

Lecture "Phytotherapy in cosmetology"
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I. INTRODUCTION

This lecture is not a guide to cosmetology. The tips and recipes outlined in it can in no way replace consultation and treatment with cosmetologists. However, in the complex therapy of various diseases, the qualified advice of a phytotherapist in the field of cosmetology is often required.

The purpose of this lecture is to help the practitioner improve the appearance of their patients, and therefore their mood and quality of life, using simple home remedies, including medicinal herbs. The material is advisory in nature.

For many people, the soul remains young for a long time, and the body grows old. Aging unevenly. First, the face changes. It so happens that a person still has a beautiful and young body, and his face is already unrecognizably aged, covered with wrinkles. The formation of wrinkles is an objective process, but it is accelerated by overdeveloped facial expressions, the habit from childhood to grimace, squint eyes, wrinkle the forehead. In these cases, crow's feet, folds on the forehead and the bridge of the nose are already visible at a young age. The process of the appearance of wrinkles is extremely complex, has many objective and subjective reasons, and therefore there is no and never will be one remedy - a panacea that can preserve youthful smoothness of the skin of the face. The specific cosmetic recommendations for facial skin depend on the nature of the skin (normal, oily, dry). Quite rare (usually in young people), normal facial skin looks smooth, fresh, velvety and elastic. On tissue paper tightly attached to the face, normal skin leaves a slight greasy mark. Most often, even the so-called normal skin has a slight deviation towards oily or dryness.

With oily skin, the face is shiny, the skin is thick, its pores are open. The ducts of the sebaceous glands are easily clogged, inflamed - acne is formed. Acne most often occurs during adolescence during puberty. Oily skin leaves a noticeable greasy mark on tissue paper. Dry skin looks tender, thin, has a matte shade, is easily vulnerable, prone to dry irritation and flaking. Dry skin leaves no trace on tissue paper.

Over the years, under the influence of atmospheric influences (heat and cold, wind, dust, acid rain and microorganisms), diseases and bad habits, the skin condition changes: gradually the skin loses fat, and the loss of fat leads to its dehydration. Dry skin especially needs water and fatty care products, but in normal skin without proper care, the loss of fat and water can exceed the amount produced by the skin itself. The main cosmetic and hygienic recommendations for the care of the skin of the face and body from ancient times to the present day boil down to the following: cleaning, nutrition, improving blood circulation of the skin and subcutaneous tissue.

II. CLEANSING THE SKIN

2.1. Water and water treatments

The main cosmetic means for preserving the beauty of the face and body was and remains water. Even the ancient Egyptians, Persians, Jews, and then the Greeks and Romans widely used water for hygienic and medicinal purposes in the form of baths, baths, douches, compresses, lotions and showers. Even the word "physician" in ancient Babylonian meant "one who knows water and oil."

The cult of bodily health and beauty that existed in ancient Rome was inextricably linked with the obligatory visit to the baths. Baths - baths simultaneously accommodated up to two thousand people, were designed for people of different classes, were distinguished by exquisite luxury and served the Romans free of charge. The baths had hot and cold pools, halls for sports activities, garlands of flowers hung along the walls and vessels with oil incense stood.

And at present, regular washing, showers, douches, baths, bathing in reservoirs remain a guarantee of physical and mental health. Water not only cleanses the body of pollution, but also improves skin tone, relieves fatigue and nervous tension, and hardens the body. The choice of the nature of the water procedure depends on the taste, aspirations, state of health of a particular person. But it should be remembered that any water procedures (from wiping to winter swimming) bear fruit, as a rule, only if they are systematically applied. Not everyone can become a walrus, but a contrast shower, at least once a day, is available and useful to everyone - both adults and children.

