



15 SKIN HEALING HERBS

NATURAL SKIN + HAIR CARE + TREATMENTS

nature's herbs

Discover why ethical cosmetic brands are harnessing the power of Natural & Organic herbs. What are the best herbs for healing your skin topically. Be inspired to grow a medicinal herb garden at home or simply use dried herbs from the supermarket to boost your skin care regime.

healing naturally

Healing the skin can be tricky, especially depending on the skin complaint. But, it is easy to harness the therapeutic powers of herbs. These top 15 herbs have been chosen for their ability to provide substantiated healing benefits. All of these herbs can be used fresh to make a cup of tea, a poultice or added to cooking.

for all skin types

Nature's healing herbs are mostly suitable for all skin types, But, there are specific herbs that are best suited to acne oily skin, dry mature and combination skin types. Learning more about these top 15 herbs is a great place to start when treating skin complaints naturally and effectively.

no.1 peppermint

Peppermint is one of the oldest herbs to be used medicinally in hygiene products, soothing balms, mouth wash, toothpaste and fresheners.

It has a cooling effect on the skin making it ideal to treat red, irritated skin and sunburn. It also has mild analgesic action that helps to relieve headaches and muscle cramps.

To make a poultice using the leaves, simply wrap the leaves in cloth and soak in a small bowl of boiling water. Once cooled, place it on the skin to help relieve itching and burning.



no.2 thyme

Thyme is perfect to make an infusion. You can drink thyme tea or use it as a mouth wash to get rid of bad breathe and mouth sores.

A powerful antiseptic, thyme contains more than 50% phenolic, a powerful antiseptic.

To make a multipurpose infusion, simply brew a small handful of fresh thyme in boiling water. Allow it to cool and use to target broken skin including acne, rashes and dry flakey skin.

You can use an infusion as a face wash or toner.



no.3 rosemary

Rosemary is great for your general health and well-being. Rich in nutrients, rosemary can help protect skin cells from damage that is often caused by the sun and free radicals.

It's antiseptic properties work to clear acne, redness and irritation. But, it is most loved for it's hair growth benefits. When applied over the scalp, rosemary helps stimulate hair growth.

Infuse fresh rosemary in a cup of boiling water to make a facial toner or face wash. Or make a hair oil using coconut oil for hydrating the hair and scalp.





no.4 chamomile

Chamomile has many powerful skin healing properties. It is an anti-inflammatory, anti-fungal, antibacterial and antiseptic herb.

It also contains antioxidants. Chamomile's hypoallergenic nature helps to reduce skin irritation by neutralising free radicals.

Chamomile can help to fade dark skin patches. Eliminate acne, heal scars and fight breakouts.

Make a herbal infusion with water or oil, or a poultice to target areas of concern.

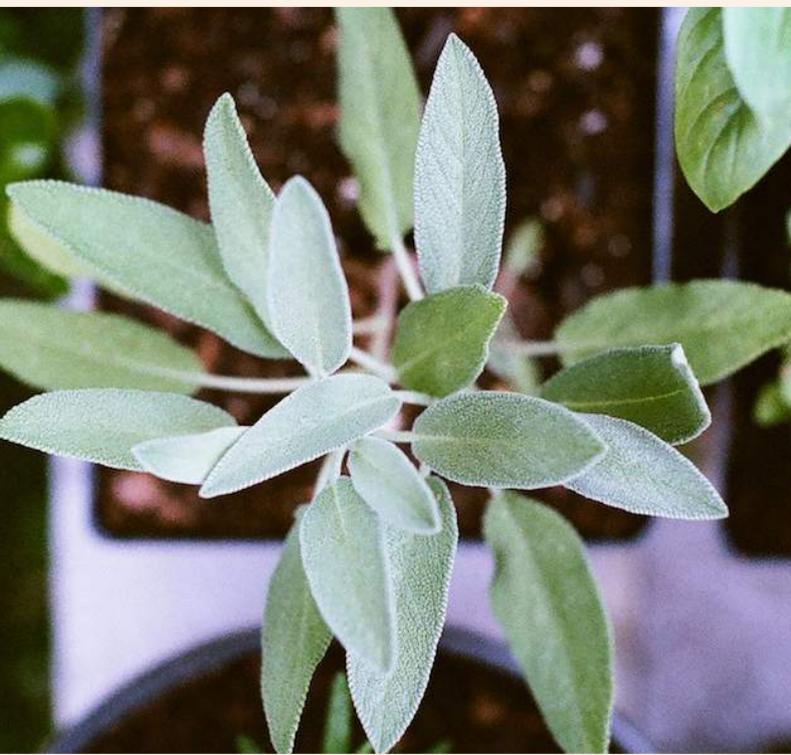
no.5 calendula

A versatile herb with edible flowers. Ideal to help relieve sunburn, clear acne and blemishes.

