

# Easy Natural Remedies for Hair & Skin



Companion Remedies for Natural Beauty

[ClearSkin-A Gel](#) - Promotes healthy clear skin and encourages a smooth and trouble free complexion.

[The Natural Science of Skin and Skin Care](#) - Learn about the science behind beautiful, glowing skin

[Mediac](#) - Homeopathic remedy temporarily treats symptoms of acne vulgaris including [blackheads](#) on the face and body

[RosaRex](#) - Homeopathic remedy temporarily reduces facial redness, flushing and bumpy texture

[Invigorate Skin Tonic](#) - Promotes healthy functioning of the epidermis and tissues to nourish and support firm, supple skin

[Halitonic](#) - Promotes mouth freshness, as well as systemic cleansing and purifying.

[ReGrow Plus](#) - Promotes circulation, hormonal and thyroid functioning for healthy hair and nail growth.

[Total Balance Women's Plus](#) - Essential nutrients needed to help prevent degeneration and premature aging.

[Skin Dr.](#) - Helps maintain lymphatic functioning, promoting blemish-free healthy skin.

[EcoSlim](#) - Promotes healthy metabolism, liver, thyroid and digestive functioning

[Nail-RX](#) - Effectively treats and resolves nail fungal infections naturally

[Frownies](#) - This complete skin rejuvenation system has been called the best wrinkle treatment for facial wrinkles, frown lines, eye wrinkles and lip lines.

NATURAL OILS TO ASSIST HEALING, DETOX AND STIMULATE HAIR GROWTH:

(Add to water (4 parts water 1 part oil) and spray onto scalp and you can add to your shampoo and conditioners also).

Oils To Relieve Itching: Lavender, German Chamomile and Eucalyptus Oils (Mixed together and dabbed locally on effected areas has a soothing effect). personally recommend BE Vital by Balanced Essentials above. Neem oil is also a very good dandruff preventative which can be added to any of the formulas detailed below and is excellent for psoriasis and eczema...I highly recommend Naturally Ngaromas' pet soap (yes it is great for humans too and gentle enough to use as a shampoo as well as the body with it's high content of Neem oil)

LUXURIOUS APRICOT AND AVOCADO MASK FOR RADIANT SKIN!

Add to a blender enough apricots and a little water to make up one cup. Add to the mixture half an avocado and one tablespoon of olive oil to a puree.

[Sign up for our](#)  [Email Newsletter](#)  
[& Receive a Free](#)  
[Health Ebook!](#)

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

[Visit Remedies4.com for more great FREE Health Ebooks!](#)



[Elderberry Syrup](#)

Created for Planetary Herbals by licensed acupuncturist and clinical herbal



[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement

Apply this mask in a thin uniform layer all over your face, neck and throat and leave on for 45 minutes. Rinse off with water.

Mix together one tablespoon of heavy cream and the juice of half a lemon. Blend well and massage in thoroughly to the areas where you applied the apricot/avocado mixture. Allow to dry and leave on overnight.

Use the apricot/avocado mixture two or three times per week and the cream/lemon juice every night for about a month.

This will rejuvenate your skin and make it glow.

Chop up 2 cucumbers and mix them in a blender with about 3 Tablespoons of whipped cream till it reaches a creamy texture. Now add 2 Tablespoons of cornstarch (corn flour). Leave the mixture in the refrigerator for approx 30 mins.

Now clean your face and rub half a lemon or lime over it. Do not wipe the citrus off, and then apply the cucumber mixture to your skin. Leave this mask on for about 75 mins before removing so your face is thoroughly clean again. Now massage in another tablespoon of cream (unwhipped) and let dry (without applying anything else to your face or you will lose the benefit of the treatment).

## AVOCADO OIL

Avocado oil has been used for centuries by indigenous South Americans for years to apply to their skin. Smoothes protects and soothes irritations too.