2.2. "Flower shower"

In summer, in the country or in the village, it can be used daily for face and body. "Flower shower". In the morning, fill a metal watering can or bucket with water. In water little by little they throw in fragrant herbs and flowers: mint, parsley*, lovage*, thyme, lilac*, currant leaves, raspberries, rose petals* and rose hips, jasmine*, calendula, scented tobacco*, lemon balm, coriander, dill, pine twigs, spruce, etc. The watering can stands in the sun or in a greenhouse. After graduating from the day's work, instead of a washcloth, they take a bunch of mint, thyme, parsley* or lovage* and wash the body and face with an aromatic infusion from a watering can, pour over it. It is advisable, if possible, to dry without wiping. After such a shower, the body retains the aroma of herbs for a long time, a feeling of freshness and vigor. Each patient can choose the most pleasant combinations of herbs and scents, create their own composition of the "flower shower". During the day, while working in the air, it is pleasant and beneficial for the skin to come up to the watering can from time to time and rinse the face and neck without wiping it off with a towel.

Back in the city, you can use the pre-prepared dried plants and continue dousing. To do this, pour 4-5 tablespoons of the mixture of your favorite composition with two liters of water, bring to a boil and insist under a towel for 1-2 hours. The resulting infusion, while doing household chores, casually rinses the face, and in the evening after the usual hygienic shower from a small

watering cans are poured over with warmed herbal infusion.

Our great-grandmothers and grandmothers were not only treated with herbs, but with their help they preserved the beauty of the face and body for a long time. The cosmetic procedures recommended in this lecture, despite their simplicity and availability, with their systematic use, are very effective, because the biological activity of home remedies is not inferior to factory ones.

2.3. Washing

The face should be washed two to three times a day for any skin type. Washing cleanses the skin of poisonous products of the secretion of sweat and sebaceous glands: dirt, microbes, from rejected cells of the skin epidermis; it contributes to the maintenance of normal acidity and bactericidal activity, optimal respiration and blood circulation of the skin and subcutaneous tissue, and also moisturizes the face.

A well-known doctor, author of the popular book "Perfumery and Cosmetics", R.A. Friedman believes that the statements of some cosmetologists about the dangers of regular washing for the skin of the face, especially dry ones, are not true. Water does not wash out sebum, as fat is not soluble in water. It only mechanically captures and carries away decay products and excretions from the skin surface. Regular washing is especially necessary for oily skin. In these cases, contrasting washing is more useful: hot water is replaced by cold water several times. Even better, after a hot wash (or after a hot compress), wipe your face with an ice cube made from special medicinal infusions (see below). If the water is too hard or regular washing causes dryness and irritation of the face, then one of the washings can be replaced by wiping with a swab moistened with milk, cream,

The methods of making homemade lotions are simple and accessible to almost all patients.

2.4. Homemade phyto-lotions

Fruit lotion (nutritious and cleansing). Two tablespoons strawberries, one tablespoon of raspberries or one tablespoon of black currant, knead and pour 300 g of vodka. Insist for 10 days at room temperature in a dark place, filter and use for cleansing with normal and oily skin in case of individual tolerance. Vodka lotions can be diluted two to one and a half times with water before use. For dry skin, alcohol-based lotions should be avoided (or diluted more than three times), as they dry out the skin of the face.

Fruit lotion (whitening and cleansing). Need to take one canteena spoonful of red currants, or one tablespoon of viburnum berries, or two tablespoons of cranberries per 300 g of vodka. They cook in the same way.

Cucumber lotion (refreshing and cleansing). Two small cucumbers together grated with a skin. The cucumber mass with juice is poured with vodka (300 g), insisted, filtered and used as directed.

Nourishing and cleansing lotion from rose petals * is prepared from the calculation:

half a glass of dried rose petals for 300 g of vodka. For dry skin, the same lotions can be prepared in a slightly different way: 3-4 tablespoons of raw materials (berries, fruits, rose petals *, etc.) pour 500 g of water over low heat, bring to a boil; add one bottle of alcoholic tincture of calendula, hawthorn, eucalyptus, lemongrass, eleutherococcus or peony (30-50 g) to the hot solution, stir, leave for 2 hours, filter. The lotion is kept in the refrigerator.

III. VITAMINIZATION AND NUTRITION OF THE SKIN

3.1. The use of natural fruits, vegetables, berries and medicinal plants

The following recipes are needed to nourish the skin.

While preparing dinner, you can wipe your face several times with a slice of cucumber, lightly massaging the skin along the lymphatic vessels, after 20-30 minutes rinse your face with water, herbal infusion or rub it with an ice cube.

