

## Insider secrets for natural beauty



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**Q |** I have a lot of white flakes in my eyebrows, almost like eyebrow dandruff. Does this even exist or is it falling from my head, even though I don't notice any scalp flakes? The rest of my face is hydrated and is not dry at all, so how can I get this under control?

- Rean, Toronto, Ontario

**A |** Dear Rean,

The symptoms you are describing sound like seborrhea dermatitis, which is a drying and flaking of the skin similar to dandruff that can also be present on the face. I would check with your health care practitioner or dermatologist to confirm this. Although different from regular dandruff, the same remedies may be helpful.

I would try not to use skin or hair products that contain sodium lauryl sulfate as they strip moisture from the top layers of the skin and can aggravate the skin. Opt for natural or organic products to wash and moisturize. A gentle exfoliant that contains salicylic acid may also be beneficial in reducing flaking. I have also seen wonderful results by applying a cool compress saturated with sea salts and applying a seaweed gel to the affected area. Some other natural remedies include applying Aloe Vera gel, diluted apple cider vinegar and coconut oil.

It is also suspected that diets high in sugar and yeast as well as low or no-fat diets lacking essential fatty acids are linked to seborrhea. Cut out or greatly reduce your sugar intake and monitor all foods containing yeast. You may want to supplement with essential fatty acids such as omega-3 and omega-6 as they are difficult to get in your diet and they help hair, skin and nails look healthy. Stress may be a trigger, so try deep breathing, meditation or yoga.

**Q |** Now that there's hardly as much sun these days, I'm curious about age spots. How do you get rid of ink spots or age spots? I read something about rose oil. How does this work?

- Cindy, via email

**A |** Dear Cindy,

The best treatment for age spots is prevention by limiting sun exposure. Even if you already have sun-damaged skin, it's never too late to start. Many think because they don't sit in the sun their skin won't be subject to damage, but most sun damage occurs while driving, so consider wearing a good herbal based sunscreen daily.

Researchers have tested rose oil for over 30 years for its healing properties and the results are excellent. Rose oil's high vitamin C and fatty acid content (EFA's), and its natural source of retinoic acid have made it key for skin rejuvenation. Rose oil has naturally occurring Retinoic acid, which has none of the side effects of synthetic Retinol. Apply it daily and be patient as it takes time to reverse the damage. Eat healthy and balanced foods, especially foods that are rich in Vitamin C. Drink lots of fresh water as it removes the toxic substances from the body. ☺



### Got a question?

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