

**COURSE 3: Prevention
Medicine, Self Treatment &
Early Intervention with
Chinese Medicine**

**STUDENT INTERACTIVE
WORKBOOK**

**SESSION 8: Skin Health, Anti-
Ageing and self treatment for
Skin problems**

Learning Outcomes

By the end of this 3-hour session, participants will be able to:

1. Describe the roles of the Lungs, Spleen, and Liver in maintaining skin health according to Traditional Chinese Medicine (TCM) principles, including their connections to moisture, pores, and blood nourishment.
2. Identify common skin changes across different life stages and constitutions, such as teenage acne, hormonal acne or rosacea, oily skin, and dry skin, and explain their underlying TCM imbalances.
3. Explain the physiology of hair in TCM, focusing on its links to Blood and Yang, and discuss causes and remedies for issues like dryness, oiliness, and hair loss.
4. Overview of internal and external recipes for skin nourishment, including preparation methods and key benefits.
5. Discuss the properties and applications of specific ingredients like Frankincense Essential Oil (Ru Xiang), Pearl Powder, and Red, Green, and White Clays in TCM-inspired skin care.
6. Demonstrate basic techniques for facial massage using face rollers, acupressure devices, and Guasha tools to support skin appearance and health maintenance.

SKIN – Considerations for healthy Skin

Blood:

Jin-Ye – Moisture

CHANNELS

Acupuncture Points that affect the skin :

For each one note down how /why they might be used:

Acupuncture points for the skin:

- Lung 7 _____
- Lung 9 _____
- St 36 _____
- Sp 9 _____
- Sp 6 _____

- Liver 8 _____
- Liver 3 _____
- Local face points: _____
- _____
- _____

COMMON SKIN PROBLEMS:

Dry skin

TX OF BLOOD DEFICIENCY:

- Meat /Animal based foods
- Bone Broth, Gelatin (Collagen)
- Eggs
- Specific Food-herbs /cooking with CH – Sheng Di, Dang Gui, E Jiao/Beef Gelatin,
- Earth-nourishing root vegetables
- Blood tonic (non animal foods): Berries (Blueberry, raspberry, strawberry), Fresh figs, Beetroot, Purple Cabbage
- Earth-nourishing grains
- Earth/Heart/Moisture nourishing food-herbs – Da Zao, Bai He, Go Qi Zi,

Strategies for dry skin:

Oily Skin

DIET TX OF DAMPNESS

1. Remove dampening foods before trying to add other foods that drain or flush out damp
2. Damp draining foods include things like: Mung beans, Adzuki beans, Coix seeds (Yi Yi Ren), Barley
3. Damp associated with Spleen Qi deficiency needs to be tonified (Strengthen Earth more than drain the dampness) not drained.

teas for damp-heat:

Red Skin

Clays and Face Masks:

Write the clays in order of least to most drawing of impurities:

Acne Masks:

Dead Sea Mud + Rhubarb (Da Huang) Dead sea mud is high in Sulphur . the highest drawing impurities clay

White Clay (Kayolin) is best for which kind of skin?

HAIR

INTERNAL AND EXTERNAL BEAUTY RECIPIES :

All Recipes are from this text that have been translated into English . (Text is in Chinese)
(Chai, 2014)

Heart-Nourishing and Spirit-Calming Porridge

养心安神粥 [Source: Folk remedy]

Ingredients

- 1 cup glutinous rice (糯米)
- 150 g lotus seeds (莲子)
- 50 g lily bulbs (百合)
- 25 g tremella (silver ear fungus, 银耳)
- ½ cup rolled oats (燕麦片)
- A small amount of longan (桂圆 / dried longan flesh)

Preparation Method

1. Soak the tremella until soft, remove the hard yellow core/stem, blanch briefly in boiling water, then cut into small pieces.
2. Peel the longan and set aside (remove outer shell if whole dried longan is used).
3. Wash the glutinous rice and rolled oats; soak the lily bulbs in clean water until soft, then cook until tender.
4. Wash the lotus seeds and soak if needed.
5. Cook the glutinous rice and oats with water until soft and porridge-like.
6. Add the soaked lily bulbs and cook until soft.
7. Finally, stir in the lotus seeds, tremella, and longan flesh. Continue cooking for a short while until everything is well combined. Serve hot.

