



Prairie Belle

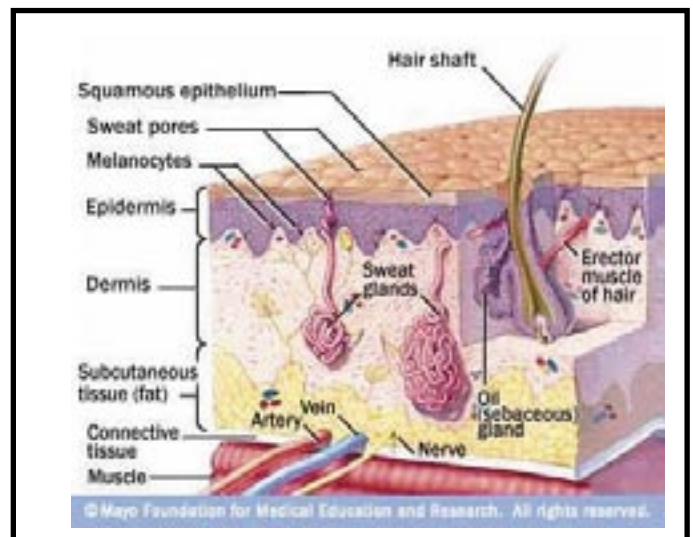
Handmade natural & organic personal care products

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This document will provide information about skin, what happens to your skin as you age, methods to maintain healthy skin, natural versus synthetic skin care products, testimonials, programs for skin maintenance and skin therapy.

Skin information Tidbits

- Skin is the largest organ of the body.
- Each square cm. (1/4 inch) of skin contains:
 - 6 million cells
 - 5 thousand sensory glands
 - 100 sweat glands
 - 15 sebaceous glands (oily, fatty glands)
- Skin has 3 layers: Subcutaneous, dermis, epidermis.
- Subcutaneous layer (Under the dermis): acts as heat insulator, shock absorber, protects underlying tissue from cold and trauma.
- Dermis (bottom layer): contains blood vessels and nerve endings. This is where skin cells are born. The cell moves upward for 2 weeks to the bottom of the epidermis.
- Epidermis (Outer layer): contains no blood vessels, has nerve endings. The skin cell then spends 2 more weeks here. As the cell moves to the surface, it flattens out, dies, and then is shed.
- 15-20% of an adult's body weight is skin.
- 2-3 billion skin cells are shed daily.
- Continually being rejuvenated, completely renews itself in every 3-5 weeks.
- Is a defense against infection, dehydration, temperature extremes and injuries.
- Absorbs and uses nutrients that are topically applied.
- Absorbs synthetic chemicals – up to 60% into the bloodstream.



Mayo Clinic



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Healthy Skin Tidbits

- Drink, drink, drink water and juices. This provides hydration to skin cells.
- Eat three to six small balanced meals daily. Include plenty of fruits and vegetables rich in antioxidants.
- Quit smoking.
- Use alcohol/caffeine in moderation. Tends to dehydrates skin cells.
- Sleep a full eight hours a night. The body needs time to regenerate.
- Protect your skin from sunlight. Wear sunglasses, hats and light protective clothing. Stay out of the sun between 10 am and 2 pm.
- Get yearly skin exams. Monitor for skin changes.
- Exercise daily. Promotes healthy skin by releasing toxins from cells and body.
- Wash your face two times daily with a natural, gentle moisturizing soap. Harsh soaps and cleansers will strip skin's natural oils and deplete skin's moisture.
- Moisturize your skin 1-2 times daily. Dryness causes the skin to produce more oil.
- Exfoliate your skin 2-4 times weekly, removes all dead skin cells.
- Use good hand washing techniques throughout the day to decrease skin infection or spreading of infection.
- Wash your hands before using skin care products to decrease spread of bacteria – but don't over wash.

Skin Aging Tidbits: Aging skin is caused by intrinsic and environmental factors.

INTRINSIC FACTORS:

- DNA: Some people inherit genes that allow younger looking skin if a healthy lifestyle is maintained.
- Hormones: a deficiency in estrogen causes decreased elasticity and collagen production. This causes the skin to lose firmness and become dry.
- Skin becomes thinner with aging because the underlying fat is slowly lost .
- The oil and sweat secreting glands decrease, making it difficult for the skin to hold moisture.

ENVIRONMENTAL FACTORS:

- Sun, smoking and poor nutrition are the worst environmental aging factors.

