



# Marc, My Words

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## Secrets of Tea Tree Oil

Tea tree oil has been widely recognized for its curative properties for many cosmetic ailments. Tea tree oil is used to treat acne and skin lesions among other things. Skin problems such as rashes, cold sores and even insect bites can benefit from the application of a small amount of tea tree oil. Tea tree oil alters the chemical barrier of your skin's own oils creating an inhospitable environment for the growth of fungi and other harmful organisms.

Use tea tree oil on your healing cuts and scrapes. Rub a small amount into your healing wound to help prevent nasty scarring. It can also be used to moisturize and soften existing scars reducing their appearance.

Tea tree oil in shampoos can work wonders on bumps and minor acne on your scalp. It unblocks clogged hair follicles, keeps your scalp free of bacteria and treats dandruff, all while moisturizing your hair. It almost sounds like a 'snake oil' type product but in this case it really is good for what ails you.

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## TOPICS

- Secrets of Tea Tree Oil
- Say 'NO' to Dry Skin

*"Beautiful young people are accidents of nature, but beautiful old people are works of art."*

- Eleanor Roosevelt

## Say 'NO' to Dry Skin

Don't let dry skin push you around. Winter time is notorious for bringing about dry skin. It could be because of the warm, dry furnace air inside, the cold wind outside, or maybe it's the sun's reflection off the snow burning your skin. Either way it's a nuisance and you just want to get rid of it. Here are steps you can follow to eliminate your dry skin:

1. Exfoliate- First things first, get those dead skin cells off your body. Use a mesh sponge in the shower followed up by a moisturizer containing salicylic or lactic acid. A gentle scrub is all you need, don't overdo it and irritate your skin.
2. Water Temperature- As enticing as a long, hot shower sounds in the winter time, suppress the urge. Hot water will cause your skin to lose more of its vital oils. You'll end up with drier skin than you started with. A warm bath or shower is great and your skin will thank you for it.
3. Moisturize- Now that your skin is free from dead skin cells that once plagued it, use a nice oil-based moisturizer to keep your skin soft and sealed from the elements. Apply the moisturizer immediately after you get out of the shower or bath as this will prevent any moisture from evaporating from your skin.

4. Sunscreen- Yes, sunscreen can be just as important in the winter as in the summer. The sun's rays can reflect off the snow to hit you from two angles. Many moisturizers come with UV protection so look for one that does.
5. Humidifiers-Try placing a few humidifiers throughout your home. They aren't very costly and they will add moisture to the air inside.
6. Hydration- What you put into your body is just as important as what you put on it. Drink a lot of water and eat healthy nutritious foods high in omega-3 fatty acids.



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