



Advice and Tips for Psoriasis Sufferers.

There are a few simple, general rules that are worth following whatever your psoriasis condition, as they help the body to fight the condition. These include:

1. General Health

Make sure you are in good physical shape, take frequent exercise – walk when there is no need to drive or take a bus, climb stairs rather than take a lift or escalator if the height is not too great. Simply find easy and enjoyable ways to increase your daily physical activity and the resultant extra fitness will strengthen your body and help it to fight the psoriasis.

2. Smoking

If you are a smoker, do give up as soon as you can. Smoking not only damages the heart, circulation and lungs, weakening the body's resistance to psoriasis, but also pervades the atmosphere and your clothes, thus settling on your skin. The last thing a sufferer from psoriasis needs is additional skin irritants.

3. Diet

It is important to eat healthy food, since it is very easy for unhealthy food, from too much sugar to too much fat and many other causes, to affect the skin to its disadvantage. You need to keep your skin as healthy as possible.

4. Skin Care

Keep your skin moisturised, as dry skin leads to flaking and plaque – use a natural product designed for psoriasis. For psoriasis in your scalp you will need a specialist shampoo and conditioner. A natural shampoo product designed for psoriasis sufferers will allow you to wash your hair and soften and gently remove scalp plaque, a psoriasis conditioner will then be absorbed by the skin of your scalp and be retained on your hair, prolonging the relief.

Katharine Botanicals (Revivia) Psoriasis Products – Our Story

A number of years ago Archie McIntyre, the original developer of all Katharine Botanicals and Revivia Formulae was running his manufacturing laboratories business with the help of Lucy his PA who suffered from severe psoriasis on her scalp.

She asked if anything could be done to give her relief in a natural way. She hated the smell, mess and pain of using tar-based products and she didn't want to use steroid-based products, knowing that they became addictive and thinned the skin.



Archie McIntyre

After a great deal of looking into traditional plant-based remedies for skin complaints, used over the ages, three solutions were developed, each for scalp and body psoriasis which were extensively tested for efficacy, and best formulae was developed into the products we see today.

Archie's secretary began using the shampoo and conditioner and found them so good (she still uses them years later) that she suggested we put them on the market to help other psoriasis sufferers for whom she naturally had great sympathy.

The best solution was rigorously tested by an independent testing company who use volunteer human testers to do field trials with psoriasis sufferers. The results were excellent, so the products were taken to market, and now you personally can use them.

We hope they work as well for you as they did for Archie's secretary and so many others over the years.

Is There a Cure for Psoriasis?

As many of you will be aware, sadly there is no known cure for psoriasis if only because there is no known absolute cause. Both the British Medical Association (BMA) and the American Medical Association (AMA) are clear and adamant on this fact.

Unfortunately some people and organisations claim to have cures, which is simply not true.

Psoriasis does sometimes disappear for no apparent reason just as it appears for no apparent reason, but of course you cannot rely on that happening in your case.

We urge you if you have a severe case, to have your doctor arrange suitable treatment for whatever variety you suffer from, rather than try to solve your problem yourself without good medical advice.

What will Katharine Botanicals (Revivia) Products do for you?

We make no claim to cure psoriasis; but we do offer alleviation of the symptoms – reduction and sometimes disappearance of swelling, plaque, and itching while the products are being used, and that is the most anyone can promise.

We want you to know only the truth since we genuinely want to help you, so feel it must be said that not everyone responds to any given product and there is always a chance that any product (including ours) does not provide you with relief. Every person is an individual and we all respond differently to these products so we would recommend trying a different brand to gain that much needed relief if Revivia does not help you.



Our range has a very good track record and most people using it find it gives excellent relief, reducing symptoms and at times even stopping them whilst the products are being used.

'It's just great. Reduced flakiness 100%.'

Natural Ingredients

All three products contain only natural active ingredients, are animal-friendly and eco-friendly and are approved both by The Vegan Society and the BUAV (British Union for the Abolition of Vivisection), so you may rest assured that they are of the highest quality and completely ethical in every way.

'This is the only product that has cleared up my psoriasis. I found it really easy to use and it smells nice. I found the gel so good to use. Thank you for coming up with something so good.'