

Natural Healing Express Weekly

Column Volume 59 Love Your Skin

As winter approaches and furnaces are turned on, our skin seems to be getting dryer and flakier. Actually I have been waiting a long time to use the word flakier in a sentence.

So this week, let's talk about skin. As many of you know, we take great care to research our all of our products and strive to carry quality items at a fair price. About four months ago, I discovered Derma E which is a natural skin care company with over 90 anti-aging and treatment products. They utilize the theory that over exposure to free radicals (highly reactive atoms) causes damage to cells in the body, primarily, the skin. Free Radicals are the invisible monsters in the air that age the face and do things like turn cut apples brown. Yep, now you know who's responsible. Derma E believes that it is possible to fend off these free radicals by applying natural skin care that is rich with antioxidants which is included in every one of their formulas.

In addition to agreeing with their philosophy, I also like the fact that they are cruelty free, paraben free and eco-friendly. They carry a premium anti-aging line without the premium price. Two of my favorites in that line are the Age-Defying Moisturizer SPF 15 with astaxanthin and green tea and the Age Defying Night crème with astaxanthin and pycogenol and they work very well.

Derma E also has several skin treatment formulas that are affordable. The hydrating Lip Repair contains Hyaluronic acid which helps to rejuvenate dry and cracked lips while restoring lost moisture. This is one area that gets ignored much of the time as many of the lipsticks us ladies wear actually dry while they color. Putting on the Lip Repair underneath solves this dilemma.

The Intensive Therapy Foot Crème helps with pain relief and circulatory support while healing sore feet. A great suggestion is to rub some on those sore puppies, pull on soft socks and take a long winter's nap. Upon waking, you're feet will be revived.

Not specific to just feet, the Cracked Skin Relief Crème provides fast soothing relief for painful and severely cracked skin. Elbows, knees, and winter hands all can benefit.

Another great product is the Stop Itch which contains oats, chamomile, evening primrose and calendula which helps to soothe and cool dry, irritated and itchy skin. This is wonderful for rashes and hives or virtually any itchy spot.

For acne, Derma E has a fantastic product called Very Clear Cleanser which is an anti-blemish complex with tea tree and willow bark. Couple this with Very Clear Spot Treatment to clear blemishes and prevent breakouts. You now have a 1-2 punch.

For more problem skin, there is Psorzema Body Wash, Psorzema Body Lotion and Psorzema Crème. They all contain neem, burdock, Vitamin A and Vitamin E which reduces scaling, flaking and itching.

The new and improved Scar Gel reduces the appearance of scars both old and new which makes us feel better even if our super model days are behind us.

For those of you experiencing hot flashes and/or mood swings, Flash Relief is a cooling and calming crème that contains Black Cohosh, Wild Yam, St John's Wort and Ginseng.

The Clear Vein Crème with Pycnogenol, Horse Chestnut and Grape Skin Extract helps reduce spider veins and capillary redness. It also helps to disperse bruises and enhances the healing process.

There is also a complete Skinbiotic line for bacterial and fungal issues such as Athlete's foot.

And finally, to diminish age or liver spots and even out skin tone, we carry Skin Lighten.

We have samples available of many of these products, so stop by and love the skin you're in.

Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express