Ancient Sunrise® Amla as a Facial

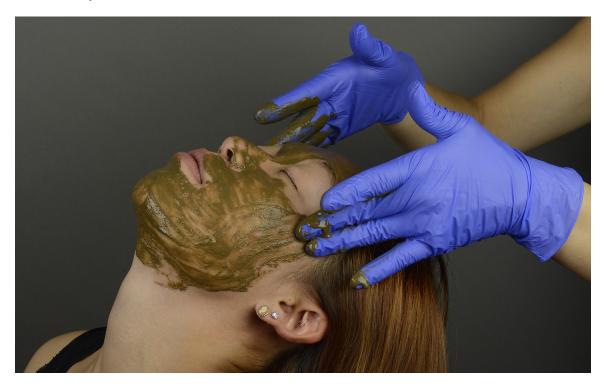
The number of adults with acne outbreaks is increasing, with some people suffering outbreaks into their fifties. Ancient Sunrise® amla powder, *emblica officinalis*, made into paste with warm water, is a highly effective natural facial scrub that can relieve the occurrence and discomfort of acne outbreaks. 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 amla¹ 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.

¹ 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.² The anti-microbial actions of amla³ can inhibit infections which exacerbate acne outbreaks. The anti-inflammatory actions of amla⁴ can reduce swelling and redness of acne outbreaks.⁵ The analgesic activities of amla relieve the discomfort of cysts and nodules.⁶



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

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

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

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

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

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