Usage Divide and eat in the morning and evening (as breakfast and/or a light supper).

Effects (TCM Benefits)

- Glutinous rice tonifies blood and strengthens the spleen.
- Lily bulb calms the heart and spirit (an shen).
- Lotus seed strengthens the spleen and nourishes the heart.
- Tremella nourishes yin and moistens the lungs. Overall: This porridge nourishes the heart, calms the mind/spirit, strengthens the spleen, benefits qi and blood, and moistens yin/lungs — ideal for improving complexion, reducing anxiety/restlessness, and supporting internal beauty through heart and spleen regulation.

Lily Bulb and Silky Chicken Porridge

百合乌鸡粥 [Source: Folk remedy]

Ingredients

- 1 whole silky fowl / black-boned chicken (乌鸡, about 1 small chicken)
- 100 g lily bulbs (百合)
- Appropriate amount of japonica rice / regular long-grain rice (粳米)
- 20 g goji berries (枸杞)
- 50 g red dates (红枣)

Seasonings

- 5 g scallion (葱)
- 4 g ginger (姜)
- 6 g salt (盐)

Preparation Method

1. Clean the silky chicken thoroughly and chop into pieces.
2. Wash the lily bulbs.
3. Wash and slice the ginger; wash and cut the scallion into sections.
4. Rinse the rice until clean and drain.
5. Blanch the chicken pieces in boiling water to remove impurities, then rinse clean.
6. Place the cleaned chicken in a pot, add enough water, bring to a boil, then add the lily bulbs, goji berries, red dates, ginger slices, and rice.
7. Simmer over low heat for about 2 hours until the chicken is tender and the porridge is thick and flavorful.
8. Finally, add the scallion sections and salt to taste. Stir and serve.

Usage Eat as breakfast.

Effects (TCM Benefits)

- Silky chicken nourishes heart blood.
- Lily bulb nourishes the heart and moistens the lungs.
- Japonica rice strengthens the spleen and benefits qi. Together they tonify the spleen, benefit qi and blood, harmonize the organs, and improve symptoms of weakness or deficiency (e.g., fatigue, pale complexion, poor sleep). This combination regulates the whole body, making it especially good for women seeking radiant skin, vitality, and emotional balance through internal nourishment.

Vitamin E Hair Mask

维生素E发膜 [Source: Folk remedy]

Ingredients

- 3 capsules of vitamin E (维生素E)
- 1 egg (鸡蛋)
- Appropriate amount of olive oil (橄榄油)

Preparation Method

1. Crack the egg and separate the egg white (discard or save the yolk for another use).
2. Pierce the vitamin E capsules with a needle and squeeze out the liquid.
3. Mix the vitamin E liquid with the egg white and an appropriate amount of olive oil until well combined.
4. Apply the mixture evenly to clean, washed hair.
5. Cover with a shower cap.
6. Wrap a hot towel over the shower cap (to help penetration).
7. Leave on for about 5 minutes, then rinse thoroughly with water.

Effects This mask makes hair softer and shinier. **Moisturizing Principle** Egg white is rich in protein, which can deeply moisturize and nourish dry hair and scalp, making them softer and more elastic. It is especially suitable for people with dry hair types.

Olive Oil Hair Protection

橄榄油护发 [Source: Folk remedy]

Ingredients

- Appropriate amount of olive oil (橄榄油)

Preparation Method

1. Before shampooing, drop some olive oil onto a comb.
2. Comb through your hair evenly to distribute the oil (focus on the lengths, avoiding the scalp if it's oily).
3. Wrap your hair with a hot towel for a while to allow better absorption.
4. Then shampoo and rinse as usual.

Moisturizing Principle Olive oil contains B-group vitamins and vitamin E, which nourish and moisturize the hair, making it black, shiny, and lustrous. It can also help prevent hair loss, dryness, and split ends.