- Humid/dry air especially in dry arid desert climates
- Wind dries the skin
- Air pollution, food/contact allergies and infection are also contributing factors.
- Contact irritants and toxins accelerate the aging process.

SYMPTOMS OF AGING:

- Thinning or thickening of the skin.
- Wrinkles and fine lines.
- Dryness and itchiness.
- Hyper pigmentation or liver/age spots.
- Benign or cancerous growths.



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Natural vs Synthetic products

What is Natural?

Nature is composed of physical, chemical and biological elements, principles and laws that govern the known and unknown world and universe. The term 'natural' is used to describe a substance or condition that is:

- in harmony with nature
- belonging or connected to nature
- derived or obtained from nature

According to the U.S. National Organics Program (NOP), a natural substance is derived from a plant, mineral or animal source, without having undergone a synthetic. Physical and biological processes can still render a substance as natural. For instance, dried corn kernels can be removed from the cob, then milled to produce corn flour. The corn has undergone a physical change, but is still considered natural. Yeast is an example of a micro-organism which can be an agent for biological change in a substance. This micro-organism is used to facilitate the process of fermentation of plant extracts, such as grape juice.

What is Synthetic?

The NOP definition of a synthetic is a substance that has been formulated or manufactured by a chemical process, and has chemically altered a substance that was derived from a naturally occurring plant, mineral or animal source. A synthetic substance is a compound that is made artificially through chemical reactions.

Implications for Daily Use of Cosmetics:

There is a vast array of cosmetic products at our disposal. Why does the natural versus synthetic debate matter? Our personal health and well-being, as well as our environment locally and globally, are in question by the widespread use of synthetic substances. We cannot avoid all synthetic substances, and not all synthetics are bad for us. Many of these materials have improved the quality of our lives, but many have also deteriorated it. We do not know what will result from our use of certain synthetics in the long run. Cosmetics are products which we have a direct physical and emotional relationship with, as we wear them daily on our skin and bodies. The environment can be sustained or systematically destroyed by our choices. As consumers we can participate in the sustaining of eco-friendly organic farming practices, wise waste disposal, clean manufacturing processes and bio-degradability of ingredients. The choices are many, and the freedom to choose is ours. Where do you stand on the natural vs synthetic debate? The answer can make a difference to your health and our ecosystem.



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Facts about skin care

- More than 10,500 chemicals are used in personal care products
- 89% of these chemicals have not been evaluated for safety by the FDA or the Cosmetic Ingredient Review (CIR) panel
- It has been estimated that the average woman who uses commercial skin care products applies more than two hundred chemicals to her skin daily.
- The skin, the body's largest organ, is the most typical absorption point of everyday toxins. Up to 60 percent of certain ingredients in body products, such as lotion, cream and soap, will absorb through the skin and into the bloodstream.

Read the label

Example: Two face creams from two different companies, one synthetic one natural

A NEW CLINICAL Line and Wrinkle Corrector

aesculus hippocastanum (horse chestnut) seed extract
ammonium glycolate
ammonium trioxaundecanedioate
benzyl alcohol
biotin
bis-peg/ppg-14/14 dimethicone
butylene glycol
calcium pantothenate
cetearyl methicone
cetyl peg/ppg-10/1 dimethicone
cocos nucifera (coconut) fruit juice
cyclopentasiloxane
daucus carota sativa (carrot) root extract
dimethicone/vinyl dimethicone crosspolymer
ethylhexyl methoxycinnamate
foeniculum vulgare (fennel) fruit extract
fragrance
glycerin
glycogen
glycolic acid
hydrolyzed wheat protein
iron oxides
mannitol
medicago sativa (alfalfa) extract
olea europaea (olive) leaf extract
padina pavonica extract

panax ginseng root extract
pichia peptone filtrate
propylene glycol
punica granatum fruit juice
pyrus malus (apple) root extract
saccharomyces ferment filtrate
silica
sodium chloride
tilia cordata wood extract
trioxaundecanedioic acid
water
yeast extract

Prairie Belle Face Cream

jojoba oil
sweet almond oil
shea butter
mango butter
Aloe Vera
e-wax vegetable-based (emulsifier)
stearic acid vegetable-based (thickener)
glycerin
vitamin E
water
essential oil
parabens (preservative)



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Commercial synthetically-made lotions and cream

- Ingredients include **mineral oil, petrolatum, propylene glycol**
- 60 percent of ingredients applied to skin are directly absorbed into the bloodstream

—Good Housekeeping Institute

PROPYLENE GLYCOL

- Highly absorbed through the skin. Used as an occlusive barrier to moisturize.
- Major ingredient in brake, hydraulic fluid and anti-freeze. Tests show it can be a strong skin irritant. Material Safety Data Sheets (MSDS) on Propylene Glycol warn to avoid skin contact as it is systemic and can cause liver abnormalities and kidney damage.
- Propylene Glycol is used in cosmetics because it is cheap.

