



Remedies for Dry Winter Skin

Winter heralds dropping temperatures, a dry environment, chilly winds outside and dry air inside. The cold, dry weather causes skin to become dry and flaky. Facial skin feels tight and looks dull. Dryness can lead to the premature appearance of wrinkles. Knees, elbows, lips, hands and other parts of the body become dry, chapped, and flaky. Indoor heating, bathing too often, and harsh soaps all contribute to dry skin. Additional factors that cause dry skin are sun exposure (including winter sun), smoking, poor hygiene, aging, nutritional deficiencies, and heredity.

Conventional Treatment

There are many creams and lotions for dry skin. These products are effective, and many contain sunscreen, but commercial products have their disadvantages. Some products don't specify a full ingredients list, so consumers might suffer allergic reactions to unlisted substances. Some contain harmful contents, like harsh alcohol and parabens. Products are often expensive or run out quickly, others are greasy, or do not hydrate sufficiently. Packaging can be unhygienic or inconvenient for use.

Naturopathic treatment

A healthy lifestyle and a good diet are imperative to maintain good overall health and well-tended winter skin. People tend to eat less vegetables and fruit in winter, so it's important to include these in meal planning. A healthy diet provides the essential vitamins, minerals and nutrients required for skin growth and regeneration. It is also imperative to drink enough water, and advised to avoid showering in overly hot water, and to wash hands only when necessary, as overwashing can strip away the skin's natural oils. Useful products for winter use include humidifiers, moisturizing lotions and creams, lip balm, and gloves for outdoor wear. Natural remedies are inexpensive and do not contain the unknown, or harmful, ingredients used in commercial products. Natural substances can make excellent scrubs and creams. Homemade remedies enable better control over quantities and ratios.

Preparations with the following ingredients promote skin health:

- Olive oil: contains antioxidants and fatty acids good for the skin.
- Coconut oil: an excellent moisturizer for dry skin.
- Almond oil: rich in Vitamin E, this oil is an excellent emollient and lubricator for dry skin.
- Honey: an excellent natural moisturizer, rich in antioxidant, antimicrobial and humectant properties
- Aloe vera: soothes skin, and contains antiseptic and antifungal properties, necessary to prevent dryness, flakiness, and irritation.
- Sea salt and oatmeal are good ingredients for exfoliating masks.
- Yogurt and milk: moisturize skin, and contain antioxidant and anti-inflammatory properties.



Ethan Documentation

*Writing * Editing * Translation*

Recommended diet

- Increased intake of foods that contain Vitamin A, to aid in skin repair and maintain of healthy skin. Foods include avocados, sweet potatoes, kale, eggs, tomatoes, yellow- and orange colored vegetables, and dark leafy green vegetables.
- Increased intake of foods rich in Omega-3: chia seeds, walnuts, flaxseeds, egg yolks, chicken and fish (from the Northern seas). Omega-3 strengthens skin membranes, retains moisture, and protects skin cells.
- Increased intake of foods that contain Vitamin C: citrus fruits, such as oranges, lemons, limes and grapefruit. Vitamin C plumps up collagen, revitalizes dull skin, and helps to fade pigmentation and reverse sun damage.
- Increased intake of foods rich in zinc, to generate protein and collagen. Food sources include oysters, and fortified cereals and breads.
- Increased intake of foods rich in fiber, such as oatmeal. Fiber is essential to prevent dead skin and alleviate redness.

Foods and substances to avoid

- Coffee
- Chocolate
- Soft drinks
- Alcohol
- Sugar, fructose, and artificial sweeteners
- Fried foods and processed foods, containing harmful trans fats
- Pasteurized dairy products
- Refined flour
- Food coloring and preservatives

Food supplements and herbal remedies

- Vitamins A, C and D
- Zinc
- Sea Buckthorn: rich in omega-7 oil, beta carotene and vitamin C
- Collagen powder
- Gamma-linolenic Acids (GLAs): good nutrients for supple skin
- Omega-3: fish oil, or plant-based sources.
- Vitamin B6, to prevent dry skin

Our recommendations

- Ran Botanicals



Remedies for Enlarged Pores

Our skin is covered in pores, small openings for the regulation of substances that reach the skin's surface. There are two types: oil pores, also known as hair follicles; and sweat pores. Oil pores are visible, and regulate the sebum produced by the sebaceous glands. Sweat pores are usually not visible, and regulate the sweat excreted by the sweat glands.