Olive Oil and Honey Hair Mask

橄榄油蜂蜜发膜 [Source: Folk remedy]

Ingredients

- Appropriate amount of olive oil (橄榄油)
- Appropriate amount of honey (蜂蜜)

Preparation Method

1. Mix half a cup of olive oil with one cup of honey.
2. Stir vigorously until well combined.
3. Let the mixture sit for two days before use (this allows better blending and maturation).
4. When ready to use, apply the mixture to your hair.
5. Use a comb to gently comb through so the mixture coats every strand evenly.
6. Cover your hair with a plastic cap (shower cap) to trap heat and allow deeper penetration.
7. Leave on for about 30 minutes.
8. Rinse thoroughly with water (follow with shampoo if needed to remove residue).

Moisturizing Principle Olive oil is rich in vitamins that nourish the hair. Honey has antioxidant and anti-aging properties, promotes scalp metabolism (new cell turnover), and deeply moisturizes. Together, olive oil and honey effectively improve hair quality, add hydration, softness, and shine, making hair more supple and healthy.

These are gentle, natural hair treatments emphasizing hydration and repair — perfect for dry, damaged, or dull hair. They align with the book's overall theme of beauty from within and without, using simple kitchen ingredients.

Tips for modern use:

- Always do a patch test first (especially with egg white, as some people are sensitive).
- Use raw/unprocessed honey and extra-virgin olive oil for best results.
- For very dry hair, you can leave the olive oil + honey mask on longer (up to 1 hour), but start with shorter times.
- Rinse with cool/lukewarm water to avoid "cooking" the egg white in the first mask.

Remove Eye Bags Small Remedies (除眼袋小偏方)

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Removing Eye Bags Small Remedies

除眼袋小偏方

Eye bags, also called “pouch bags,” refer to swelling and sagging of the tissue under the eyes, appearing like pouches hanging down. For many beauty lovers, eye bags are a very stubborn “enemy.” Completely preventing the appearance of eye bags is unrealistic and impossible. However, with a little attention—cultivating good lifestyle habits, ensuring sufficient sleep, avoiding staying up late—and combining some small remedies, you can effectively delay or prevent the formation of eye bags.

Red Date and Goji Berry Tea

红枣枸杞茶 [Source: Folk remedy]

Ingredients

- 5 g goji berries (枸杞)
- 5 g red dates (红枣)

Preparation Method

1. Rinse the goji berries and red dates separately until clean.
2. Place them together in a glass cup.
3. Pour boiling water over them and cover with a lid.
4. Steep for 5–10 minutes, then drink.

Usage Drink once daily.

Effects (TCM Benefits) Goji berries contain goji polysaccharides, and red dates are rich in vitamin C. Together they can relieve eye fatigue and reduce swelling/puffiness under the eyes, making them helpful for managing eye bags.

Winter Melon, Coix Seed, and Spare Ribs Soup

冬瓜薏米排骨汤 [Source: Folk remedy]

Ingredients

- 50 g winter melon (冬瓜)
- 50 g coix seed / job's tears (薏米)
- 150 g pork spare ribs (猪排骨)

Seasonings

- Salt (to taste)

Preparation Method

1. Rinse the spare ribs, chop into sections, blanch in boiling water to remove blood and impurities, then set aside.
2. Peel the winter melon, rinse, and cut into chunks.
3. Rinse the coix seed and soak in clean water for later use.
4. Add appropriate amount of water to a pot, place in the blanched spare ribs, and simmer slowly over low heat for 2 hours.
5. Add the soaked coix seed and continue simmering for another 30 minutes.
6. Finally, add the winter melon chunks and simmer for 15 more minutes.
7. Season with appropriate salt to taste and serve.

Usage Consume 3–4 times per week.

Effects (TCM Benefits) This formula promotes diuresis and reduces swelling, replenishes nutrition, eliminates puffiness under the eyes (eye bags), and also boosts overall body metabolism and renewal.