MINERAL OIL

- Slightly absorbed through the skin. Used as an occlusive barrier to moisturize.
- Comes from crude oil (petroleum) used in industry as metal cutting fluid. May suffocate the skin by forming an oil film. Healthy skin needs to take in oxygen and release carbon dioxide and toxins. This process should not be inhibited. Holding large amounts of moisture in the skin can “flood” the biology, and may result in immature, unhealthy, sensitive skin that dries out easily.
- Taken internally, mineral oil binds the fat soluble vitamins A, D and E and carries them unabsorbed out of the body. The skin absorbs some mineral oil
- Taken as a laxative at bedtime, mineral oil can cause a lung disease called “lipoid pneumonia” in children or the bedridden when the oil is regurgitated and inhaled into the lungs. The New England Journal of Medicine 1998;339:1947-1948. FDA says there should be warning labels on the containers.
- Occupational exposure to mineral oil is associated with an increased risk of rheumatoid arthritis (RA), new research indicates. This supports findings from animal studies showing that these oils induce arthritis. —*Arthritis Research & Therapy, September 23, 2005*
- Serious carcinogens are commonly found in unrefined mineral oil.
- Mineral oil is used in cosmetics because it is cheap

PETROLATUM

- Highly absorbed through the skin. Used as an occlusive barrier to moisturize.
- Petrolatum is listed as a probable human carcinogen in the European Union’s Dangerous Substances Directive (UNECE 2004), and its use in cosmetics
- FDA restricts petrolatum in food to no more than 10 parts per million, and requires petrolatum used in food packaging or drugs to meet impurity restrictions for PAHs (21 CFR 178, 21 CFR 172.880)
- Same properties as Mineral Oil. Industrially it is used as a grease component.

In summary, the cosmetic industry claims these ingredients are safe because of a refinement process. Tests and studies indicate these ingredients are dangerous if left unrefined. So how much refining do you trust in order for a product to be safe? Remember, refining costs additional money. Also, petroleum-based products are occlusive barriers designed to trap water in, they do not soften the skin and help keep it healthy.



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Skin Care in Health Care Facilities

Skin Conditions and Problems

- Studies indicate 66 per cent of people between 50 & 90 and 83 percent of octogenarians have dermatologic complaints. (McKesson Health Solutions)
- A survey of over 20,000 non-institutionalized Americans revealed that approximately 40% of people 65 to 75 years of age had one significantly skin disease compared with 15% in the first 10 years of life. (McKesson Health Solutions)
- Elderly patients frequently complain of Pruritus (itching). In one study, it was present in 77 percent of subjects over the age of 64. Although systemic causes should be kept in mind, Xerosis (dry skin) is often the cause. (McKesson Health Solutions)

- The diseases include:

1. Decubitus Ulcers (Pressure Sores)

Decubitus Ulcer or commonly known as Pressure Ulcers, occur when the skin and tissue break down due to constant pressure and bad circulation. The skin's blood supply is cut off, injuring skin cells and causing cells to die.

Develop: ankles, hips, knees, lumbar sacral region (backbone), thoracic region (backbone), back of head, heels, elbows, toes

Categories:

Stage I

Area of skin appears red, does not diminish if pressure is relieved

Stage II

Loss of skin layers; appears as a blister, abrasion, or shallow crater

Stage III

Tissue is exposed as full thickness of skin is lost, appears as a deep crater

Stage IV

Muscle or bone is exposed as full thickness of skin and tissue is lost

2. Xerosis (Dry Skin)

The epidermis (outer layer) of the skin loses natural oils and water with age, resulting in the surface of the skin to become dry and rough. Dry skin tends to itch and/or scale (flake). Symptoms increase in dry arid climates, low indoor humidity in the winter, and the cold and wind outdoors. Symptoms worsen with harsh soaps, detergents, and alcohol. Hot water used for showers increase dryness. Common sensations are tautness/dryness.



