

[Leaflet advertising ARU herbal products by Rosie Laing.].

Publication/Creation

1993.

Persistent URL

<https://wellcomecollection.org/works/vz4ut4nv>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

ARU

HERBAL



PRODUCTS

by

ROSIE LAING

ARU

Moodlaw House
Eskdalemuir
Nr. Langholm
Dumfriesshire
DG13 0QT

Telephone: 03873 73314

Fax: 03873 73526

ARU HERBAL PRODUCTS

by

ROSIE LAING

The ARU range is a completely natural and effective way of dealing with problem skin. These products are NON-STEROIDAL, having no chemicals or suppressing drugs in their composition.

Made only with natural ingredients, containing Almond oil, Wheat germ oil and Borage oil, blended in such a way as to produce maximum benefit to the skin. This combination has been found to be highly beneficial by many people with problem skin, bringing back the glow of health and smoothness.

ARU creams and oils benefit many, many different skin types and, used in the right way, can help:

DRY SKIN

HOT SKIN

**SKIN THAT REACTS TO DETERGENTS,
SOAPS, ETC.**

FLAKY SKIN

SENSITIVE SKIN IN GENERAL

Before starting to use ARU products for sensitive skin it is important to clear away possible causes of irritation. These causes could be dietary or environmental.

For very sensitive skin, the possible causes of irritation are many, and should be treated seriously, if any lasting benefit is to be achieved.

The list is endless.

POSSIBLE CAUSE 1.

Residual detergents in clothing and linen.

Powerful detergents and washing powders leave a residue in clothing which causes extreme irritation to sensitive skin. Some washing powders claiming to be mild do in fact contain small quantities of bleaches or enzymes, which, however small, do irritate delicate skin.

REMEDY:

Use non-bleach and enzyme free clothes wash available in most healthfood shops and good chemists. Check the ingredients list on the packet for irritants.

POSSIBLE CAUSE 2.

Household cleaners containing chemicals etc.

Residue of household cleaners in sinks, baths, on taps, on cookers and especially on wet dishes from washing up liquids.

REMEDY:

Use non-chemical, bleach and enzyme free household cleaners. There is a complete range of such products available at healthfood shops and good chemists.

POSSIBLE CAUSE 3.

Over use of chemical creams (steroid). If steroid or similar creams have been used over a long period of time, the skin becomes over sensitive to the environment. The immune system becomes weakened and the skin becomes thin.

REMEDY:

Don't abruptly stop using steroid creams as this will cause an adverse reaction. Discuss this with your doctor first, then slowly reduce the amount of steroid cream used, until the skin is comfortable, at the same time use an ever increasing amount of ARU oil or cream.

POSSIBLE CAUSE 4.

Different types of clothing materials and dyes.

REMEDY:

Cotton is always best for the skin as nylon, synthetic and even woollen clothing aggravates problem skin. Also some dyes cause irritation to the skin.

POSSIBLE CAUSE 5.

HEAT

Although some skin problems are helped by the sun, others may find that being in the sun on hot days, sitting in very warm rooms, hot baths and showers can make sensitive skin react.

REMEDY:

When the skin is being sensitive keep out of the hot sun and warm rooms. Avoid using really hot water for bathing and washing up as this inflames already irritable skin.

POSSIBLE CAUSE 6.

DIET.

The skin may be suffering because of dietary factors and possibly allergies to certain foods. Seek help from a good natural practitioner if there is a long term skin problem.

POSSIBLE CAUSE 7.

Chemicals, Steroids, and Radiation in the food chain.

The spraying of vegetables with insecticides and the continued use of irradiation of vegetables to increase shelf life, the use of steroids in the meat market, all of these factors have been linked with the epidemic of skin problems in modern times.

REMEDY:

Where possible to use organically grown foods, home grown vegetables are invaluable if tended without chemicals. The Organic Food Industry is growing and prices should come down with its growth. In the meantime wash all vegetables thoroughly before use.

Once you have dealt with possible causes, effective use can begin.

Babies and young children usually find the cream to be more effective. **IT IS IMPERATIVE TO DO A PATCH TEST ON A SMALL AREA BEFORE USING THE CREAM ON A LARGE AREA, AS YOUNG SKIN IS VERY SENSITIVE.**

Equally the face has more delicate skin and should have a small patch test.

THE PATCH TEST.

It is recommended for all, that a small, preferably isolated area is used as a patch test. The cream and/or oil is applied three times within two hours to see which is having the best effect before applying over a large area. If you are testing both products then two different areas should be chosen. The skin may become irritated, this is normal and should wear off within minutes, if either product causes increased irritation for any length of time, please discontinue use.

Once it has been established which is being the most effective, then the cream/oil can be applied sparingly as often as is felt necessary. Up to 7 times a day in severe cases.

THE OIL IS NOT SUITABLE FOR BABIES.

It is imperative to treat a skin problem with respect, and to avoid situations and substances that cause irritation.

Thankfully most people benefit without any problem from ARU Herbal Products and feel and look better as a result of their use.

As with all skin products, if the ARU products make the skin irritable for any length of time discontinue use.

If the skin continues to be a problem for any length of time seek advice from a qualified natural practitioner.

ARU Products are:

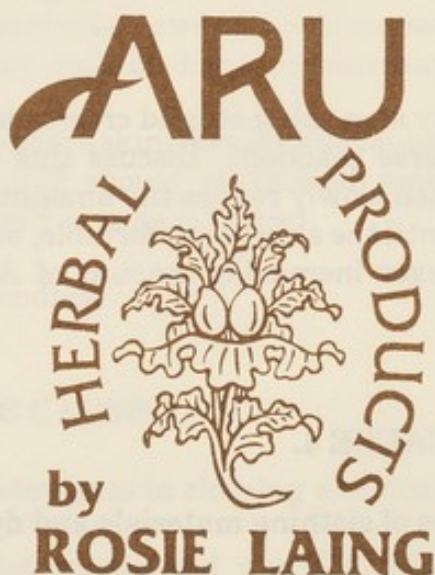
**NON STEROIDAL
CONTAIN NO ANIMAL PRODUCTS
AGAINST ANIMAL TESTING
CONTAIN NO LANOLIN
CONTAIN NO GLYCERINE
HYPO-ALERGENIC**

If you would like further information or have any other type of skin problem, please write in confidence to:

**ARU
Moodlaw House
Eskdalemuir
Nr. Langholm
Dumfriesshire
DG13 0QT.**

Or telephone our help line: 03873 73314

Or Fax: 03873 73526



© Copyright ARU 1993

11-8-93: Holland + Barnett, Villiers St