## MOISTURIZING BODY TREATMENT

Before taking a bath mix together ½ cup finely ground almonds, 1 cup oatmeal/porridge and 1 mashed avocado. Mix together and rub onto the body and leave for 5 minutes before rinsing off prior to a bath or shower.

## SUPER FRUIT ACID BODY SCRUB

This recipe is fantastic for dissolving away old skin cells renewing your skin! Mix together using a blender 1 guava, 1 kiwifruit, a handful of Dead Sea Salts (or Epsom salt if you don't have dead sea salt) and 2 Tablespoons honey. Apply to your skin in circular motions before rinsing off.

## COCOA BUTTER

Cocoa/cacao butter is excellent to use as a skin softener for wrinkles. Apply to your skin in gentle massaging movements.

## COCOA MASK FOR ROUGH DRY SKIN

Add to 2 cups of cocoa powder enough olive oil and a few drops of milk or cream to make a smooth paste. Apply as a mask to your skin and leave for a half hour then washes off. The linoleic acid in the mix mimics the linoleic acid in baby's skin.

Mix two egg yolks and ½ cup olive oil well and then brush onto your face. Leave on for 10 mins. Next brush onto your skin over the previous application of egg yolk mixture the stiffly

designed to support



### [Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da



### [VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



### [Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



[Click to join NaturalHolisticHealth](#)

beaten whites of the eggs. Leave on for another 20 mins. The albumin in the eggs has a tightening effect on the skin – a secret not often told or known!

#### PAPAYA BANANA AVOCADO MASK

The papain in papaya fruit is used in many cosmetics nowadays. So why not make it fresh for a special indulgent treat for your skin! Just blend together banana, papaya and avocado together and brush onto your face after cleansing. Leave on for half an hour, wash off and then rub in sunflower or olive oil lightly to your skin!

(Note: The papain in papayas is also good for dissolving “dead tissue” so is excellent for clearing up wounds and sores also.

#### JUNIPER BERRY GOOD ANTI-INFLAMMATORY

Crush ½ cup of juniper berries into 2 cups of boiled water. Allow to cool and apply to areas of inflamed, infected or irritated skin to relieve inflammation and throbbing. Apply to your scalp, leave for 10 mins and rinse off.

#### LEMON/LIME WRINKLE AND BLOTCH ZAPPER

Squeeze the juice of 34 lemons and 1 lime into a few Tablespoons of hot water. Apply to your skin a few days a week to lighten blotches and smooth wrinkles over time. You can use orange juice as well if you choose.

#### ASPARAGUS BLACKHEAD AND BLEMISH REMEDY

Tie together 2 bunches of a dozen asparagus spears all with the spears at the top. Simmer the asparagus in preheated boiling water up to just under the tips for about ½ an hour. Keep the liquid in the refrigerator and apply with a cotton ball daily morning and night.

#### BEST HAND LOTION EVER

Soak ¼ cup flax seeds in warm water overnight. Strain and remove gel and seeds leaving the liquid only. Now add a 1 ¾ cups cider vinegar plus 5 Tablespoons glycerine (from a drugstore). Heat the mixture until it reaches boiling point then remove from heat immediately. Beat the mixture to blend it so it does not separate for a minute or two. Place in a container and use as a hand cream that will make your skin feel like silk!

Take one teaspoon of basil and add to one cup of hot water and steep for 10 minutes. Strain and add 2 Tablespoons of witch Hazel (available from drug or supermarket pharmacy section).

Apply to your temples and forehead for relief from headaches.

#### CUCUMBER CHAPSTICK

Rub the skin of a cucumber across your lips to protect your lips!! Beeswax also makes for an excellent natural lip balm.