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3. Asteatotic eczema or eczema craquele

When dry skin cracks, irritating substances enter the areas, causing the skin to become red, itchy, swollen and painful.

4. Pruritus (Itching)

Caused by decreased natural oils secreted from the skin, or can be caused or worsened by noticeably dry skin. Allergic reactions, yeast infections, or infestation with lice or scabies are other skin disorders that cause pruritus. Scratching can make the skin coarse and thick, which can result in scarring.

5. Stasis Dermatitis

Commonly occurs in women over 50. As aging occurs, circulation decreases which causes poor blood flow to the veins, especially in the lower extremities. The lower legs tend to accumulate fluids, causing redness, swelling, tenderness and dry/scaly skin. Scratching the dry areas causes bruising, ulcers, and more damage to the legs.

6. Exfoliative Dermatitis

Commonly occurs in men over 40. Condition is caused by adverse reaction to medications, malignancies, leukemia, or other immune deficiencies. The skin may feel taut and loss of hair in the area can occur. Excessive shedding or peeling of the skin occurs.

7. Seborrheic Dermatitis

Usually a chronic condition, skin is itchy, red, and flaky. Affected areas are the scalp (causing dandruff), central part of the face and chest, affecting other areas of the body. In older people, it occurs on the scalp, eyebrows, eyelids, skin between the nose and upper lip, the area of the face where the beard grows, area behind the ears, middle of chest, and between the shoulder blades.

8. Rosacea

Chronic inflammatory disorder causing several types of rashes. Occurs mostly on the cheeks and nose. Cause is unknown, blood vessels in the skin dilate, become twisted and visible. Bumps containing pus may occur, sclera (white of eye) may become bloodshot, and the hair follicle at the base of the eyelash becomes red and irritated. Symptoms can be mild for long periods with periodic flare-ups.



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Reasons for Problems

As Skin Ages:

Skin is constantly renewed as new cells form in the dermis (outer layer) and move upwards to the top (epidermis) at which time the cells shed.

The following changes occur with age, placing the skin at risk for damage and slower healing.

- Dermis and epidermis become thinner
- Cell renewal process decrease
- Layers of dead cells remain on skin surface longer, causing dull appearance, rough/scaly texture
- Decreased elasticity and supporting structures cause sagging, wrinkles, dryness, and thinning
- Underlying fat decreases (except on thighs/abdomen) due to a reduction in sweat glands/blood vessels, decreasing the response to heat exposure, or less insulation from the cold
- Nerve endings decrease, causing diminished sensations (ability to feel)
- Loses ability to moisture itself due to decreased production of natural oils.

Sun Exposure:

Causes skin changes that are associated with aging

- A decrease in melanocytes causes skin to be less protected against ultraviolet radiation
- Long term exposure to ultraviolet radiation from the sunlight leads to fine, coarse wrinkles, red/brown spots, rough texture, irregular pigmentation, and in increasing occurrences, skin cancers



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Other reasons for skin problems:

- Functions of skin that decline with age
- Epidermal turnover
- Immune function
- Wound healing
- Vascular responsiveness
- Injury response
- Thermoregulation
- Barrier function
- Sweat production
- Chemical clearance rates
- Sebum production
- Sensory perception
- Vitamin D production



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Risk Factors – Leading to skin conditions and decubitus ulcers

External Factors:

- **Age:** The elderly, especially 85 years and older are at high risk due to thinning of the skin and decreased superficial fat (acts as a cushion)
- **Poor nutrition:** Studies reveal decubitus ulcers develop in patients with inadequate daily intake of protein, Vitamin E, C, Zinc, Calcium
- **Impaired mobility:** Blood flow is impaired due to continuous pressure on a bony prominence. This includes but are not limited to bedridden and/or wheelchair bound patients. Included are diseases such as multiple sclerosis, stroke victims, severe arthritis, paralysis or recovery from hospitalizations for extended period of time
- **Circulatory problems:** Blood flow is impaired even before the skin is exposed to pressure. Included are diseases such as atherosclerosis, diabetes, or localized edema (swelling)
- **Moisture:** Skin becomes too soft and is at high risk for decubitus due to moisture from urine, feces, perspiration
- **Decreased sensation:** Without feelings of sensations, patients are unable to ask for assistance in shifting pressure away from the affected area. Included are spinal cord injuries or neurological problems which reduce the ability to feel discomfort or pain
- **Shearing and friction:** Causes blood vessels to kink and skin to stretch, thus impairing blood circulation in the skin. Shearing and friction can occur when a patient is slid or dragged across bed sheets. In addition, if the head of the bed is elevated more than 30 degrees, shearing forces increase in the low back and coccyx area

