SKIN FORMULAS

Ulcerated tissue eg. Leg ulcers:

Horse chestnut
Bioflavonoids
Honey applied topically
Icing sugar mixed with some vasoline and applied topically, then bandaged

Wrinkles

Around corners of mouth:

Cut a cucumber into 2 halves. Take ½ and peel the skin then take that peeled half and cut it into small pieces. Put in blender, grind into pulp (med. speed for 2 min). Sieve the pulp to obtain juice, then use spoon and press out remaining juice. Mix the cucumber pulp with an egg white, stirring to blend evenly. Rub that mixture on the loose skin, especially in the mouth corner area. Let is remain for 15 minutes. Wash away with clean water. Repeat 1-2 times a week.
Also can use coconut oil thickly on the mouth corner every night.

For neck wrinkles:

Mix 10 ml olive oil, contents of 3 vit. E caps, and 3g of vaseline. Heat bowl over water in pot, cool and pour into clean container. Every night before sleep, use gently rub neck upwardly for 2 minutes. No need to clean before going to bed. Results in 3 months.

Wrinkle Remover

1 egg white
2 Tbsp flaxseed finely ground
1 Tbsp oat flour
1 Tbsp olive oil
½ tsp lemon or orange juice.
Mix ingredients well.
Apply this as a mask all over the skin of the face for 20 minutes.
Wash off with warm water, then cold water to close the pores.
Repeat 3 times a week.

Anti-aging turmeric cream:

Put 1 Tbsp Cornstarch in saucepan.
Add 1 tsp Turmeric and ½ cup water. Mix well.
Add 1 Tbsp honey. Mix.
Add 1 Tbsp Almond oil. Mix to combine until you have a creamy mixture.
Keep mixture in small glass jar.
Add a few drops Vitamin E oil.
Mix well.
Apply to clean skin of face and neck.
Massage for 2 minutes, then leave on skin for 30 minutes before washing off.
Do daily.

BROWN AGE SPOT REMEDIES

1. 1 potato, ½ lemon juice. Blend 1 potato, then add juice from ½ a lemon, apply with circular movements. Leave on skin for 20 minutes.
2. ½ white onion and 1 potato. Blend together. Apply to only the affected areas of the face, let stay 15 min then wash face with water.
3. Blend 1 potato an ½ cucumber. Put on face for 25 minutes, rinse.
4. Blend 1 potato and ½ carrot and put on face for 20 minutes, rinse well with water.
5. Get some THC oil from a marijuana shop. It comes in small spray bottle. Spray onto fingers, then rub into the age spots 3 times a day. Takes a few weeks to see the results.

6. **Age spots usually indicates the liver needs help. Dandelion root/leaf, Burdock root, Milk Thistle are all good herbs for the liver. You will need to do daily for 3 months.**
7. **3 Tbsp yogurt, ¼ tsp turmeric powder. Mix well. Put into small jar. Apply to skin and massage. Leave for 30 minutes. Wash off with luke warm water, then cool water to close the pores. Apply toner or rosewater, then moisturizing cream or almond oil. Use this daily. The mixture will keep for 3 days.**

SORES

There might be some bacterial infection on the skin. One simple application is to take a regular tea bag like orange pekoe, rinse it under water and apply it to the sore. Leave in place and replace the moist tea bag with a new one twice a day. Usually only takes 3-4 days to clear.

Applying honey topically is widely used. In Africa they mix icing sugar with lanolin or vasoline and applied to the sore, then covered with bandage.

Ulceration, Acne, Boils, Eczema, Psoriasis:

2 qt apple cider
8 g. garlic, freshly mashed
1 g. horseradish, grated
Put herbs in cider, let stand in warm place for 12 hours. Remove to a cold place, let stand 12 hours. Strain, use 1 tbsp 4 times daily, also outwardly.