Oil pores sweep out oil, dead skin cells and dirt on the skin's surface, but sometimes the process is hindered, and these substances become trapped in the pores. Facial pores are a cosmetic concern when they become clogged, inflamed and enlarged. Causes of enlarged pores include: oily skin due to excess sebum production, acne, skin inflammation, prolonged sun exposure, aging, genetics, stress, hormonal fluctuations, and inadequate skin care.

Conventional Treatment

Commercial skin masks can effectively tighten and shrink pores, and promote skin health. However, consumer products can contain unlisted or harmful products, which can trigger irritation and allergies, cause acne, and are often expensive.

Naturopathic treatment

Correct skin care requires protecting skin from sun damages, exfoliating once or twice a week to eliminate oil, dirt and skin cells, removing all makeup before sleep, getting sufficient rest, and drinking plenty of water. A facial steam once a week will unclog pores, and natural masks help to maintain healthy skin, and shrink pores. Homemade masks can be easily prepared with natural, inexpensive ingredients. These masks tighten and cleanse pores, seep up excess oils, and reduce inflammation.

The following natural ingredients are beneficial for pore-shrinking masks

- Apple cider vinegar: a natural astringent and skin toner, it contains antimicrobial and anti-inflammatory properties
- Sugar, baking powder and oatmeal: exfoliate skin, remove excess oils and dirt, and reduce large pores. The two latter ingredients also soothe the skin.
- Fuller's earth, also called multani mitti: exfoliates, absorbs oils, and helps to reduce scars and sun damage.
- Cucumber: a natural astringent, it shrinks open pores and rejuvenates the skin
- Carrots: rich in vitamin A and beta-carotene, which act as antioxidants, increase cell turnover and unclog pores.
- Egg whites: containing lysozyme, an antibacterial enzyme that fights against acne-causing bacteria, they tone and tighten the skin
- Lemon juice: contains citric acid (which control inflammation), and exfoliates skin, minimizes the appearance of open pores, and fades age spots
- Yoghurt: contains lactic acid for elimination of skin debris, improves open pores, and reduces fine lines and wrinkles.

An example of a pore-shrinking mask is a paste made of two tablespoons each of baking soda and lukewarm water. Apply and massage skin in circular movements for several seconds before washing the mask off.



Ethan Documentation

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Recommended diet

- Increased intake of low glycemic foods, which prevent skin inflammation caused by insulin spikes. These foods include fruit, vegetables, beans, legumes and whole grain foods.
- Increased intake of foods rich in Vitamin C: fruit juices, tomatoes, broccoli, spinach, kale, and parsley.
- Increased intake of foods that contain zinc: oysters, pumpkin seeds, legumes, soy-based products, nuts, mushrooms, leafy green vegetables, orange vegetables and fruits. Zinc contains anti-inflammatory and antibacterial properties that improve oily skin and enlarged pores.
- Increased intake of polyphenols, found in green, black, white, and oolong tea. Polyphenols contain anti-inflammatory properties, and improve large pores.
- Increased intake of foods rich in selenium, which promote skin elasticity and reduce skin inflammation: onion, garlic, Brazil nuts, brown rice, chia seeds, and flax seeds

Foods and substances to avoid

- Dairy products, which can cause excess oil production and blocked pores.
- Excess sugar consumption. Avoid junk food, greasy and fried foods, that can cause skin inflammation
- Refined grains in white bread, white pasta negatively impact blood sugar.
- Inflammatory fats. Avoid trans fats and saturated fats, common in processed foods.
- Alcohol dehydrates the skin, causing the body to producing excess oil, leading to inflammation, blocked and enlarged pores.

Food supplements and herbal remedies

- Vitamins A and C
- Zinc
- Omega 3 supplement
- Maca root: stabilizes hormones, and prevents skin inflammation and breakouts
- B complex supplements with Vitamins B6 and B12, to balance metabolism and control stress.
- Evening primrose oil, a good source of omega-6 and gamma-linolenic acids (GLAs), which strengthen skin structure and fight inflammation.
- Chlorella supplement, rich in magnesium, to diminish stress, eliminate toxins, and reduces inflammation

Our recommendations

Ran Botanicals



To Prevent Oily Skin

Skin health is impacted by a variety of factors, including diet, lifestyle, cosmetics, genetics, hormones, and temperament. Skin becomes oily when sebaceous glands secrete excess sebum. Sebum is an oil necessary to protect and moisturize skin, but its overproduction makes the skin oily, and look greasy and shiny. Oily skin can lead to clogged and enlarged pores, whiteheads, blackheads, and acne. These skin conditions can limit social activity, affect a person's mood, and lead to lowered self-esteem. Cosmetic procedures, medications and creams can treat oil skin and acne. However, long-term skin improvement necessitates maintaining a healthy lifestyle and diet.

