

Acne

(A quick note: this article addresses only acne. Rosacea, psoriasis, and other skin problems entail different things so I will write separate articles for those conditions.)

Acne is often a symptom of a deep-seated infection or autoimmune condition. Start with the liver cleanse, then you may want to move on to an L-form cleanse. It can also often be a sign of digestive imbalance—start the liver cleanse and begin taking a good quality pro-biotic.

Exercise can also often help with acne that is from an excess of toxins. Apply Bay Laurel essential oil to your feet before taking a walk or performing other exercise. This will help move the lymph through your system, if your lymphatic system is not moving and clearing out the toxins in your body then those toxins will come out through your skin—creating blemishes. One of the best ways to get toxins out of the skin is to sweat them out, but make sure you rinse off afterwards! You can exercise them out or use a sauna or soak in the tub, these are all good options, but be sure to wash off in cool to warm water afterwards to rinse all those toxins off the skin or they will be reabsorbed and will often cause a rash in addition to the acne you're already dealing with!

Some people evidence emotional challenges through their skin. For example, the proverbial blemish on the end of the nose that rises on the night of your first date. Use the essential oils that work with emotions to help with this, or something as simple as writing in your journal may provide the emotional outlet that your body needs so that you don't get the blemish(es). Stress reduction exercises and meditation are good for your whole body health and will help decrease blemishes, especially if you diffuse an essential oil while performing your exercises or meditation (the essential oil will affect you emotionally while the essential oil in the air will help cleanse your body both topically as it lands on your skin and from deep inside as you breathe it into your system).

You have your basics that you already know, but just to remind you:

- Quit smoking
- Don't do drugs
- Reduce alcohol intake (a little is okay—overindulgence, bingeing, etc increases the problem)
- Avoid stimulants (coffee, caffeine, etc)
- Shower/wash daily
- Apply “clean” things to your face, ie: avoid soaps containing sodium laurel sulfate and other harsh or cancer causing chemicals. Use only “pure” soap, Ivory or Castile are good, or better yet make your own or buy a homemade soap.
- Use mineral make-ups (these are actually naturally antibacterial and will often clean up an acne problem just by switching to them). Many people will really pile on the make-up to cover the problem, this makes it worse. If you don't use a mineral make-up it is best to go without make-up until you get the problem cleared up (I know, I heard your moans of despair, I've heard them before), you can however, use a natural mineral make-up even while working on the problem. (Be Young has a beautiful line of mineral make-up you may want to try.)
- Avoid anti-bacterial soaps (they also kill the good bacteria on your skin that protects it from the bad bacteria it comes into contact with)

Some other basic things that will help regardless of the root of your acne challenge are: reduce toxins in your life, eat whole foods, make your foods from scratch as much as possible so you avoid preservatives and MSG. Raw fruits and vegetables will help balance your whole body's system (raw vegetables seem to have a greater effect on reducing acne than raw fruits). Drink more water. Take your body weight, divide it in half and drink that much in ounces—for example, if you weigh 100 pounds, drink 50 ounces of water a day. Water is water, not juice, not pop, not punch, just water, preferably non-fluorinated water. You can

add some fresh lemon or other citrus to your water if you need a flavor, it will help cleanse your system and expel toxins.

Cleanses that will help: Liver cleanse, L-form cleanse, Gall bladder cleanse, Digestive cleanse, and Emotional Aromatic Touch (EAT). More information on each of these can be found in the library section of our website (www.TracesEtc.com).

Below is a list of different essential oils and different skin types. The lists are nice because they give you options (some oils you may already have, perhaps you hate the smell of Tea Tree but love the smell of Lavender, options are always nice to have). However, in all the reading and research I did for this article there were two essential oils that popped to the top of the all the lists for dealing with acne: Tea Tree and Rosemary. I'm sure the others are great, but from what I read these are the best.

Oils that have a good track record in dealing with acne (note, all essential oils are antibacterial to some extent, if we noted antibacterial then they are especially adept at being antibacterial):

Skin conditions and the corresponding essential oil:

Normal Skin

- Bergamot (antibacterial, emotional, photosensitive*)
- Chamomile (just marvelous for anything skin, also emotional, detoxifier)
- Eucalyptus (antibacterial, reduces inflammation)
- Fennel (tones, hormone adjuster)
- Frankincense (just marvelous for skin)
- Geranium (hormone adjuster, emotional oil)
- Lavender (emotional, antibacterial, reduces scarring, detoxifier)
- Lemon (tones, strengthens, photosensitive*)
- Rosemary (second only to Tea Tree for acne)
- Sandalwood (skin beauty secret throughout the ages)
- Spearmint (astringent, antiseptic, congested skin, great for acne)
- Tea Tree (if you have a wound reach for Tea Tree first)

Dry Skin

- Cedarwood (hormone adjuster)
- Chamomile (just marvelous for anything skin, also emotional, detoxifier)
- Clary Sage (hormone adjuster)
- Eucalyptus (antibacterial, reduces inflammation)
- Fennel (tones, hormone adjuster)
- Frankincense (just marvelous for skin)
- Geranium (hormone adjuster, emotional oil)
- Lavender (emotional, antibacterial, reduces scarring, detoxifier)
- Lemongrass (tones, tightens)
- Marjoram (detoxifies, emotional, antiviral)
- Myrrh (incredible for dry skin)
- Rosemary (second only to Tea Tree for acne)
- Sandalwood (skin beauty secret throughout the ages)
- Spearmint (astringent, antiseptic, congested skin, great for acne)
- Tea Tree (if you have a wound reach for Tea Tree first)

Oily Skin

- Bergamot (antibacterial, emotional, photosensitive*)
- Chamomile (just marvelous for anything skin, also emotional, detoxifier)
- Clary Sage (hormone adjuster)
- Clove (infectious)

