



Crystal Star™
whole herbs for the whole person™



Beautiful Skin™ Tea

WHITE TEA
to tone the skin*

ROSEMARY
to cleanse the skin*

SARSAPARILLA
for clear skin*

ROSE HIPS
to beautify the skin*

Beautiful skin is more than skin deep. The skin is the body's largest organ of both nourishment and elimination... the essence of renewable nature. It sloughs off old, dying cells every day for a new start. Skin mirrors our emotional state and hormone balance. Skin problems reflect a stressed lifestyle, poor diet and lack of rest almost immediately. Sallow, dull skin and premature wrinkling can be signs of poor nutrition and dehydration. Avoid fast foods, fatty foods, caffeine and sugars to keep your skin looking its best. Add more relaxation, pure water, and whole herb nutrients for optimum skin health and beauty.

Who is Crystal Star Beautiful Skin™ Tea For?

- People who want more vibrant, youthful looking skin.
- People who want relief from breakouts, itchiness, redness and scaly skin problems.
- People with who want to smooth and beautify skin texture.

How can Beautiful Skin™ Tea Enhance Your Health Program?

- White tea helps promote clear, smooth beautiful skin. As an antioxidant, it reduces redness, protects the skin against harmful UV rays, and helps lift unsightly sags and bags. As a source of relaxing l-theanine, white tea soothes and calms stress-related breakouts and skin reactions.
- Sarsaparilla cleanses the skin layers, reducing redness and itchiness, providing relief for chronic scaly skin problems and rashes.
- Burdock and dandelion accelerate natural detoxification through the liver, reducing deep seated toxins that aggravate skin problems.

Whole herb nutrients in Beautiful Skin™ Tea are great for skin—packed with absorbable minerals, antioxidants, essential fatty acids and bioflavonoids to cleanse, hydrate, restore, alkalize, and balance. Beautiful Skin™ Tea can even be used topically with good results. Use lukewarm as an anti-redness wash, or apply topically at the first sign of a breakout. Simply soak cotton balls in tea and apply to trouble areas. Try Crystal Star Beautiful Skin™ Tea today, and experience a dramatic change in the quality and appearance of your skin.

Product ID#	Size
105000	net weight 3 oz. (85g)

about the herbs

White Tea (*Camellia sinensis*): a potent source of antioxidants to reduce free radical sun damage to the skin. A skin smoothing ingredient when taken internally and used topically.

Rosemary (*Rosmarinus off.*): an antiseptic, clarifying herb for problem skin. Helps decrease redness and irritation.

Burdock Rt. (*Arctium lappa*): improves skin tone by accelerating liver and blood detoxification.

Sarsaparilla Rt. (*Smilax medica*): a cleansing remedy for skin problems related to blood toxicity. Eases symptoms of itchiness and redness.

Licorice Rt. (*Glycyrrhiza glabra*): soothing for problem skin; helps to balance blood sugar reactions that show up as blemishes and skin rashes.

Rose hips (*Rosa canina*): a rich source of bioavailable C to stimulate development of connective skin tissue for a more youthful appearance.

Chamomile (*Matricaria recutita*): helps reduce breakouts and rashes.

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Clary Sage (*Salvia sclarea*): an anti-aging remedy for healthy, youthful appearance. Promotes the regeneration of skin cells for less wrinkles, sags and bags. Helpful for oily skin problems like acne.

Thyme (*Thymus vulgaris*): high in antiseptic volatile oils to help control breakouts.

Parsley Lf. (*Petroselinum crispum*): a nutritive diuretic that helps release toxins that show up as poor skin texture or breakouts.

Fennel Seed (*Foeniculum vulgare*): helps reduce skin inflammation. A gentle diuretic to help cleanse toxins that affect the skin.

Dandelion Lf. (*Taraxacum off.*): the most potent liver cleanser used in Western herbalism, dandelion rt. offers serious benefits for the skin by helping the liver metabolize hormone excesses and deep seated toxins that can lead to blemishes and poor texture.

Stevia Lf. (*Stevia rebaudiana*): a natural sweetener safe for diabetics and hypoglycemics. Helpful to reduce blemishes when applied topically.

ingredients: White Tea Lf.; Dendrobium Flwr.; Rosemary Lf., Oil; Burdock Rt.; Licorice Rt.; Rose Hips; Sarsaparilla Rt.; Chamomile Flwr.; Clary Sage Lf., Oil; Thyme Herb; Parsley Lf.; Fennel Sd.; Dandelion Lf.; Stevia Lf.

directions: Drink 1 – 2 cups twice daily.

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