

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
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