



BETTER THAN BOTOX

Posted on January 17, 2023 by Nina Phillips

Young-looking skin can be difficult to achieve. Some people rely on Botox, but it has a lot of harmful side effects and doesn't really help in the long run.

If you want something that is safe, natural and easy to use daily in the comfort of your own home, look towards plants. There are plenty of plants that have been around since ancient times and are well known to help soothe the face and have anti-aging properties.

Purpose of Botox

Botox is a drug made from a toxin produced by the bacterium *Clostridium botulinum*. It's the same toxin that causes a life-threatening type of food poisoning called botulism. This bacterium is injected into the body, usually around specific muscles on the face. These injections last about three to six months before you have to get another.

The primary purpose of Botox is to help reduce wrinkles and other aging features on the face. However, it does have other medical purposes like helping to reduce underarm sweat, uncontrollable blinking, migraines, overactive bladders, muscle spasms, and eyes that face different directions.

Why Is Botox Bad?

Botox has a lot of different side effects that make it not ideal to inject consistently.

Has Side Effects

Some of the [common side effects](#) of Botox, especially when used constantly for a long time are:

- Pain
- Headache or flu-like symptoms
- Droopy eyelids
- Drying of the eyes
- Crooked smile
- Upset stomach
- Numbness near the injection site
- Weakness

More serious, but [rare side effects](#) include:

- Problems with vision
- Difficulties speaking or swallowing
- Struggles with breathing

- No control in the bladder

Will Actually Age You

On top of these medical side effects of using Botox, there are other issues as well. One is that most people often believe Botox to be an anti-aging measure and use it at an early age to prevent any issues.

However, using Botox regularly can actually make your muscles weaker over time. Consistent use leads to weak muscles and causes your skin to become thinner and loose. This means that, over time, you may have a face that actually looks older rather than younger.

Since your muscles become weaker, they won't be able to work as well as they should. You may find yourself not being able to recreate the same movements you did before. For example, you might not be able to smile as easily or scrunch your nose.

Doesn't Completely Eliminate Wrinkles

Botox cannot fill in deep wrinkles and most likely, will not completely smooth them out. Botox is most commonly used to treat frown lines, crow's feet (lines around the eyes), and forehead lines. Botox will not treat wrinkles caused by sun damage or gravity.

Plants That Serve the Same Purpose

Thankfully, there are plenty of natural remedies that work better than Botox and are safer to use.

Frankincense (*Boswellia carterii*)

Frankincense is a great addition to any skincare routine. It is an astringent, so it helps to protect the skin and reduce acne and blemishes. When you use frankincense oil on the face, you can pay special attention to places that wrinkle and sag, like under the eyes, around the neck, and near the edges of the eyes and mouth.

Maple Leaf (*Acer rubrum*)

Maple has a lot of benefits in all parts of the plant, from the sap to the bark. The leaves in particular have been found to contain phenols, that prevent the production of elastase. Elastase is an enzyme that breaks down elastin in the body.

Elastase reduces the elasticity of the body and can cause wrinkles, freckles, and age spots. While red maple leaf extract can help the skin retain elasticity, it cannot address existing wrinkles, so it's

best used as a preventative. Some [studies](#) suggest that putting maple leaf into face lotions could have a lot of promise.

Myrrh (Commiphora Myrrha)

Myrrh is another plant that works well in oil form, both for scars and wounds. It has been used as far back as the Egyptians for healthy skin.

Myrrh oil not only has antibacterial properties, but it also detoxifies. Massaging the oil into the skin helps your body produce more elastin and collagen, which naturally tighten your skin. This means that Myrrh essential oil fights aging signs like fine lines and wrinkles.

Hibiscus (Hibiscus)

[Hibiscus](#) has a lot of benefits for the body. It helps to produce collagen for one. [Collagen](#) is a protein that is vital for many parts of the body, including skin, bones, ligaments, tendons, and more. Collagen also increases how hydrated and elastic your skin is, which reduces wrinkles and dry skin as you age.

Hibiscus can also prevent the breakdown of your skin's elasticity by increasing elastin production in the body. Elastin is constantly being broken down, so having a constant supply can help reduce wrinkles and even fight against skin cancer.

Another benefit of hibiscus is that it is rich in antioxidants. This helps to combat free radicals in the body. Free radicals are essentially pollution that leads to skin aging. The specific antioxidants that the body produces are anthocyanosides. They also help to prevent inflammation and large pores on the skin.

Putting hibiscus into facial scrubs or masks can help to prevent signs of aging and improve elasticity.

