Age well, stress less tincture
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A tincture recipe, created with herbs that are traditionally used to support healthy skin during stressful periods.

Ingredients

- **Gotu Kola*** - 30ml
  Boosts skin’s radiance

- **Schizandra*** - 30ml
  Traditionally used in Chinese medicine for beauty and to support against stress

- **Goji berry*** - 30ml
  Known as the ‘key to eternal youth’ in Tibet. It’s extremely nutritious and one of the richest antioxidant fruits in the world!

- **Nettle*** - 30ml
  A nutrient and chlorophyll rich cleansing herb with skin loving silica

- **Milkthistle*** - 20ml
  A famous liver tonic, helping us effectively eliminate toxins for clearer skin

- **Liquorice*** - 10ml
  Supports the body in times of stress

Directions

1. Make a mixture of the tinctures
2. Add 2-5mls of the tincture to a glass and drink
3. Repeat up to 3 times daily

Recipe by Tipper Lewis, Naturopathic Herbalist at Neal’s Yard Remedies

*Available in our stores and online at nealsyardremedies.com