These are gentle, everyday TCM-inspired remedies: the tea is quick and antioxidant-rich for daily eye brightening, while the soup is a classic spleen-strengthening, damp-draining dish (winter melon and coix seed are well-known in TCM for reducing fluid retention and edema, including facial puffiness).

Modern Tips (for safe home use):

- Use fresh, high-quality ingredients.
- For the tea: If you prefer stronger flavor, steep longer or lightly crush the red dates before brewing.

- For the soup: Skim any foam during simmering for a clearer broth. This soup is naturally low-fat and hydrating—great as part of a light dinner.
- Consistency matters: TCM remedies like these work best with regular use (weeks to months) alongside good sleep, reduced salt, and gentle eye massages.
- If you have persistent or severe eye bags (e.g., hereditary or due to allergies/thyroid issues), consult a doctor or dermatologist.

Ice Tea Water Eye Compress Method

冰茶水敷眼法 [Source: Folk remedy]

Ingredients

- Appropriate amount of tea leaves (茶叶)
- Several pieces of cosmetic cotton pads (化妆棉)

Preparation Method

1. Brew tea with tea leaves (black tea, green tea, or any plain tea works).
2. Let the tea cool completely.
3. Pour a small cup of the cooled tea into an ice tray or small container and freeze in the freezer for about 15 minutes (until partially frozen or very cold).

Usage Soak a small piece of cosmetic cotton in the iced tea, then apply it directly over the under-eye area (eye bags/puffiness). Leave on for a suitable time (typically 10–15 minutes), then remove.

Effects (TCM & Modern Benefits) Tea leaves contain tea polyphenols, which have strong antioxidant properties and can help prevent skin aging. Tea also resists radiation (especially useful for women who use computers for long periods), inhibits melanin deposition in the skin, reduces allergic reactions, and lightens the degree of puffiness under the eyes (eye bags).

Vitamin E Massage Method

维生素E按摩法 [Source: Folk remedy]

Ingredients

- 1 capsule of vitamin E (维生素E胶囊)

Preparation Method / Usage

1. Take 1 vitamin E capsule and pierce a small hole with a needle.
2. Squeeze out the thick, oily liquid inside.
3. After cleansing the face, apply the vitamin E oil to the under-eye area.

4. Gently massage with your fingertips in circular motions (suitable pressure — not too hard to avoid pulling delicate skin).

Effects (TCM & Modern Benefits) Vitamin E is one of the most important antioxidants. Recent research has also found that vitamin E can inhibit excessive peroxidation reactions in the lens of the eye, dilate peripheral blood vessels, improve blood circulation, and help prevent nearsightedness. For the skin around the eyes, vitamin E effectively reduces eye bags, lightens dark circles, and slows signs of aging — giving a refreshed, youthful appearance to the eye area.

Green Tea Steam Eye Method

绿茶水蒸眼法 [Source: Folk remedy]

Ingredients

- 10 g green tea leaves (绿茶叶)

Preparation Method / Usage

1. Place the green tea leaves in a cup.
2. Pour boiling water over them to brew a strong cup of green tea.
3. While the tea is still hot (but not scalding), hold the cup close to your eyes so the warm steam rises and gently envelops the eye area.
4. Open your eyes wide to let the steam reach the eyes and surrounding skin.
5. Move the cup to cover different angles around the eyes, then switch to the other eye.
6. Repeat several times (5–10 minutes total is ideal).
7. You can also use the cooled green tea as a face wash afterward for added benefits.

Effects (TCM & Modern Benefits) This method relieves eye fatigue and helps regulate/reduce eye bags. Additionally, washing the face with green tea can remove facial oiliness, cleanse pores, disinfect, sterilize, resist skin aging, and provide radiation protection. It is especially suitable for long-term computer users.

These three remedies are gentle, low-cost, and align with the book's theme of natural, internal + external beauty care:

- **Ice tea compress** → Cooling + antioxidant to reduce swelling.
- **Vitamin E massage** → Nourishing + circulation boost for anti-aging.
- **Green tea steam** → Warming steam + polyphenols for detoxification and brightening.

