, FAT, SALT & FIBRE

WATER

Water and fat work closely together when it comes to hydration. If you are dehydrated, the body is less efficient at breaking down stored triglycerides into glycerol and free fatty acids for energy, which means the whole system becomes less responsive. A simpler way to say it is this: when hydration is low, your body is more likely to hold on to fat and become sluggish rather than regulate well.

FAT

As you age tissue quality can become drier, especially through the estrogen shift of peri-menopause and post-menopause. You can add fat to skin externally - I like castor oil and tallow for this, but you also need to be consuming good fats.

The type of fats you consume help influence your skin's ability to retain moisture. Omega-3 & Omega-6 fats build and maintain your skin's natural lipid barrier. This barrier prevents trans-epidermal water loss, keeping your skin and tissues hydrated.

SALTS

Minerals like sodium, magnesium and potassium support your fascia by helping to maintain an ionised environment for electricity to pass through your tissues.
Sodium matters more than many people realise. It works with water to help maintain fluid balance and blood pressure, so much so that if you go into hospital the first thing you're given is a saline drip of salt & water. Potassium-rich foods, including vegetable broth and certain fruits, can also help support energy and fluid balance when levels are running low.

FIBRE

Think of fibre like a plant's root system. If the roots are weak, water runs through too quickly and very little is properly absorbed. But when the root system is strong, the soil holds moisture for longer and the plant can take in what it needs.

The same principle applies in the body. If your diet is low in fibre, hydration can move through you without the same steadiness, which is why fibre plays such an important supporting role in proper absorption and overall hydration.

5. MY RECOMMENDED DAILY SUPPORT

Detox Support - **Pure Body & Pure Body Extra** I've personally used this natural mineral supplement firstly to support my body with severe heavy metal toxicity and then for 14 years as a gentle, daily detox support.

Daytime Skin Support - **Nature's Glow Tallow** My favourite daytime skincare, 15% off with this link with beautiful options for face & body as well as my favourite Whipped Tallow Nourishing Face Cream.

Overnight Skin Support - **Fushi Castor Oil** While I always recommends a dry face for fascia release, overnight you can use Fushi Castor Oil to help keep skin supple and hydrated as you sleep. I use it 3-4 times per week, but remember to cover your pillowcase with a towel or similar as it can be sticky! You can use this link and code SAVANNAHALALIA for 20% off the entire Fushi Store

Water, Fat and Fibre - **HumanFood 101** (eBook included with Your Face Symmetry) Contains water recipes and nutritional guidance to support water, fat, and fibre in your diet - all key pillars of cellular hydration from the inside out.

NB: One of the greatest ways to support your fascia and cells absorbing water is by exposing yourself to natural red light. **This is free, you can do this by spending time outside, during the day, in nature.**

6. INTERVIEW RESOURCES

For the science behind all of this, listen to these podcast episodes:

• **Hydration & Fascia - Episode 1: Why Detox First?**

Savannah interviews Eddie Stone and Sonia (Touchstone Essentials) on how toxins affect your fascia, lymph, skin, and hormones - and what you can do about it.

• **Exploring the Uniqueness of Fascia - Interview with John Sharkey**

Fascia expert John Sharkey explains calcium-mediated hydration, the stochastic nature of fascia,
tensegrity, and why fascia is so much more than connective tissue.

• **Sugar & Fascia**

How sugar affects your fascia and your skin and in particular how this changes with age with Sonia O'Farrell

• **Oxygen & Fascia**

An easy way to improve energy and oxygenation throughout the body with Eddie Stone & Sonia O'Farrell.