When working in the garden or picking berries in the kitchen, you should thickly smear your face and neck with crushed berries of strawberries, currants (black and red), raspberries, blackberries, honeysuckle * or viburnum. Minutes in 20-30 dried berries are washed off with water, infusion of "flower shower", a swab moistened with milk or cream. On dry areas of the skin, you can put a nourishing cream or sour cream. All these simple procedures normalize the acidity of the facial skin, improve nutrition, make it smooth and velvety.

Red currants and viburnum not only vitaminize, but also brighten the skin. With their regular use, age spots disappear.

If time permits, it is advisable not just to smear berries and fruits on your face, but to make a mask and lie down with it quietly for twenty minutes.

It is advisable to wash off masks made from herbal products. Infusion from the following collection or infusion from certain types of medicinal plant materials (HP): marshmallow roots, chamomile flowers, linden, mother-and-stepmother, sage, yarrow herb and some others.

The infusion is prepared according to the general rules and stored in the refrigerator. Therapeutic massage ice cubes are frozen from the same infusion.

Aloe is a rejuvenating agent for aging facial skin (more suitable for normal to oily skin). According to legend, the ancient Egyptian queen Cleopatra regularly wiped her face with a piece of aloe leaf.

Lotions from aloe juice are recommended to be done 2-3 times a week, starting from 35-40 years of age (as a prevention of wrinkles). The course of treatment is 15-20 sessions, 2-3 courses per year.

The method of application is as follows.

Juice is squeezed out of old aloe leaves, diluted with water: 1 part juice to 4 parts water. A special linen or cotton cloth with slits for the eyes is impregnated with the juice and applied to the face for 30-40 or more minutes. Instead of a piece of linen, a small terry towel is suitable. You can do lotions before going to bed, after removing your makeup and cleansing your face. Juice can be prepared in advance and stored in the refrigerator, but no more than three days.

3.2. "Strawberry cure"

In Russian herbalists, as in the ancient manuals on Tibetan medicine, along with ginseng and licorice are considered the best anti-aging agents berries and leaves of strawberries. Strawberries as a cosmetic product are suitable for any face skin. The famous Ukrainian phytotherapist A. Nosal recommended "strawberry treatment" to almost all patients and healthy, regardless of age and diagnosis. The only prerequisite is the normal tolerance of the strawberries. In his opinion, you need to eat berries every summer in large quantities (daily up to 1-3 kilograms) from the beginning to the end of the strawberry season.

According to our own data, the annually repeated strawberry treatment not only normalizes metabolism and the work of internal organs, but also has a rejuvenating effect: improves sleep and memory, evens out blood pressure, prothrombin, cholesterol and fibrinogen; the appearance of patients is noticeably improved. Facial skin gains lost elasticity; wrinkles are smoothed out, a healthy glow appears. Wild strawberries, which are not readily available to city dwellers, can be replaced with so-called garden strawberries.

In the winter season, for the same purpose, it is advisable to prepare vitamin tea (according to the recipes of traditional medicine) with the addition of dried strawberry-strawberry leaves. The fees offered in this section are used in the form of infusions prepared directly in the teapot. Therefore, for the compilation of fees, only medicinal product should be used, prepared in accordance with sanitary and hygienic requirements on their own or purchased in a pharmacy network. Due to the possible microbial contamination of raw materials and violations of storage rules, one should not purchase it on the market or from unknown "herbal grandmothers".

We offer collection number 1 for the winter:
Tea (leaves) 5 parts Wild strawberry (leaves) 3 parts Narrow-leaved fireweed (flowers) 1 part Birch (leaves) 1 part
Oregano (flowers) 2 parts Blueberry (leaves) 1 part
Peppermint (leaves) 1 part
Thyme (herb) 1 part
Sea buckthorn buckthorn (leaves) 1 part
Common cherry (leaves) 1 part

Mix LPR and store in a tight box. Before use, pour two tablespoons of the collection into a teapot (approximately half a liter volume), you can put one lump of sugar, pour boiling water over it. Insist 15-30 minutes, drink like tea. Author's versions of tea are possible in accordance with your own taste and available herbs. So, for example, to the main components - tea and strawberries, you can add rhizomes with valerian roots, St. John's wort, viburnum leaves, lemon balm herb, rue, chicory flowers *, leaves

eucalyptus, flowers of garden or home jasmine *, lilac * or make up several different simple compositions of 3-4 items.

