

KINAROME

ESSENTIAL OIL TREATMENT PROTOCOLS

SCARS, BURNS & WOUNDS: SKIN REPAIR & REGENERATION

THE SKIN: STRUCTURE & FUNCTION

The structural anatomy of the skin reveals three layers: The **epidermis** (outermost layer, the *only* layer capable of regeneration), the **dermis** (made up of protein, fats and water, and where blood vessels, nerves, sweat glands and hair follicles are situated), and the **hypodermis** (tissue where larger blood vessels and nerves are located and where body temperature is regulated). In addition to regulating fluid and temperature, the skin forms a protective barrier against bacteria, fungus, virus and parasites and, due to this function, is considered to be an integral part of the immune system. Trauma to the skin due to burns, wounds, animal bites, surgery or acne leaves ample opportunity for infection, scars, discoloration and poorly healed tissue.

SCARS & BURNS

Understanding the two types of scars and the three types of burns will inform proper care and treatment

Scars are formed upon injury to the skin and this is how the body attempts its repair. However, scar tissue is inferior to the original, uninjured skin in that it is much more susceptible to ultraviolet (UV) rays and, without proper healing, hair follicles and sweat glands may be permanently damaged. **Hypertrophic scars** are typically superficial and, depending on location, depth and age of the individual, may heal completely with little or no trace given a little time. **Keloid scars** often result from surgery, acne, chicken pox, poison oak, weight gain or loss, piercings or more serious wounds and are caused by the overproduction of collagen protein that can continue to grow, into non-cancerous though unsightly tumors. Scars can be raised or pitted, as seen in acne or chicken pox, but the underlying fat, glands and musculature remain deficient.

Burns are classified by which skin layers are affected. The deeper the burn, the more critical intensive care and treatment are required. **First-degree burns** (like sunburn) occur in the epidermis and are prone to redness, inflammation and tenderness to touch. **Second-degree burns** reach the dermis where swelling and blistering usually occurs. **Third-degree burns** destroy all three skin layers and may damage underlying blood vessels, nerve fibers and even bone. The danger at this level of burn is that the ability for the skin to resist infection is greatly compromised and with easy entry for microorganisms, the chances for systemic infection are very high. Untreated, burns may worsen and skin and underlying tissue can sustain permanent damage.

But beyond what science tells us about the skin, this precious bodily envelope contains safely within its boundaries our vital organs, the pulse, rhythm and flow of the interior river of blood, the solid construction of mineral-rich bone, an exquisitely sensitive nervous system, an assortment of intricate musculature, a highly evolved and remarkably complex brain, all of which rely considerably on the integrity of the skin. It might also be reasoned that the skin holds our thoughts and dreams, inventions, insights, hopes and fears as well, for these in fact originate within us even though they are invisible to the eye. Take care of your skin.

CONVENTIONAL TREATMENT OF SCARS & BURNS

To improve the appearance of scars, dermatologists use techniques such as collagen, silicon and steroid injections, dermabrasion, laser surgery and radiation even though there is consensus that skin damage and long-term side effects pose significant risks. Simple, first-degree burns may be easily treated at home with traditional remedies such as Aloe Vera, ice packs or, most effectively, with undiluted Lavender essential oil. Most pharmaceutical preparations for simple burns are in a base of propylene glycol, petroleum jelly or a synthetic wax – none of which allow the skin to breathe, stretch or heal in a manner that won't produce a scar. Third-degree burns should be treated by a medical professional in a sterile, germ-free environment.

WHOLISTIC TREATMENT OF SCARS & BURNS

Whether the skin is damaged by illness (chicken pox, poison oak, acne, etc.), heat (fire, sunburn, chemical burn, etc.) or by penetration (cuts, abrasions, surgery, puncture wounds, etc.) the healing of the dermal layers can be effectively treated by natural means. Elemental requirements of the skin are water (hydration), oil (lubrication) and nourishment (enriched blood supply). It is important to maintain and support these elemental needs in order to achieve complete skin regeneration with little or no scarring,

KINAROME REGENERATION OIL employs certified organic essential oils and cold-pressed vegetal oils chosen not only for their lubricant qualities but also for their exceptional capacity for skin repair and vigorous regenerative action. This formula also boasts superior anti-infectious activity and is safe and painless to use even on open wounds. If a daily treatment protocol is followed, skin repair is dramatic and, in most cases, heals with no scar, no discoloration and may even leave hair follicles intact. In some cases even old scars are diminished over longer-term use.

• Helichrysum (<i>Helichrysum italicum</i>)	regenerative, anti-infectious, anti-bruise
• Rosemary verbenone (<i>Rosmarinus off. verb.</i>)	regenerative, anti-infectious
• Spike Lavender (<i>Lavandula spica</i>)	regenerative, anti-infectious, analgesic
• Mugwort (<i>Artemisia herba alba</i>)	regenerative, anti-infectious
• Sage (<i>Salvia officinalis</i>)	regenerative, anti-infectious
• Calophyllum Oil (<i>Calophyllum inophyllum</i>)	regenerative, heals tissue, lubricating
• Rose Hip Seed Oil (<i>Rosa rubiginosa</i>)	regenerative, heals tissue, lubricating
• Hemp Seed Oil (<i>Cannabis sativa</i>)	Omega fats nourish tissue, lubricating
• Sunflower Oil (<i>Helianthus annuum</i>)	lubricating

USING KINAROME REGENERATION OIL

FOR NEW SCARS: Make sure wound is clean. Apply **KINAROME REGENERATION OIL** soon and often, 2-3x/day. Apply fresh bandage. Reduce frequency as skin healing improves.

FOR OLD SCARS & STRETCH MARKS: Massage area once per day with **KINAROME REGENERATION OIL**. A green clay poultice (clay & spring water to thin) may be applied 2-3x/week to activate and accelerate the reabsorption (disappearance) of a scar over time. Clay aids restoring normal coloration to the skin.

FOR BURNS: This oil can be applied as soon as bandages (if any) are removed. Immerse a soft sea sponge in cool water and 1 drop each of Lavender and Tea Tree essential oils. Squeeze out excess liquid and gently sponge the area to disinfect, ease pain and to soften the tissue. Completely cover the area with **KINAROME REGENERATION OIL** and replace with a fresh bandage. Serious burns should be covered with a light, non-stick gauze and thin, paper surgical tape for easy, pain-free removal.