

Acne natural treatments

- Primrose and wheat germ oil taken internally to balance hormone production.
- Drink herb teas to purify the blood; cleavers, nettles, yellow dock, Oregon grape root, or dandelion.
- Learn more about female hormone regulators such as black cohosh, dong quai, and blessed thistle.
- Potatoes, tomatoes, apples, grapes, full-strength or diluted, are all perfect to supply relief to blemished skin. Just apply the fruit, fresh, blended or mashed, as a mask.
- Acne steam – Steep lavender, licorice, comfrey root, lemon, and or chamomile in boiling water. Be careful to avoid burning yourself.

primrose

Excerpts from Lily's book, *Beauty, Health and Happiness – A way of life.*

More recipes available at
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