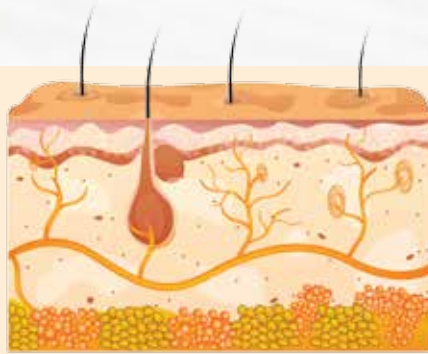


DID YOU KNOW?

The skin has at least five different types of receptors that respond to pain and touch.



TEA TREE OIL

by Elina Fedotova, founder and CEO of Elina Organics



The use of tea tree oil for medicinal purposes spans thousands of years and began in Australia, where the Aborigines used it to treat cuts and burns.

Tea tree oil is the only essential oil that can be used at 100 percent strength on the skin.



Tea tree oil's powerful antibacterial properties make it a great natural solution for acne and an effective natural deodorant and aftershave. It can also be used as a mouthwash to heal inflamed gums and kill bacteria that causes bad breath.

A steam distillation process is used to produce tea tree oil, which comes from the leaves of the Melaleuca alternifolia tree.

Tea tree oil has antifungal properties that can be used to treat nail fungi and other areas prone to fungal infections. This oil should be applied twice a day on the affected nail.



Tea tree oil has antiviral properties and is very useful during cold and flu season. When applied right under the nose, the vapors from the oil help to reduce the viral content of contaminated air. It can also be applied directly on cold sores and rashes around the nose.



Dos and Don'ts: CHAPPED LIPS

✓ Do:

Use a humidifier. Chapped lips are lacking moisture and during the wintertime, indoor heating can make dryness even worse. Moreover, many people sleep with their mouth open, which further dries out the lips. Humidifiers return moisture to the environment, lessening the lack of humidity that contributes to dryness.



✗ Don't:

Lick the lips. While saliva provides immediate moisture, the effect is only temporary and actually dries the lips even more once the saliva is dry. Licking the lips removes the skin's natural lipids and makes it difficult for them to retain moisture.

