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# SPOTS, WARTS, BOILS AND BLACKHEADS



An entire pharmaceutical sub-industry has sprung up around the curse of puberty: spots, boils and acne. Various face creams and ointments flood a market usually backed up by shrewd and often cynical advertising. In truth, regular facial cleansing with hot flannels and warm water allied to careful dietary monitoring can usually help to alleviate the awkwardness and embarrassment of adolescent skin complaints. Old-fashioned remedies also offer an alternative to expensive commercial skincare products and are very simple to prepare.

Baking powder (bicarbonate of soda) mixed with water into a paste and applied to the inflamed area

twice daily is a common solution and one that is also recommended for mouth ulcers. Similar pastes and cleansers for the face can also be made by a variety of methods using easy-to-find ingredients:

- ❖ Gently cook a finely chopped onion in water with a large tablespoon of honey (dissolve the honey in the water before adding the onion). As the mixture starts to cool, mash into a paste with a fork and dab on to spots with cotton wool.
- ❖ Take a teacup and fill approximately one quarter with freshly grated horseradish (be careful when grating as the pungent vapours can irritate the eyes). Then fill up half the cup with honey, stir and leave for a day or two in a warm, dry place. Apply the resulting mixture to spots and boils two to three times a day.
- ❖ Bake a fresh fig in the oven and leave to cool until it can be handled easily. Cut the fig in half and scoop out the soft flesh into a clean bowl. Spread the mash on to a small sticking plaster or other dressing and leave on overnight. Replace with a clean dressing the following morning.