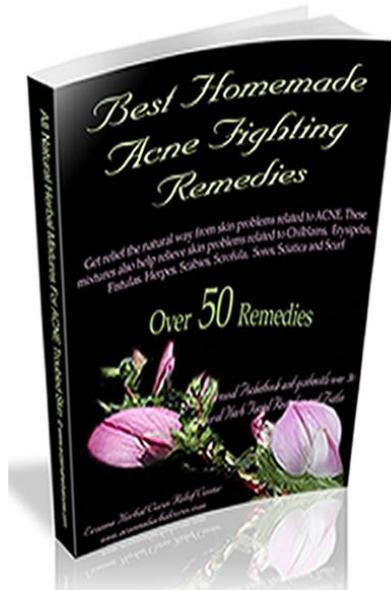


Best Homemade Acne Fighting Remedies

Your Personal Pocket and guide with over 30 Natural Herb
Facial Remedies and Baths

by Don Ridgeway-Payne



First off let us be clear on one thing-I am not a doctor. But I have studied and worked with holistic medicines for over 30 years. I hardly ever go to the doctor and have for the last 20 years or so mix my own preparation for whatever ails me and my family.

Don't get me wrong I am not a herbal freak but I do know one thing and that is-Herbal medicine is the way to go and if done correctly you can enjoy the benefits of natural healing right from your own home.

I mix my own decoctions, make my own infusions, tinctures, oils, cough syrup you name it...That's why I decided to compile a small list of herbal remedies that have been proven over the years to have a helpful effect on the fight against acne and troubled skin.

The information is compiled from some of the many books and magazines that I have collected throughout the years on herbal medicine and homeopathic healing.

When nothing else works try a holistic doctor, they sometimes work wonders.

Introduction

Herbalism, the knowledge and study of herbs may not be a term in your active vocabulary but a definite reality in your life. The mustard on your table and many of the other spices on your kitchen shelf comes from herbs. Most of the vegetables in your salad are herbs.

And if you have a garden most of the plants growing there whether by your or their own design are also herbs. And whether you are a beginner or an old timer in your knowledge about herbs, this book is intended to bring you pleasure and useful information.

So what is an HERB, an herb is a non wooded plant that dies down to the ground after flowering, but the term herb is often applied more generally to any plant part or all of which has been used for such purposes as medical treatments, nutritional value Food seasoning or coloring or dyeing of other substances.

The wider definition is the one most applicable to this book. Historically the most important uses for herbs were medical for most his existence man had various but limited resources for treating injuries and diseases. Separately and in combination he used any and all herbs of the following:

- Magic and sorcery
- Prayer
- Music
- Crude operations
- Amputations
- Bleedings
- Tripanny
- Psyche therapy
- Physical therapy (diet fresh air water etc.)

and internal and external remedies prepared from plants animals and minerals.

All of these plant remedied represent the most continuous and universal form of treatment. Whatever else that men has done to themselves and each other in the name of medicine at various times, plants were the basic source of therapy produced for professional and non professional medicine.

Folk medicine from the early days until the twentieth century, was mainly prepared at home, in fact, folk medicine is the household use of simple herbal remedies, based on word of mouth tradition that probably stretches in an unbroken line of Prehistoric times.

Prehistoric man used plants to treat physical complaints, as he used them for food and shelter, long before written history began, he undoubtedly learned by instinct and by generations of trial and error that certain plants were used for treating illnesses and disease.

The ancient Greeks and Romans valued plants for their various uses for medicine, symbols and magic charms, food seasoning, cosmetics dyes etc. but the uses of plants for medicine and other purposes changed very little during the middle ages.

The early christian churches discouraged the formal practice of medicine preferring faith healing but many Greek and Roman writing of medicines and other subjects were preserved by diligent hand copying of manuscript in monasteries.

The monasteries thus tended to become local centers for medical knowledge and their herbal gardens provided the raw materials for several treatments for common disorders. At the same time folk medicine in the home and ,villages continued uninterrupted supporting numerous travelling and settled herbalist.

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Among those were the wise men who prescribed ancient secret herbal remedies along with spells and enchantments and who were the targets of much of the witch hysteria of the late middle ages.

During that time a herb that had a reputation for healing might find itself prescribed by a peasant grand mother, sold by a wandering herbalist, charmed as an ingredient as a magic potion or amulet by a wise woman. Or a quark compounded into a complex and often vile mixture to be dispensed by a physician in the hope that it would drive out whatever possessed the patient.