IV. OILY SKIN CARE

4.1. General rules

Oily facial skin requires a lot of attention and care. Otherwise in this case, premature wrinkles, age spots and acne appear. The main thing is to cleanse it with water, lotions or herbal infusions.

Nourishing masks alternate with herbal lotions. Carrying out the procedure every other day or every day, you can make a nourishing mask once, then a lotion from the infusions of fees. The course of treatment is 2-3 weeks; after 3 months, the course can be repeated.

The success of cosmetic procedures is much more dependent on the ability to completely relax the face than is commonly believed. For patients unfamiliar with the meditation technique, the following simple relaxation techniques can be recommended.

Lie more comfortably, always on your back, preferably without a pillow or with a low pillow. Apply a mask to your face and close your eyes. Try to imagine blue skies or blue seas. The main thing is to keep the blue color in front of your eyes. Surrounding thoughts should be calmly removed and the elusive blueness should be kept in front of your eyes again. You can't think about your body, about your face. Gradually, everything will come by itself: the body and face will relax, breathing will become slow and shallow. With each session, a pulsating blue will appear faster and faster in front of your eyes, and with it a pleasant warmth throughout the body, relaxation and peace of mind.

4.2. Masks

Here are the recipes for masks and medicinal lotions for oily skin, suitable for home conditions.

Lemon-curd mask. 2 tbsp. l. freshly squeezed lemon juice is mixed with three tablespoons of cottage cheese. The resulting mass is applied to the skin, the face is covered with a cloth with slits for the eyes and lie quietly for 20-30 minutes, relaxed if possible, with closed eyes.

Tomato-curd mask. Three ripe tomato gruel mix tablespoons with four tablespoons of cottage cheese. The technique is the same.

Pear and curd mask. Grate one large (preferably green) pear on a fine grater, mix with 3-4 tablespoons of cottage cheese. The technique is the same.

It is necessary to ensure that the gruel of the nutritional mask does not get into the eyes; you can cover your eyes with small gauze napkins moistened with boiled water or cold tea leaves.

Apple mask. Grate an apple (preferably sour varieties), mix with a small amount of cottage cheese or flour until a thick gruel is obtained.

Melon mask. Grate a piece of melon, drain the juice, mix the gruel with flour or cottage cheese and use for a nourishing mask.

Watermelon mask. It is prepared in the same way as melon.

Pumpkin mask. The preparation is the same. Besides nourishing and emollient action, it brightens the skin somewhat. It can also be used in winter. Melon, watermelon and pumpkin masks restore disturbed water-salt metabolism, normalize the acidity of the facial skin.

Grape mask. Suitable not only for oily, but also for any skinfaces. Grape gruel without juice is applied to the face. The technique is the same.

4.3. Infusions for lotions and oral administration

For the treatment of oily skin, especially with a tendency to inflammation and acne, infusions from medicinal plant raw materials and preparations (for lotions and ice cubes) are useful at home.

Collection number 2

Calendula officinalis (flowers) 5 parts
Medicinal sage (leaves) 4 parts Marsh
rosemary (herb) 1 part Chamomile
(flowers) 3 parts
Peppermint (leaves) 1 part

Grind the raw material to a particle size of 3–7 mm, mix and prepare 300 ml of infusion. Use for lotions. Store in the refrigerator for no more than two days.

In case of oily skin with acne, it is advisable to take the infusion of the collection inside simultaneously with the lotions within 2-3 months.

Collection number 3

Calendula officinalis (flowers) 3 parts Ivy
buddra (grass) * 2 parts Veronica
officinalis (herb) * 1 part Cinquefoil
(grass) * 1 part Violet tricolor (grass) 1
part Three-part series (grass) 3 parts

Prepare and take as collection # 1. A simple collection number 4 for lotions can be prepared in advance.

Collection number 4

Common oak (bark) 3 parts Heart-
shaped linden (flowers) 2 parts
Large plantain (grass) 1 part

Use as an external agent, prepare as collection # 2.

