

# SKINCARE

## HERBS

### Rose Geranium:

Antibacterial and beneficial for a wide variety of skin conditions. Can also be used to balance all hair complexions and lessen scars.

### Lavender:

The name "Lavender" comes from the Latin word 'lavare, meaning 'to wash, inspired by its use in cleaning wounds.

This herb has a wide variety of uses, internal and topical.

### Rose:

Rose oil, specifically Rose Hip Oil is used to cool inflammation and swelling while promoting the regeneration of skin cells.

### Calendula:

A tea made from the flowers can be used as a cleansing wash for wounds or minor infections. The flowers can also be made into a poultice or ointment for external wounds that are slow to heal.

Find more info at

[www.theathomeapothecary.com](http://www.theathomeapothecary.com)