

Dry Skin Remedy

If you are looking for a dry skin remedy, look no farther than your kitchen pantry. You can make a dry skin natural remedy just by combining common foods and applying them to the skin. Some foods act as an internal remedy for dry skin as well. Some of the ingredients that can be used in a home remedy for extremely dry skin are honey, yogurt, olive oil, and oatmeal. Some herb teas are useful, too, as are a variety of other fruits and seeds. Honey, a dry skin natural remedy, is a substance that is healing to the skin. When applied to the skin it is healing and moisturizing. It helps dead skin cells move from the surface and stimulates renewal and regrowth of skin tissues. It is also antibacterial. In severe cases, you can put honey on skin that needs a bandage. It will keep the bandage from sticking to the wounded skin. Yogurt can be used as a skin cleanser, acting as a natural moisturizer. Oatmeal heals and soothes dry skin, and helps the skin to slough off dead skin cells. Cold-pressed olive oil works as an emollient, which means it soothes and softens. It helps the itching of eczema, which is a itchy skin condition characterized by oozing lesions. Eczema is sometimes associated with dry skin but not always. Olive oil can also be used on the scalp as a remedy for extremely dry skin and hair. Not only can olive oil be used externally, it is also an internal remedy for dry skin, along with other healthy oils. If you suffer from dry skin, try adding some healthful oils to your diet. It doesn't take a lot, as oils are very high in calories. Nuts are full of beneficial oil, as are fatty fish, such as salmon and mackerel. Certain herb teas work as an internal remedy for dry skin. Use one teaspoon of the dried herb to one cup of boiling water. Remove from heat and let steep for 5 minutes. Covering the cup with a saucer while it is steeping will keep the medicinal properties of the herb from evaporating away. Some herbs that are beneficial as an internal remedy for dry skin problems are marshmallow, dandelion, peppermint, calendula, borage, and chamomile. Soap and body wash are drying to the skin. You can make an alternative to a bar of soap by tying oatmeal flour or in a cloth tea bag can be used instead of soap. For extra moisturizing, add a little almond meal and aloe vera gel. The following home remedy for dry skin is a soothing facial mask that can be made from ingredients in your kitchen. Combine an egg yolk with a tablespoon of mayonnaise or yogurt and another tablespoon of honey. If you use yogurt, add a 1/2 tsp. of almond oil. Apply to skin lightly and let it dry. Wash off gently with warm water. Another healing facial mask that is a remedy for extremely dry skin is to beat an egg and add oat flour to it. You can make oat flour by whizzing oatmeal around in the blender. Spread the mixture on your face and relax for 10 minutes before gently washing it away. Always treat your delicate dry skin with the utmost of care. Here is an alphabetical list of botanicals (plant products) that have been found beneficial in creating a dry skin natural remedy (to be used on the surface of the skin): aloe vera, apple, apricot pulp, banana pulp, chamomile, comfrey root, coriander seed, elderflower, fennel seed, grape pulp, green tea leaf, honey, kefir, lavender flower, licorice root, mango pulp, marshmallow root, whole milk, oatmeal, rose petals, and yogurt. Add to these whole milk, either cow's or goat's, and the cultured milk products yogurt and kefir. Honey and egg yolk round out the kitchen pharmacy for dry skin solutions. If you wish to try creating your own dry skin solutions using these ingredients, please choose plant products that have not been sprayed with pesticides. Furthermore, don't gather wild herbs that grow near a busy highway. The plants will absorb the exhaust fumes from the traffic and might do more harm than good. If you use seeds, make a strong tea of them by boiling them gently for 10 minutes and then letting them steep for an hour.

About the Author

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