

For Immediate Release

Contact: Lily 303- 668-1128
1-800-333-5459
elilypads@yahoo.com
www.lilyorganics.com

WHY USE HERBS IN SKIN CARE?

Why use herbs in skin care? What makes them superior? Who knows better than Mother Nature? Herbs and herbal products interact directly with our bodies, affecting the whole system with their active, naturally occurring chemical components. Herbs influence the body internally and externally by changing the quality of the energy that flows through the body, just like food.

The benefit of using botanicals is valuable both on the aggregate and on the micro level. On the aggregate level, they help support the planet; on a micro level, you can derive the healing benefit of each individual plant. In choosing a good natural personal care product it is important to understand how beneficial the product is to the skin. A good product must have a healing ability that gives it the ability to perform its function. For example, three of the most often used herbs in personal care products are calendula, chamomile, and lavender.

Many of calendula's historic uses are skin-related. One of its first uses was to treat scorpion bites. It has been widely used for warts, skin blemishes, and bedsores. Calendula flower petals have an inhibiting effect on inflammatory process and an infusion of calendula has a healing effect on cracks, bruises, and burns. Look for it in high quality products for facial moisturizers, varicose veins, astringents, or for any treatment for inflammation.

Chamomile is the world's most popular herb! The Germans have a saying for chamomile that translates to "capable of everything." America's nineteenth-century eclectic physicians recommend chamomile poultices to speed wound healing and prevent gangrene. Chamomile penetrates the skin easily and synergistically works well with all other herbs. Look for it as ingredients in all moisturizers, massage oils, astringents, mists, bath products, products to reduce puffiness, and all products for sensitive skin.

Lavender has a very clean, spare, and classic scent. Its very name derives from the Latin verb "to wash." Lavender is used in just about every kind of skin care product. It is perfect for all skin types, because it is so balancing. Lavender in any form is valuable in all skin care products, including, but not limited to, facial steams, masks, cleansers, astringents, toners, lotions, creams, bath products, and sleep aids, and acne products.

The best reason to use herbs in your skin care products is because they work! They perform better on your skin than any other ingredients. What makes them superior is that Mother Nature provides us with the best cure for Father Time.

Lily Morgan is the author of Beauty, Health, and Happiness-A way of life and the

founder and formulator of Lily Organics, farm fresh, chemical-free skin care.
You may contact her at elilypads@yahoo.com or 303-668-1128.