

Pot of Gold

all natural skin relief


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Pot of Gold skin balm and Pot of Gold baby balm are truly multi-purpose products which can be used for all your day to day skin care needs. Below is a list of application directions to get the best out of your Pot of Gold skin balm and Pot of Gold baby balm.

Note: Our skin balm is recommended for any serious condition for anyone of any age. If still unsure please use our product picker [here](#)

Special Offer!

We would love you to try our skin balm for yourself. So for a limited time we are offering you a 15g sample jar of our wonderful balm for only:

Within New Zealand: \$5 NZD*
(includes shipping and handling)
[click here now to buy online](#)

Worldwide: \$5 NZD
(plus shipping and handling)
[click here now to buy online](#)

*Free shipping limited to 4 sample jars per order with an additional shipping charge starting at \$5 for any sample order of 5 jars or more.

Product Picker

Please choose your condition or requirements from the menu and find the right product for you.

We use only:



Our organic palm oil is supplied by a member and sponsor of the Round Table on Sustainable Palm Oil, a

FIRST AID IN A JAR:

- Wound care and treatment
- Burns (1st, 2nd and 3rd degree burns)
- Sunburn

SKIN CONDITIONS:

- Adult eczema and psoriasis
- Contact dermatitis, skin irritations and dermatitis
- Acne
- Dry, cracked skin (including feet)
- Foot odour and irritation

FOR BABY:

- Infant eczema
- Cradle cap
- Nappy rash and urine scald
- Nappy change barrier
- Chaff guard

SKIN CARE AND BEAUTY:

- Scar reduction
- Stretch mark prevention
- Moisturiser and under-eye balm
- Night cream
- Skin/make-up barrier

HEALTH:

- Cold sores and cracked or chapped lips
- Mouth ulcers and general gum problems
- Eye infections
- Blocked sinuses
- Earache

INSECT BITES:

- Sandfly bites
- Mosquito bites
- Spider bites
- Bee stings
- Flea bites

This material is for information purposes only and is not a substitute for medical diagnosis or treatment. If symptoms persist, please contact your healthcare professional

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GENERAL TIPS FOR APPLICATION

- Pot of Gold skin balm and Pot of Gold baby balm contain multiple natural vegetable fats. For this reason the balm should be allowed to absorb fully (usually five minutes) before spending prolonged periods in the summer sun.
- Pot of Gold skin balm and Pot of Gold baby balm are affected by ambient room temperature and may seem very firm if the room temperature drops below 16c. Pressing firmly or rubbing your finger around the surface of the balm will warm a sufficient amount for most applications.
- Pot of Gold skin balm and Pot of Gold baby balm do not contain any petroleum, lanolin, topical steroids or cortisone. These substances can be harmful. For more information on what these chemicals can do to your health, read this: [Article from DermNET NZ](#)

worldwide organisation of palm growers, refiners and importers who are committed to sustainability. To find out more [click here](#)

- Allergic reaction may occur if the person has an acute contact allergy to propolis, beeswax or beeswax components (traces of bee pollen and bee venom). A simple contact test may be performed by applying a fingerprint-sized amount of the balm to the crease inside your elbow. Wait 15 minutes to see whether there is an allergic reaction. People with allergies to bee venom should be cautious as there may still be residual amounts in the balm that may cause an allergic reaction to occur.

FIRST AID IN A JAR

Wound care and treatment

1. Clean/flush the area with saline solution or warm water.
2. Rub your finger around the jar collecting a thin film on your finger tip.
3. Apply Pot of Gold skin balm directly to the wound making sure to cover all exposed tissue. You can do this either by direct application or by applying the balm to a band-aid or gauze strip before covering the wound.
4. If necessary, cover the wound with a clean bandage or plain gauze band-aid.
5. Reapply and change dressing daily until skin seals over.
6. Continue to apply the balm on healing tissue until healthy skin returns.