#### RICH LUXURIANT HAIR TREATMENT FOR OVERPROCESSED HAIR



Great Health Sites

[Natural Holistic Health Blog](#)

[Alternative Healing Academy](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

[Men's Health Zone](#)

[Women's Health Nurse](#)

[Avatrim - Natural Weight Loss w/ Green Tea](#)

[Melatrol Insomnia Relief](#)

[Breast Actives](#)

[Cellulite Solution](#)

[Cushy Lips Lip Plumper](#)

[Enlast Male Enhancement](#)

[Deer Antler Plus](#)

[Bowtrol Colon Cleanse](#)

Mix 1 egg, 2 Tablespoons cream, 2 Tablespoons butter, 2 Tablespoons water, ¼ grapefruit and 2 Tablespoons cream cheese together and then apply to hair. Leave in for 5 to 10 mins and then wash out. Let hair dry naturally if possible.

## CURLY HAIR TREATMENT

Mix ½ cup olive oil, 10 drops of lavender oil together and warm to make a hot oil treatment. Apply to hair and wrap in a towel for 20 mins. Shampoo as usual and if possible air dry to prevent frizz.

## GREASY THIN STRAIGHT HAIR TONIC

Make a large jug of peppermint tea with a couple of teabags and add about 10 drops of teatree oil. Rinse your hair with this mixture after washing in the shower.

## HAIR MASK FOR COARSE WAVY THICK HAIR

Blend ½ ripe banana, ½ cup avocado, 1 heaped teaspoon plain yoghurt and 1 Tablespoon of olive oil in a blender and apply to the bottom 2/3 rds of your hair particularly the ends and avoiding the roots. Wrap your hair in a towel for 20 mins and then wash out.

## CHAPARRAL DANDRUFF CURE

Boil 3 cups of either wine or whiskey to a boil (in a stainless steel, Silverstone or enamel not aluminum pan) and add 1/3 cup dried chaparral (which you can Massage into your scalp after washing your hair and leave to dry without rinsing).

(Note: Pouring a can of beer over your head is also helpful in treating dandruff...the hops which beer is made of has been used for centuries for medicinal purposes).

## BAY LAUREL LEAF ANTIDANDRUFF TINCTURE

Boil two cups of water then remove from heat. Add 1 ½ tablespoons of bay leaves crushed. Allow to steep for about ½ and hour then strain.

After washing hair, massage mixture into scalp and leave for about an hour before rinsing off.

## PSORIASIS ECZEMA AND ACNE REMEDY

Birch is another gift from nature that native Americans used to clear up skin irritations and can be used effectively for modern problems such as psoriasis, eczema etc. Boil the bark of birch trees in water. Strain the mixture and after cooling, then apply to help clear up problems.

## PSORIASIS AVOCHAMO TREATMENT

Put ½ cup of chamomile tea in a blender and while the blender is on slowly drizzle in 3 tablespoons of avocado oil. Blend until smooth to your psoriasis scales with a cotton ball.

## BURDOCK ROOT TEA FOR ECZEMA, PSORIASIS AND SORES

Burdock root tea is excellent to aid in blood purification and detoxification. For this

[Eazol Natural Pain Relief](#)

[Herbal Health Buy](#)

[HGH Energizer](#)

[Hypercet for Blood Pressure](#)

[Menozac - Natural Menopause Relief](#)

[NicoCure Stop Smoking Aid](#)

[Prostacet for Prostate Health](#)

[ReloraMax - Stress, Anxiety and Weight Loss](#)

[Thyromine for Thyroid Health](#)

[Venapro Hemorrhoids Treatment](#)

[ZetaClear Nal Fungus Relief](#)

[VirilityEx](#)

[Hair No More Removal Cream](#)

[Hoodia Diet Review](#)

[Acnezine Acne Treatment](#)

[Joint Advance](#)

[Revitol Anti-Aging Skincare](#)

[Mountain Rose Herbs](#)

[Optimum Diabetics](#)

[Natural Gain Plus](#)

[Provillus Hair Loss Treatment](#)

[BioSonics - Healing With Sound](#)

[Hypnosis Scripts](#)

[Natural Health Ebooks](#)

[Self-Hypnosis Downloads](#)

-

reason it is excellent to help clear up psoriasis and eczema and sores from the inside out.

Bring one quart (1 l) of water to the boil. Add 4 tsp dried burdock root. Cover and simmer for 10 mins. Cool and drink preferably a couple of cups of this tea a day on an empty stomach.