The importance of herbs for the centuries following the middle ages is indicated by hundreds of herbal publications after the invention of printing in the 15th century.

The basic assumption behind natural healing is that man is part of a continuum of being. Since he is a living being physical and mental condition is linked especially to properties and influences of natural organic substances. Many of these in various quantities are necessary for life itself, others are valuable if not essential for maintaining the body at its optimum state of health.

20th century medicine then must be open to competing ideas old or new objectively testing them and selecting the best in each one for promoting the well being of mankind.

The trend in the cosmetic industry is headed more and more toward natural cosmetics made from natural plant and animal substances with few or no chemical additives. These cosmetics are more beneficial for your skin than most other chemical preparations which are almost totally, composed of chemical ingredients.

Almost all cosmetic companies, especially the big ones now days offer more natural items, but the best selection of natural cosmetics can generally be found in health food stores.

All commercial natural cosmetics tend to be expensive- Fortunately you can make many natural beauty preparations yourself at a much lower cost. To get you started this booklet presents a list of natural plant beauty preparations all of which you can easily make yourself.

Many of these are based on home beauty receipts that have been used successfully for centuries. Most of these herbs are used medically to treat skin disorders and they have also found to be beneficial to the skin for cosmetic purposes.

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Natural Herb Facial Remedies

Glossary of terms

If you are seriously considering making your own cosmetic masks and facials here are a few things which you should know. Here are some terms which you might familiarize yourself with which are used in this manual.

Abrasive	A substance that causes friction or irritation.
Appetiser	An that excites the appetite.
Antiseptic	An agent for destroying or inhibiting pathogenic or putrefactive bacteria.
Astringent	An agent that contracts organic tissue, reducing secretions or discharg
Cholagogau	An agent for increasing the flow of bile into the intestines.
Depurative	An agent that cleanses the system particular the blood
Diaphoretic	An agent that promotes perspiration
Diuretic	An agent that increases the secretion and expulsion of urine
Emmenagogue	An agene that promotes menstrual flow
Emollient	An agent used externally to soften and sooth
Emetic	An agent that causes vomiting.
Exanthematous	Relating to skin diseases or eruptions
Expectorant	An agent that promotes the discharge of mucus from the respiratory passage
Fabrifuge	An agent that reduces or eliminates fever
Laxative	An agent promotes evacuation of the bowels. A mild purgative
Mucilaginous	Characterized by a gummy or a gelatinous consistency
Nervine	An agent that has a calming or soothing effect on the nerves. Formally an agent that acts on the nervous system
Restorative	An agent that restores consciousness or normal physical activity
Sedative	A soothing agent that reduces nervousness distress or irritation
Soothing	To ease or relieve pain or discomfort.
Stimulant	An agent that excites or quickens the activity of physiological processes
Stomac	An agent that strengthens or tones the stomach
Tonic	An agent that strengthens and invigorates organs or the entire organism

Cold Compress

Soak a cloth or towel in a hot decoction or infusion that has been cooled wringing out the excess liquid and applying to the affected area. Leave it on until it warms itself from your body heat, usually 10-20 minutes. Repeat application with fresh cool compress. Continue until relieved.

Cold Extract

Preparations will very effectively preserve the most volatile ingredients and extract only the minor salts and bitter principles. Add about double amount of plant material used for an infusion to cold water in an enamelled or non metallic pot.

Let the mixture stand for 8-12 hours, strain and your drink is ready, directions are the same as for taking infusions.

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Decoction

When you want to extract primarily the mineral salts and bitter principles of plants, rather than vitamins and volatile ingredients, decoction is your method of preparation. Boil about 1/2 ounce of plant part in an enamel or non metallic pot.

Green plant parts can be added to cold water brought to a boil and boiled 3-4 minutes, or they can be added to boiling water and then boil for the same amount of time. After that steep the mixture with a cover on the pot for 2-3 minutes.

Hard materials such as root, bark or seed need boiling for about 10 minutes and longer seeping to extract the ingredients. Strain before drinking or using in decoction, directions are the same as for taking infusions.

