

## Ancient Sunrise® Amla as a Facial

The number of adults with acne outbreaks is increasing, with some people suffering outbreaks into their fifties. Ancient Sunrise® amla powder, *emblica officinalis*, made into paste with warm water, is a highly effective natural facial scrub that can relieve the occurrence and discomfort of acne outbreaks. Ancient Sunrise® amla is laboratory tested for purity, pesticides, and pH level; Ancient Sunrise® is not adulterated with other plants, oils, or dyes; it is simply wild-harvested *emblica officinalis* fruit, dried and powdered. The pH level of Ancient Sunrise® amla is typically 3.5. The fruit acids in amla<sup>1</sup> temporarily snap the keratin hydrogen bonds of the outermost layer of skin. This allows the scrubbing motion of the facial to gently remove the dead skin where and dirt and sebum are trapped and build up. With a daily amla scrub, blackheads, pimples, and acne are less likely to form, and acne outbreaks can become less frequent and less severe.



Mix amla powder with warm water, allow the paste to rest for a few minutes, then massage into the face as you would in any other facial. For weekly facial applications, do not leave amla on the skin more than five minutes, then rinse away the amla. For daily applications, limit the scrub to two minutes or less, then rinse. Your skin will appear shiny and new after your amla treatment! That is because the outermost dead layer of skin has sloughed away, and the new growth of skin from underneath has been revealed.

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<sup>1</sup> Singh, Mhaveer, Y. T. Kamal, E. T. Tamboli, Rabea Parveen, Khalid M. Siddiqui, S. M. A. Zaidi, and Sayeed Ahmad. 2012. "SIMULTANEOUS ESTIMATION OF GALLIC ACID, ELLAGIC ACID, AND ASCORBIC ACID IN EMBLICA OFFICINALIS AND IN UNANI POLYHERBAL FORMULATIONS BY VALIDATED HPLC METHOD." *Journal Of Liquid Chromatography & Related Technologies* 35, no. 17: 2493-2502.

Amla has many potential applications for skin care.<sup>2</sup> The anti-microbial actions of amla<sup>3</sup> can inhibit infections which exacerbate acne outbreaks. The anti-inflammatory actions of amla<sup>4</sup> can reduce swelling and redness of acne outbreaks.<sup>5</sup> The analgesic activities of amla relieve the discomfort of cysts and nodules.<sup>6</sup>



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<sup>2</sup> Bhandari, Prasan R., and Kamdod, M. A. 2012. "Emblca officinalis (Amla): A review of potential therapeutic applications." *International Journal of Green Pharmacy* 6, no. 4: 257-269.

<sup>3</sup> Rahman, S.n Akbor, M.k Howlander, A, Jabbar, A. 2009, "Antimicrobial and Cytotoxic Activity of the alkaloids of Amlaki (*Emblca Officinalis*)." *Pakistani Journal of Biological Science*. 15, 1152-1155

<sup>4</sup> Asmawi, M. Z., Kankaanranta, H., Moilanen, E., Vapaatalo, H. 1993. "Anti-Inflammatory Activities of *Emblca officinalis* Gaertn Leaf Extracts. *Journal of Pharmaceutical Pharmacology*, 95, 581-584

<sup>5</sup> Muthuraman, Arunachalam, Shailja Sood, and Sumeet Singla. 2011. "The anti-inflammatory potential of phenolic compounds from *Emblca officinalis* L. in rat." *Inflammopharmacology* 19, no. 6: 327-334.

<sup>6</sup> Perianayagam, J. B., Sharma, S. K., Joseph, A., Christina, A. J. 2004. "Evaluation of Anti-Pyretic and Analgesic Activity of *Emblca officinalis* Gaertn. *Journal of Ethnopharmacology*, 95, 83-85.

## **Ancient Sunrise® Henna for Hair, Chapter 15, Additional Techniques for Henna**

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