



Healthy Skin Solutions

Old Man Winter Has Arrived...



Your Skin Will Feel It!

There is no doubt that the cold weather can play havoc with our skin. Whether it be the skin on our face or the skin on our body...dry skin is uncomfortable. Below is a simple treatment that you can do at home and in only a few minutes your skin will look and feel supple again. This Moisture Treatment can be done as often as you feel necessary.

What You Will Need:

- 1- Herbal E Oil
- 2- Rejuvenation Crème
- 3- 2 Hand Towels
- 4- 2 Long Strips of Saran Wrap
- 5- Hot Tap Water

Directions:

Apply a very generous amount of Herbal E Oil and Rejuvenation Crème to your skin. Take a strip of the Saran Wrap and place over one side of face, take the other strip and place over the other side. DO NOT cover your mouth and nose area but try to cover as much skin as possible. Take hand towel and run under hot water and place over face, patting until it cools down. (water should be hot enough but not too hot that it is uncomfortable) Have 2nd hand towel ready and hot and repeat this process about 5 to 6 times. You will alternate between the 2 hand towels. Remove Saran Wrap and gently distribute any product still on the skin.

Please note: this treatment can be done anywhere on the body to help alleviate dryness.

How does this treatment work?

The Herbal E Oil and Rejuvenation Crème add moisture to the skin. The Saran Wrap protects the skin from the steam of the hot towels but allows the heat of the towels to increase the blood flow, in turn, giving your skin a healthy, supple feel and look.