Modern Safety Notes

- For the ice tea compress: Ensure it's cold but not painfully icy; test temperature on your wrist first.

- Vitamin E: Use pure capsules (not mixed lotions); patch test on inner arm first, as some people are sensitive. Avoid getting oil directly in the eyes.
- Green tea steam: Keep a safe distance to avoid burns; do not use if you have very sensitive eyes or conditions like blepharitis without consulting a doctor.

Essential Oil Massage Method

精油按摩法 [Source: Folk remedy]

Ingredients

- 1 drop frankincense essential oil (迷迭香精油 / rosemary essential oil — note: in some contexts 迷迭香 is rosemary, but here it may refer to frankincense/myrrh family; confirm label)
- 1 drop rose essential oil (玫瑰精油)
- Appropriate amount of cooled boiled water (冷开水)

Preparation Method

1. Take a clean small basin and add an appropriate amount of cooled boiled water.
2. Add 1 drop of frankincense essential oil and 1 drop of rose essential oil into the water.
3. Stir gently to mix evenly.

Usage

1. Soak a clean towel (or cotton pad) in the mixed water to absorb the solution.
2. Wring out the towel slightly so it is damp but not dripping.
3. Apply the damp towel over the eye area (under-eye bags/puffiness).
4. Leave on for about 15 minutes, then remove.

Effects (TCM & Modern Benefits) Frankincense essential oil strongly firms and tightens skin, resists wrinkles, regulates skin texture, and promotes blood circulation. Rose essential oil can fade spots internally and externally, promote melanin breakdown, improve dry skin, and restore skin elasticity. Together they help reduce under-eye puffiness, improve circulation, and give the delicate eye area a firmer, brighter appearance.

Salt Water Eye Mask to Remove Eye Bags

盐水眼膜去眼袋 [Source: Folk remedy]

Ingredients

- Appropriate amount of salt (盐)
- 2 pieces of cosmetic cotton pads (化妆棉)

Preparation Method

1. Take a clean small basin and add an appropriate amount of hot water.
2. Add suitable salt to the hot water and stir until fully dissolved.
3. Cut the cosmetic cotton pads into the shape of eye masks (to fit under the eyes).
4. Soak the shaped cotton pads in the warm salt water.

Usage

1. Take the soaked cotton pads and apply them directly under the eyes (over eye bags/puffiness).
2. Leave on for 10–15 minutes.
3. Remove and gently pat the area dry (no need to rinse unless it feels sticky).

Effects (TCM & Modern Benefits) Salt helps draw out waste and excess fluid from the body, promotes new skin metabolism, and has a certain effect on reducing eye bags and puffiness by reducing localized fluid retention.

Papaya and Mint Tea Eye Compress Method

木瓜薄荷茶敷眼法 *[Source: Folk remedy]*

Ingredients

- Appropriate amount of papaya (木瓜)
- Appropriate amount of mint leaves (薄荷叶)
- 1 sheet of facial mask paper (面膜纸 / compressed mask sheet)

Preparation Method

1. Wash the papaya, peel it, remove the seeds, and cut into chunks.
2. Wash the mint leaves.
3. Place the papaya chunks and mint leaves together in a cup.
4. Pour hot water over them to brew a tea (let it steep until the water takes on flavor and color).

Usage

1. Let the tea cool to a comfortable warm temperature (not hot).
2. Soak the facial mask paper in the papaya-mint tea.
3. Apply the soaked mask paper directly over the eye bag area.
4. Leave on for about 15 minutes, then remove.

Effects (TCM & Modern Benefits) This method has a strong de-puffing (anti-swelling) effect. It not only relieves eye fatigue and releases pressure/tension around the eyes, but also has excellent results in treating and reducing eye bags by promoting fluid drainage and soothing inflammation.

These remedies continue the book's gentle, natural approach to eye care:

- **Essential oil compress** → Aromatherapy + circulation for firming.
- **Salt water compress** → Osmotic drainage for quick de-puffing.
- **Papaya-mint tea compress** → Cooling, anti-inflammatory, and detoxifying.

