

Introducing the new Nature Fresh TEEN ACTIVE RANGE



Teenagers need help and support based on gentle, safe natural ingredients to keep their skin clear of breakouts, pimples, acne, rashes and the potential for lifelong scarring. Most of these are due to hormonal upsets, reactions to comedogenic cosmetics, alkaline soaps and harsh chemicals and over exposure to sun and oxidative stress. We have developed a range of 4 products that are rich in natural ingredients to help cleanse, heal and nourish troubled skins. Not only teenagers, but skin of all ages can benefit from these products. Some of the original formulations used by doctors and surgeons have been used for over 20 years have been updated and adapted for daily use. They have been combined with new healing, antimicrobial and collagen supporting ingredients.

The main causes of skin problems and natural ingredients that support sensitive skins

Symptoms of acne on your skin include:

- **Pimples (pustules):** Pus-filled bumps (papules).
- **Papules:** Small, discoloured bumps, often red to purple or darker than your natural skin tone.
- **Blackheads:** Plugged pores with a black top.
- **Whiteheads:** Plugged pores with a white top.
- **Nodules:** Large lumps under your skin that are painful.
- **Cysts:** Painful fluid-filled (pus) lumps under your skin.

Acne can be mild and cause a few occasional pimples or it can be moderate and cause inflammatory papules. Severe acne causes nodules and cysts. When your [pores clog](#), substances plug up your hair follicle, creating a pimple. This triggers inflammation, which you feel as pain and swelling. You can also see inflammation through skin discoloration like redness around a pimple. Sometimes acne can cause [scarring](#). This happens when the acne penetrates the top layer of your skin and damages deeper skin layers. Inflammation makes your acne pores swell and the pore walls start to breakdown, which causes skin damage, especially lifelong scarring

A breakout: A hair follicle or pore gets clogged with dead skin cells, sebum/oil, and possibly bacteria resulting in a whitehead, a blackhead, or another form of acne. Use foaming cleansers (pH acidic) rather than harsh alkaline soaps or lotion cleansers because the suds are better at lifting oils and dirt from your skin.

Different types of acne

- **Fungal acne (pityrosporum folliculitis):** Fungal acne occurs when yeast builds up in your hair follicles. These can be itchy and inflamed.
- **Cystic acne:** Cystic acne causes deep, pus-filled pimples and nodules. These can cause scars.
- **Hormonal acne:** Hormonal acne affects adults who have an overproduction of sebum that clogs their pores, due to an excess of sebum and blocked hair follicles.

- **Nodular acne:** Nodular acne is a severe form of acne that causes pimples on the surface of your skin, and tender, nodular lumps under your skin.

The most common places where you might have acne are on your: face, forehead, chest, shoulders and upper back. Dry skin stimulates sebum excretion. Adequate moisturising reduces sebum levels and lowers your risk of developing breakouts.

Other causes: Food intolerances, especially to bread (gluten), emotional problems, allergies to detergents and harsh chemicals. Hormonal imbalances can also cause severe acne, excessive pus and blocked pores – hair follicles. This happens when [dihydrotestosterone](#) gets out of hand. It is exclusively produced in males during puberty, but also occurs in females suffering from [polycystic ovarian syndrome](#). (See link for some help) The skin produces excessive sebum, regardless of the presence of cysts. Eating too many carbohydrates (especially carbo loading) also sets off this hormone.

Cosmetic skin problems: Products that contain [comedogenic ingredients](#) can also cause rashes or pimples and tiny bumps, filled with fluid or pus. Pimples can be caused by ingredients like coco or cocoa butter, soy oil, SLES, Laureth4B and some forms acetylated lanolin, isopropyl myristate and isopropyl stearate.

However, mineral oil, glycerine, safflower oil and sunflower oil do not cause such problems.

https://www.academia.edu/11718976/Eczema_rashes_acne_and_psoriasis_are_not_only_skin_deep_Investigate_internal_associations_to_cure_them_completely by Sue Visser

Natural skin ingredients that have miraculous healing properties. (Present within the TEEN ACTIVE range)

Nigella sativa (kalonji) has antibacterial, antiviral, anti-inflammatory, and wound healing effects. The oil is good for acne vulgaris, psoriasis, staphylococcal infections. As a moisturizer it has SF sunscreen factor and can spread melanin within the skin. The active ingredient is thymoquinone

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5735686/>

Artemisia Annu/Afra extract can inhibit inflammation, repair skin barrier, improve damaged skin, and reduce redness and other sensitive skin symptoms.