Fomentation

Soak a cloth or towel in a hot decoction or infusion, wring out the excess liquid and apply as hot as possible to the affected area. A fomentation has about the same applications as a poultice but is generally less active in its effect

Infusion

An infusion is a beverage made like tea, by combining boiling water with the Plants (usually the green parts of the plant) and steeping to extract their active ingredients. Short exposure to heat in this method of preparation minimizes the loss of volatile elements.

The usual amounts are about 1/2 to 1 oz. to 1 pint of water. The water is most often poured over the plants, but some receipts require that the plant be added to boiling water, with the pot being immediately removed from the heat.

Use enamel, porcelain or glass to seep your plants for about 10 minutes; then cover the pot with a tight fitting lid to minimize evaporation.

For drinking, strain the infusion into a cup or glass; add sugar or honey to improve taste. For best results take infusion lukewarm or cool.

Mask

Most masks are applied to the skin 15-20 minutes and washed off with warm water followed by a cold rinse. Never apply mask to the eye area.

Ointment

Mix well one part of the remedy in powdered form with 4 parts hot petroleum jelly, lard or similar substances. The best way is to boil the ingredients in water until the desired properties are extracted. Strain the liquid, add decoction to olive or other vegetable oil and simmer until the water is completely evaporated. For a firm consistency add bees wax. Melt the mixture by heating it slowly stirring until completely blended. If you are using animal fat as a base be sure to add a little gum benzoin or a drop of tincture of benzoin per ounce of fat to help preserve the ointment.

Poultice

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The poultice (or cataplasm) is used to apply a remedy to the skin area with moist heat. To prepare-bruise or crush the medical parts of the plant to pulpy mass and then heat.

If using dried plants or if need be fresh plants, moisten the mixture by mixing it with a hot soft adhesive substance such as moist corn meal or flour, or a mixture of bread and milk. Apply directly to the skin. The bet way is to spread the paste or pulp on a wet, hot cloth which is to be wrapped around to retain the moisture and heat.

As needed, moisten the cloth periodically with hot water. When irritant plants are involved, for instance a mustard “plaster” keep the paste between two pieces of cloth to prevent direct contact with the skin.

After removing the poultice wash the area well with water or herbal tea (camomile or mugwort) to remove any residue that may have gotten on the skin. You can use a poultice to sooth, irritate or draw impurities from the body depending on which plant or plants you use.

Powder

Grind plant parts with a mortar and pestle or other implements until you have a powder. Powder can be taken with water, milk or soup, sprinkled on food or swallowed in gelatin capsules. The mot common dose for powder is the amount that you can pick up on a dinner knife.

Tincture

Combine 1- 4 oz. of powdered herb (the amount depending on the plants potency) with 8-10 oz. of alcohol (clear schaps or whiskey). Add water to make a 50% alcohol solution(you have to know what percent alcohol you start with) let stand for two weeks shaking once or twice a day. Afterwards strain the solution into a bottle suitable for storage. Like all other alcohol extracts tinctures will keep for a very long time.

Tonic Infusion

An agent that strengthens or invigorates organs or the entire organism.

NOTE:

Always wash and cleanse your skin with cream before using any mask.

Listed below are some excellent facials and baths that you can use in your fight against acne and troubled skin. Just remember, one of the key elements in fighting acne is clean, healthy, oil free skin. Use these facials and baths to help rid yourself of your acne problems the easy natural way.

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Milfoil (Yarrow) Facial For Oily Troubled Skin

Apply infusion directly to skin twice daily and rinse off- Good for blackheads. The herb or it's infusion can be added to a facial mask, facial steams and hair preparations, it is astringent healing and tonic.

Lady's Mantle Acne Remedy

Infusion of this herb is tonic, soothing and healing to the skin.

Tomato Facial

Astringent, good against blackheads. Apply tomato slices or smashed tomatoes directly to face, leave on 15 minutes and rinse off. Apply as needed

DRY SKIN

[all natural herb remedies](#)

Apricot Facial Mask

Mashed apricots- mixed with warm olive oil to form a spreadable paste, this is for dry skin, and is a moisturizer and a vitamin A source.

Banana Facial Mask

Mix as you would mix the apricot facial mask-This is another very good dry skin moisturizer.

Dry Skin Hot Oil Facial

Clean face and if possible steam it for 5-10 minutes to open your pores. Apply warm olive oil or any other vegetable oil to face and throat. Put a warm wet wash cloth over your face and lie down for 10 minutes.