Use it fresh as an antiseptic on cuts, acne and broken skin. It reduces inflammation making it suitable for almost every skin condition.

Many skin ointments contain pot marigold extract as the active ingredient.

You can make a poultice from the flowers to help ease varicose veins. And, drink it as a tea to relieve digestive problems.



no.6 sage

Sage is an antibacterial agent, perfect for healing skin infections and acne.

It also possesses antiseptic and anti-inflammatory properties. Beneficial for the treatment of eczema and psoriasis symptoms.

Sage is rich in vitamin A and calcium, which play a major role in daily cell regeneration.

Sage is high in antioxidants that combats free radicals essential to prevent fine dry lines, wrinkles and other ageing signs.

no.7 ginger

Ginger's anti-aging benefits help to tone the skin and diminish hypopigmented scars, the white scars that have lost their pigment.

It also soothes burns, clears blemishes and contains around 40 antioxidant properties that prevent free radical damage. Ginger can help to even skin tone and improve elasticity.

Boost your skin with a ginger facial mask. Use grated or powdered ginger, honey and fresh lemon juice. Combine and apply, leave for 30mins, then rinse to reveal radiant skin



no.8 witch hazel

Witch Hazel is an astringent that helps contract the skin cells. This can help to reduce acne.

It makes a wonderful skin toner that treats an array of skin issues from sunburn to bruises, rashes, eczema and psoriasis.

You can make a fresh poultice, face wash or oil. Simply use a cup of boiled water or coconut oil, to steep the witch hazel flowers.

Witch Hazel helps to reduce inflammation, decrease oil and redness.

no.9 arnica

Arnica is perfect for treating skin infections and eczema. It can be applied topically to ease almost any skin complaint.

Used in the treatment of frost bites, chilblains, stretch marks, hair loss and dandruff. For hair care, arnica can help to repair and prevent split ends as well as premature greying.

Dry hair shampoo: grind the arnica flowers to a fine powder. Combine with cornflour and apply to the scalp. Allow to absorb excess oil and brush out. Add cocoa for brunettes.





no.10 comfrey

Comfrey can relieve pain and inflammation. Ancient Romans and Greeks used comfrey leaf to help heal fractures and ease bruises.

Comfrey leaves have anti-inflammatory properties that help to reduce pain. This is beneficial for sore acne and bruises.

The roots of leaves contain a chemical called allantoin acid that boosts skin cell growth.

The perfect anti-aging herb, simply brew the comfrey leaves and use to wash your face.

no.11 turmeric

A natural antibacterial and anti-inflammatory agent, turmeric helps in the treatment of acne.

Turmeric can also help to treat dry skin. Make a turmeric face mask to ease acne symptoms, rehydrate the skin and help prevent scars.

Add 3 teaspoons of turmeric to a glass of coconut milk. Use as a bath soak to soothe troubled skin or as a hydrating face wash.

For anti-inflammatory effects you need 500 to 1,000 milligrams of curcuminoids per day.



no.12 cinnamon

Cinnamon works to enhance a glowing healthy complexion, and to alleviate fine lines.

It is beneficial in the treatment of acne on the face and body. Cinnamon also helps to reduce skin infections, and to heal acne.

Use cinnamon to help treat dry, cracked, rough feet by making a foot scrub:

In a bowl, combine 2 teaspoons of cinnamon spice with a cup of raw sugar. Add 20 ml vegetable glycerine or coconut oil.

no.13 ginkgo

Ginkgo is an anti-aging herb, a natural sunscreen and anti-inflammatory. It promotes hair growth and minimises hair loss.

Simply brew fresh or dried ginkgo herbs in coconut oil for a hair treatment. Apply to the scalp 20 mins before washing.

For a facial wash or skin toner, brew ginkgo in boiling water. You can apply it using a spray mister, cotton pad or face washer.

Ginkgo treats asthma, allergies and bronchitis.



no.14 ginseng

Both the root and the leaves of ginseng have antioxidants and anti-aging benefits due to phytonutrients that tone and brighten skin.

Ginseng can also help to stimulate the scalp. This encourages hair growth and helps to prevent and slow hair loss.

Look for ginseng in shampoos or conditioners or make your own hair oil treatment.

Combine 2 tablespoons of ginseng spice with 4 tablespoons of coconut oil. Apply for 20 mins.

no.15 nettle leaf

Dried nettle leaves are used topically for treating acne and blemishes. It's anti-inflammatory benefits are ideal for all skin conditions.

The leaves also have astringent properties. This helps in treating eczema, insect bites and to relieve itchy chicken pox.

For acne, make a facial mask using dried or crushed nettle leaf, lemon juice and egg white.

You can also make an infusion of nettle leaf in water to use as a facial toner and spray mist.

