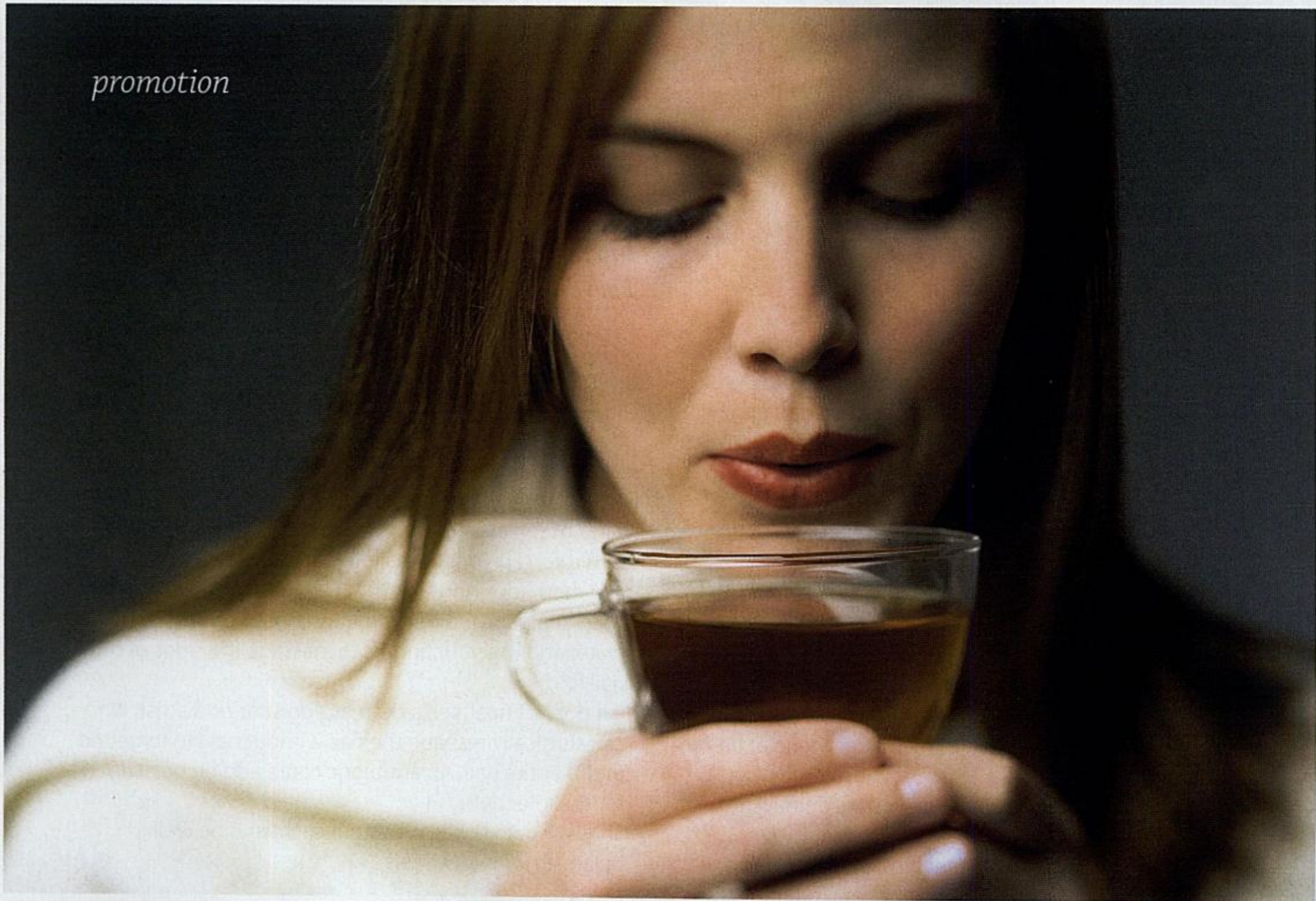


promotion



# The secret to great skin

With rooibos, you can look healthy and young for longer.

Rooibos is rich in antioxidants, alpha-hydroxy acids, zinc and myriad other beneficial substances and is known for its soothing, healing and anti-ageing properties. It's no wonder cosmetic houses all over the world have incorporated it into their skin-care ranges. Rooibos offers an amazing, all-natural formula to promote clear and healthy skin, while acting like a shield against environmental influences that are to blame for premature skin ageing.



*Here are a few all-natural tips to enhance your beauty regime:*

- For a great skin freshener, wash your face with cold or lukewarm rooibos tea instead of water.
- Rinse dark hair with strong rooibos tea to give it a beautiful shine, or use the tea as a leave-in treatment for lighter hair to provide a slight reddish tint to your colour.
- Treat tired and sensitive eyes to a rinse with lukewarm rooibos tea, or wipe out eyes gently with a face-cloth dipped in lukewarm rooibos tea. Alternatively, place cold rooibos tea bags over your eyes to relieve your tired or red eyes.
- The following face mask is beneficial to acne sufferers: Add half a teaspoon of apple cider vinegar and two teaspoons of oats to half a cup of strong, plain

rooibos tea (fairly warm). If you are allergic to oats, use gluten-free flour instead. Leave the mixture to cool until it is lukewarm, then apply it over your face and neck. Lie down and relax for about 15 minutes. Rinse off with lukewarm rooibos tea, then pat dry with a towel.

- If you have itchy or burning skin, first bath then wipe your skin with a face cloth moistened in rooibos tea. Pat gently with a towel to dry. Do not rub as this could make the itching and burning worse. Alternatively, add a few rooibos tea bags to your bath water to help soothe your skin.
- If you suffer from eczema, bathing the affected skin areas in rooibos tea or applying rooibos tea with cotton wool can provide soothing relief.