Internal Factors

- **Nutritional/hydration status:** Development of pressure ulcers are associated with anemia (Hemoglobin < 10 mg.) and low serum albumin concentrations (< 2 mg.) . Studies reveal decubitus ulcers develop in patients with inadequate daily intake of protein, Vitamin C, E, zinc, and calcium. Good nutrition helps maintain adequate tissue nourishment, perfusion, and oxygenation. Hydration helps maintain skin integrity.
- **Circulatory problems:** Blood flow is impaired even before the skin is exposed to pressure. Included are diseases such as peripheral vascular disease, atherosclerosis, diabetes, localized edema (swelling), Raynaud's disease, spinal cord injury or tumor.
- **Sensation:** Without feelings of sensations, patients are unable to ask for assistance in shifting pressure away for the affected area. Included are spinal cord injuries or neurological problems which reduce the ability to feel discomfort or pain.
- **Immunosuppression:** causes a decrease in the ability to protect self from internal illnesses. Included are problems such as impaired or slow healing, pressure ulcers, pruritis, immobility, maladaptive stress response, deficient immunity.



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Solutions

Protecting Skin:

Maintaining skin integrity with age and prevention of skin problems.

- 2-4 short baths or showers weekly with warm (not hot) water and use natural handmade soap
- Exfoliate the skin with soap sacks to remove dead skin cells and allows the skin to absorb moisture. The natural oatmeal soap only moisturizes the skin but also is a very mild exfoliator. For extra dry skin use sugar scrubs to exfoliate and condition the skin with natural oils
- The use natural handmade soaps restore natural oils to skin without stripping or drying the skin
- Rinse well after showers/bathing to ensure skin is free of dead cells, perspiration, and impurities
- Apply shea lotion or hand and body lotions/creams after bathing and before bed (at least 2 times daily) to reduce dryness and improve skin's texture, tone and softness.
- At bedtime, apply shea lotion or hand and body lotions/creams to entire body, apply socks to allow oils to penetrate
- Apply face cream and lip balm with natural sun blocks to protect skin from damaging UV rays, which can lead to loss of elasticity, fine lines, and discoloration. Shea lotion or hand and body lotions/creams provide some sun protection if used daily.

Value Added Benefits of natural skin care products

- Aromatherapy
- Pleasing feeling
- Pleasing non anti-septic fragrances
- Family members can assist applying
- True natural moisturizers and skin softeners not just occlusive barriers as are most synthetically made lotions
- Does not contain synthetic ingredients that are harmful to the human body and the environment including mineral oil, propylene glycol, petrolatum, etc. Sixty per cent of ingredients applied to the skin are absorbed into the bloodstream. Most commercial synthetic lotions/creams contain at least one of these ingredients.



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Some natural oils and herbs and their benefits:

Aloe Vera is known for its ability to heal and moisturize the skin and hair.

Avocado oil is oil is a rich, nourishing oil that absorbs into the skin easily and is high in Vitamin A & E.

Beeswax lends softening properties and works as a humectant.

Bergamot: Useful for acne, eczema, insect bites. Useful for oily complexions.

Calendula: Antiseptic, anti-inflammatory and anti-fungal and contains Vitamin A. Treats skin problems such as red inflamed skin due to minor burns, acne, cradle cap, eczema, dry skin, sunburn and many rashes.

Chamomile: Used to treat dermatitis, minor skin irritations and inhibits inflammation.

Cocoa Butter is an emollient that has been used for centuries. Heals and moisturizes skin that has been exposed to the elements.

Comfrey Root and/or Leaf: Contains Allantoin, a protein that speeds new cell growth. Known to help repair damaged tissue such as bruises and sprains, fractures, wounds, rashes. Used to treat acne, boils and to relieve Psoriasis, Eczema, etc.

Lavender Essential Oil: Traditionally used in skin care for inflammations, acne, insect bites, burns, sunburn, eczema.

Jojoba Oil is a liquid wax and is one of the closest oils to human skin as far as fatty acid structure and is easily absorbed by the skin.

