

Step 3 Nourish

Internal

Phytonutrients & Superantioxidants

Correcting nutritional deficiencies is vital in order to balance hormones, boost the immune system and repair the skin.

Take 2 capsules every morning.

External

Antioxidant Face Gel & Manuka Face Cream

It is vital to feed the skin with antioxidants and herbs that help balance oil production, keep bacterial growth at bay and help heal the skin.

Apply Antioxidant Face Gel morning and evening and Manuka Face Cream every morning.

What to expect

Week 1

From the start your skin will begin to look and feel cleaner and smoother. As clogged pores are cleared and the gut and liver cleansed, you may experience the skin getting slightly worse. This means your treatment is working and the skin is clearing. It is vital to stick with it.

Week 2

Your skin should be looking calmer, less oily but hydrated too. Blemishes should look less red and start to diminish.

Week 3 - 4

You should be full of energy, the skin looking radiant and blemishes reduced. Pores will start to normalise and become less noticeable. Breakouts should be less frequent and less severe.

You may need to continue your internal treatment for a little while longer.



How to keep your skin clear

Continue with your topical treatment and your internal nutrients. Make sure you detox at least four times a year to prevent an accumulation of toxins again.

“The only supplements I take religiously with the added bonus of restoring strength and radiance”

Vogue

See the experts

Situated within all our stores, our Clinic and Beauty Rooms offer award-winning treatments, from our Health Assessment to our Signature Rose Crystal Lymphatic Facial.

Homeopathic Consultation

The homeopath will ask in-depth questions about your symptoms, as well as your overall health. The practitioner will then put together a programme especially for you and your needs.

*First homeopathic consultation 60 minutes: £60 / \$80
Children (0-12 years) 30-45 minutes: £40 / \$50*

Health Assessment

The Organic Pharmacy Clinic is staffed by dedicated, professional and highly trained homeopaths. A holistic approach means your entire lifestyle is taken into account from stress levels, nutrition, organ function, vitamin and mineral status to emotional wellbeing. A personalised programme is prepared for you using herbs, homeopathy and nutrition.

*90 mins: £150 / \$200
Follow up consultation 45 mins: £70 / \$100*

Vitamin C and Papaya Enzyme Peel Facial

Renew your skin to its natural perfection with this radiance boosting and skin regenerating treatment using our latest high potency mask. It targets age spots, pigmentation and uneven skin tone focusing on the face, neck and décolleté - reduces the appearance of fine lines and dramatically improves skin tone.

60 minutes: £90 / \$150



The perfect make-up for flawless skin

It is vital for make-up to look natural and to contain ingredients that allow the skin to shine through whilst also protecting.

Antioxidant Foundation

Antioxidant Foundation gives invisible coverage and infuses the skin with antioxidants. Available in 7 shades.

Concealer

A hard working concealer with mineral colours and healing Lavender, Tea Tree and antioxidants.

Photo Finish Antioxidant Pressed Powder

Infused with Green Tea, Lemon, Grape and Vitamins A, C and E to protect the skin and give a matte and flawless finish.



Acne & Blemished Skin

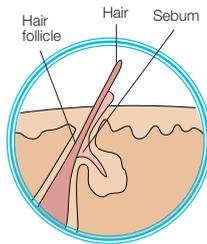


Acne is an inflammatory and bacterial infection which results from the accumulation of oil (sebum), dead skin and bacteria within the pores and sebaceous glands, resulting in a blemish.

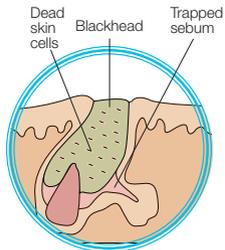
Teens, premenstrual and adult

During puberty, monthly cycles or menopause the surge of a group of hormones called androgens stimulate the production of sebum (the oil produced by the skin) and keratin. This mixture of dead cells and excess oil clog the pore causing blackheads and eventually infection with bacteria.

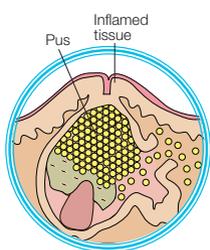
Normal Skin



Mild Acne

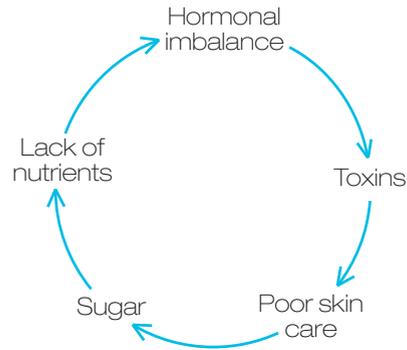


Severe Acne



Causes

What causes hormones to surge, the oil production to increase and the pore to become infected?



Hormonal imbalance

The excess of hormones over-stimulate oil production and overload the liver.

Too many toxins

Junk food, stress and environmental toxins put a burden on the liver and gut and overload the system. This causes hormonal imbalance and a depressed immune system, which reduces the body's ability to fight infection.

Poor skin care

Harsh products and poor skin care cause pores to remain blocked and inflammation and infection to set in.

Too much sugar

Depresses the immune system and feeds bacteria so they can grow more readily.

Lack of nutrients

Essential nutrients such as Essential Fatty Acids, Antioxidants, and minerals are vital to heal and repair the skin and reduce inflammation.

Solutions

Treating the skin, both internally and externally, helps resolve problems at the root for long-lasting results.

Step 1 Cleanse

Internal

Detox Capsules

Support the liver and cleanse the gut with our tried and tested formula. Detoxification is essential to achieve and maintain good health. The entire system is rejuvenated resulting in better skin, more energy and better digestion as well as absorption.

Take 3 capsules every night for a month.



External

Peppermint Face Wash

A gentle face wash packed with blemish fighting and healing Lavender, Aloe, Tea Tree and Eucalyptus.

Use every morning and evening with a hot muslin cloth.



Step 2

Balance hormones & reduce oil production

Internal

Clear Skin Tincture

Contains herbs that help boost the immune system, reduce infection and balance hormones.

Take 15 drops in water every morning and evening.

External

Herbal Toner

Oily skin products are often too harsh, containing ingredients that strip the skin of its oil, causing dehydrated skin. This results in the sebaceous glands producing even more oil. Herbal Toner contains 18 herbs that infuse the skin to heal and hydrate.

Spritz every morning and evening after cleansing.

Targeted treatment:

● Blemish Gel

A highly active but ultra gentle gel that contains healing as well as antiseptic herbs and essential oils to reduce spots without drying or irritating. With Aloe, Tea Tree, Propolis, Marigold, Manuka, Lavender and Cedarwood.



The **Organic** Pharmacy

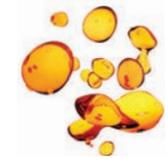
The first pharmacy dedicated to all things **organic**. Certified with the **Soil Association**.



Pharmaceutical and **medicinal** quality herbs.



Cutting edge research and vitamin extracts.



Exceptional performance, synergy of ingredients, **modern** textures.



Free from artificial colourants, fragrances, petrochemicals and preservatives.



No animal testing, a respect for the environment and **fair trade**.