

## 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  
**[www.lilyorganics.com](http://www.lilyorganics.com)**  
**303-455-4194**  
**1-800-333-Lily (5459)**



**Since 1986**

## Normal skin/ treatments to benefit all skins

- For fruit-acid treatments, apply the juice of fresh pineapple, papaya, apple and or grapes. Or rub cut slices all over the face to cleanse or mash to make a mask. Use yogurt, honey, ground herbs or tea to make into a paste that will adhere to your skin and apply for twenty minutes.
- Honey is wonderful on the skin. You can mix it with wheat germ, papaya, lemon, or any powdered herb to make a nourishing and beneficial facial healing mask. Use mint to make a stimulating mask. Make into a paste and apply for twenty minutes.
- To make a Vinegar Peel, warm up one half cup organic apple cider vinegar. Dilute with about one half cup hot water, if needed. Cut a hole in a clean cloth for breathing. Dip washcloth in the vinegar and water mixture and place on your entire face. Let it sit for 15 minutes. Wash off with pure water. Apply moisturizer.

honey

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

More recipes available at  
**[www.lilyorganics.com](http://www.lilyorganics.com)**  
**303-455-4194**  
**1-800-333-Lily (5459)**



**Since 1986**

## Dry skin/ natural treatments

- Blend equal parts of chamomile and comfrey with yogurt and honey to make a paste.
- Apply olive or almond oil directly on the skin.
- Eat lots of nuts and high quality fats.
- Take vitamin E oil internally and apply externally.
- Put a humidifier in your bedroom to bring moisture to the air while you sleep.
- Moisturize with high quality organic, chemical free moisturizer or oil frequently.
- Use mists to add water and essential oils to your skin.
- Mix essential oils of Rose, Lavender, and Clary Sage to almond oil and apply all over body.
- Take internally fish oils and Essential Fatty Acids.

chamomile

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

More recipes available at  
**[www.lilyorganics.com](http://www.lilyorganics.com)**  
**303-455-4194**  
**1-800-333-Lily (5459)**



**Since 1986**

## Psoriasis natural treatments

- Fill your diet with an abundance of fresh and cooked vegetables and fresh fruit along with natural grains.
- Enjoy more time outdoors. Psoriasis can be helped through intelligent sunbathing, since it usually appears on areas protected from the sun. Also, it seems to get worse in the winter.
- Many psoriasis sufferers have very high cholesterol and can help the condition by eating sunflower oil containing lecithin, which helps emulsify fat in the body.
- Increase your general vitality to help your body's own efforts to combat psoriasis and other conditions. Nutrients are lost because your skin constantly has to renew itself, so taking extra vitamins, especially vitamin A, C, and the Bs, folic acid as well as kelp.
- Take evening primrose oil and apply it topically.

sunflower

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

More recipes available at  
**www.lilyorganics.com**  
**303-455-4194**  
**1-800-333-Lily (5459)**



**Since 1986**