

# GET CLEAR SKIN

*Tired of stress-induced blemishes? Eliminate acne with one of these three natural products from local retailers.*

## Virgin Coconut Oil Dietary Supplement by Now Foods

Known for its healing properties, coconut oil is an anti-inflammatory, antifungal, and antibacterial. It's also a rich source of Vitamin E, Vitamin K and Vitamin A.

**Where to buy it:**

Nutrition World  
423.892.4085  
nutritionw.com

\$15



## French Green Clay Spot Treatment by Therapy Systems

Designed to reduce redness and inflammation while drying the affected area, this spot treatment is a great option for the occasional blemish.

\$19

**Where to buy it:**

The Cosmetic Market at Warehouse Row  
423.779.1377  
thecosmeticmarket.com



## Hungarian Herbal Mud Treatment by Eminence Organic Skin Care

The foundation of this powerful anti-blemish masque is thermal mud, which contains high amounts of mineral trace elements and sulfur to nourish problem skin.

**Where to buy it:**

Natural Body  
423.756.2639 - Riverview  
423.266.6288 - Downtown  
naturalbody.com

\$48