

A top-down view of various natural skin care ingredients arranged on a light-colored wooden plank surface. In the top left, there is a green plant with long, thin leaves. To its right, a wooden brush with light-colored bristles is partially visible. In the center, a white ceramic dish holds several round, white cotton pads. Below the dish is a small, dark brown glass bottle with a black dropper cap. To the right of the bottle is a rectangular bar of dark, textured soap. In the bottom right corner, there is a small green plant with delicate leaves. The entire scene is framed by a white border.

Natural *Skin Care*

The 5 Essential Recipes for Beautiful Skin

SIMPLIFY *this* HOME

NATURAL SKIN CARE

Welcome!

HI THERE,

If you've been thinking about switching to natural skin care products, then you're in the right place! These recipes will help you create a basic lineup of DIY natural skin care products that are good for your skin so you can finally ditch your harmful skin care products to the curb once and for all!

Of course, making the switch to natural skin care products might take a little bit of getting used to. You might be surprised to learn that you don't need a million different products, and you might wonder how effective these DIY concoctions really are.

But I can assure you that once you give these recipes a try, you'll never go back to your old skin care products again.

You'll discover that these products:

- Nourish your skin instead of drying it out
- Won't irritate your skin with harsh chemicals
- Are relatively inexpensive to make, especially if you already have some of the ingredients on hand

And if you're wondering whether these recipes are right for your skin type, the answer is yes! Each one was created with sensitive skin in mind (my own!), so they're incredibly gentle and nonirritating.

Beyond that, they also contain powerhouse ingredients that surprisingly work for all skin types: normal, dry, oily, acne-prone, and aging. The basic recipes are truly one-size-fits-all, but I do include some recipe variations so you can customize them even further for your specific skin type.

So now that you've got your recipe guide, it's time to gather your ingredients and start creating!

XO, Summer



NATURAL SKIN CARE

Foaming Cleanser

SUPPLIES NEEDED

- 8-ounce foaming soap dispenser
- Liquid measuring cup
- Measuring spoon in ½ teaspoon size

RECIPE

- 2/3 cup distilled (or boiled then cooled) water
- 1/3 cup unscented liquid castile soap
- ½ tsp. jojoba oil

DIRECTIONS

Pour all ingredients in a foaming soap dispenser and swirl to combine.

HOW TO USE

Pump one or two pumps of foaming face cleanser into your palm and massage into wet skin. Rinse with warm water.

RECIPE NOTES

- This cleanser will remove eye makeup, although I've never tested it on waterproof mascara.
- You'll have to swirl the bottle each time you use the face cleanser because the ingredients will separate.

RECIPE VARIATIONS

I actually prefer keeping the recipe plain since I use it to take off my eye makeup, but you can definitely customize it with essential oils to suit your particular skin type if you like.

Tea tree essential oil is great for oily and acne-prone skin, and frankincense essential oil is perfect for aging skin. You could add 5-10 drops of one of these oils if you want to get a little fancy with your face cleanser.



NATURAL SKIN CARE

Chocolate Citrus Sugar Scrub

SUPPLIES NEEDED

- 4-ounce jar with a tightly fitting lid
- Dry measuring cup in $\frac{1}{4}$ cup size
- Measuring spoons in tablespoon, $\frac{1}{2}$ tablespoon, and teaspoon sizes

RECIPE

- $\frac{1}{4}$ cup granulated sugar
- 1 $\frac{1}{2}$ Tbsp. jojoba oil
- 1 tsp. cocoa powder
- 3 drops grapefruit essential oil*

DIRECTIONS

Mix all the ingredients together in a jar.

HOW TO USE

Start with clean, wet skin. Scoop a small amount of scrub into your hand and massage it all over your face (avoiding the eye area) using small circular motions with your fingertips. Rinse with warm water. If your face feels too oily after rinsing, you can wash your face with your face cleanser.

RECIPE NOTES

- You can exfoliate your skin once a week or every few days if your skin is particularly dry.
- Make sure you keep your sugar scrub tightly sealed so you don't attract ants.
- I like my face scrubs on the drier side, but you can definitely add more oil if you want. Also, give it a good stir before each use because the oil will sink to the bottom.

RECIPE VARIATIONS

You can use extra virgin olive oil, grapeseed oil, or sweet almond oil instead of jojoba oil. You can also use any citrus essential oil you like such as orange, lime, lemon, or bergamot, or a combination of citrus essential oils. Or you could omit the essential oils and simply have a chocolate scented scrub.



**Many citrus essential oils are phototoxic, meaning they can irritate your skin if you expose your skin to UV light after using them. A good rule of thumb is to wait about 12 hours after applying them before you expose your skin to direct sunlight, tanning beds, or other UV light sources.*

NATURAL SKIN CARE

Baking Soda Scrub

SUPPLIES NEEDED

- 4-ounce jar with a tightly fitting lid
- Measuring spoon in tablespoon size

RECIPE

- 2 Tbsp baking soda
- 1 Tbsp coconut oil

DIRECTIONS

Mix the baking soda and coconut oil together in a jar.