Remove oil with another warm wet washcloth and a liberal application of witch hazel or any other skin freshener. The vegetable oil not only supplements the skin's natural oil supply, But the act of absorbing it stimulates the skin's own oil production.

Papaya Skin Treatment

A fresh mashed papaya applied to a face mask will remove dried, flaky dead skin.

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Over 50 Natural Herb Facial Remedies and Baths

Peach Facial Mask

This dry skin moisturizer is to be treated as in the apricot mask- Peach kernel oil or almond oil can be substituted for olive oil, it serves as a dry skin moisturizer.

NOTE:

The skin can absorb all vegetable and animal oils, but not mineral oil which forms the base of most ordinary commercial cosmetic creams. It cannot penetrate the skin, it only lubricate the surface-Natural commercial cosmetic creams however generally have a vegetable oil base.

OILY SKIN

[all natural herb remedies](#)

Almond Facial Mask

Pulverized almonds, make into a paste with a small amount of liquid. Best for oily skin almonds softens the skin cleansing it with a very abrasive action and nourishes it with protein.

Brewer's Yeast Facial

This mask can be mixed into a paste using a small amount of water. It's abrasive Action cleanses pores and stimulate the skin, but is best for oily skin.

Carrot Facial Mask

Astringent, provides vitamin A-Carrot shavings with a little lemon juice can be applied directly to the face like a facial mask-best for oily skin.

Oatmeal Facial Mask

Paste or dry regular oatmeal in a little warm water is good for oily skin. Dry oatmeal rubble directly on the skin will remove flaky peeling skin.

Strawberry

Astringent, a very good skin cleaner-Use in facial packs or other cosmetic preparations. Best for oily skin.

SKIN CLEANERS

[all natural herb remedies](#)

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Barley Water Facial Freshener

Astringent cleanses and softens skin-Made by simmering 3 tbsp. of barley in 3 cups of water for an hour. Strain and cool- Rinse off face after using, must be refrigerated, best for normal skin. Drinking barley water is also reputed to clear and beautify your skin, you can sweeten it up a bit with honey or orange juice.

Brewer's Yeast Facial Mask

Mix into a paste using a small amount of water. It's abrasive action cleanses pores and stimulate the skin, but is best for oily skin.

Carrot Facial Mask

Astringent, provides vitamin A-carrot shavings with a little lemon juice can be applied directly to the face like a facial mask-best for oily kin.

Cucumber Facial

Astringent, cleansing, bleaching for freckles or discoloured skin. Cucumber slices or juice applied to the face and hands if desired and left on 10-15 minutes then rinsed off-best for normal or oily skin.

Herbal Facial Steam

Cleanses pores, softens, refines and moisturizes the skin. Pour 1 quart of boiling water over 2/3 to 1 cup herbs in a large bowl. A mixture of sage peppermint and linden flowers is very good, or make up your own mixture from the bath herbs already listed.

Cover your head about three inches over the bowl, cover both your head and the bowl with a towel to make a stint to retain the steam. Steam face 10 minutes or less, you can also use a vaporizer or electric skillet to provide more constant steam and not use the towel.

Honey Facial Mask

Massage a small amount of slightly heated honey over your face leave on for 15 minutes-honey is antiseptic, cleanses the pores and tones the skin, it is also good for oily and blemished skin. Wheat germ is often added to a honey mask- it provides abrasive action protein and vitamins.

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Elder Flower Facial Mask

Tonic, clears and softens the skin- Made by adding flowers of their infusion to a commercial clay pack or by mixing them into a paste with yoghurt. Lactic bacteria in yoghurt increases elder flowers effectiveness.

Elder flowers are one of the best plant cosmetics. Their mildly astringent infusion soothes the skin and removes wrinkles-bleaches freckles and help relieve sunburn.

Rosemary and Glycerin Skin Softeners

An old fashion cosmetic but very effective-Use a rosewater to glycerin ratio of 50/50 and 75/25, you can get this from your druggist.

Strawberry

Astringent, a very good skin cleaner-use in facial packs or other cosmetic preparations.

Natural Vinegar Skin Freshener

1 pt apple sider distilled or white vinegar to 8 pts water. Apply after each face washing, it restores the face natural acidity and really does clear and refine rough blemished skin; it can be made more aesthetic by the addition fragrant ingredients.

