

Home Made Skin Treatment

In The Deep End, Rosie is embarrassed to take off her t-shirt as she has stretch marks. Stretch marks are indented streaks that appear on the abdomen, breasts, hips, buttocks or other places on the body.



These marks occur when a person experiences a significant amount of growth or weight gain in a short period of time, such as during puberty. Getting stretch marks does not necessarily mean a person is overweight. Thin people can get the marks too, especially when experiencing a rapid growth spurt which is why Jake also has them.

One way to prevent stretch marks is to drink plenty of water and eat foods high in Vitamin C. Taking a Vitamin C supplement can also help reduce the severity of stretch marks.



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The other way to help you skin is to keep it well moisturised with a cream rich in good oils. There are hundreds of these available but you never know what you are putting onto and then into your body. This cream is a 100% natural moisturiser that will reduce visible stretch marks and possibly prevent them in the first place if you start applying it as soon as you see the first signs of white lines.



INGREDIENTS

- 1 cup cocoa butter (melted)
- 1/4 cup avocado or macadamia oil
- 20-30 drops essential oil (lavender, lemon balm or rose)
- 2 Tablespoons Pure Vitamin E Oil



METHOD

Mix all the ingredients together and rub into the areas of need regularly. This can be done after your shower when your skin is most hydrated and responsive or as you go to bed at night so it has plenty of time to soak in.



This cream will last up to 1 year if stored in a drawer or bathroom cabinet but if you are applying it regularly you should have used it up well before the year is over.

