



YOUR SANCTUARY
DAY SPA

Getting Rid of Acne Naturally



Use Tea Tree Oil

Tea tree oil is extracted from the selected leaves of the tree *Melaleuca Alternifolia* found in Australia. This treatment has resulted in lesser adverse effects.

Treat with other

There are many effective good quality essential oils with antibacterial properties available in the market, which can significantly reduce or help clear up pimples.



Apply Aloe Vera

Aloe vera is one of the highly effective treatments for acne and pimples. It is a tropical plant with transparent gel-filled leaves. Applying aloe vera gel to the skin has shown tremendous benefits.



Zinc Supplement

Many studies and research have shown that zinc plays a crucial role in wound healing and may also help reduce inflammation. It can be a viable treatment for pimples and acne.



Fish Oil Supplement

Finish off with a vitamin-packed serum. This will help make you look fresh on the big day. A good serum will work to even your skin tone.



Hey, like this? Why not share it with a buddy?

www.yoursanctuary.com.au

Phone 0418 445 469 | Email contact@yoursanctuary.com.au