

*Alternative
Healing Academy*

Home Study Certification
Programs in Reflexology,
Aromatherapy, &
Color & Crystal
Therapy



[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 veterinarian 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.

Healthy skin is important at every age. As we get older the after-effects of **poor care**, **too much sun**, our **diet**, and just about **every life factor** we've encountered, can be seen on our biggest organ -- our skin! *As summer sneaks up on us* it's time to undo the damage and warm our skin up to the summer season. Read on for tips on **combating summer skin bummers!**

Get Summer-Ready Skin—*at Any Age!*

Top Health (& Beauty) Dilemmas of the Season SOLVED

From controlling acne, rosacea, and eczema to preventing skin damage and aging, **summer heat and humidity** can aggravate existing skin conditions or present new challenges.

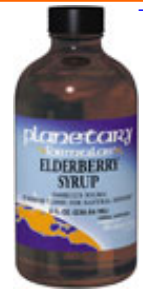
Acne is a skin condition affecting the skin's oil glands, **resulting in clogged pores** and flare-ups of lesions or pimples. Added summer **humidity, increased sweating, and cosmetic products** are all external causes of most seasonal skin problems.

Other contributors like **genetics, hormones, medications**, etc. can also be culprits to monitor.

It is a myth that only teenagers experience acne – **adults too can be prone to breakouts**. Treated early, acne usually responds well to treatment to stop new pimples from forming, heal existing pimples, **prevent scarring** and lessen the embarrassment associated with acne.

Often mistaken for acne is rosacea, a skin condition that causes enlarged blood vessels, leading to **redness and pimples** on certain areas of the face.

Rosacea can also often be attributed to environmental changes. If left untreated, this condition will only worsen.



[Elderberry Syrup](#)

Created for Planetary Herbals by licensed acupuncturist and clinical herbal



[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to



ClearSkin Skin Wash™

[ClearSkin Skin Wash](#) is great for your face and body for *clear, clean and trouble-free skin* - all over. This herbal skin wash gently cleanses and nourishes to promote soft and smooth texture.

Also Try [ClearSkin-A Gel™](#) + [ClearSkin-E Cream™](#) + [RosaRex™](#) + [MediAc™](#)



[FAQs](#)



[ASK OUR EXPERTS](#)

LEARN MORE

Retail Price: \$30.95

Your Price:\$21.95

Another annoying skin condition often induced by change in temperature is **eczema, a form of dermatitis** characterized by itching and dry, scaly red patches. While there are many likely causes, **unexpected flare-ups triggered by environmental factors** and allergic reactions are most common.

Although many over-the-counter and prescription topical creams are effective for eczema, using these treatments for extended periods can damage the skin.

Natural and holistic treatments are a **safer, gentler alternative** without the harmful side effects or allergic reactions. Some top herbal ingredients & their benefits include:

- [Vitamin E oil, Mentha pipererita oil, Bulbinella frutescens tr. and Aloe ferox tr.](#)
Work quickly to soothe and **promote healthy, trouble-free skin.**
- [Glycorrhiza glabra, Melia azadirachta, Sambucus nigra and Stellaria media](#)
Help to provide **relief from itching and discomfort** and reduce eczema patches.
- [Matricaria chamomilla, Asparathus linearis and Galium aparine](#)
Help **prevent infection and inflammation** as well as **reduces scarring.**
- [Lavender Essential Oil](#)
Acts as a **circulatory stimulant and antiseptic**, and is used to prevent scarring.

It is also important to **develop a good skincare routine** that involves **cleansing and moisturizing your skin** in the mornings, evenings and after workouts.

Adjusting your lifestyle by eating a healthy diet, getting exercise, drinking lots of water and sustaining healthy sleep patterns will also help to **make a significant difference to your skin's appearance.**

While many cosmetic issues can arise during the summer, **protecting your skin at any age is crucial** not just for appearances, but for long-term health.

Many people try and battle the effects of **skin damage and aging**, but sometimes can overlook **hidden dangers**, which may not be so forefront in our minds as aesthetic concerns.

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



Research has shown that the **skin is exposed to the damaging effects of the sun's UVA rays** even through car windows and cloudy days, increasing the risk for cancer on the face, neck, arms, and hands.

Dermatologists recommend **using a daily sunscreen** with SPF 15 or greater depending on activity levels, exposure, and complexion, as well as performing monthly self **skin exams** and annual professional checks.

In addition to avoiding skin cancer, wrinkles are undoubtedly at the top of most adults' skin care priorities.

To help **minimize the appearance of wrinkles and creases** that appear around the eye area, cheek bones, or forehead prematurely, be sure to factor in the contributing **environmental influences and follow a holistic lifestyle** to help address these.

While there are dozens of creams, gels and lotions on the market touting anti-aging, anti-wrinkle, and complexion-improving ingredients, factors like **genetics, risks, and realistic expectations** must also be considered.



 [FAQs](#)

 [ASK OUR EXPERTS](#)

Invigorate Skin Tonic™

[Invigorate Skin Tonic](#) rejuvenates and nourishes the skin from the inside out! This herbal tonic promotes healthy functioning of the epidermis and tissues to nourish and support firm, supple skin.

Also Try [Bio-Oxidate Defense™](#) + [Skin Dr.™](#)

[LEARN MORE](#)

Retail Price: \$54.95

Your Price:\$43.95

Ask Our Experts


REMEDY REMINDER:
Summer vacation *shouldn't* mean a break from natural remedies! Keep your child on a **regularly scheduled maintenance dose** to ensure continued support and effectiveness, since **many remedies take 3-6 weeks** for optimum results.

Watch your inbox for a special email on healthy summer hints!



Great Health Sites

[Natural Holistic Health Blog](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mountain Rose Herbs](#)

[Natural Health Ebooks](#)

Natural Remedies

[Native Remedies](#)

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

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

Question:

"Last week I discovered your site and purchased [Skin Dr.](#) and [ClearSkin-E Cream](#). I am 48 (today!). This is the third year of periodic skin problems and the longest since my pre-teens. My entire body is affected (including scalp itchy/dry-flaking) but I refuse to go the steroid route. Especially in the summer, my skin has been very itchy, raised and inflamed (not broken), sore and stiff all the time. I know if I can remove THE ITCH, the inflammation will follow and the healing begin - hence your products. After one week of use there is limited inflammation-relief... I fear the strength and density of the cream is not sufficient for my needs. How can NR help me? What do you advise please?"

--Alleyne

Answer:

Natural medicine can take up to 6 weeks for full effect. Regular use of [ClearSkin-E Cream](#) will help to **maintain healthy, trouble-free skin** all over.

Taken internally, [Skin Dr.](#) helps to maintain balance and hydration of the skin, as well as the supply of oxygen at cellular level. In addition, **routine removal of old skin cells** and the **natural regenerative** processes of the skin are also supported.

Using these two remedies together gives you the best chance of success and **helps to ensure long-term results by promoting skin health** from the inside as well as the outside. To ensure you receive optimum results, it is important to **take natural remedies as directed and remain consistent.**

The Native Remedies Team

Do you have a question you'd like answered? [ASK OUR EXPERTS](#)

Special Message



Rediscover
Passion



Optimal
Wellness

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

XTEND-LIFE
Natural Products

MORE INFO

Alternative
Healing Academy

Home Study Certification
Programs in Reflexology,
Aromatherapy, &
Color & Crystal
Therapy

