## SKINCARE SOLUTIONS You have issues... We have answers! Suggestions from our Consultants, Customers, and Friends. Try some at home with your family!\*

Acid Reflux	Magnesium Lotion
Acne	OHM Soap, Toner Mist with Tea Tree Oil, spot treatment with Acne Gel (Multi-Peptide Serum for pitting). Spa Brush for deep cleaning
ADD/ADHD	Peace Herbal Support Blend, Roll On or Spray. Lavender Mint skin care products, Dead Sea Salt Soaks. Lotion Bar for a massage to relax.
Allergic Reaction	Body – Dead Sea Salts Soak; Face – Toner Mist; All Over – Skin Relief
Anxiety/Depression	Peace Herbal Support Blend, Roll On or Spray. Peppermint Magnesium Lotion. Use any Lavender products too.
Athlete's Foot	Add Tea Tree Oil to bath or massage into feet by adding Tea Tree Oil to Sunflower & Jojoba Multi-Purpose Oil in palm; Toner Mist with Tea Tree Oil, Lemon Oil
Burns, grease too (minor)	Skin Relief with Lavender Oil
Cellultis (skin infection)	Skin Relief
Chiggers/Bug bites	Toner Mist with Tea Tree Oil, Detoxifying Clay Mask (prevention: Lemongrass Spray or Lotion)
Cold Sores	Tea Tree Oil with Sunflower & Jojoba Multi-Purpose Oil
Colds	Tea Tree, Eucalyptus, and Peppermint Oil with Shea Butter for feet and chest. (Prevention: Immune Herbal Support Blend, Roll On or Spray
Cracks in Skin	Shea Butter to heal; Lotion Bar to seal and protect
Dark Knees & Elbows	Salt Scrub, Time Rewind Eye Cream to lighten dark spots. Shea Butter or Skin Relief
Diaper Rash	Skin Relief or Shea Butter; Lotion Bar to seal and protect
Digestion	Peppermint Magnesium Lotion on stomach in clockwise circular motion
Eczema	Shower Gel or Soap and Skin Relief with Tea Tree Essential Oil
Fibromyalgia	Peppermint or Naturally Unscented Magnesium Lotion
Foot Pain	Magnesium Dead Sea Salts soak and Magnesium Lotion
Head Hunger	Slender Herbal Support Blend, Roll On or Spray
Headaches	Headache Herbal Support Blend, apply Roll On or Spray to head, temples, or back of neck. Magnesium Lotion also on the back of the neck.
Infections	Toner Mist with Tea Tree and Eucalyptus Oil
Joint Aches & Pains	Magnesium Lotion
Leg Cramps	Magnesium Dead Sea Salts soak or Magnesium Lotion
Moodiness	Happiness Herbal Support Blend, Roll On or Spray
Motion Sickness	Inhale Peppermint Essential Oil. Apply Slender Herbal Support Blend between nose and lip and tap.
Oily Face	Oily Basic Face Care System with Tea Tree Oil. Spa Polish. Detoxifying Clay Mask. Mineral Powder and Mineral Veil
Poison Ivy/Oak	OHM Soap, Toner Mist with Tea Tree Oil, Detoxifying Clay Mask, Skin Relief with Lavender & Eucalyptus Oil
Psoriasis	Magnesium Dead Sea Salts soak and Magnesium Lotion
Rashes	Skin Relief
Razor Burn/Heat/Red Bumps	After shaving or waxing, apply Deodorant or Shea Butter
Rosacea	Normal Basic Face Care and Age-Defying Serum
Scrapes	Skin Relief or Shea Butter
Skin Irritations	Skin Relief
Sleep Issues	Sleep Herbal Support Blend Roll On or Spray. Spray the bottom of your feet and sheets before bed.
Stretch Marks	Salt Scrub to exfoliate. Skin Relief
Stress	Peace Herbal Support Blends, Roll On and Spray. Magnesium Dead Sea Salts with Lavender Essential Oil. Massage Lotion Bar for reflexology on hands and feet pressure points
Sunburn	Toner Mist and Skin Relief with Lavender Essential Oil
Sun-damaged Skin	Basic Face Care, Multi-Peptide Serum
Wrinkles	Shea Cherry Lip Butter, Age-Defying Serum, Shea Butter  On your skin - in your bloodstream

Jordan Essentials does not claim to cure or treat any illness. Check with your doctor if you have health concerns. Consult your physician before using Essential Oils if you are pregnant or nursing. These statements have not been approved by the FDA.

Jordan Essentials is Real Skin Care Solutions from our family to yours!