

Avoid bubble bath products that contain synthetic fragrances and colours, as these can irritate sensitive skin.

- Try a steam inhalation for a tickly throat. Add 10 drops of rosemary essential oil to a basin filled with boiling water. Tent your head over it with a towel and inhale the aromatic steam. Rosemary's head-clearing scent also has an antispasmodic effect on nerves, suppressing the urge to cough.

Soothe sore muscles

Epsom salts are a tried-and-true remedy for aches and pains. They are packed with sulphates which support healthy joint function, and magnesium, which promotes proper functioning of nerves as well as reducing inflammation and relieving muscular spasms. Ginger essential oil can be added for its anti-inflammatory effect.

Get some sleep

Nothing beats the heavenly aroma of lavender for soothing a tense mind and body. Toss a bath bag containing fresh or dried lavender into the tub (the bag prevents the herbs from clogging up the plug hole) or add 10 drops of the essential oil.



Our Beauty Editor **HELENE LARSON** has a degree in Economics and Public Health, and has written widely on health and fitness. Helene also worked in the cosmetics industry for many years as a make-up artist. Contact Helene with your beauty questions at Helene-NatureandHealth@hotmail.com.

ON THE SPOT

If you thought that pimples were exclusive to the braces and Britney set, think again. Dermatology professor Dr Boni Elewskin says, "Acne breakouts can happen at any age." Dr Doris Day, author of *Forget the Facelift* (Avery) agrees, adding that botanicals are often the answer. "Tea tree oil, neem, witch hazel, rosemary, lemon and grapefruit prevent bacterial growth and fight inflammation, while aloe vera and calendula help heal," she says. Here are our three favourite natural blemish busters.

Ayurda Silver Gel (\$64.95 for 65 g; www.ayurda.com.au)

Contains antiseptic silver leaf, calming aloe vera and antioxidant Himalayan wild cherry to revitalise and cleanse.

Remedica Clair Visage (\$50.00 for 50 ml; www.remedica.com.au)

An all-in-one treatment to balance oil flow and hydrate and heal skin. Contains 22 different plant extracts, including detoxifying parsley, watercress, grape and vetiver.

Botanical Extracts Lavender Essential Oil (\$18.58 for 11 ml; stockists 1300 464 683, www.botanicaextracts.com.au)

This highly effective antiseptic and anti-inflammatory oil is a wonderful spot treatment for blemishes and skin irritations.