SKIN TAGS

- **Cut up the skin of a ripe banana into a bowl. Soak well with with apple cider vinegar. Add large turmeric powder and make sure the banana is soaked well with the vinegar and powder. Cover with plastic so no air can get in and leave for 24 hours. Rub a piece of the banana on the area, then cover it for at least one hour with plastic film so it remains in place. You can even leave it in place for a whole day. Repeat if needed for another day or two.**
- **Cut back on your meat consumption, no pop or sugary foods, avoid prepackaged foods.**
- **Most people have insulin resistance, high triglycerides, obesity.**
- **2 drops iodine (povidone is less toxic), with crushed fresh garlic to give you a couple of drops. Mix, use cotton swab onto area, cover with bandage, twice a day. Can keep in the refrigerator. Make fresh batch each daily. May need to do up to 2 weeks.**

Using Essential Oils for Minor Skin Problems

- **Stretch marks: apply castor oil or Vitamin E oil daily on the stretch marks.**
- **Skin tags: Change diet to be more alkaline pH.**
- **Acne: acne is a blood problem. The blood is too rich so eat a vegetarian diet, drink lots of water, keep the pH alkaline. No junk foods or foods cooked with oil. Keep skin cleansed well.**
- **Warts: apply good quality duct tape to area for 4 weeks. As the tape wears off, reapply so you are effectively smothering the mole. Many like to use homeopathic Thuja.**
- **Athletes Foot: apply Monistat cream to the area. This is a vaginal cream you can get at any Drug Store. It works well for other fungal situations. Wear sandals to let foot skin breathe. After bathing dry feet and toes very well. Change socks daily.**
- **Boils: Dr. Christopher said he used to lance boils of soldiers during the war. When he put them on a diet of fruits, vegetables, nuts (basically a vegetarian diet), they all stopped developing boils.**
- **Ringworm: Use Crest toothpaste on the area (lots of farmers use it on horses). We found the best thing was diluted household bleach. Dilute 1 part bleach with 6 parts water and dab on the area morning and evening. Best bleach we found to use was Clorox.**

Essential Oils for skin problems:

- **Cinnamon Bark - do not use**
- **Chamomile - 4 drops use in 10 ml alcohol with 250 ml distilled water. For dry, itchy, scaly patches**
- **Blue Chamomile - eczema, acne. Use small amounts**
- **Cedarwood - for dermatitis, dandruff. Massage and leave in.**
- **Frankincense - skin cell rejuvenator, skin infections**

- **Juniper** - acne, dermatitis, eczema
- **Lavender** - general, as well as for acne (mixed with peppermint to dry up the acne; for pimples use undiluted and dab on with Q-tip), burns; psoriasis
- **Lemon** - antiseptic, eczema, dry skin, irritated skin, freckles
- **Myrrh** - skin, inflammations, anti-wrinkle
- **Patchouly** - prevents wrinkles, chapped skin, acne, eczema, skin regenerator. (a little goes a long way)
- **Peppermint** - acne, dermatitis, itchy skin
- **Rose** - astringent, tonic, cleanser, dry skin, wrinkles, baby skin care, skin allergies. Can be used undiluted.
- **Rosemary** - add touch of patchouly and little more rosewood in base, apply to face)
- **Rosewood** - skin care
- **Sandalwood –** skin care
- **Tea Tree Oil –** fungi, face mites, rosacea
- **Thyme** - boils, sores. Always dilute thyme oil, it is extremely strong and will eat into skin if not diluted.
- **Dry Skin:** Rose Blend to try: 8 chamomile, 8 rose, 8 sandalwood
- **Irritated, Troubled Skin:** Cedarwood, eucalyptus, peppermint, rosemary
- **Oily Skin:** Bergamot, camphor, cedarwood, cypress, geranium, juniperberry, lavender, lemon, rosewood, sandalwood, vetiver. Blend to try: 8 cedarwood, 10 lemon, 6 ylang-ylang
- **Rough, Broken Skin:** Chamomile, lavender, rose, sandalwood
- **Broken Veins:** Chamomile, lavender, neroli, rose, rosewood
- **Edemas:** Chamomile, birch, clary sage, fennel, juniperberry, cypress, orange, peppermint, rosemary, neroli
- **Acne:** Camphor, bergamont, cypress, cedarwood, chamomile, eucalyptus, geranium juniperberry, lavender, lemon, peppermint, rosemary, thyme, sandalwood.
- **Sensitive Skin:** Chamomile, geranium, jasmine, neroli/orange blossom, rose, rosewood. If hot and dry try jasmine
- **Face Mites** – tea tree oil every night (that's when they come out to multiply). Avoid greasy makeup, oil base cleansers (they like sebum/fat/oil). Exfoliate. Build the immune system to discourage.
- **Inflamed Skin:** Chamomile, clary sage, geranium, jasmine, neroli, sandalwood
- **Rashes:** Rosewood, chamomile,red clover
- **Mature/Aging Skin:** Blue chamomile, clary sage, cypress, frankincense, lavender, fennel, neroli, orange, rose, rosewood, sandalwood, vetiver, ylang-ylang
- **Saggy skin** (eg. after weight loss) - frankincense
- **Cracks in skin on feet** - benzoin
- **Cellulite:** Birch, cypress, juniperberry, lemon, orange, rosemary
- **For post-diet saggy skin:** 8 lemongrass, 8 pine, 8 sage
- **Psoriasis:** Bergamot, cajeput, lavender, neroli
- **Best oils to use for Skin:** grapeseed, almond, jojoba, calendula (see sheet on massage oils)
- **Facial:** use complexion brush dry on your face daily. Wash face with warm water, no soap. Pick essential oils according to your skin type and condition above. Allow 30 drops total to 1 ounce of oil and massage into face with circular motion, allow skin to absorb.
- **Clay Mask:** Mix 2 tablespoons of clay from health food store with juice of 1 lemon, stir until paste is thick, allow to dry. Wash with hot wash cloth or warm water. Rinse with cook water. Follow mask with facial.
- **Facial steam:** make strong tea with your favourite herbs (sage, rose petals, chamomile, lavender, rosemary, lemon grass, peppermint, marigold flowers) by steeping in covered pot for 15 min. Remove cover and carefully allow steam to bathe your face. Not recommended for very dry skin. Follow with facial.