Collection number 5

Chamomile (flowers) 2 parts Stinging
nettle (leaves) 4 parts

Burdock large (root) 3 parts

Prepare and apply for lotions and ice cubes as collection # 2. Ice cubes are prepared from the same charges that are used for herbal lotions. The cubes are stored in the freezer for almost unlimited time. They are useful for wiping a hot face after a bath, shower, cosmetic cleaning, as well as for closing the pores with contrasting washing.

Collection No. 6 enhances blood circulation in the skin, has a pronounced anti-inflammatory, resorption and antimicrobial effect.

Collection number 6

Horsetail (grass) 5 parts

Korush (grass) 4 parts

Three-leaf watch (leaves) 2 parts Ball

eucalyptus (leaves) 1 part

Cook and apply externally as collection # 2.

Compresses made of ointment with smoke grass * and propolis successfully stop exacerbation of sycosis or acne in men and women with oily skin. Method of preparation of the ointment: one tablespoon of dry herb of smoke and one teaspoon of finely grated propolis together with five tablespoons of butter, bring to a boil over low heat, stirring constantly. Then, after cooling a little, the mixture is filtered. The finished ointment is stored in the refrigerator. Compresses with ointment are made 3 times a week for 30 minutes, a total of 15-20 procedures. The ointment is removed with tampons with cucumber or pink lotion or an alcoholic solution of calendula. Treatment with ointment is effective, but the individual reaction of the skin in each case must be taken into account.

V. CARE FOR DRY SKIN

5.1. Cleaning

Dry skin, prone to flaking, irritation and allergic reactions, also needs, first of all, cleansing. With poor water tolerance you have to wash yourself with milk, cream or cleanse the skin with warm mucous infusions that have an enveloping and emollient action. It decoctions of flax seeds, potato starch, marshmallow roots, plantain leaves, linden flowers, rose petals * and others. A decoction of one of these types of medicinal plant preparations is prepared, as usual, for 1-2 days and store in the refrigerator.

Marshmallow root, unlike other raw materials, it is better to pour cold boiled water in the evening, insist overnight, and the next day, after filtering, use it to clean dry skin prone to irritation.

To prepare starch water, one teaspoon of potato starch is diluted in 500 ml of water, brought to a boil, cooled and used as needed. Facial cleansers (with dry skin) are best selected individually. For many, cucumber, pink, or one of the berry lotions is ideal for this purpose. It is believed that it is the infusion of marshmallow or starch

jelly make the skin especially soft and elastic.

You can remove makeup, as well as cleanse and nourish dry skin with an ointment from St. John's wort, cooked in any vegetable oil (preferably peach or olive). Method of preparation: 2 tablespoons of St. John's wort are poured with a glass of oil, insisted for 2 weeks, shaking occasionally. Then the mixture is brought to a boil, boiled for 10 minutes, filtered. The finished ointment is stored in the refrigerator.

In case of irritation and allergic inflammation, including those caused by intolerance to cosmetics, grease the face with an ointment made from a mixture of herbal medicinal products St. John's wort, calendula and sage. The method of preparation is similar to the previous one (two tablespoons of the mixture per glass of vegetable oil).

When scratching, dry eczema, sycotic rash or cracks appear on the face, treatment with a special ointment made of resin, wax, honey and butter is performed. Method of preparation: 40-50 g of finely crushed spruce or pine resin and melt the same amount of beeswax over low heat. With constant stirring, add 100 g of butter and one tablespoon of honey. Remove from heat, continuing to stir until the mass solidifies. The ointment is stored in the refrigerator.

5.2. Masks

To improve nutrition, soften and whiten dry skin, use fruit and berry masks (prepared for 1 time before use).

Berry masks (strawberry, currant, viburnum, raspberry, sea buckthorn, honeysuckle *, blueberry, blueberry *, dogwood *, grape, etc.) for dry skin is prepared from a mixture of berry gruel and thick sour cream (in equal proportions).

Vegetable masks (cucumber, tomato, pumpkin, etc.) are also better to cook from a mixture of pounded vegetables with sour cream or vegetable oil.

