

## Pamper Your Tired Skin the Natural Way

Sometimes we don't look after our skin like we should and then problems can start occurring. Sometimes we can have an allergic reaction to something or the skin gets damaged, there can be many and varied reasons why our skin suffers from damage. Most people turn to their doctor for problems with their skin; however you can use another form of medicine to cure your problem, herbal remedies. Dealing with Eczema Perhaps the biggest problem that the majority of those suffering from skin problems have to contend with is eczema. This is a persistent reoccurring skin problem that can cause intense itching. Flare-ups of the condition can be made worse by poor diet and stress and your doctor will usually prescribe a steroid cream. Luckily there is other more natural ways you can help your condition, taking a vitamin E supplement everyday can help to keep eczema at bay and prevent attacks. For those who suffer from itching, redness, flakiness or scaling of the skin due to this condition then try breaking open a vitamin E capsule and applying the oil directly to the affected area on the skin. By doing this it will in most cases help to reduce the redness and scaling. Scalp problems If you have problems with an itchy, sore scalp then using a branded dandruff shampoo can help; again there are more natural ways to deal with the unpleasantness. Applying witch hazel directly onto the problem area or mixing a little with a natural herbal shampoo can help to reduce the itching and has soothing properties that will help to heal the skin. Wrinkles If you suffer from general skin disorders or wrinkles, then studies have shown that using aloe vera cream three times a day over a period of around four weeks can in fact help a great deal. Aloe has antibacterial agents and has a moisturizing effect that has shown to rejuvenate skin. Blemished skin If you suffer from acne or pimples then you can treat this with haemafine syrup, this is an ancient herbal remedy for most types of skin disorder and works by purifying the blood. It not only improves your complexion but also gives the skin a healthy looking glow and can be used for many types of problems relating to the skin . If you just need to rejuvenate your skin Even if you don't suffer from any particular skin problem but could do with pampering tired skin a little a herbal remedy can be a great substitute to the creams and lotions found in most druggist stores. If you suffer from dry skin problems then try mixing 2 tablespoons of milk with 2 of honey, smooth this over your face and leave to dry before rinsing off. For those with normal skin three to four tablespoons of oatmeal mixed with the juice taken from a grapefruit and spread onto the face and left for around 15 minutes can work wonders. If you have oily skin then try a mixture of 2 cups rolled oats, 1 cup of almonds, 2 tablespoons of dried lavender and 2 cups of white cosmetic clay. Combine these to a very fine powder in your kitchen blender then apply to your face and leave for around 15 mins before rinsing off.

## About the Author

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