#### CHAMOMILE FOR INFLAMMATION AND CONDITIONING (Scalp Remedy)

Chamomile is a flower that is renowned for its cosmetic and conditioning benefits to skin and hair! It makes a great conditioner for hair and also enhances color in blond and red hair. Wash your face with chamomile tea a few times a week to add a glow to your skin.

Chamomile tea is readily available from the tea section of your supermarket or you can make your own with the recipe below:

Boil a pint of water and add 2 teaspoons of chamomile flowers.

#### NATURAL CHEMICAL FREE “NOT GRECIAN 2000” HAIR DYE

In a ceramic mixing bowl put 2 heaped Tablespoons of dried sage and the same amount again of either orange pekoe or black tea. Next fill the bowl half full with boiling water and place (covered) in a warm (not hot) oven or on the stove so that the liquid reduces to between ½ and 2/3 rds of the original amount.

Strain liquid and add 3 Tablespoons of gin or vodka as a preservative and dab on to gray areas. You will notice if you do this daily, that your hair will become darker in color again.

#### TAPIOCA SORE BREAST SOAK

Cook some tapioca in milk to a creamy consistency. Next cool and apply to a soft cloth, muslin or something similar, then place on breasts to ease the discomfort in sore breasts or nipples.

(Note yarrow tea and chamomile tea are also good for this – pour some warm tea onto a kitchen towel and place on breasts).

#### SLIPPERY ELM AND ECZEMA

Add 1 Tablespoon olive oil, + 5 heaped Tablespoons of Slippery Elm bark and 5 Tablespoons of Chaparral to enough water to make a paste when slowly heated over the stove. Apply to effected areas and leave on for around half an hour then wash off.

#### OATMEAL/PORRIDGE MASK FOR [blackheads](#), AND FOR ITCHY SKIN FROM ECZEMA OR PSORIASIS OR CHICKEN POX!!!

Bring 6 cups cold water to the boil and then add slowly 10 ½ Tablespoons rolled oats and simmer for half an hour taking care not to burn the mixture.



Natural Remedies

[Native Remedies](#)

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)



dead sea



Let cool and then add 6 Tablespoons to 1 Tablespoon honey and one stiffly beaten egg white. Apply to face or to affected area. Leave on skin or scalp for half an hour and then rinse off.

#### SCALP REMEDY\*\*\*\*

The strained water from oatmeal mixed with rosemary oil or the water from boiled rosemary stalks (leaves on) is fantastic for a sore scalp when dabbed on and left for 10 minutes then rinsed off.

Sprinkle 1 cup of uncooked oatmeal into a large bowl of warm water. Stir well until the water is milky. Apply the liquid (can strain first if you don't want the oats on your skin) to effected areas or for all over body relief, add a packet of oatmeal to your bath water!! Relieves eczema, chickenpox and other itchy skin conditions fast!!

(Note: you can also use rice bran as an alternative which is also great for smooth skin).

#### GREEN BEAN FLOWER SUNBURN AND FRECKLE FADER

This remedy is great for soothing sun burn and for fading freckles out!

Bring 1 ¾ cups water to the boil, take off the heat and then add about a cup of fresh bean flowers to the water. Cover and steep for an hour leaving flowers in. Then wash face with this mixture or better still soak a face cloth in the liquid and leave on the face while lying down for about half an hour!

#### HORSERADISH DEFRECKLER

Grate some fresh horseradish root into a cup of water. Leave for 10 days until it turns into "vinegar". Strain and then dab onto freckles to lighten them gradually.

#### HORSERADISH VINEGAR ECZEMA RELIEF

Add ½ cup horseradish vinegar (recipe above) to ½ cup of milk or better still, buttermilk. Apply to eczema for itchy scalp remedies itch relief. You can also add a couple of Tablespoons of freshly grated horseradish root to ½ cup buttermilk and let soak for 10 mins before applying for a quick remedy!

