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Natural skin care has existed for as long as humankind has sought to improve their appearance. Facial masks and some form of herbal skin care were most likely the first true beauty treatments. From nutrient-rich river clay to combinations of pulverized herbs and fruits, our ancestors sought the benefits of nature to improve the condition of their skin.

In modern times, scientific formulations have combined with nature to create hybrids of these ancient skin treatments. But as many now know, some of these 'advanced' concoctions have proven to be less than helpful and in some cases actually harmful to the natural healing process of the skin.

Today, our modern beauty regimen can consist of a myriad of products that when combined, may actually counter-act each other. Facial masks may be one of hundreds of products a man or woman might try over the course of months or years, but just as our ancestors knew, they can be one of the most important. When facial masks are used in their natural or herbal state, they can be a powerful tool in anti aging and acne treatment or prevention.

Treating your skin with herbal skin care products or natural facial masks can serve a multitude of purposes; it can work as a skin cleanser, a natural acne treatment, a skin moisturizer or even as a natural exfoliator in preparation for other skin treatments to follow.

Facial masks can also be formulated for acne skin care and can be used as a skin healer and regenerator - such as soothing sunburned skin and reducing age spots or acne scars. Most masks attempt to strike a balance between skin care creams and cleansers.

Our bodies are constantly regenerating by replacing the old skin cells with new ones. These dying cells create a protective layer which build up over time and create a rough, dull layer that hides fresh, new skin.

By choosing natural anti acne and anti aging treatments such as facial masks, you can greatly assist your skin in exfoliating and re-generating new layers. They can also help to prevent any future skin damage by strengthening skin cells.

A good herbal face mask can also help hydrate the skin and make wrinkles appear less visible. The best masks should be infused with natural ingredients like Rosemary, Chamomile, Comfrey and Aloe Vera. The components can range from natural enzymes to vitamins and herbs that are safe for most skin types. These types of natural or herbal masks have detoxifying properties that help your skin purge buried oils and pore-clogging waste, boost vitamin intake and provide nutrients and antioxidants to your skin.

Herbal acne-fighting masks can gently yet thoroughly exfoliate, remove dead skin cells, increase circulation and promote health and repair. They are typically formulated to penetrate the skin and unplug pores, creating an outlet for impurities with herbs containing natural antiseptic properties that attack acne-causing bacteria. These masks can repair blemishes without drying out the skin. Some mask may also contain vital enzymes to lighten age spots and reduce acne scars.

Typical mask use depends on your skin type and, if gentle enough, can be used as needed. Most dermatologists recommend once to twice a week to achieve desired results.

You cannot turn back time, but by choosing natural skin care and herbal facial products you can reverse previous damage and get back that young and flawless skin without worry of harmful chemicals or allergic reactions - just like your ancestors did.

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