

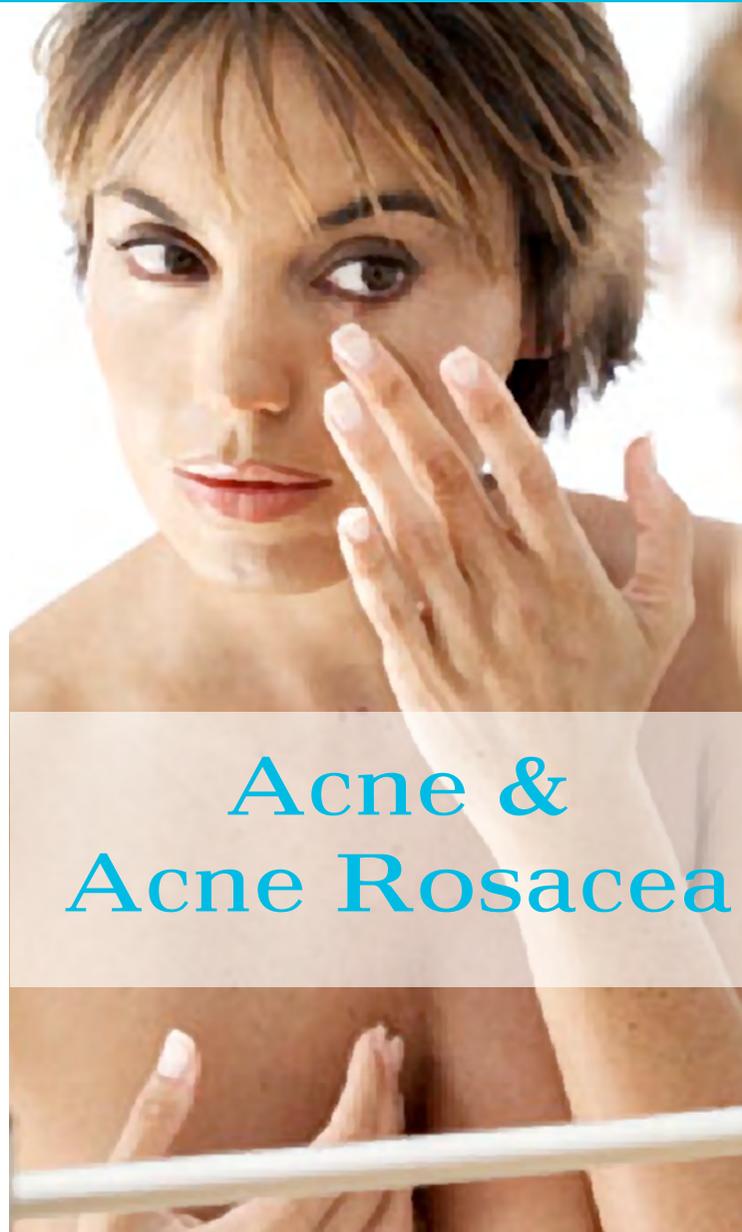
## The Organic Pharmacy Facial

Put yourself in the expert hands of our therapists to gently restore and replenish the skin as well as the mind.

This amazing facial starts with a thorough analysis, with deep cleansing to balance and restore harmony.



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## Acne & Acne Rosacea What is it?

An inflammatory and bacterial condition where typical symptoms of spots, redness and pustules are produced.

At the root of the problem generally lies 4 factors:

- Toxicity
- Hormonal Imbalance
- Nutritional deficiency
- Excess sugar or hypoglycemia

**R**emember that the skin ( as well as the kidney, liver, colon and lungs) is a major detoxification organ. Toxins absorbed in the colon coupled with congested toxin liver leads to toxins being eliminated through the skin. The liver has a direct effect on hormonal balance since the liver is the main organ to filter acne-producing hormones. Detoxification and hormonal balance are key to any treatment.

**Rosacea is also affected by free radical damage and capillary weakness, resulting in redness. Antioxidants are very important.**

# What can you do?

## ● Liver & Kidney Drops



Support the main organs of detoxification to help regenerate them more quickly and support them as they process the toxins released through detoxification.

15 drops of water three times a day.

## ● Colon Cleanse & Gut Repair

A potent but gentle blend of Clay, Psyllium, Linseed, Apple pectin, Barley Grass, Alfalfa, Chlorella, Licorice, L-Glutamine, Slippery Elm, Aloe and Burdock, Yellow Dock and Plantain. It hooks onto toxins, heavy metals, debris and catarrh, cleans the gut and by doing so cleans the liver, kidneys and blood. L-Glutamine, Aloe, Licorice and Slippery Elm repair damage to the gut.



3 capsules every morning with a big glass of water half an hour before food.

## ● Clear Skin Tinctures



A blend of hormone balancing herbs, Agnus Castus, Red Clover and Saw Palmetto. Immune boosting Echinacea, blood cleansing Burdock and Yellow Dock help to balance hormones.

15 drops of water three times a day.

# Nutritional Support

The following supplements provide nutritional support which is essential to enhance the detox process. they provide support to the skin, help healing, balance hormones and reduce inflammation.

- Superantioxidants
- Phytonutrients
- Essential Fatty acids + B Complex

# Homeopathic remedies

To identify which homeopathic remedies are needed, it is essential to have either our Health Assessment or Health Consultation. Generally, toying with the skin using homeopathic remedies is not a good idea unless supervised due to unexpected symptoms. If you feel bold enough then a combination of the following remedies is recommended:

- Silica
- Sulphur
- Sepia
- Pulsatilla
- Kali Brom



# Skin Care

Using gentle, chemical-free skin care is essential. Most Acne or Rosacea treatments use harsh chemicals such as Salicylic Acid or Benzyl Peroxide leaving the skin dry sore and confused.

Cleanse with Carrot Butter Cleanser every night and every morning with Peppermint, Tree Tea, Eucalyptus and Lavender Face Wash.



To tone use Herbal Toner for congested skin or Rose Spritz or Rose & Bilberry Toning Gel for Rosacea as this reduces redness. Use morning & night.



Apply Anti-oxident gel. A very light gel with herbs and vitamins to heal the skin and minimise pores, morning and night.



Four times a week use Flower Petal Mask very gently to deep cleanse & get rid of dead skin.



To moisturise every morning use Manuka Face Cream for acne or Double Rose Rejuvenating Face Cream for Rosacea.



Apply Seaweed Clay Mask 3 times a week to draw out impurities if the skin is congested.



Apply Blemish Gel to control outbreaks. Very gentle aloe gel with echinacea and essential oils.

**Caution: As the body is cleansed, expect symptoms to get worse the 1st 2 weeks**