#### SWEET ALMOND OIL SKIN LIGHTENER AND RASH TREATMENT

Sweet almond oil is an emollient for chapped hands, diaper rash, herpes sores, shingles, psoriasis and lupus erythematosus. Mix the juice of 1 lemon with 4 Tablespoons sweet almond oil. Rub into effected areas thoroughly.

#### HONEY WRINKLE REMOVER

Use honey as a mask a few times a week after cleansing. Honey is a natural humectant which holds water. You can also add dairy cream, whipped egg white, fresh lemon or lime juice, apple cider vinegar or any fruit or carrot juice to the "mask" for an extra boost!

Pine nuts are rich in amino acids and so make a great moisturizing mask. All you need to do is grind up about ½ cup pine nuts in a blender to a smooth paste and apply to your face after cleansing for about 15 minutes. If you do this daily you will notice your



**Monthly  
Specials**

**Up to 25%  
Savings!**

[CLICK HERE!](#)



**NativeRemedies**  
*The Psychologist's  
Natural Choice*

**Proven Products.  
Excellent Service  
and Delivery**

skin feels much softer after a week!

## RINGWORM OR WART BUSTER USING WALNUTS

Skin blemishes, ringworm and even warts will disappear! Crush about 10 unripe walnuts and soak them in 4 cups water then boil for 15 minutes. Allow to cool and then apply liquid to effected areas. It may tingle a little which is quite normal as is slight staining of the areas (which is why walnuts make a great hair dye).

## OTHER TREATMENTS FOR ECZEMA, RASHES AND ITCHY SKIN

Make a weak infusion of golden seal root and use externally as a wash or compress for itchy skin.

Expressed chickweed juice will soothe sores and itchy patches from eczema or psoriasis and will tone and invigorate the skin.

Crushed/blended flax seed applied to shingles or psoriasis does wonders!

## QUICK SHOPPING LIST FOR YOUR HOME SKINCARE REGIME

Blend aloe vera gel out of your garden with vegetable oil like olive or jojoba oil or milk cream or yoghurt for a simple cleanser. Milk products have excellent cell rejuvenation properties as do melons especially papaya when applied as a mask to your skin.

Oatmeal mixed with a little water or brown sugar can be used for exfoliation.

Non alcohol based flower waters make great toners as does a splash of grapefruit juice in a cup of water.

Aloe is a great conditioner as is pure virgin coconut oil, also good for itching.

Companion Remedies for Natural Beauty

[ClearSkin-A Gel](#) - Promotes healthy clear skin and encourages a smooth and trouble free complexion.

[The Natural Science of Skin and Skin Care](#) - Learn about the science behind beautiful, glowing skin

[Mediac](#) - Homeopathic remedy temporarily treats symptoms of acne vulgaris including [blackheads](#) on the face and body

[RosaRex](#) - Homeopathic remedy temporarily reduces facial redness, flushing and bumpy texture

[Invigorate Skin Tonic](#) - Promotes healthy functioning of the epidermis and tissues to nourish and support firm, supple skin

[Halitonic](#) - Promotes mouth freshness, as well as systemic cleansing and purifying.

[ReGrow Plus](#) - Promotes circulation, hormonal and thyroid functioning for healthy hair and nail growth.

[Total Balance Women's Plus](#) - Essential nutrients needed to help prevent degeneration and premature aging.

[Skin Dr.](#) - Helps maintain lymphatic functioning, promoting blemish-free healthy skin.

[EcoSlim](#) - Promotes healthy metabolism, liver, thyroid and digestive functioning

[Nail-RX](#) - Effectively treats and resolves nail fungal infections naturally

[Frownies](#) - This complete skin rejuvenation system has been call the best wrinkle treatment for facial wrinkles, frown lines, eye wrinkles and lip lines

Special Message



Rediscover  
Passion



Optimal  
Wellness

- Anti-aging
- Scientifically Formulated
- ALL NATURAL  
no side effects

**XTEND-LIFE**  
Natural Products

MORE INFO





# The Secret to Obtaining Beautiful Skin

By the time you finish reading this page, I guarantee you will be much more educated on how to choose a quality [skin care](#) product which gives you the results you earnestly desire.