Mango Butter is a great moisturizer with emollient properties, is non-greasy and great for all skin types.

Palmarosa Essential Oil

Antiseptic, good for acne and regulates sebum. An emollient, it moisturizes and helps heal scars from acne. Helps relieve eczema and is good for elderly skin.

Shea Butter is a superior moisturizer and emollient that nourishes the skin and reduces scars. Extremely therapeutic, it helps heal cracked, aged and damaged skin. Contains vitamin A and E and provides natural protection from the sun.

Sunflower Oil holds in moisture and contains large amount of vitamin E.

Sweet Almond Oil is a light oil that penetrates easily, is rich in essential fatty acids and vitamins A, B1, B2, B6 and E.

Tea Tree Essential Oil: Antifungal, antiviral and antimicrobial. Use for treatment of cuts, burns, insect bites and minor wounds. As an antiseptic, it is good for skincare, acne and blackheads and athlete's foot.

Vitamin E moisturizes the skin from within, reduces UV induced damage, helps protect against ozone damage.

Glycerin is a humectant that draws moisture to itself.

Wheatgerm Oil is rich in vitamins A, D and E. Very nourishing and prevents moisture loss from the skin, and it soothes irritated, sunburned, or burned skin.

Testimonials



I have been using the Hand & Body Lotion after my daily showers. My dry skin is gone and my stretch marks (from child-bearing days) have disappeared. I have also noticed that I have not burned from the sun this summer like I did before using this product line. I just love the Face Cream. It not only has a light fragrance, but has evened out my skin tone and I no longer have the dark circles under my eyes. — *Michelle, Lake Havasu City, AZ*

I use the Soap and lotion for my skin care maintenance program. A bar of soap lasts at least a month with my daily showers. Initially, I used the Sugar Scrub and Body Whipped Cream for my dry elbows, knees, and heels. These conditions are gone, and am now using the Sugar Scrub and Body Whipped Cream periodically. The soap has such a soothing feeling on my skin and lathers so well. It truly is a MOISTURIZING SOAP. I apply the face cream twice daily and now, not only is my skin soft in the desert climate, I use less lotions/soaps now, verses when I purchased "over-the-counter" products. — *Dorothy, Yuma, AZ*

I had psoriasis for 4-5 years. The condition was on my forehead, sides of face, arms, and legs. I have tried everything imaginable over the counter. Jenifer asked me to put all my products aside for 1 month and requested I abide by a skin therapy program. I thought "what do I have to lose?". It has now been going on three months and all the dry, scaly skin is GONE!. I use Sugar Scrub four times/weekly, and the Soap daily. I use Lotion after showering, and apply Body Butter daily to my face, arms and legs. I have some redness left on my face, and have just started using Bee Balm Body Rub to help heal at the cellular level with the wheat germ oil. I am using less products as my skin becomes more conditioned and is healing. I like lavender, and love using Lavender Soap, Lotion, Body Whipped Cream, Body Butter. — *Lisa, Yuma, AZ*

I have been using the BodyButter one to two times a day on my dry cracked heels for two weeks now, and they are already healing and becoming softer. — *Liz, nurse, Lake Havasu City, AZ*

I started using the products seven months ago. The dry arid climate had taken its toll on my skin after coming to the desert from the Midwest. I used to spend hours at the cosmetic department, deciding what facial cream and body lotion to get. I would start a product, and then stop, because it just wasn't doing what it promised. I began using the Soapsack and Hand & Body Lotion daily. I used the Bath Salts four times a week, (Oh the aromatherapy!). I used Sugar Scrub four times a week and Foot Balm on my dry calloused heels. After a month my skin felt so soft. Now, after 3-4 months, I am on a skin maintenance program of Soap and Hand & Body Lotion. Of course, I still indulge in the Bath Salts. So relaxing. The best part is assisting people with their skin care needs. — *Jenifer, nurse, Lake Havasu City, AZ*

I was trimming palm trees and my arms were cut by the palm fronds. My arms were bleeding and itching. I applied Foot Balm and the itching stopped immediately and the next day I had barely a visible scratch. I did let everyone at work know how this worked so well. — *Greg, LHC, AZ*

My husband is a shepherd. For years his hands have been cracked, dry, and calloused. He tried everything to help the discomfort. Then, he tried Sugar Scrub. He now keeps it at the kitchen sink and uses it daily. It has alleviated the callouses and tightness. — *Thank you. Brawley, CA*

