



Utama Spice Bali Uncovers Essential Oils In The Battle Against Acne

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Utama Spice in Bali, Indonesia, has announced that they have discovered essential oils that may be effective in fighting acne. Many people are now using essential oils for acne and skincare because these oils are believed to have antibacterial and antiviral properties. For instance, frankincense is an essential oil that is often used in beauty care and skin care products. Several kinds of essential oils have also been found to have skin anti-aging benefits, getting rid of wrinkles, reducing the appearance of scars, and clearing up acne and other blemishes.

Ria Templer, spokesperson for Utama Spice, says, "We've all had those horrifying mornings when you wake up to spots scattered all across your face. Like most problems prevention is often the best option, however if that stage has past then it's time to concoct yourself a treatment. To understand how to treat acne you must first know why it occurs. Within your pores are glands that produce a secretion known as sebum. Sebum serves to hydrate and protect your skin. When your pore becomes clogged due to dirt or dead skin, the sebum cannot escape, and it causes your skin to swell. Bacteria then feed on this to amplify the effect. Redness is caused by an immune system response to fight off bacteria."

Therefore, the first step in preventing acne is to have unclogged pores. Keeping the skin clean is essential in order to prevent dirt, dead skin cells, and bacteria from getting into the pores and clogging them. But first of all, it is important to determine a person's skin type, whether it is dry, oily, or a combination. For those with oily skin, lighter moisturizers are required. But for those with dry skin, heavy moisturizers will be needed.

Ria Templer explains, "Our acne range has a lighter day time moisturizer with a light matte finish. This is also great for those with oily skin. While our night time range is deeply moisturizing, and loaded with 100% natural essential oils. Our range contains acne fighting essential oils such as Tea Tree, Lavender, and Patchouli."

After cleaning the face, it is time to fight the bacteria and this can be done with Utama Spice's Acne Corrector. This Acne Treatment Oil is made up of several natural essential oils that have been observed to have antibacterial and anti-inflammatory properties. Thus, this acne corrector is able to soothe the skin and decrease the size of pimples. When using this Acne Treatment Oil, it is vital to make sure that the face is clean and then apply it on the acne. Then, there should be no touching the acne as this could introduce more bacteria to the location.

If the acne persists despite changes in diet and skincare, it could be due to genetics and hormones. It would be advisable to consult with dermatologist for prescription of medication. Meanwhile, Ria Templer advises people to check out Utama Spice on Facebook if they have any more questions about managing acne. They can post their questions to the Utama Spice Facebook page.

Utama Spice focuses on the use of ancient Balinese herbal knowledge for the creation of products that enhance the skin's natural beauty, using 100 percent natural ingredients. The company started in 1989 when Melanie Templer and Dayu Suci saw a need to keep and maintain the herbal knowledge and traditions of Bali. They saw that this knowledge was being quickly lost because of the emergence of modern products that contain harmful chemicals. Dayu has extensive knowledge on traditional Balinese remedies and with the help of Melanie, quickly rediscovered the various benefits of essential oils and other natural ingredients. They began creating the remedies by hand for their loved ones before they sought to offer the products to the public. Up to this day, the production of their products is done with care, with their production team taking on the role of chefs, concocting their products on a stainless steel surface that is kept clean and sterile to prevent cross contamination.

Those interested in knowing more about how essential oils can be used to treat acne and other aromatherapy insights can visit their website or contact them by phone or by email.

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For more information about Utama Spice, contact the company here: Utama Spice Ria Templer +62 0361 975051 info@utamaspicebali.com Jl. Monkey Forest, Ubud, Kabupaten Gianyar, Bali 80571, Indonesia

Utama Spice

Utama Spice is a traditional skincare company based in Ubud, Bali. We focus on applying ancient Balinese herbal knowledge to create products that not only enhance your skin's natural beauty but also provokes your mind to consider the raw power of nature.

Website: <https://utamaspicebali.com>

Email: info@utamaspicebali.com

Phone: +62 0361 975051