WRINKLE REMOVERS

all natural herb remedies

Coconut Butter and Oil

Both make a very effective wrinkle remover-Massage warn into the skin.

Fennel Facial Mask

A strong infusion of fennel herbs or seed, a liberal amount of honey and some fennel herb added to commercial clay packs or yoghurt- Antiseptic, soothing, it tones the skin and remove wrinkles.

Linden or lime Flowers

Excellent cosmetic herb-Antiseptic, mildly bleaching, good against wrinkles and stimulates circulation. Beautiful fragrance it can be used in skin lotions and other cosmetic preparations.

Lovage

One of the best bath herbs, very good used by itself, lovage cleanses deodorizes and heals the skin.

HYDROTHERAPY – THE HERBAL BATH

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Hydrotherapy is the use of water treatment for illness. Often these include the use of mineral water or of mineral and herb bath additives to enhance the natural healing power of the water or to produce particular effects on the body. With a few simple supplies you can enjoy the benefits of a herbal bath right at home.

Herbal baths, full or partial comes in many shapes and sizes from the bathtub to the eye cup. Basically they are baths to which plant decoctions or infusions have been added. Depending on the plants used and the temperature such baths can calm or stimulate the mind and body, open or close pores, relieve itching, inflammation or pain and exert other beneficial effects.

Method:

Tie ½ cup or more of a mixture of any of the herbs listed below into a wash cloth or a small muslin bag and fasten the herb bag to the spout of your bath tub so that the hot water runs directly through it. When the bath is drawn place the bag into the water.

For a stronger effect first simmer the herbs 10-20 minutes in 1 quart of water, then place both resulting decoction and the herbs in a bag or wash cloth. The herbs below are also listed according to their effect as an addition to your bath. Any of these can be combined into a bath mixture for several herbs.

Combine these herbs into a soothing healing bath.

Antiseptic Bath

Lavender, Thyme, Peppermint, Eucalyptus, Wintergreen,

Astringent Bath

Sage, Milfoil, Comfrey Root, Strawberry Leaves or Root, Nettle

Calming Bath

Fragrant Valerian Balm, Marjoram, Hops , Passion Flower

Cleansing Bath

(especially for oily skin) Lovage, Milfoil, Lemon Grass, Geranium Leaves

Healing Bath

Peppermint, Milfoil, Camomile, Camomile Flowers, Elder Flowers, Linden Flowers Rosemary, Lovage

Moisturizing Bath - Orange Blossoms, Camomile Flowers, Rose Leaves, Rose Pedals, Rose Hips, White Willow Bark.

Softening Bath - (wrinkle remover) Fennel, Rose Pedals, Elder Flowers, Linden Flowers.

Stimulating Circulation Bath - Thyme, Mother of Thyme, Rosemary, Lavender.

Toning the skin - thyme, lavender, milfoil, peppermint, nettle.

HERBAL MIXTURES FOR ACNE-ECZEMA-TROUBLE SKIN AND BAD COMPLEXION

Healthy drinks for your acne

The mixtures here represent balanced formulas to use for the indicated condition or to produce the indicated effect.

Ingredients are specified in terms of proportions rather than amounts so that you can prepare any amount of mixtures you find convenient. The directions indicate the amount of mixtures needed for each preparation.

DRINK

Mix 2 oz. each of beet juice, celery juice and tomato juice. Take 2-3 times daily. To use as a general blood purifier take several times a week.

R

Witch Grass Root
Elecampane Root
Juniper Berries

Ground Ivy
Elder Leaves and Flowers

Mix these herbs in equal parts: Steep 1 tsp. in 1/2 cup boiling-hot water. Take 1/2 cup daily unsweetened in mouthful doses for best results. This should be taken over an extended period of time.

R

Black Elder Leaves [1 part]
Speedwell [2 part]

English Walnut Leaves [1 part]
Pansy [1 part]

Steep 1 tsp. in 1/2 cup boiling water. Take 1- 1 1/2 cups daily, unsweetened in mouthful doses for best results.

Used in combination with other remedies used for fighting acne, these are some of the best effective natural methods for fighting acne and other bad skin conditions. If nothing else works or if you want no chemicals then you should try some of these remedies.

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Here is a list of some herbal medical plants and their botanical names, but be careful some of them require medical supervision.

BRADSTRAW (*Galium aparine*)

Common names include: Cleaver, coach weed, goose grass, gosling weed, lone man sweetheart.

