

CHEAT SHEET



Skincare for Summertime



Summer Skincare Cheat Sheet

Ready to glow all summer long? Here's your simple, natural skincare guide featuring refreshing recipes and my favorite Young Living essentials to beat the heat and stay radiant.

Cleanser Options

 DIY Summer Cleanser:

- 1 Tbsp bentonite clay
- 1 tsp honey
- 2 drops Tea Tree essential oil
- 1 drop Geranium essential oil
- Enough water or aloe vera to make a smooth paste

Directions: Mix to form a paste, apply to damp skin, massage gently, and rinse.

✨ **Easy-Street Option:**

ART® Gentle Foaming Cleanser

- Gentle surfactants + essential oils
- Deep cleans while protecting the skin barrier
- Great for all skin types

Shop



Cooling Peppermint Facial Mist

- 2 oz distilled water
- 1 tsp witch hazel
- 2 drops Peppermint essential oil

Shake well before each use. Mist on face and neck for a refreshing cool-down.

Lightweight Summer Serum

- 1 oz jojoba oil
- 2 drops Lavender
- 2 drops Frankincense
- 1 drop Blue Tansy (optional)

Apply 3–5 drops to clean, misted skin.



After-Sun Soothing Tips

- LavaDerm After-Sun Spray: quick relief
- Aloe + 2 drops Helichrysum EO (per oz)
for repair
- Stay hydrated with NingXia Red + trace
minerals

Natural Sun Protection

- ☀️ Young Living's Mineral Sunscreen SPF 50
is reef-safe, gentle, and non-greasy.

Use it daily when spending time outdoors.





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