

CHAMOMILE TEA

SKIN CALMING

TREATMENT

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CMG Archives

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IMPORTANT

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Introduction

Chamomile contains volatile and essential oils that act as effective anti-inflammatory and anti-oxidant agents that calm agitated skin (reducing heat, redness, and discomfort) and restore tissue ph levels to promote free radical healing.

The following treatment can be effective in calming any skin condition.

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Procedure

- 1) Make 250 to 500 ml of chamomile tea, let it steep for 15 minutes, and then let it cool to room temperature.
- 2) Splash your face with cold water three to four times and then very gently pat dry with a towel. The cold water will calm the skin before the chamomile tea treatment is applied.
- 3) Dip several cotton balls into the cool chamomile tea and apply to the affected areas. When applying, lightly and gently dab the skin with the cotton balls. Never rub with the cotton balls as this will further irritate and redden the skin.
- 4) Any surplus tea can be put in a sealed container, placed in the fridge, and used later. However, tea older than 24 hours should be discarded.

5) An alternative treatment is to add Chamomile tea to aqueous cream, and to very gently apply to the affected areas. The cream can also be applied with cotton balls.

6) The chamomile tea treatment can be repeated as needed (4 x daily) - see what works for you.

7) If any adverse indications manifest, discontinue treatment immediately.

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