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Treating burns (1st, 2nd, and 3rd degree)

Before treatment you must first assess the extent of the burn:

- **First-degree burns** are red and painful. They swell a little. They turn white when you press on the skin. The skin over the burn may peel off after one or two days.
- **Second-degree burns** are thicker, have blisters and are painful. The skin is very red or splotchy, and it may swell a lot.
- **Third-degree burns** cause damage to all layers of the skin. The burned skin looks white or charred. These burns may cause little or no pain because the nerves in the skin are damaged. Go to the hospital right away!

Next, follow the best line of treatment:

First-degree burns (including sunburn)

1. Run the burn under cold water for ten to fifteen minutes and pat dry.
2. Rub your finger around the jar collecting a generous film on your finger tip.
3. Apply directly to the affected area making sure that all damaged skin is covered
4. Allow the area to breathe as the balm is absorbed. With burns especially, the balm may take up to 30 minutes to absorb. This is normal and natural.
5. Repeat this application several times daily.

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Second-degree burns

1. Run the burn under cold water for ten to fifteen minutes and pat dry.
2. Rub your finger around the jar collecting a generous film on your finger tip.
3. Apply directly to the affected area making sure that all damaged skin is covered.
4. Allow the area to breathe as the balm is absorbed.
5. Make a dressing from gauze or similar sterile material. Apply a thin film of balm to the material before using it to dress the burn.
6. Change the dressing every day. First, wash your hands with soap and water. Then gently wash the burn and put Pot of Gold skin balm on it. If the burn area is small, a dressing may not be needed during the day. Check the burn every day for signs of infection, such as increased pain, redness, swelling or pus. If you see any of these signs, see your doctor right away. To prevent infection, avoid breaking any blisters that form.

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Third-degree burns

For third-degree burns, go to the hospital right away. Do not take off any clothing that is stuck to the burn. Do not soak the burn in water or apply any ointment. You can cover the burn with a sterile bandage or clean cloth until you receive medical assistance. Once you have received medical assistance with your burn and it has begun the healing process, apply Pot of

Gold skin balm as soon as possible to help heal the burns and to reduce scarring.

1. Rub your finger around the jar collecting a generous film on your finger tip.
2. Apply directly to the affected area making sure that all damaged skin is covered.
3. Allow the area to breathe as the balm is absorbed.
4. Make a dressing from gauze or similar sterile material. Apply a thin film of balm to the material before using it to dress the burn.
5. Change the dressing every day. First, wash your hands with soap and water. Then gently wash the burn and put Pot of Gold skin balm on it. If the burn area is small, a dressing may not be needed during the day. Check the burn every day for signs of infection, such as increased pain, redness, swelling or pus. If you see any of these signs, see your doctor right away. To prevent infection, avoid breaking any blisters that form.

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SKIN CONDITIONS

Adult eczema and psoriasis

1. Rub your finger around the pot collecting a thin film on your finger tip.
2. Apply Pot of Gold skin balm directly to the affected area at least three times a day, including after showers when the skin is clean and dry.
3. If your skin is itchy you can use the balm whenever you need relief from irritation.
4. Continue to use until skin appears healthy, then apply for an additional five days.
5. Reapply at the first sign of flare up to shorten recovery time.

[To read more advice on helping your symptoms click here](#)

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Contact dermatitis, skin irritations, and rashes

1. Assess and remove the allergen causing the reaction to occur.
2. Rub your finger around the jar collecting a thin film on your finger tip.
3. Apply Pot of Gold skin balm directly to the affected area at least three times a day, including after showers when the skin is clean and dry.
4. If your skin is itchy you can use the balm whenever you need relief from irritation.
5. Continue to use until skin appears healthy, then apply for an additional five days.
6. Reapply at the first sign of flare up to shorten recovery time.

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Acne

Use Pot of Gold skin balm to help reduce acne scarring and uneven skin.

1. Rub your finger around the jar collecting a thin film on your finger tip
2. Apply to all acne prone skin each morning, night and after showers when the skin is clean and dry.

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Dry, cracked skin (including feet and elbows)

1. Use a pumice stone or loofah to gently remove any dead skin during showering.
2. Rub your finger around the jar collecting a thin film on your fingertip.
3. Apply Pot of Gold skin balm directly to the affected area.
4. For feet, apply in the morning before putting on socks, and for very dry skin apply again before bed until the area begins to soften.

