



## Acne Relief

**If you struggle with breakouts and blemishes, don't let it ruin your day.**

Acne is a common skin condition caused by inflammation of the hair follicles and sebaceous glands. Spots can range from blackheads and whiteheads, to deep, inflamed and pus-filled nasties, which can be severe, long lasting, and sometimes leave scarring.

It's important to keep skin clean using a mild cleanser. Be careful not to scrub the skin too hard as it could cause irritation.

**These skin smoothing remedies can help to calm problem skin.**

## Lemon and Bergamot Facial Sauna

Essential oils can help to clear the infection and reduce inflammation. The oils can also help mentally, reducing the stress and anxiety that often follows bad skin. For a deep-pore cleanse, try this essential oil facial steam.

### **Ingredients:**



Makes 1 facial sauna

**Bergamot essential oil** - 3 drops

**Lemmon essential oil** - 2 drops

**Petitgrain essential oil** - 1 drop

### **How to Make**

1. Add the essential oils to a bowel of hot water. Cover your head with a towel, make a tent over the bowel of hot water, and then lean forwards over the bowel.
2. Allow the steam to act on the face for 5 minutes, taking a break from the steam if you need to. Wash your skin with cool water to close the pores, and pat dry with a clean towel.



## Tea Tree Hot Compress

Tea Tree essential oil is famous for its antiseptic properties, making it an excellent choice for treating skin conditions. Added to a hot compress, it can soothe and cleanse the skin. You can also use it neat on spots and pimples as an antiseptic ointment.

### ***Ingredients:***



Makes 20-30 treatments

**Grapeseed oil** - 1 tablespoon

**Tea Tree essential oil** - 3 drops

**Lavender essential oil** - 1 drop

### **How to make**

1. Fill a bowl with warm water. Add a few drops of the essential oil blend. Transfer the remaining blend to a sterilised glass jar and store in a cool dark place. This blend will keep for up to 3 months.
2. Soak a flannel in the bowl, then remove the flannel and squeeze out the excess water.
3. Wrap the flannel in a piece of cling film to insulate it. Place the compress on the area needing treatment. Leave the flannel while it cools to body temperature, then repeat the process 3 times.