Conventional Treatment

Medications that contain Retinoids improve oily skin through topically applied Vitamin A, but many patients develop flaking, redness and irritation, despite correct use. Vitamin A can be administered orally, but the leading medication, Accutane, has dangerous side effects, such as severe, life-threatening birth defects when taken during pregnancy. Therefore, Accutane is prescribed for severe acne only, and not advisable for mere oily skin. Heavy cosmetics can cover oily skin, but often worsen skin conditions.

Naturopathic treatment

Diet, sleep, recreation and lifestyle affect the skin. Sleep enough, manage stress, exercise and manage weight, and eat healthy food to maintain healthy skin. Alternative methods, such as meditation and acupuncture can help alleviate stress, and its effects on skin oiliness. It is also beneficial to eat a diet based on fiber, fruit and vegetables, and to avoid greasy, processed and fried foods.

Methods to prevent oily skin:

- Sleep well for healthy insulin functioning. Sleep deprivation leads to high insulin levels, causing spikes in sugar levels, which in turn lead to oily skin
- Manage stress, as stress causes insulin malfunction, leading to oily skin. Listening to music, meditation, massage and enjoyable hobbies are effective in reducing stress.
- Exercise and diet for weight loss. Carrying extra weight also negatively impacts insulin functioning, and causes skin problems.
- Maintain good skin hygiene: wash your face twice daily, avoiding harsh soaps.
- Blotting papers absorb oils, improving the appearance of greasy, shiny skin.
- Honey, in its natural form, nourishes the skin and cleanses pores.
- Face masks based on natural ingredients exfoliate the skin, remove dead skin cells, and promote healthy cell growth. Face masks can contain sugar, oatmeal and ground almonds. Mask ingredients that absorb excess oil are cosmetic clay, egg whites and lemons, and tomatoes. The latter ingredient also cleanses pores.
- Aloe vera helps in the treatment of flaky skin due to oily patches.
- Jojoba oil keeps oil levels balanced, as it acts as a deterrent to excess sebum production.
- Oils rich in Vitamin A control sebaceous glands locally, such as sea buckthorn oil and rosehip seed oil.
- Responsible, moderate exposure to sunlight ensures the absorption of Vitamin D, essential for healthy skin. Vitamin D reduces insulin levels, to clear oily skin.



Recommended diet

- Increased intake of foods that contain zinc: oysters, pumpkin seeds, legumes, soy-based products, nuts, leafy green vegetables, orange vegetables and fruits. Zinc contains anti-inflammatory and antibacterial properties that regulate oil-producing glands, and may reduce skin conditions associated with oily skin.
- Increased intake of foods rich in Omega-3 fatty acids, to reduce skin inflammation: Avocados, soya bean, flax seeds, nuts, chicken and cold water fish.
- Increased intake of lentils and pulses, to balance skin oils.
- Foods rich in Vitamin A, found in liver, eggs, and brightly colored plant-based sources – sweet potatoes, carrots, pumpkin, spinach, broccoli and dark green, leafy vegetables.
- Increased intake of foods rich in Vitamin C: citrus fruits, broccoli and tomatoes. Vitamin C has antioxidant properties, and helps remove body toxins.
- Foods rich in fiber, such as whole grains, oats, brown bread, corn and citrus fruits.
- Drink plenty of water and eat cucumbers for their high water content.
- Foods rich in Vitamin E, such as almonds and bananas.
- Foods rich in probiotics, to reduce inflammation, oxidation and the effects of free radicals. Probiotics are found in dark chocolate, and in fermented and pickled foods.

Foods and substances to avoid

- Dairy products contain high levels of hormones, which can cause excess oil production and blocked pores.
- Refined grains in the form of white bread, processed cereals and white pasta, as they negatively impact blood sugar.
- Inflammatory fats. Avoid saturated fats, found in red meats, pastries, and dairy products, and trans fats, mostly found in processed foods.
- Excess sugar consumption. Avoid junk food, which causes hormonal fluctuations, high blood sugar levels, and oily skin. Avoid greasy fast foods, as they have inflammatory effects on the skin and body.
- Alcohol dehydrates the skin, and the body reacts by producing excess oil.

Food supplements and herbal remedies

- Zinc
- Probiotics in large quantities.
- Vitamins A
- Vitamin C
- Omega 3 supplement
- Green tea for prevention of inflammation and oxidation.
- Turmeric for prevention of inflammation and oxidation.
- Cinnamon for lowering blood sugar and insulin.

Our recommendations

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