

Dry Skin

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Xerosis is the term for dry skin. We all have a natural oil coating over our skin produced by the skin oil glands. If this oil is removed, then the skin becomes dry which can lead to cracking, which can lead to inflammation

Aloe vera- External Purposes: Aloe Vera Gel applied topically is one of nature's best soothing agents and has great healing qualities for your skin. Aloe Vera softens and moisturizes the skin. Dosage: Follow directions on the label when using topically

Calendula and Comfrey- External Purposes: Comfrey is frequently combined with calendula, in salves and ointments that are used for facials, or to make herbal or floral baths. Calendula is particularly suited for dry, sensitive and irritated skin as it has soothing and healing properties. Comfrey speeds healing of wounds and skin conditions. The Allantoin in Comfrey promote cell regeneration and helps to relieve inflammation. Allantoin also has skin-soothing properties. Cautions: Comfrey is to be used externally only.

Chamomile, Lavender, and peppermint- External Purposes: These three herbs combined will make an excellent moisturizing facial sauna. Following is the recipe: Use a glass or enameled pot, simmer a total of 2 to 4 teaspoons of dried or fresh herbs in 2 quarts of water. When pot is steaming, place it on a potholder or table. Place a towel over your head and sit with your face a comfortable distance over the steam for fifteen minutes. Next, splash cold water in your face and allow your skin to air or pat dry with a towel. Apply a natural moisturizer or facial oil, or clay mask. After the sauna, allow the herbal water to cool and it can be saved to use as a toning lotion that can be patted on your face with a cotton ball after cleansing.