Properties and Uses: Antispasmodic, diaphoretic, diuretic, vulnerary. The juice from the fresh plant or a tea made from the dried plant is popular for skin problems, the juice or tea is applied daily to the skin and allowed to dry.

Before each application wash the affected area with rectified alcohol, each time after use burn the cloth.

If preferred make a salve for the skin by mixing the fresh juice with butter. Renew every 3 hours and burn the cloth used to apply it. Applying the fresh leaves directly is said to be helpful for skin problems and stopping bleeding.

Medical part: The herb

Preparation and dosage: Use the juice of the fresh plant or dry the plant immediately to keep for later use.

Infusion: steep 1 oz. dried herb in 1 pint warm, not boiling water for 2 hours then take 2-3 tsp 3 or 4 times a day. This is a very good healing agent for acne, and troubled skin.

BEACHDROPS (*Epifagus virginiana*)

Some Common names are: cancer root, thyme drops,

Medical part: The plant

Properties and Uses: Astringent- Beechdrops is used externally for wounds, bruises, cuts and other skin irritations and conditions where an astringent is called for.

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BURDOCK (*Arctium lappa*)

Common names include:	Bardana, burr seed, turkey bird seed, cloth weed
Medical part:	root, seed, leaves
Properties and Uses:	A decoction of leaves make a good wash for sores and is helpful in fighting acne.
Decoction:	To make a decoction use 1 tsp. Of Wood with 1 cup of boiling water, let stand for 5 hours then bring to a boil take 1 cup a day.

CORAL ROOT (*Corallorhiza odontorhiza*)

Common names include:	chicken toe, dragons claw, turkey claw
Medical part:	Root stock
Properties and Uses:	diaphoretic, fabrifuge, sedative- Coral root is an effective remedy for fever cramps and skin disease. Can be used internally and externally.
Preparation and dosage:	Infusion: seep1 tsp. Root stock in 1 cup of water take hot or cold 1 or 2 cups a day

CUCUMBER

Cucumbers are good for almost of our inner parts, intestines, lungs, kidneys skin. For skin problems and for cosmetic purposes rub the juice into the skin, apply it also for inflammation bed sores and burns.

ECHINACEA (*Echinacea angustigolia*)

Common names include:	Purple stone, Samson root,
Medical part:	Rootstock
Properties and Uses:	Antiseptic, digestive, depurative- Echinacea is a very good blood purifier. Plants are also used for such conditions as eczema, acne and boils as to indicate contaminants in the blood.
Preparation and dosage:	Do not use the rootstock if it has lost it's odor
Decoction:	to make a decoction, use 1 tsp. Of root stock with 1 cup of water take 1 tbsp 3-6 times a day.

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ELDER (*Sambucus canadensis*)

Common names include: American elder black elder common elder.

Medical part: Bark, leaves and flowers

Properties and Uses: An infusion of leaves and flowers or a decoction of bark serves as an antiseptic wash for skin problems wounds and inflammation.

Preparation and dosage: Infusion: use 1 tsp plant part with 1 cup of water.

ELECAMPANE (*Inula helenium*)

Common names include: Elfdock , horseheal, scabworth

Medical part: Rootstock

Properties and Uses: Athelmintic, cholagogue dierutic, expectorant, stimulant tonic.

Use externally as a wash or fomentation for skin problems such as scabies and itching,

Preparation and dosage: Gather the woodstock in the fall of the second year-To make an infusion: mix 1 heaping tsp. of rootstock with 1 cup of water take 1-2 cups per day.

ELM (*ulmus campestris*)

Common names include: English elm, european elm

Medical part: Bark , leaves

Properties and Uses: Astringent, demulcent, diuretic vulnerary – The bark of the young branches can be used as a decoction or tincture for herpes, scurf itch and other skin problems. Soaking bark and bruised leaves in vinegar also make a useful wash for the skin, the leaves has sometimes been used to help heal wounds

Preparation and dosage: Decoction- use 4 oz of fresh inner bark or bark from young branches with 4 pints of water- boil down to 2 pints, take ¼ cup 2-3 times a day.

