



NATUROPATHIC BEAUTY'S GUIDE TO FIGHTING FLARE-UPS FAST

Even though acne needs to be solved from the inside out to truly go away, you need to know what to do when a zit pops up. After solving my own awful acne and working with patients for over 10 years, I want to share some of my best tricks to fight your flare-ups fast! Think of this as Emergency Medicine for Zits.

What to do at the first sign of a flare-up.

1. Wrap a green tea ice cube* or a plain ice cube in a piece of gauze.
2. Place the ice cube on the blemish for 60 seconds.
3. Wait 5 minutes.
4. Repeat 3 times.
5. Apply Manuka Honey – Tea Tree Oil Spot Treatment*
6. Repeat this entire process 3-4 times per day.
7. Leave the Manuka Honey – Tea Tree Oil Spot Treatment* on overnight.

You know when you first feel a zit coming on? This is the best time to treat it with ice! Green tea contains a powerful anti-oxidant called ECGC that has been scientifically proven to reduce acne blemishes by up to 75% when applied topically. Combining green tea with hydrotherapy, which has been used for thousands of years to reduce inflammation, is a potent combination.

After applying ice to the blemish 3 times, apply my Manuka Honey – Tea Tree Oil Spot treatment. This treatment combines two potent acne fighters – Manuka honey has strong anti-microbial powers but it is very gentle, and Tea Tree Oil has been found to be as effective as benzoyl peroxide at reducing blemishes.

What to do when the zit won't go away.

1. Soak a gauze in a solution of ½ cup very warm water and 20 drops of tea tree oil.
2. Apply this gauze to the blemish for 3 minutes. Make sure that the water is not so hot that it burns the skin.
3. Wrap a green tea ice cube* or a plain ice cube in a sterile gauze.
4. Place the ice cube on the blemish for 1 minute.
5. Repeat this process 3 times.
6. End with the ice cube on the blemish for 1 minute.
7. Apply the Manuka Honey – Tea Tree Oil Spot Treatment*
8. Repeat 3-4 times per day.
9. Leave the Manuka Honey – Tea Tree Oil Spot Treatment* on overnight.

When the blemish has been around for a few days, contrast hydrotherapy (applying cold and then hot to the blemish) increases circulation and detoxification in the area. This helps to mobilize inflammation and either bring the blemish to a head (ie. a whitehead forms) or help it to resolve on its own.

If a whitehead forms, gently squeeze the blemish with a very light pressure using a sterile gauze (of course, ensure that your hands and face are freshly cleaned before doing this). If the whitehead does not release with a very light pressure, immediately back off and allow it to resolve on its own.

Recipes

Green Tea Ice Cubes

1. Bring a pot of filtered water to a boil
2. Combine ½ cup of boiling water with 5 organic green tea bags.
3. Allow tea to steep for 5 minutes.
4. Remove the tea bags and allow the tea to cool.

5. Pour the tea into an ice cube tray and freeze.
6. Once the green tea ice cubes are ready, place them in a zip loc bag in the freezer.
7. Use a green tea ice cube to treat acute flare-ups.

Manuka Honey and Tea Tree Oil Spot Treatment

1. Place 2 tbsp of raw Manuka honey in a small bowl
2. Add 10 drops of tea tree oil
3. Mix together
4. Apply on blemishes as directed above

Tea tree oil may be aggravating for some (ie. redness may occur). If this is the case, try reducing the amount of tea tree oil to only 1-2 drops. If that is too much, just use the Manuka honey plain.

* See recipe section to make this skin care product

This information is NOT intended as medical advice, nor is it intended to replace the care of a qualified health care professional. This content is not intended to diagnose or treat any diseases. Always consult with your primary care physician or licensed healthcare provider for all diagnosis and treatment of any diseases or conditions, for medications or medical advice as well as before changing your health care regimen.

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