

## Blackheads...

Blackheads develop when plugs of oil block the outlet of sebaceous glands surfacing through pores on the skin. On exposure to the air, the oil blackens due to oxidation and remains in the pores of the skin. Blackheads generally occur on the face, chest, shoulder, and back.

### Treatment - Practical Advice.

Avoid harsh soaps and drying creams. Instead use a mild oil in water emulsion cleanser which can be applied by hand and wiped off with tissues before rinsing the face with water. Avoid alcohol-containing tonics and skin fresheners. Use a water in oil moisturizer.

### Dietary.

Avoid fatty and fried food. Increase intake of green vegetables, particularly raw ones. Increase intake of vitamin B complex, found in wholegrain breads and cereals, liver, or brewer's yeast (1 tablespoon added to water or fruit juice 3 times daily). A face mask of brewer's yeast and yogurt, used 3 times a week for 15 minutes on freshly cleansed skin, help to calm overactive oil glands.

### Aromatherapy

Dilute 5 drops each of atlas cedarwood and juniper berry in half a cup of spring water and use as a skin freshener throughout the day.

### Hydrotherapy

Blackheads that are not inflamed can be removed by steaming the skin over a bowl of hot water, or applying a hot compress: soak a clean cloth in hot water to which 2 teaspoons of bicarbonate of soda have been added (this helps open up the pores), wring out the cloth and apply to the black heads. With a clean tissue, gently squeeze out the oily plugs. Never use your nails to do this. Finish by applying a small amount of antiseptic cream, or a solution of water and essential oil of tea tree (2 drops to 1 cup of water).

### Orthodox

Doctors recommend avoiding make up altogether, or changing to a non-oil based brand. They advise cleansing the skin well morning and night, using a mild soap, and rinsing well with water afterwards. Exposure to moderate amounts of sunlight is recommended and low dose tetracycline antibiotics are often prescribed.