Mafana (Acmella Oleracea)

[Mafana](#) is also known as Biotulin. It is a cream that works very similarly to Botox, but it doesn't require injections and there are far fewer side effects. It is often referred to as vegetable Botox due to its beneficial similarities.

This plant is an anesthetic and anti-inflammatory so it helps to reduce wrinkles and prevent any future wrinkles. This is due to an amide it has.

Sandalwood (Santalum Album)

Sandalwood is another antioxidant. Most people find they enjoy mixing [sandalwood powder](#) with rosewater to create a paste. Red sandalwood is best for the face, but is hard to get in powder form. However, you can also use it as an oil or soap.

Due to its antioxidant properties, it works to reduce wrinkles and eliminate free radicals. This was another product that has been used a lot by older civilizations to improve their complexion.

Coconut (Cocos Nucifera)

Coconut is ideal for hydration and reducing fungus and bacteria on the face. Coconut works to trap moisture and create a barrier that soothes rough and dry skin. The anti-fungal and anti-bacterial properties can also help calm the skin when irritations occur, making it feel and look better.

Cold pressed coconut oil is the way to use it.

Gotu Kola (Centella asiatica)

The skin tightening herb with uses and benefits that increase collagen production and firmness. Gotu Kola is an herb that's been traditionally used in Asia for its heal-all abilities. Gotu Kola can be consumed or applied to your skin & hair topically, as it is available in the form of capsules, powder, shampoos, ointments, and soaps in Ayurvedic markets.

Babchi (Psoralea corylifolia)

Native to India and derived from the seeds of the *Psoralea corylifolia* plant, bakuchiol has been used in traditional Chinese and Ayurvedic skincare remedies for centuries.

Bakuchiol functions similarly to retinol, increasing cell turnover and thereby stimulating collagen production. It helps diminish signs of aging, such as fine lines, wrinkles, skin laxity, and overall photodamage.

Cherry blossom (Prunus avium)

Cherry blossoms are extremely high in antioxidants that help mop up skin-damaging free radicals. These pretty petals are also a storehouse of essential fatty acids that help repair the skin's natural barriers and promote a smooth, supple complexion.

Cherry blossoms boost collagen synthesis, which increases skin elasticity and improves the appearance of pores.

Vanilla (*Vanilla Planifolia*)

[Vanilla](#) is high in B vitamins and is anti-inflammatory and antioxidant. This helps you keep an even complexion and protects against environmental damage. It can also soothe your skin due to its ability to reduce irritations. Vanilla essential oil is the most common way to use it.

Make sure to dilute essential oils with carrier oil before applying them topically. The most used carrier oils are sweet almond, cold-pressed coconut, grapeseed, jojoba, and olive oil.

The Bottom Line

When people use Botox, they are often looking for a magical cure that will erase wrinkles. While Botox can help with this, if used for a long time, it can actually make your face look older, rather than younger.

Using some of these collagen-boosting plants to keep your face plump and hydrated is key to preventing wrinkles and fine lines.

You may also like:

[**8 Surprising Ways to Use Pomegranate to Heal From Inside Out**](#)

[**20 Toxic Ingredients to Avoid in Your Beauty Products**](#) (Video)

[**How to Make a Healing Soap for Eczema and Skin Rashes**](#)

[**Homemade Pumpkin Seed Oil for Hair Growth**](#)

[**Beat Dry Winter Skin with This Homemade Salve**](#)

Comments



Lori - 2023-01-26 15:39:42

I love all the suggestions for anti-aging, however, it would be nice if there were an option to already buy a product that was already made. I certainly would buy it!



Donna - 2023-01-22 18:04:10

does it matter how many drops of each. Been using regenerating skin nectar skincare recently but Do have those essential oils from dot era.



