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Because there's more than ONE answer...

In Association with

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Brainfood for Hungry Minds

Presents...



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Hello, I'm Colm Burke and welcome to my eBook "The Acne Miracle Mixes"

I've been a long-time Acne sufferer...**18 years in total**...but that is all over now.

After years of trial and error, I discovered the perfect mix of natural products to help me fight acne.

Now I have my acne **completely** under control.

I don't have to buy expensive cremes, lotions, or prescribed medicines. All I use are safe, inexpensive, **NATURAL** products to keep my skin clean and healthy.

This ebook contains the exact recipes for my "Acne Miracle" © mixes.

They're easy to make and easy to use and I'm sure you'll find the results are dramatic to say the least. After just using these mixes for three days I already enjoyed an incredible reduction in the acne that had covered my body since my early teens.

SO LET'S GET DOWN TO IT!

"Bath time Miracle Mix!"©

Here's how to make it

You need: 4 Cups Dead Sea Salts
 2 Cups Epsom Salts
 1 Cup Oatmeal (Organic if possible)
 7 Drops Tea tree oil

1 Large Square Piece of Muslin
Or a CLEAN Handkerchief will do.

Fill the muslin/handkerchief with the cup of oatmeal and tie it in front of the hot water tap ensuring that the water MUST run through it and that no oatmeal can escape into the bath.

As the bath starts to fill, pour in the Dead Sea Salts and the Epsom Salts. Stir around until they are fully dissolved.

When the bath is full with water at a temperature you are comfortable with, add the seven drops of tea tree oil.

Climb in and relax for 30 minutes.

Top up with hot water as the bath cools.

When finished get out and GENTLY pat yourself dry.

{Do not rinse off, you want the natural goodness to stay on your skin. You can shower the following morning}

After this bath, your skin will feel soft and silky smooth because of the properties in the oatmeal.

Toxins and impurities will have been drawn out of your skin by the Epsom salts and various minerals will have entered your skin from the Dead Sea Salts.

The antibacterial properties of the tea tree oil will treat any active spots.

You get all this and 30 minutes blissful relaxation...
what a deal! :)

IMPORTANT NOTE ABOUT DEAD SEA SALTS

As with all things in life...**You Get What You Pay For.**

This is especially true when buying your Dead Sea Salts and Epsom Salts.

It's important to get the high quality products as you just don't know what harmful chemicals or impurities may be in the other cheaper varieties.

I've bought so-called Dead Sea products in the past that stated on the packaging that it contained Epsom Salts and a list of chemicals but no actual Dead Sea Salts!

To avoid suffering a similar waste of money I now get my Dead Sea salts from

www.acne-answers.com/deadsea.html

and my Epsom salts from my local chemist.

As you're going to use 6 cups of the Dead Sea and 4 cups of the Epsom salts it's much more economical to **BUY IN BULK...** You'll save yourself time and money

As your acne lessens you can halve the amount of Epsom salts but leave the amounts of Dead Sea Salts, Oatmeal and Tea Tree as they are.

For those of you who don't have access to a bath you can adapt "The Bath time Miracle Mix!"[©] for the shower.

"The Shower time Miracle Mix!"[©]

Here's how to make it

You need: 6 Heaped Tbsp Dead Sea salts
 4 Heaped Tbsp Epsom salts
 1 Heaped Tbsp Oatmeal
 3 Drops Tea tree oil

First off, you need an empty bottle with a tight lid, like a shampoo bottle. Ensure it's completely rinsed out and shampoo free.

Fill this bottle with warm (nearly hot) water until it's 3/4 full.

Now, pour this water into a bowl with the oatmeal.
Stir it for about 20 seconds and then strain out the oatmeal.

Squeeze any moisture out of the oatmeal.

You'll be left with milky looking warm water.

Stir in the tablespoons of Epsom salts and the tablespoons of Dead Sea salts.

Add the drops of Tea tree oil.

Pour this back into the bottle...you might need a funnel!

Top up with hot water.

When in the shower, pour some of this onto a soft sponge or loofah and gently rub it into your skin.

USE ALL OF THE SOLUTION

Make a fresh batch each time, it's worth it.
The results you'll experience with this may be less dramatic than if you were bathing in it **but it still works.**

For Acne on your face and neck I have a face mask I used during breakouts which you can also use while enjoying your bath or before a shower.

Believe it or not, it's called....

"The Face Mask Miracle Mix!" ©

Here's how to make it

You need:

- 1 Tablespoon Honey
- 2 Tablespoon Plain Live Yoghurt
- 1 Tablespoon Oatmeal
- 1 Tablespoon Dried Milk Powder
- ¼ Organic Tomato Skinned and de-seeded
- 2 Tablespoons Warm Water

Put all ingredients in a bowl and blend/mix together until it's the same consistency as peanut butter.

If it's a little runny add a some more dried milk powder.

Smooth onto face and neck avoiding eye contact.

Leave on for the length of your bath or for 15-20 minutes.

Gently rinse off with warm water and pat dry.

If this is too much bother or you want to try something different, I recommend using this brand of deep cleansing and purifying face mud pack.

www.acne-answers.com/deadsea.html

In my research I've tried quite a few and in my opinion this is definitely the best.

I know from using my "Acne Miracle Mixes ©" you'll enjoy the freedom I've experienced and will gain a whole new level of self confidence, knowing your skin looks and feels great.

I'd love to hear of your experiences using the secret of "The Acne Miracle Mixes©" so please drop me a line to:

contact@acne-answers.com

You can also contact me at that email if you have any queries at all about this ebook.

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Because there's more than ONE answer...

Have you checked out my other Acne Products?

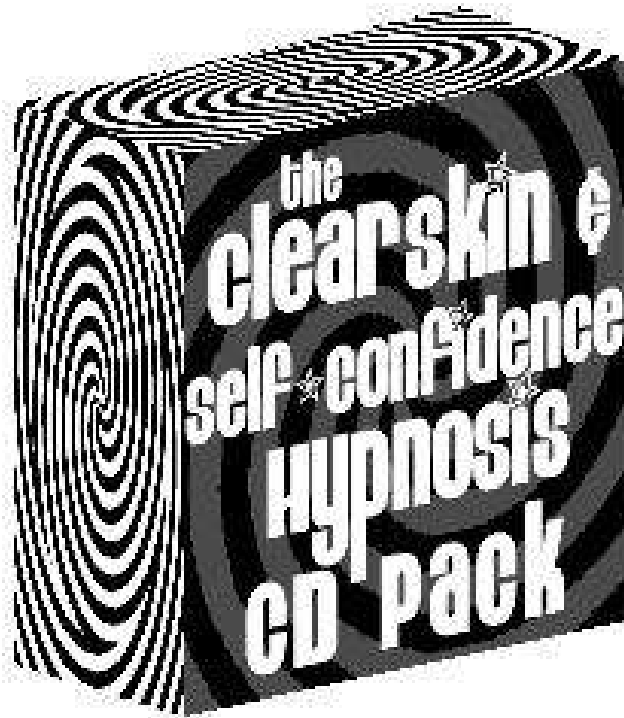


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Wishing you all the success you can handle,

Kind regards,



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