ENGLISH IVY (*Hedera helix*)

Common names include: Gum ivy, true ivy

Medical part: Leaves

Properties and Uses: Antisposmatic, exanthematous – English ivy is primarily for external use as a wash for sores, burns cuts , dandruff

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Preparation and dosage: and other skin disorders CAUTION: The leaves may cause dermatitis in sensitive people. The whole plant including the berries are poisonous. Use under medical supervision

EUROPEAN CENTAURY (*Cantaurium umbellatum or erythraea centaurium*)

Common names include: Bitter herb, common centaury

Medical part: Flower and herb

Properties and Uses: Appetiser cholagogue, diaphoretic, digestive, emetic, febrifuge, tonic. Externally used a lotion made from European Centaury removes skin blemishes like freckles and spots. It is generally used like Yellow Gentain.

Preparation and dosage: Infusion- use 2 tbsp. of herb to 1 cups of water

Cold Extract: Use tsp of herb with 1/2 cup of cold water let stand 8-10 hours –take 1/2 cup spread over the day. Do not take immediately after a meal.

Powder: Take 1/4 - 1/2 tbsp of powder about 30 minutes before each meal.

FENUGREEK (*trigonella foenum-graecum*)

Medical part: Seed

Properties and Uses: Expectorant, mucilaginous, restorative - Make a poultice of pulverised seed for gouty pains, neuralgia, sciatica, swollen glands, wounds, furuncles, fistulas, tumours, sores, and skin irritations.

Preparation and dosage: To make a decoction use 2 tsp of the herb seed with 1 cup cod water- let stand ,for 5 hours then heat and boil for 1 minutes take 2-3 cups a day

FIGWORTH (*scrophularia nodosa*)

Common names include: Carpenters square, figworth root notty rooted figworth

Medical part: The plant

Properties and Uses: Diureti exanthematous - Figworth is essentially a skin medication used for eczema, scabies, scurf, minor rash etc. It can be made into an ointment or for fomentation for use on scratches and minor wounds

Preparation and dosage: Infusion: use 1 heaping tsp. of the plant with 1 cup of water. Take 1-2 cups a day

MADDER (*Rubia tinctorum*)

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Medical part:	Rootstock
Properties and Uses:	Astringent, diuretic emmenagogue - Externally used a decoction of Madder can be used for skin problems, especially tubercular conditions of skin and mucous tissue.
Preparation and dosage:	The woodstock is collected when it is 3-6 years old. Make a decoction by boiling 1 1/2 - 2 oz. of Woodstock in 4-6 quarts of water to use as a bath additive.

MALLOW (*Malva sylvestris*)

Common names include:	High mallow, common flower, common mallow, cheese flower
Medical part:	The herb
Properties and Uses:	Astringent, demulcent, emollient, expectorant. Externally a decoction can be used to wash wounds and sores. For external use boil 1 tbsp of herb in 1/2 cup of water for a short time.

MULLEIN (*Verbascum thapsus*)

Preparation and dosage:	Arrow hood, blanket leaf, jacob staff,
Medical part:	Leaves and flowers
Properties and Uses:	For external for inflammations and painful skin conditions use the tea or a fomentation of the leaves boiled or seeped in hot vinegar and water
Preparation and dosage:	Seep 1 1/2 tsp leaves or flower in 1 cup of water take 1-2 cups a day.

OAK (*Avena sativa*)

Medical part:	Grain and straw
Properties and Uses:	Antispasmodic nervine, stimulant – for a local wash oat is good for skin disease, flaky skin, frost bite chilblains, wounds and eye problems.
Preparation and dosage:	Bath, boil 1-2 lbs of straw in 3 quarts for 30minutes add to bath water. For a decoction boil small pieces of oat straw in water for 1 hour - strain add a litter honey.

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POPLAR (*Populus nigra*)

Common names include:	Black poplar,
Medical part:	Buds
Properties and Uses:	Diaphoretic diuretic, expectorant, vulnerary – Black Poplar buds are most commonly made into a salve for external use for wounds and hemorrhoids. They are also sometimes used in cosmetics for skin care.

PRIME ROSE (*Primula officinalis*)

Common names include:	(<i>Butter rose english cowsip</i>)
Medical part:	Flowers herb, rootstock
Properties and Uses:	Anodyne, diuretic, expectorant – An ointment made from the leaves and flowers can be used for skin problems and blemishes- CAUTION: Some people are allergic to prime rose and should naturally avoid medicines made from them.
Preparation and dosage:	Seep 1-2 tbsp of herb or herb and flower in ½ cup of water. Take 1 up a day. Make fresh each time. To make a decoction, boil 2 tsp rootstock in a cup of water.