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Foot odour and irritation

This condition is usually attributed to a fungal infection such as tinea.

1. Using a cotton bud, treat the area with 100% pure New Zealand tea tree oil. (store tea tree oil out of direct sunlight to maintain its effectiveness)
2. Apply a thin film of Pot of Gold skin balm over the area to help aid in the healing process.
3. Wash your hands throughly and follow common athletes foot advice to minimise effects.

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FOR BABY

Pot of Gold skin balm has been a mainstay of infant care in our family for over one hundred years. Now all parents can feel comforted that there is a product they can use that is both natural and safe for children of any age and for any skin condition.

For day-to-day baby care we recommend our new Pot of Gold baby balm

Infant eczema

1. Rub your finger around the jar collecting a thin film on your finger tip.
2. Apply Pot of Gold skin balm directly to the affected area at least three times a day, including after bathing when the skin is clean and dry.
3. Use the balm whenever baby needs relief from irritation.
4. Continue to use until skin appears healthy, then apply for an additional five days.
5. Reapply at the first sign of flare up to shorten recovery time.
To read more advice on helping symptoms [click here](#)

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Cradle cap (Infantile Seborrhoeic Dermatitis)

Cradle cap is a patchy, greasy, scaly and crusty skin rash that occurs on the scalp of recently born babies. Pot of Gold skin balm works well applied liberally to scalp twice a day. The balm will soothe as it heals, keeping baby more comfortable.

1. Rub your finger around the jar collecting a thin film on your finger tip.
2. Apply Pot of Gold skin balm directly to the affected area at least three times a day, including after bathing when the skin is clean and dry.
3. Use the balm whenever baby needs relief from irritation.
4. Continue to use until skin appears healthy, then apply for an additional five days.
5. Reapply at the first sign of flare up to shorten recovery time.
To read more advice on helping symptoms [click here](#)

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Nappy rash (urine scald)

For day-to-day nappy changes we recommend our [Pot of Gold baby balm](#) which works wonderfully as a protective layer between your baby's little bottom and unwanted moisture. If however the area has become raised, inflamed or looks like a burn (also know as urine scald) we recommed our original [Pot of Gold skin balm](#).

1. Wash your baby's bottom with a natural vegable based soap and gently dab dry.
2. Rub your finger around the jar collecting a thin film on your finger tip.
3. Apply Pot of Gold skin balm directly to the affected area making sure you cover all skin including creases around the legs and between the buttocks.
4. After applying Pot of Gold skin balm, place a piece of clean gauze or soft nappy liner over the affected area before putting the nappy on again. **Do this three times a day.**
5. Use your Pot of Gold baby balm at every other nappy change during the day.
6. Continue until skin appears healthy, then return to using Pot of Gold baby balm at every nappy change.
7. Leave the nappies off for as long as practical, and expose the buttock area to the air and sunlight.
To read more advice on helping symptoms [click here](#)

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Nappy change barrier

1. Rub your finger around the jar collecting a generous amount on your fingertip.
2. Apply Pot of Gold baby balm directly to your baby's bottom at every nappy change.
3. Try to give your baby at least one hour a day with their bottom exposed to the open air

to prevent urine scald or other skin complications.

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Chaff guard

1. Rub your finger around the jar collecting a generous amount on your fingertip.
2. Apply Pot of Gold baby balm directly to the affected areas after baths and also when needed for relief during the day.

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SKIN CARE AND BEAUTY

Scar reduction

With the concentrated Vitamin E found in our organic palm oil, and the incredible group of vitamins and minerals found in tree resin and beeswax, Pot of Gold skin balm contains some of the world's best scar reducing ingredients. Because the ingredients in Pot of Gold skin balm are also great for assisting in wound healing, begin use as soon as possible to help reduce scarring even further. For initial wound care [click here](#).

1. Rub your finger around the jar collecting a thin film on your fingertip.
2. Apply Pot of Gold skin balm directly to the affected area several times a day.
3. Also apply before bed.