I use the Soap, Body Whipped Cream, and Face Cream. I am allergic to Vit. E. and have extremely sensitive skin. Prairiebelle was kind to customize the Face Cream for me without Vit. It has made my complexion clearer and has evened out my skin tone in addition to making my skin soft/smooth all day. The Soap is not harsh, my skin can breath, and it is very moisturizing. I use the Body Whipped Cream, it is not rough feeling, not oily and leaves my skin smooth. The longer I use it, the less I have noticed I need to use. I like this product because it is chemical free. My husband has been using the Body Whipped Cream also, and enjoys the benefits because of the dry arid climate here. — *Kathy, nurse, Phoenix, Az.*



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Skin Maintenance Program

Exfoliate

Exfoliate your skin at least 2-4 times a week. Exfoliating removes all the dead skin cells, which will allow the skin to absorb moisture.

1. During bath or shower, exfoliate with Sugar Scrub or Soap Sack 2-3 times/weekly. You may use oatmeal soap to help exfoliate.

Moisturize

1. Wash your face and body with natural moisturizing soap 1-2 times daily. Using moisturizing soap will replenish the natural oils of the skin, create a protective layer to keep moisture in, and provide a natural sun protection.
2. Apply lotion/cream and face cream 1-2 times daily, preferably after showering/bathing. The lotion will work with the soap to restore the natural oils, moisturize the skin and provide a natural sun block. Apply whichever you prefer, Shea Lotion or Hand & Body Lotion and Face Cream lightly after bathing and when needed.
3. On HOT summer days, chill your lotion, and then apply to face or body for a soothing and rejuvenating sensation.

Rejuvenate

1. Cool off on these HOT summer days, fill your bath with cool water, toss in a teabag in. Relax your senses with peppermint, homegrown mint, as the oatmeal, epsom and sea salts, oils gives you an overall skin conditioning.
2. Use a sprinkle of bath salts 4 times weekly or sprinkle into basin for a sponge bath. The salts and oils will condition your skin as you enjoy the relaxing aromatherapy. Alternate with a bubble bath after you toss in a soapsack under running water for the ultimate conditioning bath.



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Skin Therapy Program

Treatment of problem skin

Use Daily: During showers or baths, use handmade moisturizing soap throughout the therapy. The moisturized skin as the result of the soap will act as a preventative for many skin problems.

Rough, scaly or very dry skin:

Exfoliate while taking a shower using the *Soap Sack*, then apply *Sugar Scrub* to the problem area, gently rub and rinse off. After drying, apply *Bee Balm Body Rub* on the area. Repeat this treatment four times a week for two weeks. Then repeat if condition reappears. To prevent frequent reoccurrences, use the *Handmade Soap* in combination with *Hand & Body Lotion* or *Hand & Body Cream* after the condition has cleared.

Rough areas on the elbows and hands:

Apply *Body Butter* generously. Initially the skin may feel oily but will soak in within minutes.

Dry facial skin due to dry climates:

Apply *Face Cream* generously. If skin is extra dry, you may need to use *Body Butter*. Initially the skin may feel oily but will soak in within minutes.

Moderately dry skin: If you desire an extra light cream in any area where the skin is not too dry, use *Body Whipped Cream*.

Psoriasis or eczema: For relief use oatmeal based *Handmade Soap* to cleanse the area and *Sugar Scrub* to exfoliate and moisturize the skin. Then use *Bee Balm Body Rub* for additional moisture and soften the skin. As skin improves, use *Body Butter* to keep the skin moisturized.

Minor cuts and abrasions, minor scratches, including scratches that draw blood, irritation due to certain weeds, burns and blisters, insect bites: Use *Bee Balm Body Rub*. Apply in a circular motion on the area.

Athlete's foot, blistered, cracked or calloused feet and heels and appearance of scars: Initially exfoliate using *Sugar Scrub*. Apply *Foot Balm* in a circular motion on the area. As skin improves, use *Body Butter* or *Massage Bar* to keep the skin moisturized.

Chapped, blistered or cracked lips: Use *Lip Butter*. Even provides therapy for cold sores.

Natural sun protection: Use *Massage Bars*, *Face Cream* and *Lip Balm* with sun protection.

Sunburn and minor irritations: For relief of sunburn and irritations use *Body Parfait*. Daily use of handmade soap can help prevent sunburn.