



The skin is the largest organ in the human body, and it really takes a beating. Every day we subject our skin to a rigorous routine:

- Scrubbing madly with harsh, chemical-laden soaps
- Peeling away hair with deep slicing razor blades
- Dousing ourselves with moisture-sucking perfumes and colognes
- Subjecting ourselves to the scorching sun, beating rain, pelting snow or stinging wind.

This leaves our skin wide-open to a whole host of problems such as:

- Dermatitis
- Psoriasis
- Dryness, Scaling and Flaking
- Eczema
- Chaffing and Chapping
- Sunburn
- Allergic reactions

If you regularly slather cortisone creams or antibiotic ointments to try and heal these conditions, you may be doing your skin more harm than good!

That is because these medicines contain powerful steroids which actually thin your skin and leave it prone to even greater irritations!

Your skin acts as your body's natural shield against a whole host of invaders: airborne viruses, rampant bacteria, environmental poisons and toxins, you name it, your skin blocks it all. But over time, skin wears out. It begins to sag and dry out, become itchy or red, and your whole body pays the price. Your immune system can't keep up with the assault and you become more prone to colds and flu.

That's why it's crucial that you give your skin the best defense there is.

Creating a daily routine to care for your skin can help keep the body's largest organ healthy and clear.

Medical doctors from the Cleveland Clinic offer these skin-care suggestions:

- Drink plenty of water each day.
- Gently cleanse your face each morning and night. Make sure you remove any makeup before bedtime.
- Eat a healthy, balanced diet.
- Use a toner on your skin after washing.
- Moisturize your skin regularly. If you have oily skin, look for an oil-free moisturizer.

Several skin care experts recommend the use of organic medicine, like the Avocado.

The avocado yields a rich and extremely deep penetrating oil, rich in vitamins A, D and E, lecithin, as well as potassium - known as the youth mineral.



It furthermore contains proteins, lecithin, beta-carotene and more than twenty percent essential unsaturated fatty acids. The fatty acids contained are palmitic, palmitoleic, stearic, oleic, linoleic and linolenic.

Benefits of avocado oil to the skin

- It is also high in sterolins, which are reputed to reduce age spots, help heal sun damage and scars. It is the sterolins (also called plant steroids) in the oil that helps to soften the skin and imparts a superior moisturizing effect.

- For this reason it is an ideal ingredient to include when formulating for people with dehydrated, sun or climate damaged skin, as it is an extremely good moisturizing and nourishing compound, assisting in the regeneration and rejuvenation of the skin.

- In a study done at the Department of Food Engineering and Biotechnology, Technion-Israel Institute of Technology in 1991, it was found that avocado oil significantly increases the amount of collagen in the skin - which normally is under attack as we grow older.

- Avocado oil is easily absorbed into deep tissue, and with its wonderfully emollient properties, makes it ideal for mature skins. It also helps to relieve the dryness and itching of psoriasis and eczema.

- It is often used for clients with dry or mature skins, or people suffering from eczema or psoriasis, and is very useful when treating sun or climate damaged skin that is dehydrated and undernourished, as it is said to help with regenerating the skin and softening the tissue.



Milk and honey

Milk and honey also make for good natural remedies for treating dark facial spots. Like lemon, you can use these two as is or with other ingredients. For milk, you can use either sour milk or buttermilk which both contain lactic acid. This acid in milk has a gentle peeling effect which lightens skin without irritating it. Honey, on the other hand, has several skin renewing properties. It may be heated and applied alone or mixed with wheat germ for a more lightening effect.



For Those with Sensitive Skin

If your skin tends to become irritated even with homemade concoctions, using a more

concentrated amount of honey can help to ease your skin care woes. Warm a small pot of honey on a stove range, checking the temperature frequently to ensure it is not too hot. While it is still warm, apply the honey onto your face. You can use this underneath the avocado mask, on top of it, or skip the avocado altogether.

Just like the above mentioned instructions, you can rinse the honey mask off with warm water. Follow with cooler water to seal your pores and lock in essential moisture.

For Those with Oily Skin

Adding egg white and lemon juice can help bring oily skin under control. Mix these two items together with half an avocado and you should be left with a smooth, creamy texture. Apply this to the face and neck as usual and then allow it to set on the skin for about 20 minutes. Remove with a wash cloth and finish up with a chilled astringent or cold water.

The kitchen is rich with a lot of ingredients that you can use to concoct various home remedies for facial dark spots. There is no need for an expensive trip to your dermatologist if you knew which items in your kitchen can rid of age spots, black circles under the eyes, acne scars, freckles, and other such spots. Moreover, use of these home remedies helps avoid putting harsh chemicals on your face, which is one of the most sensitive parts of your body.