Even though I don't know you, I'll bet that if you're like me, you're sick and tired of [skin care](#) products that don't do what they claim to.

The worst part is, it's ironic that often the most expensive [skin care](#) products are the most ineffective. I don't know about you, but I'm quite tired of wasting good money on products which don't deliver what they promise.

Now, of course, there are some good products on the market which can genuinely help make your skin look smoother, more radiant, and youthful. Not only should a [quality skin product](#) help reduce bags under, and [fine lines](#) around, the eyes, it should also even out coloring inconsistencies caused by [age spots](#) and other unwanted pigment concentrations.

Now the problem is that there are literally thousands of products to choose from and unless you become a well-informed consumer, it's hard to find one of the few which actually produces real results and eliminates years of aging from your face and body.

Let's face it, people will understandably spend any amount of money to make themselves look better or younger. Cosmetic surgery is a multi-billion dollar industry as is the topical [skin care](#) industry.

It's simply a law of economics that as demand for such products skyrockets, the more products manufacturers will flood onto the marketplace in order to capitalize on this demand.

A lot of these products are rushed to market to meet demand without any real consideration to

research and development. All of the money goes into marketing – instead of where it should go – making sure the product actually works! On the surface everything looks great. The bottles and jars which the creams come in look appealing. The magazine advertisements are glossy, complete with a youthful looking model or a well-known celebrity who doesn't even use the products.

You can't really blame these companies. (Well, yes you can, I do!) When you are spending a fortune paying for marketing, whether it be on the product containers, magazine, radio, and TV ads, royalties paid to celebrities and models, you have to charge a lot of money for your products or you're going to lose money. And heaven forbid that we actually spend the money necessary to develop a product that works before we worry about taking consumers' hard-earned dollars!

On the other hand, just because most beauty product manufacturers take shortcuts to profit, this doesn't mean you and I have to fall for their marketing schemes. After all, these companies aren't going to encounter any shortage of people who will open their wallets and purses to purchase their products anytime soon. The reality is most people simply won't take any time to research products and understand what ingredients work and what ingredients are actually bad for your skin!

That's why I created this website. So, let's get right into the important stuff you need to learn in order to find the products which actually work.

## **Ingredients to Avoid**

It seems incredible, but many [skin care](#) products are loaded with ingredients which actually harm your skin over time. In this section, we will talk about some of these.

First, mineral oil. I have seen this oil used in literally hundreds of products I've looked at (and some I've purchased). Mineral oil may also go by the names liquid paraffin, paraffin wax, and petrolatum on the product label. Mineral oil is used so pervasively in [skin care](#) products for one reason: it's cheap! (Isn't THAT a shocker?!)

However, mineral oil, once applied, prevents the skin from "breathing." Because of this, it clogs pores, interferes with your skin's natural ability to eliminate toxins, and can lead to [acne](#) flare ups. Also, it is irritating to the skin and if used for any length of time, your skin can become dependent on it, causing chapping and dryness – two of the very things we are looking to combat when we're discussing the quest for youthful-looking skin!

And finally, it can actually lead to exactly what we are all trying to avoid – premature aging of the skin. It's amazing this substance is even allowed in so-called "[skin care](#)" products at all.

**Dioxane:** (a synthetic derivative of coconut). This substance is widely used in [skincare products](#). It often contains high concentrations of 1,4-dioxane, which is readily absorbed through

the skin. I know this sounds crazy, but 1,4-dioxane is considered a chemical “known to the State of California to cause cancer”. To think people pay money to put this stuff on their skin unknowingly is downright scary.

**Fragrances:** Who doesn't like to smell nice? Well, I'm here to tell you that if you want to smell nice, use a little bit of perfume or cologne....or some body spray. Your [skin care](#) products should not contain fragrances. Many fragrances are produced from ingredients which are known to be toxic or carcinogenic.

