

# Clear congested skin and reveal healthy, supple and glowing skin with Better Botanicals Normal to Oily line-

(Also recommended for sensitive skin or combination skin)

Stay away from foods that are congesting like dairy and sweets- gear towards bitter or astringent foods. Always recommend to drink 8-10 glasses of water a day, eat a variety of nutrient rich foods and take essential fatty acid supplements like fish oil.



**Coriander Cleanser-** Cleanse twice a day. Use Coriander as a mask- leave on for 10-15 minutes. Cleanser for oily skin that does not leave skin feeling dried out. Works to balance oil production and help the skin heal and become more naturally healthy. Contains Coriander, Juniper, Vetiver, Amla, Alfalfa, and Himalayan Wild Cherry. Amla, extremely high in Vitamin C, provides protection against the harshness of the environment. Vetiver cools and acts as an antiseptic, Juniper prevents breakout and detoxifies the skin, alfalfa is rich in trace minerals and balances acidity- is also a blood purifier that keeps the complexion clear and bright.

## Find the Better in our Botanicals **Juniper Balancing Mist**



*Juniper* detoxifies  
prevents breakouts



*Vetiver* is an antiseptic  
that cools inflammation



*Wintergreen*  
minimizes pores  
brightens skin

*Beech Tree Bark* contains  
powerful peptides and  
anti-aging compounds that  
smooth and firm skin



## **Juniper Balancing Mist-**

Use after cleansing and before moisturizing. Use over mineral make-up for a glowing look as powdered make up tends to look dry and dull- and/or throughout the day to keep a dewy look. Toner also works to keep bacteria and inflammation from environmental stressors at bay.





**Sandalwood Moisturizer-** This moisturizer has just the right amount of moisture- much lighter than the Dandelion- heavenly scent derived purely from essential oils. Leaves skin feeling fresh and dewy. Sandalwood oil has anti-aging properties, moisturizing effects and also is an astringent. It fights eczema and is effective at relieving inflammation. Moisturizer contains sesame oil, which is anti-bacterial in nature, anti-inflammatory and high in vitamin E. Also contains Aloe Vera- the very herb that Egypt's Queen Cleopatra VII used and is referred as one of the most attractive people ever! Aloe is great for clearing acne because it removes dead cells, allowing pores to open and skin to discard blocked oils. Aloe Vera is extremely Nutrient-rich: (it has 19 essential Amino Acids, B group vitamins including B12, vitamin C, E & Minerals such as Calcium, Iron, Lecithin, Magnesium, Manganese, Potassium, Sodium and Zinc.) Sandalwood Moisturizer also contains honey which works as an excellent moisturizer and in addition has antiseptic and antibacterial properties.

Honey has high levels of antioxidants, minimizes the chance of skin infection and helps prevent secondary infections and scarring from acne. Also, contains Basil or "Holy Basil" as it is known in India- anti-bacterial, anti-fungal, clears skin impurities, fights free radical cell damage and keeps skin supple and youthful.

Reveal the beauty that is already within you...