Pam - 2023-01-20 17:59:22

Hi Alana and others. After reading all of the current replies I took a couple of photos of just two of my favourite books on herbs, essential oils and recipes. I was going to put them up here to show you however, I can't find a way to get them on. I have several books that I use, these two are my recent favourites... "BEGINNERS GUIDE TO ESSENTIAL OILS AND TINCTURES" by Kate Wyatt, DIY Natural Remedies with Herbs, Aromatherapy Recipes, Infused Oils, "HERBAL REMEDIES HANDBOOK" by Andrew Chevallier. I have lots more including The Lost Herbs book that I always refer back to it's a great book to have on the shelf. Rosemary Gladstars books are fabulous too. I grow all of my own medicinal herbs and purchase the herbs already dried that don't survive well in the cold winters here. As mentioned in this post, you need to use your essential oils in a carrier oil, another carrier oil I use is "fractionated coconut oil" which is my MCT oil even Grape seed oil however, grape seed oil doesn't really have a long shelf life, I still get a year out of it but it's not as long lasting as others. I make my own skin care salves, creams and oils out of my garden herbs, I dry them before I use them, once dried I can store them on the shelf in glass (BPA free) jars until I need them then I either individually put them in my oil of choice and leave them for up to 6 to 8 weeks allowing the oil to extract them or I make a blend of dried herbs in the one jar together. You can also extract with alcohol like vodka it just depends what you will be doing with the end result eg: ingestion or application to skin etc. I made a beautiful lavender leaf only, no flower infused in grape seed oil that I use a few drops of on my face at night and sometimes in the morning, I added some lavender EO and some frankincense and myrrh. My goodness! What a beautiful feeling blend that turned out to be. You can find these books on the net if you want to buy them.



The Lost Herbs – 2023-01-20 08:28:26

Hello LeeAnne, Thank you for your interest in home remedies! The article below is a good resource of information regarding essential oils, carrier oils, and how to mix them: <https://www.healthline.com/health/carrier-oil#mix-with-essential-oils> Many blessings and good health!



The Lost Herbs – 2023-01-20 08:03:57

Hi Simone, Thank you for your interest in our article! Although this article does not mention specific recipes, we have several articles that might interest you, as they describe skin care home remedies that have anti-aging properties, among many other benefits. We recommend checking them out:

<https://thelostherbs.com/garden-homemade-salve-for-wrinkles/>

<https://thelostherbs.com/10-herbal-remedies-to-delay-aging/>

<https://thelostherbs.com/diy-arnica-salve-for-age-spots/>

<https://thelostherbs.com/50-amazing-uses-for-honey-you-didnt-know-about/>

<https://thelostherbs.com/50-uses-of-avocado/>

<https://thelostherbs.com/organic-homemade-ultra-moisturizing-cream-for-face-and-body/>

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<https://thelostherbs.com/use-this-plant-to-reverse-hyperpigmentation/>

<https://thelostherbs.com/diy-calendula-eye-balm/>

<https://thelostherbs.com/diy-chlorophyll-extract/> Many blessings and good health!



The Lost Herbs – 2023-01-20 08:02:46

Hello Gloria, Thank you for your interest in our article! Although this article does not mention specific recipes, we have several articles that might interest you, as they describe skin care home remedies that have anti-aging properties, among many other benefits. We recommend checking them out:

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<https://thelostherbs.com/diy-chlorophyll-extract/> Many blessings and good health!



The Lost Herbs – 2023-01-20 07:32:58

Hi Laura, Thank you for your interest in our article! Although this article does not mention specific recipes, we have several articles that might interest you, as they describe skin care home remedies that have anti-aging properties, among many other benefits. We recommend checking them out:

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The Lost Herbs – 2023-01-20 07:32:00

Hi Nat, Thank you for your kind words! We're happy to hear you enjoy our articles. Many blessings and good health!



The Lost Herbs – 2023-01-20 07:30:44

Hi Terry, Thank you for your interest in our article! Although this article does not mention specific recipes, we have several articles that might interest you, as they describe skin care home remedies that have anti-aging properties, among many other benefits. We recommend checking them out:

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The Lost Herbs – 2023-01-20 07:28:57

Hi Cheri, Thank you for your interest in this article! You can find them online on Amazon, Etsy, and many health stores. It is best to use Google to find one that delivers to your area. Many blessings and good health!



The Lost Herbs – 2023-01-20 07:26:53

Hello Jackie, Thank you so much for supporting our work! We're glad to hear you like the book! Although this article does not mention specific recipes, we have several articles that might interest you, as they describe skin care home remedies that have anti-aging properties, among many other benefits. We recommend checking them out:

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The Lost Herbs – 2023-01-20 07:24:09

Hello Pat, Thank you so much for your valuable feedback. It's very important for us and we promise we'll put it to good use for future posts. Although this article does not mention specific recipes, we have several articles that might interest you, as they describe skin care home remedies that have anti-aging properties, among many other benefits. We recommend checking them out:

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The Lost Herbs – 2023-01-20 07:22:43

Hello Allana, Thank you so much for your valuable feedback. It's very important for us and we promise we'll put it to good use for future posts. Although this article does not mention specific recipes, we have several articles that might interest you, as they describe skin care home remedies that have anti-aging properties, among many other benefits. We recommend checking them out:

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The Lost Herbs – 2023-01-20 07:20:46