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- Cypress (astringent)
- Defence Be Young blend (highly antibacterial)
- Eucalyptus (antibacterial, reduces inflammation)
- Frankincense (just marvelous for skin)
- Geranium (hormone adjuster, emotional oil)
- Lavender (emotional, antibacterial, reduces scarring, detoxifier)
- Lemon (tones, strengthens, photosensitive*)
- Lemongrass (tones, tightens)
- Myrtle (hormone balancer, open pores, excellent for oily skin)
- Orange (photosensitive*)
- Peppermint (open and clears clogged pores)
- Rosemary (second only to Tea Tree for acne)
- Sandalwood (skin beauty secret throughout the ages)
- Spearmint (astringent, antiseptic, congested skin, great for acne)
- Tea Tree (if you have a wound reach for Tea Tree first)
- Thyme (highly antibacterial, dilute!)

Mature Skin

- Bergamot (antibacterial, emotional, photosensitive*)
- Cedarwood (hormone adjuster)
- Chamomile (just marvelous for anything skin, also emotional, detoxifier)
- Eucalyptus (antibacterial, reduces inflammation)
- Fennel (tones, hormone adjuster)
- Frankincense (just marvelous for skin)
- Geranium (hormone adjuster, emotional oil)
- Helichrysum (repairs and strengthens)
- Lavender (emotional, antibacterial, reduces scarring, detoxifier)
- Lemon (tones, strengthens, photosensitive*)
- Myrrh (repairs and strengthens)
- Rosemary (second only to Tea Tree for acne)
- Sandalwood (skin beauty secret throughout the ages)
- Tea Tree (if you have a wound reach for Tea Tree first)

Sensitive Skin

- Bergamot (antibacterial, emotional, photosensitive*)
- Chamomile (just marvelous for anything skin, also emotional, detoxifier)
- Eucalyptus (antibacterial, reduces inflammation)
- Frankincense (just marvelous for skin)
- Lavender (emotional, antibacterial, reduces scarring, detoxifier)
- Lemongrass (tones, tightens)
- Marjoram (detoxifies, emotional, antiviral)
- Rosemary (second only to Tea Tree for acne)
- Sandalwood (skin beauty secret throughout the ages)
- Spearmint (astringent, antiseptic, congested skin, great for acne)
- Tea Tree (if you have a wound reach for Tea Tree first)

(*Note: essential oils that are photosensitive can cause the skin to darken where the oil was applied. Apply to skin before going to bed or apply only to skin that will be covered with clothing if you are going out in the sun. Can cause photosensitivity for up to 72 hours. Not all people react to citrus oils with photosensitivity, your friend may be able to apply Bergamot to her face and go out in the sun and you may wind up with splotchy skin. Exercise caution.)

How do you use these essential oils?

There are several options for using an essential oil to assist with an acne challenge. (Note: Always be careful not to get in your eyes, if that happens DON'T rinse with water, apply a carrier oil such as olive oil to the eye to absorb the essential oil. Olive oil is best because it's so thick, but even butter can work in a pinch.)

- Apply Tea Tree (or other essential oil) with a q-tip directly to the blemish. This is a great tool when you start to feel a blemish coming on and you don't want it (those middle of the forehead ones for example).
- Do a rinse/wash. Combine 5 drops of Tea Tree, 2 drops of Rosemary and ¼ tsp Epsom salts. Add to 2 cups warm (not hot) water. Wash the affected area. Pat or air dry.
- Do a scrub. Put 4-5 drops of Rosemary (or other essential oil) in 1 Tablespoon of sugar (you can also use ground Epsom salts, oatmeal, or barley husk). Scrub (gently—you want to have skin left when you're done!) the affected area, and then rinse with warm water. Pat dry. Alternative: apply the scrub to the affected area and then put a warm moist towel on the area as opposed to scrubbing. After 5-10 minutes remove the towel and rinse, pat dry.
- Give your face a sauna treatment. Place 2 drops of essential oil of your choice in a bowl of boiling water. Place your face over the bowl and cover your head with a towel. Steam for 5 minutes (you may need to come up for air every now and then). Note: Do not do this if you have broken veins, hypersensitive skin, or inflammation of any sort (like a sunburn).
- Create a mask. Add 3-4 drops of the essential oil of your choice to 1-2 Tablespoons clay, and then add about 1 teaspoon water (just enough to make it so you can spread the clay on). I've found it works best if you put a damp paper towel on over the clay after applying, other people I've worked with say they get the best results if they allow it to dry. You will need to experiment to see what works best for you. I've found Redmond's Clay to be the best all-purpose clay, but if you want to specify a green clay is best for oily skin, white (like Redmond's) is best for detoxifying, red is best for toning, blue for inflammation, or pink for soothing sensitive skin.
- Be aggressive. Take Thyme essential oil internally, 2-3 drops in a capsule, fill the rest of the capsule with carrier oil. Take 2 or 3 times daily until the acne condition balances. Do not apply Thyme directly to the face unless you have well diluted it, it is a very warm oil! You can use 1 drop of Thyme to 10-20 drops of message oil if you want to apply externally. Best if applied before going to bed.

Often acne can be caused by a hormonal imbalance. Use Venus and Mars blends to balance your hormone system.

Acne is something to take seriously. Many dismiss it saying, "It's just a teenage problem, it will soon go away." However, it can leave scars both on the skin and on the soul. It is not always "just a teenage problem." It is often an early indicator of something that is not right in the body that can be relatively easy to take care of now, but if left alone can become a much larger challenge in the future. Take care of it now, in a healthy fashion, avoiding over-prescribed medications, and you will be pleased to see that you are healthier inside and out, as well as emotionally.

To order, for class information, or if you have questions contact:

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