

Unique features of Stillroom Remedies

Masks & Scrubs

Can be used with any other regime.

Everyday use recommended for scrubs.

Mud masking once or twice a week recommended.

➤ Honey as a base is antibacterial. Especially recommended for problem skin.

➤ Acidophilus in yogurt increases the efficacy of the elderflower.

Ground as fresh & at the lowest temperature as possible so as not to decrease the efficacy of the delicate herbs & oils.

All ingredients, including essential oils, are organic where possible.

Ingredients:

Clays: Draw out toxins & other impurities from skin while also imparting minerals

Oatmeal: For softening & exfoliating. Relieves irritations.

Cornmeal: Exfoliating. Sacred by peoples of the Americas.

Fennel: Wrinkle remover. Fragrance.

White Willow: Moisturizing. Healing wash for eruptions & sores.

Nettle: Astringent, tonic, improves skin. Very high in vitamins and minerals.

Lavender flowers: Soothing. Stimulates circulation & Toning. Healing for cuts, burns. Fragrance.

Rose petals: Wrinkle removing, moisturizing. Fragrance. Sacred in Western Europe.

Linden: Softening, healing. Wrinkle removing, antiseptic, mildly bleaching.

Kelp: Exfoliating. High in vitamins and minerals.

Red Clover: Skin conditions of all types. Purifier & Blood cleanser.

Yarrow: Astringent & healing, especially for cuts & gashes.

Elderflowers: Tonic. Clears and softens skin, smooths wrinkles & bleaches freckles.

Calendula: Treats inflammation, wounds, irritations & sores.

Orange Peel: Exfoliates. Cleanses & softens skin. Fragrance.