To read more information on the benefits of Vitamin E in scar reduction [click here](#)

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Stretch mark prevention

The use of a natural Vitamin E product such as Pot of Gold baby balm from the beginning of your pregnancy can effectively reduce or even remove the chances of stretch marks appearing during this time. Both Pot of Gold baby balm and Pot of Gold skin balm contain the most potent and powerful form of Vitamin E - alpha-tocopherol.

1. Rub your finger around the jar collecting a thin film on your fingertip.
2. Apply Pot of Gold skin balm directly to the affected area several times a day.
3. Also apply before bed.

To read more on the benefits of alpha-tocopherol in stretch mark reduction [click here](#)

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Moisturiser and under-eye balm

With the concentrated Vitamin E found in our organic palm oil, and the incredible group of vitamins and minerals found in tree resin and beeswax, Pot of Gold skin balm is a healthy and natural skin food that can be used as a daily face and body moisturiser and under-eye balm. We believe the combination of ingredients will keep your skin supple, soft and radiant.

1. Rub your fingers around the jar collecting a thin film on your fingertips.
2. Apply Pot of Gold skin balm over skin and dab under eyes each morning.
3. Also apply after showering.

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Night cream

With the concentrated Vitamin E found in our organic palm oil, and the incredible group of vitamins and minerals found in tree resin and beeswax, Pot of Gold skin balm is a healthy and natural skin food that can be used as a healing night cream. We believe the combination of ingredients will keep your skin supple, soft and radiant.

1. Rub your fingers around the jar collecting a thin film on your fingertips.
2. Apply Pot of Gold skin balm over skin each night before bed.
3. Also apply after showering.

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Skin/make-up barrier

Pot of Gold skin balm is a healthy and natural way to protect sensitive skin from the effects of make-up. We believe the combination of ingredients will also keep your skin supple, soft and radiant.

1. Rub your fingers around the jar collecting a thin film on your fingertips.
2. Apply Pot of Gold skin balm before applying make-up.
3. Also apply after showering.

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HEALTH

Cold sores and cracked or chapped lips

Because Pot of Gold skin balm is made from all natural ingredients, it is safe to ingest and may be applied directly to the inside of your mouth, along the gum line and on your lips.

1. Rub your finger around the jar collecting a thin film on your finger tip.
2. Apply Pot of Gold skin balm directly to affected area several times daily.

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Mouth ulcers and general gum problems

Because Pot of Gold skin balm is made from all natural ingredients, it is safe to ingest and may be applied directly to the inside of your mouth, along the gum line and on your lips.

1. Rub your finger around the jar collecting a thin film on your finger tip.
2. Apply Pot of Gold skin balm directly to affected area several times daily.

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Eye infections

Because Pot of Gold skin balm is made from all natural ingredients, it is safe for eyes and may be applied directly to the corners of the eye socket to help heal any infection.

1. Rub your finger around the jar collecting a thin film on your finger tip.
2. Gently apply Pot of Gold skin balm directly to affected area several times daily.

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Blocked sinuses

Because Pot of Gold skin balm is made from all natural ingredients, it is safe to apply on, in and near nasal cavities.

1. Cover a cotton bud lightly in Pot of Gold skin balm.
2. Gently apply Pot of Gold skin balm directly inside and around the nose several times daily.

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Earache

Because Pot of Gold skin balm is made from all natural ingredients, it is safe to apply to the inside of ear passages.

1. Cover a cotton bud lightly in Pot of Gold skin balm.
2. Gently apply Pot of Gold skin balm directly inside and around the clean and dry ear.

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INSECT BITES

With the concentrated Vitamin E found in our organic palm oil, and the incredible group of vitamins and minerals found in tree resin and beeswax, Pot of Gold skin balm contains some of the world's best natural healing and calming properties, perfect for stings and bites of all kinds.

1. Rub your finger around the jar collecting a thin film on your fingertip.
2. Apply Pot of Gold skin balm directly to the affected area several times a day.
3. Also apply before bed and after showering.

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The Hope Foundation presents
100 DAYS
100 DOLLARS
AUGUST 15 - NOVEMBER 22

Pot of Gold is proud to support the Hope Foundation's "100 Days 100 Dollars" campaign for 2008 by donating 10 cents from every online sale to the appeal. To find out more about the cause or how you can help [visit their site here](#).