



ALL NATURAL SKIN SOOTHER

By: Susan Higley

Aloe Vera is one of the most hydrating plants. Aloe Vera gel can be very effective in developing healthy skin. It is believed to be so rich in vitamins, minerals and enzymes that it provides a healing effect. Most importantly, Aloe Vera is 99 percent water, which is why it's such a good skin conditioner.

Aloe Vera grows in the American southwest where it's a known sunburn remedy. Japanese women often keep an aloe plant in the kitchen so they can break off a leaf and squeeze the gel on irritated or inflamed skin. It also reduces puffiness around the eyes. Lay down take a breather; gently pat aloe gel back and forth under the eye area with your ring finger (it exerts the least pressure).

Aloe is also a temporary skin tightener, making it a great mini mask for when you're prepping for a party or after a day in the wind or at the beach. Making a mini mask:

- 2 vitamin E capsules
- ¼ cup aloe gel (preferably chilled in the refrigerator)
- ½ teaspoon chamomile essential oil (chamomile also soothes sensitive skin)

Cut open the vitamin E capsules and mix contents with the aloe gel and chamomile essential oil. Apply to a clean face. Leave on for 10 minutes. Rinse with cool water.

If you have never used Aloe Vera gel before, I recommended you apply a small amount to the inside of your elbows or behind your knees to make sure you don't have any adverse effects. Burning, itching, redness, puffiness, all may be indicators that you have a sensitivity or allergy.

Please stop by our vitamin store and health-learning center and let us show you the natural products we carry to help condition and soothe your skin. We will be closed Thanksgiving day November 27th and November 28th, and remember; we carry great natural product gifts and ideas, so keep us in mind for your gift shopping this holiday season. Until next time, I leave you with this message. You can develop and maintain vibrant health, abundant energy, and mental clarity. All you need is a little knowledge, will power, and determination lots of patience, and the daily practice of healthy habits. Eat Well, Sleep Well, and Be Well.

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