For thin and delicate dry skin, masks made of pink petals *. Fresh fragrant petals are ground with a pestle or passed through mince, add a little thick sour cream and immediately apply the mixture to the face. Any kind of roses are suitable for a mask, but only those growing in a clean place and not undergoing any chemical treatment. Rose is the oldest cosmetic product. Fragrant oils, rose water, infusions and decoctions were prepared from rose petals. They showered the participants of the feasts so that their aroma would amuse the feasts. In addition, it was believed that the scent of a rose has a sobering effect and neutralizes wine fumes.

Flax seed and elderflower mask improves skin nutrition, makes it elastic and tender. Take one tablespoon of flax seed and 1 tablespoon of black elderberry flowers, pour it into an enamel saucepan, pour 300 g of water, cover with a lid, bring to a boil, moisten a towel abundantly with a warm solution and apply it on your face. After a 20-30 minute exposure, the face is washed off and rubbed with an ice cube.

A good effect on dry skin can be obtained by using masks made from ordinary yogurt and oatmeal, cooked without salt in water. Masks can be washed off with a swab dipped in an infusion of chamomile flowers, herbs

yarrow, calendula flowers, marshmallow roots, plantain herb and coltsfoot leaves. The infusions are prepared in the usual way.

5.3. Infusions for lotions and oral administration

Very dry skin that itches at the slightest irritation is treated with lotions from the infusion of elecampane roots (1 tablespoon of roots in 1 glass of water). Lotions are done every other day, 15–20 times. At the same time, it is good to take a decoction from the roots of elecampane inside at the same time for two months. To do this, 1–2 tablespoons of roots are poured into 400–500 ml of water, brought to a boil, and insisted. The next day, drink the whole broth three times, 20–30 minutes before meals. The course of treatment is 25 days, then a break for 5 days, and then a decoction is taken for 25 days. After a course of treatment with elecampane, the face and body become younger, vigor and cheerfulness appear. The broth has only one drawback - an unpleasant taste, so not everyone can drink it.

For dry skin prone to eczema and the appearance of itchy cracks, the following collection, known from traditional medicine, is recommended for internal use.

Collection number 7

Three-part succession (grass) 4 parts
Greater celandine (grass) 2 parts Tricolor
violet (grass) 1 part Black elderberry
(flowers) 1 part St. John's wort (grass) 3
parts
White lamb (grass) * 4 parts

Prepare, mix, take as collection number 1.

With severe irritation of the skin of the face, turning into dry eczema, traditional medicine offers collection No. 8 for medicinal lotions.

Collection number 8

Gray blackberry (leaves) 5 parts
Calendula officinalis (flowers) 3 parts
Verbena officinalis (herb) * 2 parts
Crimean rose (petals) * 1 part

Mix, cook like collection # 2. The course of treatment is 12–15 procedures. For women with thin delicate skin, poorly tolerating cosmetics, whose face and neck are covered with red spots from the slightest excitement, it is useful to take the next collection inside within 2–3 months.

Collection number 9

Yarrow (grass) 3 parts Three-leaf watch
(leaves) 2 parts
Thyme (herb) 1 part Wild
strawberry (leaves) 4 parts

Gray blackberry (leaf) 3 parts
Black currant (leaf) * 1 part
Peppermint (leaves) 2 parts
Tricolor violet (grass) 2 parts

Prepare and take as collection # 1.

Vi. PHYTOTHERAPY FOR ENHANCED SKIN PIGMENTATION

Dark spots on the face, sometimes abundant in young people, with difficult to clarify, although at times it is still possible to achieve some success. Before resorting to the help of any cosmetic products, it is advisable to find out the cause of the appearance of the spots. If these are just freckles, even in excess, we are talking about a variant of the norm. If the spots are irregular in shape and appeared in a relatively short time, first of all, you need to consult a therapist and a gynecologist. The reason for the increased pigmentation of the skin of the face is often liver disease, ovarian pathology (for example, polycystic ovary disease) and some other serious reasons. If a medical examination does not reveal an obvious pathology, you can use the services of cosmetologists, as well as home cosmetics.

Our grandmothers from spring to late autumn several times a day smeared dark spots on their faces with the juice of freshly picked plants: dandelion, warthog *or celandine. The juices of viburnum fruits and red currant (the method of application is described above). Ingestion of collection No. 10 for 4–5 months, together with external procedures, in some cases helps to restore impaired skin pigmentation.