Hi Susan, Thank you so much for your valuable feedback. It's very important for us and we promise we'll put it to good use for future posts. I'm afraid that for the moment we do not have a book dedicated to skin care recipes, but we recommend *The Lost Book of Herbal Remedies* by Nicole Apelian, which you can find in our Store. It provides a well-organized guide to medicinal plants. It has instructions on how to identify and harvest plants, how to make teas, decoctions, oil infusions, salves, tinctures and more. For each plant in the book, you'll find a thorough description on its edible and medicinal use. The book comes with both a Medicinal Reference Guide, as well as an Appendix; making it easy for you to find any plant or illness remedy you're interested in. Although this article does not mention specific recipes, we have several articles that might interest you, as they describe skin care home remedies that have anti-aging properties, among many other benefits. We recommend checking them out:

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The Lost Herbs – 2023-01-20 07:04:52

Hi Judith, Thank you so much for your valuable feedback. It's very important for us and we promise we'll put it to good use for future posts. Although this article does not mention specific recipes, we have several articles that might interest you, as they describe skin care home remedies that have anti-aging properties, among many other benefits. We recommend checking them out:

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The Lost Herbs – 2023-01-20 07:00:38

Hello Janet, Thank you for purchasing The Lost Book of Herbal Remedies! An email from support@thelostherbs.com has been sent to you regarding your order. Many blessings and good health!



The Lost Herbs - 2023-01-20 06:53:47

Hello Sandro, Thank you so much for your constructive feedback. It's extremely appreciated and we promise we'll put it to good use. Although this article does not mention specific recipes, we have several articles that might interest you, as they describe skin care home remedies that have anti-aging properties, among many other benefits. We recommend checking them out:

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Bibbykat - 2023-01-18 19:01:26

So agree .. given great information .. BUT ... how does one use these herbs. ???



LeeAnne - 2023-01-18 10:38:44

Thank you for the tips on which oils to use. It would be very beneficial to know what dilution to use these oils directly on the skin. Without this info included in the article I am concerned many will apply them undiluted and cause harm. Can you please provide this critical information?



CK - 2023-01-18 08:57:24

Make sure you check out which version you ordered- book or electronic version. I dealt with the same issue. I was refunded after I mistakingly order the electronic version.



Simone - 2023-01-18 08:00:47

I'd love to be able to make this. Where do I get the recipe and products? How do I use it also?



Janice Weinstein – 2023-01-17 21:46:11

I was thinking the exact same thing! I found it so interesting I would love some recipes for the face!



Gloria – 2023-01-17 16:04:37

I was thinking the same as most making comments I would love the recipe for the right amounts. Love the thought of making my own moisturizer and chemical free serum.



Laura – 2023-01-17 16:02:36

great info! was also hoping for recipes!



Nat – 2023-01-17 15:47:35

Amazing, love your content.



Terry – 2023-01-17 13:54:15

Recipes please.



Jackie Devereaux – 2023-01-17 13:13:50

I, too, would like a recipe. I purchased your book but my elderly teachers liked it so much I gave it to them. Now, I have to order another book.



Cheri Merz – 2023-01-17 12:32:12

I'd like to know where to get these oils.



Les - 2023-01-17 12:22:17

Do you have a recipe for migraines?



Pat Summers - 2023-01-17 12:01:17

Recipes please!



Allana - 2023-01-17 11:51:13

Great info, but yes it would be nice to have a few recipes on how to use these plants for skincare. Thanks ☺



Debbie Wilkerson - 2023-01-17 11:43:05

Interesting, would love to make my own skin care products also...



Julie - 2023-01-17 11:30:29

I just made my own blend with frankincense, myrrh, sandalwood, calendula oil diluted in either jojoba or argon or almond oils, I use it as a daily moisturizer.



Susan - 2023-01-17 11:20:02

I too would like to know recipes. Unclear if there is a book you write with the recipes for botox replacement etc? Thanks!



Judith - 2023-01-17 11:12:49

I totally agree . A recipe for creams, serum would really help.



Janet - 2023-01-17 10:38:14

I sent off for this book about 8 - 10 weeks ago but have not had it - can you investigate please



Sandro - 2023-01-17 10:34:55

Thank you for this interesting article. Some constructive criticism your way though - could you go one step further and suggest some recipes including this plants to make face masks, lotions, serums, tonics, essential oil roll ons, etc? For example, I myself use an EO roll on of 10 orange EO drops, 7 sandalwood EO drops and 7 calendula EO drops with a base of either jojoba or apricot. To be used at night due to photosensitivity of orange EO. Your turn :)