

NATURAL ACNE CONTROL

Eating the wrong food is one of the main causes of acne. A good diet, incorporating plenty of fresh vegetables, especially celery, parsley, watercress, sprouts, wheat grass and sprouted wheat, fruit and whole grain foods will get your skin off to a good start. Avoid fried foods, refined flour and sugar, 'junk' foods, fats, dairy foods and carbonated drinks.

Acne Control Routine

- Try to avoid too much stress - it can aggravate acne.
- Wash 2 or 3 times a day with a glycerine vitamin E soap, or one formulated to deal with oily skin and acne, or cleanse your face with the 'Acne Face Scrub'.
- Once a week deep cleanse with a herbal 'Acne Face Mask'. After washing or cleansing, rinse the skin with an infusion of chamomile, which is purifying, yarrow, which helps eliminate toxins, and lavender, which is calming and antiseptic.
- Dab spots with neat lemon juice to kill germs, cool inflammation and improve blood circulation. If a blemish is coming up, dab on 1 drop of neat lavender oil to help it disappear.
- Treat troubled spots and blemishes with a herbal compress. To help clear blemished skin, mix together 2 drops each of lavender and chamomile oil in the palm of your hands, then massage into facial skin each evening after thoroughly cleansing. Leave on overnight.
- Apply Calendula ointment to reduce inflammation and improve local healing.
- Don't pick at spots - you will spread them and leave scars.
- Throw out any dirty makeup. Any makeup puff, sponge or brush that has been touching your face must be thrown out or sterilised.
- When using makeup or creams, extract as much as you think you will need and put it onto a clean saucer.
- Use a clean spatula for extracting creams. At no time touch the contents of any tube or jar, otherwise you will contaminate it. Use the saucer like an artist's palette. When you have finished throw away in excess makeup, wipe the saucer clean, and then wash it in hot soapy water.
- Use only clean cottonwool to apply makeup. If you use an eye brush, wash it with the saucer.
- Avoid hair hanging over your forehead - it aggravates acne.
- Increase your intake of calcium. Dolomite in tablets or powder form is excellent and contains the correct balance of calcium and magnesium.

Blackheads

After thoroughly cleansing facial skin apply a warm compress of parsley, yarrow and lemon grass to the affected area. Rinse the face with hot, but not boiling water in which you have dissolved 1 teaspoon of apple cider vinegar. Then use two cotton-buds to gently, and carefully, push the surrounding skin until they pop out.

Never squeeze blackheads out with the fingernails.

Occasional Pimples

Occasional pimples are a nuisance, unsightly, and always appear when you least want them to.

The following remedy is quick and easy, and will heal a pimple overnight.

Bruise a fresh marigold (*Calendula officinalis*) petal and then gently, but firmly, press it on to the affected spot for 2 to 3 minutes. Repeat this procedure from time to time. (If a fresh flower petal is not available, use a fresh leaf in the same way.)

In the morning there is usually just a trace of redness. This will completely disappear in a few hours if the procedure is repeated one more time.

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