



The art of healing the skin has as much to do with the patient/client as it has to do with the salves applied. Proper application and understanding how the product works and the sensation of wearing it all helps lead to success.

This dense, concentrated creme was originally formulated to protect and heal hard-working artist's and gardeners hands, then it was found to heal cracked feet and eventually those undergoing radiation treatments found relief and protection with its use. I used this creme while undergoing my own radiation treatments and post-surgery to help heal my skin.

The science behind this formulation aligns with the paramedical procedures of wound healing that I practice in my esthetics studio and also aligns with the contemporary knowledge of how ingredients interact with our bodies. Ingredients are not just ingredients; it depends on their raw source, their pH and how they deliver into the skin.

In the "wet" method of healing, this combination of ingredients work to create an occlusive barrier on the skin allowing it to heal from within and protect it from further assault. Unlike Vaseline alone, these occlusive ingredients provide additional nourishment and bio-activity desirable for tissue renewal. Thin lotions and cremes, while feel good soaking into the skin, do not protect completely.

## Instructions for use of the **Artist's Cure Creme**

### Radiation and Chemotherapy

1. Thoroughly cleanse skin every morning and every night with a foaming wash. Create foam on damp skin, massage around then splash off with tepid/warm water. Avoid hot water on treated area. Do not use scrubbers or washcloths.

*It is recommended that you use a clear gel type cleanser and avoid bar soaps as well as liquid Castile soaps. Most of these have a higher pH which can be irritating and drying to the skin. Also avoid using anything with synthetic fragrance; the chemicals used to make the fragrance are known allergens and irritants. Avoid using natural essential oils unless advised by a professional aromatherapist. Many common oils, if left in concentration on the skin, will actually increase photo sensitivity and can enhance darkening or burning of the skin.*

2. Remove a small amount of creme—about the size of half a dime—rub into hands and massage over damp skin. Let it "dry" and set up for a few minutes before putting on clothing. The creme will feel heavy and initially sticky but this is part of the protection mechanism.

*Ask your radiologist the exact parameters of your treatment so you do not miss an area of application.*

3. If you are working with an Occupational Therapist to work skin into stretching normally post treatment, use this creme as a massage medium instead of petroleum jelly.

### **Post surgery**

1. Cleanse skin according to your surgeons instructions taking heed to the above recommendations morning and night.
2. When your surgeon advises that you may begin applying cremes, apply this creme in its concentrated form on dry skin. Massage liberal amounts onto the wound site morning and night. Let it remain sticky and as thick as you can manage.

### **INGREDIENTS:**

**Aloe vera juice:** A glucose-rich ingredient that hydrates skin and therefore keeping it soothed & strengthened. Extracted from the inner leaf of the aloe plant [whole leaf aloe vera contains a skin irritant]. Reconstituted with distilled water from a pure powder form unlike liquid forms that contain the traditional preservatives known to be endocrine disruptors.

**Sodium hyaluronate:** The key component in skin cells that help them to maintain water. Helps keep skin hydrated and therefore soothed & strengthened.

**Shea Butter;** ultra refined: This solvent-free manually refined butter extracted from the nuts of the Shea tree, is extremely conditioning to the skin and its chemical components help reduce inflammation.

**Jojoba oil:** This natural liquid wax is fatty-acid rich lending protection and nourishment to the skin. It is a more desirable yet more expensive replacement in formulations for cetearyl or cetyl alcohol.

**Organic sunflower lecithin:** Extracted from non-GMO sunflower seeds, this is rich in Phosphatidyl Choline, the most abundant phospholipid in skin cell membranes. It behaves like a silicone so adds water-proofing and extra occlusivity to the formula to prevent scarring. Not from estrogen stimulating soy.

**dl-alpha tocopherol acetate vitamin E ester:** A highly bio-active water-insoluble form of vitamin that aids in soothing and regenerating the skin while also contributing to the occlusivity of the product.

**Organic vegetable glycerin;** kosher: Natural sugars extracted from vegetable matter that moisturize and soften skin.

**Refined beeswax:** Ultra-pure white wax used to emulsify the creme.

**Poly-sorbate:** A vegetable derived "sugar" that helps bind water and oil.

**Cyclo-dimethicone:** A medical grade silicone that helps prevent scarring. Large molecule so does not penetrate the skin.

**Calendula essential oil:** A resinous oil extracted from the petals of the calendula plant that contains anti-inflammatory properties helping to sooth, coat and protect the skin.

**Gluconolactone:** An ECOCERT broad-spectrum anti-microbial preservative extracted from corn.

**Sodium benzoate:** A food-grade preservative.

*The paraben preservatives are shown to mimic estrogen when absorbed by the skin into the body and therefore should be avoided.*

NOTE: some skin types may become congested with the application of vitamin E, calendula or lecithin. Since this creme contains high doses of each of these it is not recommended for the face.

**Hand formulated in my sanitary licensed Aesthetic facility.**