You must remember that your skin is the largest organ of the body. Anything you put on it can be easily absorbed through the pores (which is one reason [Aromatherapy](#) can be so effective!). Now, why would I recommend you use perfume or cologne as a fragrance but to choose a [skin care](#) product without them?

The reason is simple. When you use [skin care](#) products, they are applied all over the face, neck, and body. This covers a lot of surface area and, therefore, a great deal of chemical absorption occurs through the skin's pores.

Now, I'm sure that many colognes and perfumes contain less than desirable substances too, but I'm enough of a realist to know that people aren't going to stop using these products to smell nice. However, with perfumes and colognes, you can achieve what you want by a small dab here and there or even dabbing and spraying on clothing instead of your skin.

So, in my opinion, using perfumes and fragrances is much less harmful than using [skin care](#) products which also contain potentially dangerous fragrance chemicals that are directly applied and massaged into the organ designed as your body's 'protective shell' – the skin.

**Parabens:** methyl, propyl, butyl, and ethyl paraben. Many [skin care](#) products (and moisturizing products) will use parabens as a preservative to increase the shelf life of the formula. The reason is purely economical (of course). However, studies suggest these preservatives may cause cancer and interfere with the body's endocrine system, as well as causing allergic reactions and skin rashes.

**Alcohols:** ethanol, ethyl alcohol, methanol, benzyl alcohol, isopropyl alcohol and SD alcohol. Not all alcohols have the same properties, but these, which are commonly found in [skin care](#) products, are very drying and irritating for the skin. Alcohols such as these strip away the skin's natural acid mantle, making you more vulnerable to bacteria, molds and viruses. And these are some of the very same ingredients which marketing campaigns are telling you will 'clear up' problem skin!

Now that we've looked at some of the bad, let's examine some of the good ingredients and some ingredients that sound good but, in fact, aren't.

## Ingredients to Look For

Before we have a discussion of specific ingredients, it's important to educate ourselves a little bit more on skin itself and what makes a product good or poor.

The biggest reason our skin, whether on the face or the rest of the body, develops lines and/or starts to sag, is that the collagen and elastin in our skin begins to break down. This is the most technical this page is going to get, so bear with me for just a sentence or two.

Collagen is a protein that is fibrous in nature. What makes collagen different from other kinds of protein is that it possesses great tensile strength, which means, among other things, it provides firmness to the skin.

You don't need to be a scientist to understand that as collagen breaks down due to aging, the firmness of our skin becomes...well, less firm. [Wrinkles](#) appear and skin starts to sag. We see these signs of aging in areas where there is the least collagen, for example, around the eye area where the skin is thinner.

Elastin, too, is a protein that helps skin stay "flexible" and firm. If your skin is stretched, elastin is the protein that helps it return to its original position.

What all of this means for you is that you do not want to purchase a [skin care](#) product that is nothing more than a cream that fills in [fine lines](#) and [wrinkles](#), giving the appearance of temporarily nicer skin when it's on...but the illusion shatters when you wash it off. You want a product which contains ingredients that actually **stimulate new collagen and elastin production** in your skin. If you achieve this, you will, in reality, begin to turn back the clock.

Now, pay attention here because I'm going to share with you something extremely important. Some of the manufacturers of more pricey products will try to dupe the public by including some really good active ingredients. What's wrong with that, you say?

Well, here's the tactic they use. Because these active ingredients are beneficial for the skin, they include some just so that they can legally list them on the product label. This way, the typical consumer thinks they are getting a great product. But, because these ingredients are expensive, and because, as discussed before, a lot of well-known companies are already spending much of their budget on marketing, they don't put in enough of these 'active ingredients' to have any real benefit for your skin.

So, when choosing a [skin care](#) product, it's not just about selecting one with good ingredients; it's also about choosing one with a high concentration of these good ingredients.