RESTHROW (*Ononis spinosa*)

Common names include:	Cammock petty wine, stayplough
Medical part:	Roots
Properties and Uses:	Aperient diuretic - A decoction of the root can be used externally or eczema, itching and other skin problems
Preparation and dosage:	to make a decoction soak 2 tsp of root in ½ cup water For 8 hours then bring rapidly to a boil, use as needed.

ROSEMARY (*Rosmarinus officianlis*)

Medical part:	Leaves, flowers and tops
Properties and Uses:	Antispasmodic, cholagogue emmenagogue, stimulant, stomachic- Leaves cooked in wine or salve made from rosemary oil is use for rheumatism, scrofulous, sores, eczema, bruises and wounds
Preparation and dosage:	A decoction of the wood may be helpful externally for skin problems especially those of a bacterial origin. To make a decoction boil 1 heaping tsp. of wood in 1 cup of water take 1-2 cup a day a mouthful at time.

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SOAPWORTH (*Saponaria officinalis*)

Common names include:	Bouncing Bet, old maids pink, soap root
Medical part:	Rootstock
Properties and Uses:	Externally use as a wash or fomentation for dermatitis itching skin, furuncles and tumours. Soapworth also has a mild purgative effect.
Preparation and dosage:	To make a decoction boil 2 tbsp. dried rootstock in 1 cup of water take 1 tbsp. at a time.

SORREL (*Rumex acetos*)

Common names include:	Common sorrel, meadow sorrel, sour grass –
Properties and Uses:	Astringent, diuretic, laxative- externally a tea made from the herb can be used as a wash or fomentation to treat skin disease and problems. CAUTION- consuming sorrel in large quantities may cause kidney problems or severe poisoning.

WILD STRAWBERRY (*Fragaria vesca*)

Common names include:	Mountain strawberry, wood strawberry
Medical part:	The plant
Properties and Uses:	Astringent, diuretic, tonic – The leaves and rootstock of the wild strawberry is astringent and diuretic. Can be used internally and externally at the same time. a tea is effective against, eczema and acne
Preparation and dosage:	Infusion: seep 2 tsp. of leaves or rootstock in 1/2 cup of water. Take as needed.

YELLOW DOCK (*Rumex crispus*)

Common names include:	Curled dock, garden patience, narrow dock
Medical part:	The root
Properties and Uses:	Astringent, cholagogue, tonic – Known as a medical plant since ancient times, also a blood “purifier” it was prescribed for eruptive diseases such as scrofula, and skin problems. The ointment is valuable for itching, sores, swelling, and scabby eruptions. American Indians applied crushed yarrow dock leaves to boils and the pulverised root to cuts.

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Preparation and dosage: To make a decoction boil 1 tsp. of root in 1 cup of water.
Take 1-2 cups a day

Powder: for skin problems the dose is 12 grains.

OTHER NATURAL BEAUTY AIDS

Even though these are not made from plants they are too good not to be mentioned.

- Egg white mask – use as is or beaten helps tightens and tones the skin
 - Mayonnaise - as a marvellous skin softener, removes wrinkles and is a hair conditioner.
 - Yoghurt Sour Cream or buttermilk mask for oily sallow skin.
 - Milk Bath- 1 qt, made from powdered skim milk and add it to your bath, it whitens and softens the skin.
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I hope that this small booklet will be of some help to you in your struggle against troubled skin. These are only a few of the many herbs that can be beneficial in the fight against acne. I have tried to compile a list for you of the most effective herbs and facials, for the many different types of skin problems there are such as acne and eczema.

Many of the herbs are not mentioned here because they are either too poisonous or too dangerous to use without medical supervision. You just have to try and see which combination works best for you.

Here's to your health,

Don

DISCLAIMER

These pages are presented solely as a source of INFORMATION and ENTERTAINMENT and to provide stern warnings against use where appropriate. No claims are made for the efficacy of any herb nor for any historical herbal treatment. In no way can the information provided here take the place of the standard, legal medical practice of any country. In addition, some of these plants are extremely toxic and should be used only by licensed professionals who have the means to process them properly into appropriate pharmaceuticals. One final note: many plants were used for a wide range of illnesses in the past, but be aware that many of the historical uses have proven to be ineffective for the problems to which they were applied.