<https://www.scirp.org/journal/paperinformation?paperid=98155#:~:text=The%20results%20show%20that%20the,and%20other%20sensitive%20skin%20symptoms.>

Olive Leaf Extract can slow the appearance of aging, purify and nourish the skin by calming irritation and reducing redness, as well as repairing damage, hydrating, enhancing circulation and stimulating the growth of new cells. When applied topically, it's soothing and hydrating properties will help reduce blood flow and redness and it is even considered more effective than Vitamin E. It helps to protect the skin against a variety of harsh elements in the environment.

<https://www.inspireusafoundation.org/olive-leaf-extract-benefits-for-skin/>

Calendula is rich in antioxidants like carotenoids, flavonoids, and terpenoids, which reduce free radical damage and minimize signs of photodamage. Its anti-inflammatory effects calm and soothe acne and speed up the healing process of damaged skin tissues and improves granulation. Sulphur derivatives dry out acne.

Comfrey (Allantoin) can help skin to heal faster and diminish the appearance of scars or prevent a new scar from forming. It accelerates the exfoliation of dead skin cells, making the skin smoother, to retain more water and to rebuild the protective hydro-lipid coat.

Rooibos can reduce the signs of aging, improve your skin's complexion, and help to protect your skin from sun damage and environmental pollutants. It is also a great choice for people with sensitive or acne-prone skin. Alpha hydroxy acids improve the skin's natural collagen production to help reduce the appearance of fine lines, wrinkles, and age spots while also improving overall skin texture and firmness.

Plantain: [contains constituents](#) that acts as a wound germ-killer and disinfectant, reduces inflammation and speeds up the healing process.

Liquorice: [for protecting the skin](#) from the oxidative damage caused by free radicals and UV radiation, soothing and hydrating the skin, acting as a natural remedy for skin disorders due to its anti-inflammatory activity and for fading dark spots.

Urea is used to treat dry/rough skin conditions (such as eczema, psoriasis, corns, callus) and helps to remove dead tissue in some wounds to help wound healing. Urea is known as a keratolytic. It increases moisture in the skin by softening/dissolving the horny substance (keratin) holding the top layer of skin cells together. This effect helps the dead skin cells fall off and helps the skin to retain moisture.

Salicylic acid for skin is considered one of the best treatments for acne scars and marks. It is an excellent exfoliant that helps to remove acne-causing bacteria, slough dead skin cells and fade dark spots or marks. In addition, it hydrates, evens the skin tone, treats skin discoloration and accelerates wound healing.

Hyaluronic acid helps to hydrate the skin. Whether taken as a supplement or applied topically, it can increase skin moisture, tissue regeneration and can aid in healing wounds. [Applying it topically may help relieve inflammation and regulate tissue repair](#)¹.

Panthenol is frequently present in sunburn ointments because research has shown that it has an anti-inflammatory effect on UV-induced redness. Calcium D Panthenol (Pantothenic acid) is very hygroscopic and is a very effective moisturiser. Inflammation makes your body's oil glands work overtime. Panthenol helps reduce redness, irritation, and inflammation. It also stops the bacteria that cause acne from developing into a pimple. pantothenic acid aids in intensely hydrating your skin and minimizing inflammation. Pantothenic acid also does a great job of controlling acne because healthy, problem-free skin is synonymous with well-hydrated skin. <https://citydoctor.ae/blog/pantothenic-acid-vitamin-b5-for-acne-does-it-work-and-how-to-use-it/>

Zinc is a high-performance ingredient that helps to address redness, irritation, and inflammation caused by conditions like acne, rosacea, and seborrheic dermatitis. Products containing zinc help to decrease inflammation and kill the bacteria/fungus that causes acne.

Salicylic acid: helps to break up dead skin cells, reduce oiliness and clear out pores.

Colloidal silver: When applied to a wound, it can protect against infections and create a strong barrier against foreign substances on the skin. It decreases oxidative stress, stimulates skin elasticity and supports overall skin health.

Probiotics We have a [15-strain probiotic supplement](#). The solution can [also be applied topically](#) to the skin or be used diluted 10:1 as a vaginal douche or for a final hair rinse to help prevent dandruff.

<https://www.webmd.com/skin-problems-and-treatments/acne/ss/slideshow-acne-best-worst-foods>

<https://my.clevelandclinic.org/health/diseases/12233-acne>