

# Basic Skin Care Herbs



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There are some herbs that can be useful for your skin:

1. One of the widely-spread meadow herb is **dandelion** which belongs to the Asteraceae. It is known due to its detoxifying qualities. Moreover it is effective if you have skin blemishes.

The plant is very good for our bodies due to its composition. It contains bitter substances, choline, inulin and many minerals including sodium, calcium, silicic acid and sulfur, as well as a lot of potassium in a fresh plant. It is widely used in skin care products, helping you to treat acne, eczema and many other skin disorders.

2. A well-known **burdock**, which is native to Europe, Asia and the Northern USA, is also a great medicine for skin. The roots as well as the leaves of burdock have been used for curing cancer, eczema, acne and other skin diseases for ages. In addition to this, it can make skin smooth again.
3. Chronic skin diseases can be cured with the help of **yellow dock** combined with sarsaparilla. Its active ingredient purgative anthraquinone has the antimicrobial properties that is why making decoctions will be useful if a person suffers from such skin ailments as eczema, psoriasis, rashes and so on. The mentioned ingredient and the one which is called astringent tannis help people to get rid of many skin problems.
4. **Echinacea** strengthens the immune system, increases the production of white blood cells and improves the cell walls so that viruses and bacteria have little chance to penetrate the cells. Purple Coneflower has strong anti-inflammatory effect due to its active chemical composition. This plant is endemic in North America where they grow in prairies and open wooded areas; now it can also be found in Europe and Asia.

When taken by the mouth, Echinacea stimulates immune system and prevents or lessens the symptoms of cold and flu. When applied topically, it treats such skin conditions and eczema, psoriasis and insect bites. Due to its antimicrobial properties, Coneflower can inhibit bacteria and slowing up the formation of pus.

5. **Red Clover** is used to clean the blood from toxins. It is known as an efficient treatment method for skin disorders thanks to big amounts of vitamin B in it. In old times, fresh flowers were chopped and applied directly to skin in order to treat insect bites of inflammations. Nowadays, red clover extract is one of the components of creams and lotions against such skin conditions as psoriasis.
6. **Licorice** has long been used in the form of poultices to treat skin infections and dermatitis. In combination with other healing and cleansing herbs (such as emollient) it is used also as a skin lightener in cosmetics. When injected in proper quantities, licorice reduces redness and inflammation of the skin.
7. The most important active ingredient of **Cayenne** is capsaicin which has dulling properties. The dulling characteristic of the plant can be successfully used for psoriasis treatment because cayenne is able decrease itching on the skin. Cayenne can work as a carrier agent too when it contributes to movement of some components to the pores and sebaceous glands in the skin.

Of course you needn't take all these herbs and mix them together at home to [cure acne](#). But study attentively the composition of those the skin care products, which you want to try. You can find these herbs in some skin treatment aids and they can help you.

## Featured Herbal Skin Care Product

### ClearPores

Featured in: [Acne Treatment](#)

**ClearPores** is designed to treat acne and clear your body skin so that you can feel good about yourself again. The perfect combination of three effective acne treatment products = results you want. This effective system is endorsed by doctors and recommended by customers. The herbal supplement treats acne at its roots, supported by the wash and the cream. It is in our view the best skin care solution.

**Money Back Guarantee:** To give clients ultimate confidence in the ClearPores, they have guaranteed its effectiveness for a full 6 months or your money back.

#### **The ClearPores Acne System includes:**

*ClearPores Deep Facial Wash.* The effective acne treatment ingredients unclog the pores and help your skin get rid of acne bacteria. Once the pores are free the wash goes deep inside the pores and fights the bacteria there.

*ClearPores Herbal Supplement.* The 100% natural ingredients work from the inside and fight the acne bacteria where it grows.

*ClearPores Facial Protection Cream.* After your pores are unclogged and you have clear skin the most important task is to keep it clean.

#### **The ClearPores Skin Care System includes:**

*ClearPores Deep Body Wash.* The unique combination of effective acne ingredients unclogs the pores on your body. Apply the Deep Wash to the affected skin and remove all debris and wash out the bacteria from your pores. The ClearPores Deep Body Wash is recommended for use in the morning and at night.

*ClearPores Herbal Supplement.* The 100% natural ingredients work from the inside and fight the acne bacteria where it grows. Active Ingredients: Dandelion Root, **Aloe Vera**, Yellow Dock, Echinacea purpurea, Burdock Root, Red Clover, Sarsaparilla Root, Licorice Root, Kelp, Cayenne, Tea Tree Oil.

*ClearPores Body Protection Cream.* The Protection Cream keeps your pores clear from the sweat and bacteria produced by your body and moisturizes it.

[Order ClearPores](#)