HOW TO USE

Start with clean, wet skin. Scoop out a small amount of scrub and work it between your fingers to melt it a little bit. Massage the scrub all over your face (avoiding the eye area) using small circular motions with your fingertips. Rinse with warm water. If your face feels too oily after rinsing, you can wash your face with your face cleanser.

RECIPE NOTES

- If the coconut oil is too hard to mix when you combine it with the baking soda, you can pop it in the microwave for a few seconds or squish it with your fingers to melt it a little bit. Coconut oil melts at 76 degrees, so it doesn't take much to get it soft enough to mix.
- This will seem like a small batch of face scrub, but it will last you a while! I've been using one batch for about two months now, and I still have PLENTY left in the jar.
- You can exfoliate your skin once a week or every few days if your skin is particularly dry.

RECIPE VARIATIONS

You could add 5 drops of essential oil to this face scrub if you want to get a little fancy. Tea tree essential oil is great for oily and acne-prone skin, frankincense essential oil is perfect for aging skin, and lavender essential oil is calming for irritated skin. Also, citrus essential oils* always smell nice.



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NATURAL SKIN CARE

Clay and Oatmeal Mask

SUPPLIES NEEDED

- 4-ounce jar with a tightly fitting lid, nonmetallic*
- Measuring spoons in tablespoon and ½ teaspoon sizes, nonmetallic*
- Small mixing bowl, nonmetallic*
- Foundation brush or fan brush

RECIPE

For dry mix:

- 2 Tbsp. kaolin clay
- 2 Tbsp. colloidal oatmeal or finely ground oats

When ready to apply:

- ½ tsp. water
- Essential oils of choice (optional)

DIRECTIONS

Mix the clay and oatmeal together in a storage container.

HOW TO USE

Start with clean, dry skin. Add 1 tsp. of dry mask mixture to a small bowl. You can add one or two drops of your favorite essential oil at this point if you want. Add ½ tsp. water to the bowl and mix to make a paste. Apply the mud mask to your face with your fingers or a brush. Leave it on for 20 minutes or until it dries. To remove the mask, it helps to splash or spritz water on your face to rehydrate the clay. Then you can wet a washcloth with warm water and gently wipe the mask away.

RECIPE NOTES

- You can use this mask once a week for normal skin or more often if you have a stubborn breakout.

RECIPE VARIATIONS

You can use bentonite clay instead of kaolin clay, but it is a more drying clay. You can also add essential oils based on your skin type. Tea tree essential oil is great for oily and acne-prone skin, frankincense essential oil is perfect for aging skin, and lavender essential oil is calming for irritated skin. If you have acne-prone skin, you can also use equal parts apple cider vinegar and water instead of plain water.

**I've seen mixed information floating around the internet concerning clay and metal. Lots of sources say to not let your clay come in contact with metal (spoons, storage containers, mixing bowls, etc.) because the metal can change the charge of the clay and reduce its efficacy. Other sources say this isn't true. You can research the topic further if you want, but I try to avoid metal just to be safe.*



NATURAL SKIN CARE

Simple Serum

SUPPLIES NEEDED

- 1-ounce glass dropper bottle, amber or cobalt blue

RECIPE

- 3 drops lavender essential oil
- 6 drops frankincense essential oil
- Jojoba oil

DIRECTIONS

Add essential oils to the bottle and fill the rest of the way with jojoba oil. Put the cap on the bottle and gently swirl to combine.

HOW TO USE

Start with clean, dry skin. Add 3-4 drops of serum to your palm and rub your hands together. Gently pat your face and neck with your hands, pressing the oil into your skin. Please, don't drag or pull on your skin!

RECIPE NOTES

- Apply this face serum morning and night for best results.
- If you're worried that this serum will make your skin feel oily, don't! Since jojoba oil closely mimics skin's natural sebum, it doesn't feel heavy or greasy at all. Plus, it soaks into your skin within a few minutes.
- Even if you have oily or acne prone skin, this serum is still for you. Oiliness is often simply your skin's attempt to compensate for harsh skin care products that strip the skin of its natural oils, so switching to natural products that are more gentle should help normalize your skin's oil production. In the meantime, this serum will give your skin the moisture it needs, and the lavender will help combat any bacteria that may be causing your acne.

RECIPE VARIATIONS

You can add 3-6 drops of tea tree essential oil to this serum if you have particularly stubborn acne. Alternatively, you can add 3 drops of the original recipe to your palm and then add one drop of tea tree essential oil to your palm before applying to your skin. This will give you a more concentrated hit of tea tree to help fight acne.

