

The Natural Way

This month Oracle welcomes a new health & beauty columnist, Cheltenham based natural skincare specialist and make-up artist, Sophie Chamings. For October Sophie focuses on natural beauty solutions for problem skin

Just as Essential Fatty Acids are important for us to take internally for healthy skin, hair and nails, they are also extremely effective when used externally.

I suffered with mild acne for years and tried just about every cream on the market. When working at a holistic beauty event in London, I spoke to a woman with the most beautiful skin. Being ever curious, I asked her what her secret was and she told me that she made her own skincare products from natural plant oils. Since then, I have been studying natural oils, fats and waxes and blending my own skincare products. My skin has improved dramatically and so has that of many of my clients who come to me with specific skin problems. The best oils for acne, eczema and psoriasis are those high in Essential Fatty Acids, especially Omega 6 (otherwise known as Linoleic acid).

Research shows that Linoleic acid is effective in regenerating skin cells, softening, repairing and strengthening the skin. It is also moisturising, an antioxidant



Sophie doing Charlotte's make-up

(great for anti-ageing) and an anti-inflammatory. The following oils are all high in Omega 6.

■ Borage oil

Otherwise known as Starflower oil, Borage oil penetrates down into the skin.

■ Thistle oil

Very high in Omega 6, Thistle oil is one of the most nourishing plant oils.

■ Rosehip Seed Oil

One of my favourites, Rosehip Seed oil is high in Omega 3 and 6. It contains a natural precursor of Vitamin A which is great for skin infections.

■ Vitamins E and A

Vitamin E is a preservative oil for skincare products and it also helps to regulate free radical production in the skin – helping to prevent wrinkles, stimulating blood circulation and regulating elasticity. Vitamin A is an

antioxidant and is also anti-inflammatory. It's great for dry, lifeless and ageing skin and for many related skin problems.

Recipe blend

(for use on dry eczema) – to be used topically on the skin and in the bath
30% borage oil

40% thistle oil
15% Rosehip Seed oil
13% vitamin E oil
2% vitamin A oil

Your skin is individual to you. The more you can learn about your own skin problems, why they are occurring and effective ingredients, the more likely you are to be able to find the right solution for you. For truly beautiful skin, internal health is just as – if not more – important. ■

To sign up for my natural health and beauty tips, please visit www.sophiechamings.co.uk. Alternatively, contact sophie@sophiechamings.co.uk tel: 07734 994783. For good quality natural ingredients visit natural skincare information hub www.aromantic.co.uk