Collection number 10

Celandine large (grass) 5 parts
Tricolor violet (flowers) 2 parts
Common tansy (flowers) 1 part
Corn silk 2 parts
Dandelion officinalis (root) 2 parts
Common chicory (root) 1 part

This collection should not be prepared as collection number 1, since it includes underground organs of plants, which increases the risk of microbial contamination of the raw material. In this case, the water extraction should be prepared according to the generally accepted technology for the production of infusions (State Pharmacopoeia of the XI edition), but in compliance with the ratio of raw materials and water given above for collection No. 1.

There is an old exotic recipe for lightening skin with dark sunburn, age spots and freckles. To do this, 1 tablespoon of freshwater white lily petals * pour a glass of boiling water, insist 2 hours, filter, use for lotions. The course of treatment is 10-12 procedures (daily or every other day).

The petals of the white garden lily can successfully replace the water lily.

Parsley masks * well brighten and nourish the skin. For a mask, greens or parsley roots * (you can do both) are scrolled in a meat grinder, squeezed, a mushy mass is applied to the face. The course of treatment is 15–20 procedures (daily or every other day).

Vii. PHYTOTHERAPY FOR POOR ODOR

Bad breath, which causes a lot of trouble, disappears if you rinse your mouth with a decoction of calamus rhizomes (the infusion is prepared at the rate of 1 tablespoon of root per glass of water). In case of periodontal disease, the powder of the calamus root is added to the tooth powder (in equal proportions) and the teeth are brushed with it twice a day. The bad smell disappears, the teeth are strengthened. For the same purpose, 2-3 times a week, you can brush your teeth with crushed activated carbon, then rinse your mouth thoroughly with water. The teeth become white and the unpleasant odor disappears.

Bark is an old proven remedy for halitosis.oak. Rinse your mouth with a decoction of the bark twice a day for 2-3 months. Prolonged use of oak bark can impair the sense of smell.

VIII. PHYTOTHERAPY TARGETED TO SOFTEN THE SKIN

With a strong coarsening of the skin of the heels and elbows, make baths from the mixturesweet clover flowers and black elderberry flowers (or take one of two plants). To do this, pour three tablespoons of the mixture with a liter of water, bring to a boil, insist for at least an hour, filter and use for warm baths daily or every other day until a noticeable effect is obtained.

It should be remembered that severe coarsening of the heels may be the result of a fungal infection (epidermophytosis and others). The rough, shiny and reddened skin of the elbows is sometimes nothing more than a manifestation of psoriasis. In this case, a consultation with a dermatologist is necessary.

IX. PHYTOTHERAPY FOR EXCESSIVE BREATHING

The bad smell from heavily sweating feet disappears if regularly (every other day)for a long time to make a foot bath with a decoction of oak bark. Method of preparation: 4-5 tablespoons of bark are poured with one liter of water, simmered for 10-15 minutes, filtered. Bring the volume of the broth to 2-3 liters (so that the water in the basin covers the feet). The duration of the warm bath is 20-30 minutes.

X. HAIR CARE

Beautiful hair has always been considered and is considered the best adornment.Herbal medicine is widely and successfully used in folk medicine for hair loss caused by dry or oily seborrhea. In those cases when it comes to genetic male pattern baldness (ie, the father became bald at the age of 30–35, and the son at the same age begins to go bald), the effect of herbal medicine treatment is insignificant.

Accelerated hair loss can be caused by either a disease or insufficient hair care, as well as dysfunction of sebaceous and sweat

head glands: dry and oily seborrhea.

Of the diseases accompanied by hair loss, one must first of all remember about diabetes mellitus, pathology of the thyroid gland and the gastrointestinal tract. Normally, a healthy adult has from 80 to 150 thousand hairs on the head; the lifespan of each hair is from 2 to 4 years; on average, about 80-100 hairs fall out per day.

Age-related aging of the scalp, as well as the skin of the face, sets in faster under the influence of cold, wind, heat and sunlight. The fashion of recent years to walk in any weather with an uncovered head has brought great harm to hair in our climate, from which the hair becomes fragile, dull and begins to fall out.

