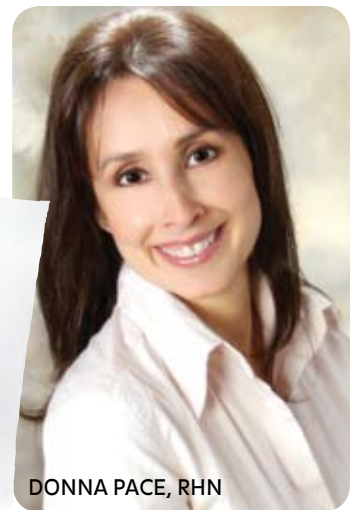


Insider secrets for natural beauty



DONNA PACE, RHN

Q | I'm East Indian and have been waxing my face for many years. My esthetician takes my sideburns up to my hairline. When the hairs grow back they are coarse and I have ingrown hairs. I end up tweezing, but it leaves scars. How can I naturally lighten my hairline?

-Linda, Toronto, Ontario

A | Dear Linda,

Ingrown hairs are caused when hairs become trapped inside the follicle or grow back into the skin — and they can cause scarring. Exfoliating with a gentle face scrub can help to manage ingrown hairs. You can also try eliminating topical alcohol from your beauty regime. Alcohol will increase the severity of ingrown hairs by drying the skin and closing the pores. When it comes to removing ingrown hairs, be gentle. Carefully lift the ingrown end out with tweezers — don't pluck the hair out. This will only make the hair regrow deeper.

As for the scars, I recommend rose hip seed oil. It has potent cell regenerating and wound healing properties and helps to repair damaged skin. It can also lighten pigmentation. Rose hip seed oil contains retinol (vitamin A), which is high in essential fatty acids. It increases the skin's capacity to produce new cells, replacing old ones, and gradually lightening pigmentation. It can also be used as a stand-alone product or is intertwined in many natural skin care products.

Q | My daughter had severe cystic acne until she went on a birth control. Now her face is clear, but she is worried about side affects of the birth control. Is there any natural way to control cystic and other acne? She has some red spots and scars and some pit holes, too.

-Anne, Mississauga, Ontario

A | Dear Anne,

It goes without saying that keeping the skin clean and bacteria-free is important. I have also seen excellent results with the use of acupuncture to decrease acne scarring and to maintain good skin.

Dietary modifications and nutritional supplementation are known to be highly effective in the overall management of acne. Oil of oregano provides a natural antibiotic killing action against acne bacteria. Ingesting it in oil or capsule form can kill acne bacteria from the inside. It can be applied topically in the form of a cream or by diluting the oil and applying at night to kill acne bacteria on the surface.

Although topical treatments can be effective, it is only a small part of the overall plan, as it is better to treat the acne from the inside out. Every time you break out, it is a sign that your liver, kidneys, and bowels are overloaded with toxins. I highly recommend gently cleansing the body of impurities, as well as adding fibre to your diet to assist with removal of toxins. Seek the help of a registered nutritionist or naturopathic doctor to assist you in this process. ♥



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