Modern Safety Notes

- Essential oils: Always dilute properly (as done here in water) and patch-test first — never apply undiluted near eyes. Rosemary/frankincense can be irritating for sensitive skin.
- Salt water: Use non-iodized or sea salt if possible; avoid if you have open cuts or very sensitive skin (can sting).
- Papaya-mint: Papaya enzymes are gentle exfoliants — great for puffiness but rinse well if any residue remains. Use cooled tea only to avoid burns.

Potato Eye Bag Compress

土豆敷眼袋 [Source: Folk remedy]

Ingredients

- 1 potato (土豆)

Preparation Method

1. Wash the potato thoroughly and peel it.
2. Cut two thin slices for immediate use.
3. The remaining potato can be wrapped tightly in plastic wrap and stored in the refrigerator for later use.

Usage

1. After cleansing the face, place the potato slices directly over the eye bag/puffy areas.
2. Leave on for about 20 minutes, then remove.
3. Gently massage the under-eye area with your ring finger (无名指) to help absorption of the nutrients.
4. Massage lightly and repeatedly until the skin feels the potato's cooling and nourishing effects fully absorbed.

Effects (TCM & Modern Benefits) Potato has a strong water-absorbing property and helps lock in nutrients. It is particularly effective for eliminating eye-area swelling (eye bags/puffiness). When using, be sure to perform gentle, repeated massage so the eye skin fully absorbs the potato's nourishing components — only then can you achieve the best results.

Alternating Hot Towel and Cold Spoon Eye Compress

热毛巾与冷汤匙交替敷眼 [Source: Folk remedy]

Ingredients

- 1 clean towel (毛巾)
- 1 soup spoon (汤匙 / tablespoon)

Preparation Method / Usage

1. After cleansing the face, soak the towel in hot water, wring it out until damp (not dripping).
2. Place the hot towel over the eye area to accelerate blood circulation around the eyes.
3. Place the soup spoon in the freezer's cold compartment (not the freezer itself to avoid it becoming too cold and damaging delicate eye skin).
4. Use the chilled spoon for cold compress — apply it to different areas: eye corners, lower eyelids, upper eyelids, and temples (solar plexus / Taiyang acupoint area).
5. Alternate between hot towel and cold spoon several times.

Usage This method can be used daily.

Effects (TCM & Modern Benefits) The alternating hot and cold stimulates blood circulation, effectively relieves visual fatigue, and has a very noticeable regulating effect on eye bags/puffiness. Results are clear and visible with consistent use.

Cucumber Hydrating Eye Mask

黄瓜滋润眼膜 [Source: Folk remedy]

Ingredients

- 15 g cucumber (黄瓜)
- 5 dried rose buds/flowers (干玫瑰花)

Preparation Method

1. Soak the dried rose buds/flowers in a small amount of boiling water until soft, set aside.
2. Wash the cucumber thoroughly and slice it.
3. Place the softened rose water (with the roses) and cucumber slices together in a blender.
4. Blend into a smooth paste/mask consistency.

Usage

1. After cleansing the face, apply the cucumber-rose paste to the under-eye area and around the eyes.
2. Cover with cosmetic cotton pads (or gauze) to prevent dripping.
3. Leave on for 15–20 minutes.
4. Rinse off gently with clean water.

Effects (TCM & Modern Benefits) This mask effectively relieves eye fatigue and discomfort. It has excellent results in reducing fine lines around the eyes and eye bags/puffiness by hydrating, soothing, and promoting circulation in the delicate eye area.

These three remedies are classic, easy-to-make home treatments:

- **Potato slices** — Cooling, de-puffing, and nutrient-locking (a timeless favorite for quick relief).
- **Hot/cold alternation** — Improves microcirculation and reduces fluid buildup.
- **Cucumber-rose mask** — Deeply hydrating and calming, with rose adding mild astringent and antioxidant benefits.