Tight hairstyles, frequent perms, use of chemical dyes, irregular and rare shampooing also do not contribute to the maintenance of healthy thick hair.

Regular use of various natural remedies, including herbal remedies, strengthens the hair roots and treats oily and dry seborrhea, cleanses the scalp from dandruff.

The main thing for hair care is regular shampooing. Otherwise, fat and sweat are decomposed, various bacteria multiply, nutrition of the scalp is disrupted, hair becomes dull and oily. It is believed that the head should be washed at least 1-3 times a week, even with dry hair. After physical work, in the hot season, hair is washed more often than in winter.

Regular washing of the head with fermented milk was considered an ancient effective means of preserving beautiful thick hair among Russians, Tatars and Bashkirs.products: yogurt, kefir, kumis, katyk and acidophilus. WayThe use is as follows: once a week, the hair is thickly smeared with yogurt (or other listed fermented milk products), rubbing it into the scalp. A rubber cap or plastic bag is put on the head for 20-30 minutes. Then the hair is washed off with warm water. If a sour smell remains, you can rinse your hair with mustard water.

Shampooing (2-3 times a month) with mustard improves blood circulation in the skin, helps to strengthen and grow hair. For this, 1 tablespoon of mustard powder is thoroughly dissolved in a liter of warm water. Rub the mustard water into the scalp, put on a rubber cap for 20-30 minutes, then wash off the mustard with warm water.

Onions andgarlic. Once or twice a week, rub the grated gruel into the scalp onions or garlic (you can alternate onions and garlic). Also for 20-30 minutes. put on a rubber cap to enhance the action of onions and garlic on the hair roots. Then the hair is washed with water, baby soap or good shampoo. The number of treatment procedures is 10–12 and more. Usually, by the end of the course, pathological hair loss stops.

To strengthen hair, burdock root, nettle leaves are also used,calamus rhizomes, knotweed grass, three-leafed watch leaves, horsetail grass, linden flowers, walnut leaves *, hop cones, etc. Wash two or three times a week

head (with a 20-30-minute exposure) infusion of burdock root with hop cones, taken equally. To do this, take two tablespoons of the mixture, boil for 10 minutes over low heat in 0.5 liter of water. A strained warm broth is applied to previously washed hair, rubbing it thoroughly into the scalp for 20-30 minutes. put on a rubber cap, then dry the hair without washing it off with water. The collection is suitable for any scalp.

For the same purpose, collection No. 11 is used as an external agent.

Collection number 11

Burdock (root) 4 parts Stinging nettle
(leaves) 3 parts Common heather
(leaf) * 1 part

Mix. The broth is prepared at the rate of two tablespoons of the mixture per 0.5 liters of water. The method of application is as described above. Suitable for any scalp. In case of hair loss caused by oily seborrhea, along with external methods of treatment, an infusion known from traditional medicine, taken orally for 2-3 months, is effective:

Collection number 12

Boneberry stony (grass) * 4 parts
Narrow-leaved fireweed (flowers) * 3
parts Red clover (flowers) * 2 parts

The daily dose is 3 tablespoons of the collection for 0.5–0.7 liters of water. Accept as collection number 1. For oily hair, herbs containing silicon, such as horsetail and knotweed, are externally useful.

Collection number 13

Horsetail (grass) 5 parts
Korush (grass) 3 parts
Calamus marsh (for-shcha) 1 part

Mix three tablespoons of the mixture with 0.5 liters of water. Use the broth as described above.

Especially for dry hair (except for the above-described products), a collection number 14 of enveloping and softening action is offered.

Collection number 14

Horse sorrel (root) 4 parts
Sowing flax (seed) 1 part
Chamomile (flowers) 4 parts
Birch (buds) 1 part

Prepare and accept as collection # 11.

A well-known remedy for dry hair is burdock oil, which, unfortunately, has now disappeared from our pharmacies. It can be prepared at home using the technology described in the corresponding lecture.

Thus, using simple and almost always available phytotherapeutic agents, it is possible to provide skin and hair care, improve the physical and psychological state and quality of life of patients, including the elderly and senile.

*
– Hereinafter, the sign (*) marks unofficial species of medicinal plant raw materials.

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