## Collagen

After my brief discussion about the importance of collagen, you would think that buying a product with collagen in it would be a great thing. And the marketers who sell products which contain collagen know this. But it's a bogus ingredient because collagen molecules are much too large to penetrate into the skin when applied topically.

To be of any benefit, you must purchase a product with ingredients that have been shown to stimulate your body's own collagen production.

### **Phytessence Wakame**

Phytessence Wakame is an exotic kelp, native to the Japanese Sea. It works by blocking a harmful enzyme in your body called hyaluronidase. Hyaluronidase breaks down hyaluronic acid in your skin. You may think "well who cares."

Well, you should, because without hyaluronic acid, the elastin and collagen fibers lose their "glue," which leads to a loss of youthful appearance and dark eye circles.

But don't just take my word for it. If you research this on wikipedia, you will read, for example, "Hyaluronan is also a major component of skin, where it is involved in tissue repair."

### **Cynergy TK**

This is a new exciting, cutting edge substance. Cynergy TK actually stimulates your own collagen to grow again. In fact, it is proven in clinical trials to stimulate not only the **regrowth of collagen** but also **elastin**, thereby promoting firmness and elasticity. In short, fewer wrinkles, and more youthful, healthier looking skin. It may also help improve your skin's ability to retain its needed natural moisture.

Indeed, studies show a sustained 14% improvement in skin moisture retention over 18 days. Studies on Cynergy TK also show a sustained improvement in skin elasticity of 42% over 18 days.

### **CoQ10**

If you look at the ingredient list for some of the better skin care products, you'll often see CoQ10 listed. CoQ10 is short for Coenzyme Q10, so you may also see it listed this way. CoQ10 is a vitamin-like substance that is found in all of our body's cells and is very important for healthy skin.

CoQ10 is a powerful antioxidant. A lot of skin damage and aging comes from free radicals wreaking havoc in our body's cells. CoQ10's antioxidant ability can counter these free radicals before damage occurs.

Unfortunately, like many other vital substances, as we age, the amount of CoQ10 in our bodies becomes depleted.

Although CoQ10 is a great ingredient, not all forms are equal. One in particular stands head and shoulders above the rest. This version of it is called Nano-Lipobelle H-EQ10.

Don't let the name scare you off, though. Here's why it's different. Most of the CoQ10 you buy in a typical [skin care](#) product is not readily usable when applied topically to the skin.

Nano-Lipobelle H-EQ10, on the other hand, is a special 'nano-emulsion' form of CoQ10, which penetrates far down into the skin, thereby providing much greater benefits for skin health. In fact, Nano-Lipobelle H-EQ10 can penetrate down 7 layers deep into the skin.

Because this version of CoQ10 can penetrate so deeply, it is extremely effective at 'gobbling up' [free radicals](#) in your skin. The result is a powerful anti-wrinkle effect.

Nano-Lipobelle can also promote collagen and elastin production.

Together, these three main active ingredients are some of the most powerful anti-aging [skin care](#) compounds available, and can significantly improve the look and feel of your skin.

Where can you find all three of these ingredients in one product line?

The [Xtend-Life Natural Products company](#), that's where. This company is located in New Zealand, but ships products world-wide. I use their products daily.

The company is not a household name. It doesn't have big Hollywood celebrities endorsing their products for even bigger royalties. They don't advertise all over the radio, in magazines, and on TV.

They're one of the few companies that focuses on spending the bulk of their money on the research and production of the absolute best and **most effective** products available, not the best marketing hype.

You can think of them as your "secret weapon" the big companies don't want you to know about.

So, if you truly want to achieve younger-looking, more vibrant skin, I suggest you [visit their site](#) and read about their [skin care](#) philosophy. I think you'll be as impressed as I am. At the very least, you'll learn more about what to look for and what to avoid when it comes to taking care of your precious skin.

**Nourish your skin 24 hours a day!**

All the products in the [Xtend-Life skincare range](#) are designed to work together in synergy, to feed your skin with essential nutrients day and night. The same key active ingredients are included in all the products, so your skin is continuously nourished 24 hours a day.