Modern Tips

- Always use fresh, organic potatoes/cucumbers if possible.
- For the potato compress: Chill the slices in the fridge first for extra cooling effect.
- Hot/cold alternation: Ensure the spoon is cool but not icy; wrap in a thin cloth if too cold.
- Cucumber-rose: Blend smooth to avoid chunks; patch test rose if you have sensitive skin (rarely irritating).
- Use these 3–5 times per week for best results, combined with good sleep and reduced screen time/salt intake.

Removal of Red Blood Vessels/Spider Veins Small Remedies (祛除红血丝小偏方)

Mung Bean and Lily Bulb Facial Mask

绿豆百合面膜 [Source: Folk remedy]

Ingredients

- 20 g mung beans (绿豆)
- 10 g lily bulbs (百合)
- 10 g rose flowers (玫瑰花)
- Appropriate amount of honey (蜂蜜)

Preparation Method

1. Soak the mung beans until soft, remove the skins, dry them in the sun (or low-heat oven), then grind into a fine powder.
2. Grind the lily bulbs and dried rose flowers into powder separately.
3. Mix the three powders in a 2:1:1 ratio (mung bean : lily : rose).
4. Add appropriate honey and a little water to form a smooth, spreadable paste.

Usage After cleansing the face, apply the mask evenly. Use consistently for 1 month.

Effects (TCM Benefits) This mask clears heat and detoxifies, strengthens the skin's resistance, and effectively improves symptoms of red blood vessels / couperose.

Suitable Skin Type Sensitive skin.

Sweet Chrysanthemum and Rose Facial Mask

甘菊玫瑰面膜 [Source: Folk remedy]

Ingredients

- 10 g sweet chrysanthemum flowers (甘菊 / chamomile)
- 1 drop rose essential oil (玫瑰精油)
- 5 g olive oil (橄欖油)

Preparation Method

1. Rinse the chamomile flowers, then steep them in a small amount of boiling water for 15 minutes.
2. Strain out the liquid (chamomile infusion).
3. Mix the chamomile tea with 1 drop rose essential oil and 5 g olive oil until well combined.
4. Soak a sheet of facial mask paper in the prepared liquid.

Usage After cleansing the face, apply the soaked mask sheet to the face. Leave on for 10–15 minutes, then rinse off with water.

Effects (TCM Benefits) This mask has calming, soothing, and relaxing properties. It can effectively improve sensitive skin with visible red blood vessels / couperose.

Suitable Skin Type Sensitive skin.

Osmanthus Flower and Tangerine Peel Drink

桂花橘皮饮 [Source: Folk remedy]

Ingredients

- 50 g watermelon seeds (西瓜子)
- 200 g osmanthus flowers (桂花)
- 100 g tangerine peel / dried mandarin peel (橘皮)

Preparation Method

1. Shell the watermelon seeds, keeping only the kernels.
2. Mix the watermelon seed kernels with osmanthus flowers and tangerine peel.
3. Grind the mixture into a fine powder.

Usage After meals, take 1 spoonful of the powder, mix it with warm rice soup (or warm water) to form a paste, and swallow. Use 3 times daily. Continue consistently for 1 month to see visible results.

Effects (TCM Benefits) This drink moisturizes and nourishes the skin, making the complexion white, tender, and smooth.

Suitable Skin Type Suitable for all skin types.

Mung Bean and Milk Whitening Facial Mask

绿豆牛奶美白面膜 [Source: Folk remedy]

Ingredients

- 15 g mung beans (绿豆)
- 50 g milk (牛奶)

Preparation Method

1. Grind the mung beans (with or without soaking first) into a fine powder.
2. Place the mung bean powder in a small bowl or mask dish.
3. Slowly pour in the milk while stirring continuously to form a smooth, even paste (adjust milk amount for desired consistency — not too runny).

Usage After cleansing the face, apply the mask evenly from the chin upward to both cheeks, nose, and forehead. Leave on for about 30 minutes, then rinse off. Use once per week; for very dry skin, reduce to once every 10 days.

