



PRODUCTS IN RELATION TO HERBAL PROPERTIES

This is a summary of references made from specifications and technical documentation on herbal properties. It is not Herbafrique's intention to make a claim against any medical condition. This serves only as a reference guide as to which herbs are used in specific products

ACNE	<ol style="list-style-type: none">1. Health Resque capsules (Gotu Kola) 2 x daily2. Skin Resque Cream (to be dabbed on breakouts)3. Natural Day Care with Bulbinella frutescence (anti-acne herb)4. Wash with 3WayGel twice daily
ANXIETY	<ol style="list-style-type: none">1. Bath in Lavender Sea Crystals (induces sleep)
ATHLETE'S FOOT	<ol style="list-style-type: none">1. Skin Resque cream (applied regularly, anti-fungal)2. Wash with 3WayGel3. Herbal deodoriser (anti-fungal, anti-bacteria)
ARTHRITIS	<ol style="list-style-type: none">1. Muscle Resque gel – massaged into painful joints2. Joint Resque capsules3. Health Resque capsules 2 x daily
BURNS	<ol style="list-style-type: none">1. Skin Resque applied regularly to prevent scar formation
CARDIAC SUPPORT	<ol style="list-style-type: none">1. Health Resque capsules 2 x daily
CELLULITE	<ol style="list-style-type: none">1. Lavender Sea Bath (breaks down Cellulite)2. Health Resque capsules (allow 28 days)
CIRCULATORY PROBLEMS	<ol style="list-style-type: none">1. Health Resque capsules 2 x daily
CRACKED HEELS	<ol style="list-style-type: none">1. Skin Resque applied regularly
COLDS AND 'FLU	<ol style="list-style-type: none">1. Bath in "Herbs and Spice" Bath Crystals2. Muscle Resque gel massaged onto chest3. Health Resque capsules (immunity booster)
COLD SORES (herpes)	<ol style="list-style-type: none">1. Skin Resque cream applied regularly to prevent scarring2. Aloe Resque gel to soothe
CONSTIPATION	<ol style="list-style-type: none">1. "Colon Resque" capsules 2-4 daily
CYSTITIS/BLADDER INFECTIONS	<ol style="list-style-type: none">1. Bath in Calendula Sea Crystals (anti-fungal)2. Health Resque capsules (anti-fungal)
ITCHY, DANDRUFF SCALP	<ol style="list-style-type: none">1. 3WayGel (leave on for 5 mins before rinsing)
DEPRESSION	<ol style="list-style-type: none">1. "Longevity" capsules (Folic acid, L-Glutamine, Vitamin B6)
DIGESTIVE PROBLEMS	<ol style="list-style-type: none">1. Colon Resque capsules – 2 x 4 daily

DIARRHOEA	1. "Colon Resque" (soothes digestive track)
DIVERTICULITIS	1. "Colon Resque" capsules 2-4 capsules daily
DRY HANDS/NAILS	1. Skin Softener (100% Natural Cream)
DRY BODY SKIN	1. Bath in Rose Sea Crystals 2. Wash with Rose Glycerine bar 3. Exfoliate with Rosemary/Peppermint Exfoliator 4. Apply Skin Softener 100% Natural Cream 5. Wash clothes with Triple Orange Natural Washing Gel
DRY, DULL FACIAL SKIN	1. Polish skin with Peppermint Exfoliator regularly before retiring 2. Natural Night Cream day and night
EYE CARE	1. Health Resque capsules 2 x daily
ECZEMA (Body)	1. Calendula Sea Bath (anti-fungal) 2. Wash with Calendula Glycerine Bar OR 3WayGel (anti-fungal) 4. Skin Resque cream OR Aloe Resque gel applied regularly 5. Wash clothes in Triple orange natural washing gel
FOOT HYGIENE	1. Herbal deodoriser powder
I.B.S (Irritable bowel syndrome)	1. Colon Resque capsules
INSECT REPELLENT	1. 4-1 Sun Resque
INSOMNIA	1. Bath in Lavender Sea Crystals before retiring
JOINT PAIN	1. Joint Resque capsules
LIVER MARKS (Sun spots)	1. Aloe Resque gel (apply regularly, this takes time)
LIBIDO ENHANCER	1. Bath in Herbs and Spice Sea Crystals
LUBRICANT	1. Aloe Resque gel (guaranteed as a non-irritant)
MEMORY/FORGETFULNESS	1. Health Resque capsules x 2 daily
OILY/PROBLEM SKINS	1. African Mud Masque 3 x weekly 2. Wash with 3WayGel
INSOMNIA	1. Lavender sea crystals
PERIOD PAIN	1. Bath in Calendula Sea Crystals 2. Massage with Muscle Resque
HEAD TO TOE HYGIENE	1. Herbal Deodoriser powder
PUFFY SENSITIVE EYES	1. Aloe Resque gel (day & night)
PSORIASIS	1. Aloe Resque gel or Skin Resque
RHUMATISM	1. Muscle Resque gel
ROSASEA	1. Aloe Resque gel

SCAR PREVENTION	<ol style="list-style-type: none"> 1. Apply Skin Resque cream 2. Health Resque capsules (Gotu Kola) to restore connective tissue
SHAVING RASH	<ol style="list-style-type: none"> 1. Aloe Resque gel
SHINGLES	<ol style="list-style-type: none"> 1. Aloe Resque gel
SINUSITIS	<ol style="list-style-type: none"> 1. Bath in Herbs and Spice Sea Crystals 2. Muscle Resque to rub on bridge of nose and behind ears
SKIN ALLERGIES	<ol style="list-style-type: none"> 1. Wash clothes in Triple Orange Natural Washing Gel
STIFF MUSCLES	<ol style="list-style-type: none"> 1. Muscle Resque 2. Bath in Herbs and Spices sea crystals
SUN PROTECTION	<ol style="list-style-type: none"> 1. 4-1 Sun Resque SPF25 (body) 2. Natural Day Care SPF15 (face)
SUN BURN	<ol style="list-style-type: none"> 1. 4-1 Sun Resque after sun soother
THRUSH (Candida)	<ol style="list-style-type: none"> 1. Bath in Calendula Sea Crystals (anti-fungal) 2. Cleanse with Calendula Glycerine bar or 3Waygel 3. Herbal Powder deodoriser (anti-fungal)
VARISCOSE VEINS	<ol style="list-style-type: none"> 1. Health Resque capsules – stimulates blood circulation
UNDERARM CARE	<ol style="list-style-type: none"> 1. Herbal powder deodoriser
WEIGHT LOSS	<ol style="list-style-type: none"> 1. Health Resque capsules (Green tea)