- **Stretch Marks:** Massage or oil body with essential oils once a day, esp. stomach, breast and thighs. Best to use are frankincense and tangerine, rose, chamomile, neroli sage and rosewood.
- Blend to try: 10 frankincense, 15 lavender, 5 neroli
- **Blackheads:** apply freshly pressed bedstraw juice. To make juice take fresh bedstraw, wash it, run it through a juicer without drying it off first. Apply juice directly to skin and let it dry. Bath face with bedstraw wash every day.
- **Skin sores.** Caused from problems internal or external, from abrasion, from running into an object, irritation of shoes on the foot. The hands can become sore from the specific type of tool or some excessive use of a piece of equipment. Internal sores can come from pimples that have been picked, from boils or from an acid condition of the body. There are many possible causes which can be aggravated by poor diet. Most skin sores can be aided by the use of comfrey. Use 3 parts comfrey and 1 part lobelia to relieve pain and restore skin.
- **Removing blemishes, pimples, spots from skin:**
- 4 oz. Horseradish, freshly grated
- 1 qt. Buttermilk
- 4 fl. oz. Glycerine
- Put all three ingredients into half-gallon jar and shake well. Let stand overnight in cool place, shake well in morning, then run preparation through a sieve. Bottle and keep in the fridge. Wash area to be treated in warm water, dry thoroughly, then rub formula into every affected part. This should be done at night. after skin has been thoroughly saturated, it tingles with warmth. The surplus formula should be wiped off before retiring. The organic sulphur and calcium in this lotion will cure simples and produce a clear, healthy complexion.

SPECIAL REMEDIES FOR SKIN:

Coffee Scrub: 1 Tbsp coffee grounds, 1 tsp coconut oil, 1 tsp olive oil. Mix well, rub into skin to exfoliate for 1 minute, then wash off.

Coffee Cream: 1 Tbsp coffee, ½ cup water – boil 3 minutes. Cool a little, filter and discard grinds. Add 1 Tbsp cornstarch. Mix well and heat to thicken on low heat. Add 1 Tbsp aloe vera gel, stirring. Add oil from 2 cals Vitamin E or use Almond Oil. Mix. Keep in jar in refrigerator no more than 7 days. Apply to skin at bedtime – face and neck.