Effects (TCM Benefits) Mung beans clear heat and detoxify; milk nourishes and beautifies the complexion. This mask has cooling, calming, and whitening effects on the skin.

Suitable Skin Type Suitable for all skin types.

Pearl Powder Facial Mask

珍珠粉面膜 [Source: Folk remedy]

Ingredients

- 5 g pearl powder (珍珠粉)
- 2 tablespoons honey (蜂蜜)

Preparation Method

1. Grind pearl (or use ready-made pearl powder) into a fine powder if not already processed.
2. Place the pearl powder in a small bowl or mask dish.
3. Add honey and a little clean water.
4. Stir thoroughly until it forms a smooth, spreadable paste.

Usage After cleansing the face, apply the mask evenly to the face. Leave on for 10 minutes, then rinse off with clean water. Use 2–3 times per week.

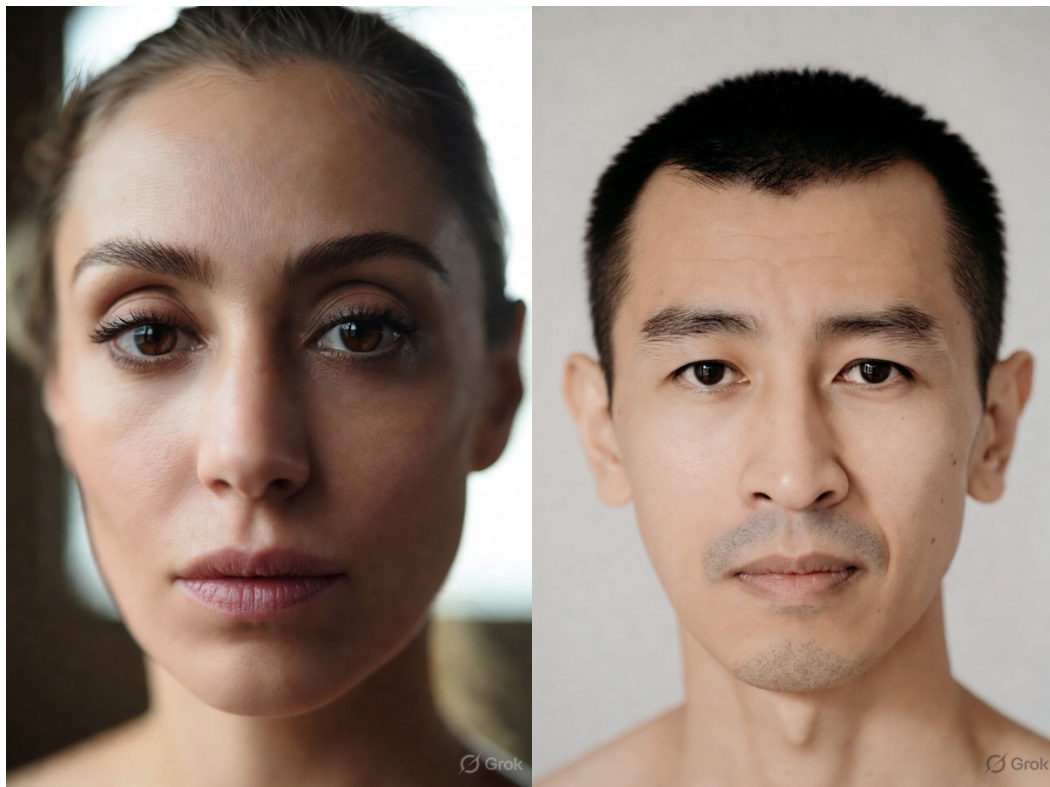
Effects (TCM Benefits) This mask whitens and tenderizes the skin, enhances the vitality and activity of surface skin cells, and helps delay skin aging.

Suitable Skin Type Suitable for all skin types.

FACIAL MASSAGE

- Practical demonstration using finger pressure only
- Using face roller(s) and Guasha.

You can chart the common points on these pictures of a random face (AI Generated not a real person):



Notes on facial massage routines:
