



Facial Care and Oil Cleansing

Oil cleansing was a concept I learned about early in my journey to reduce toxins and have been using the oil cleansing method about 7 years with good results.

About Oil Cleansing

We all know oil and water don't mix. In order to remove dirt and oil from skin using water, harsh detergents are added to soap. This strips skin of natural oils causing vicious cycle - the skin makes more oil to compensate, then we wash and strip again. Soap used to be made with oil and lye. Simple. The commercial industry came along with a "better" soap that made bubbles. Bubbles must be better, right? Except this new soap used added chemicals to make bubbles plus other chemicals to get it to rinse off. Complicated. Let's not even get into the toxic effect on the body of all those chemicals.

Now I'll get off my soapbox...

Should we even use soap on the face in the first place, whether natural or homemade? What if there's a better way?

What dissolves oil? More oil, essentially diluting it and then removing it along with dirt, grime and dead skin cells – all the things that cause skin issues and irritation. This method heals and nourishes skin naturally.

Oil Cleansing Technique

Create your custom blend of carrier oils and essential oils that will nourish and heal skin. Pour a small amount into the palm of your hand. Rub hands together to warm the oils and work into your skin.

While you're at it go ahead and do a little massage of the jawline and forehead to loosen tight, tired muscles. You might want to try a little lymphatic massage to move and drain fluids. Cupping your hands over your nose and taking in a deep breath will let those essential oils hit your olfactory / smelling system and head to the lungs for some extra healing benefits of mind and body. Create a mini spa experience every day!

Grab your washcloth and run under really warm water (not too hot or cool), squeeze it out and apply to whole face. Hold there a while letting the light steam open pores and loosen dirt and grime, releasing impurities.

Gently wipe away all the oil and dirt. No need to scrub or exacerbate your skin, this is a gentle process. You can rinse and repeat if desired 2-3 times.

Take a 4-8 drops of your custom nourishing skin serum in your palm, rub hands together to warm the oils and gently massage into skin. Cup hands again over your nose to complete your daily nurturing spa experience.

Choosing Your Oils:

A little goes a long way and be sure to select oils that are organic, nonGMO, cold pressed and hexane free.

Skin Nourishing Carrier Oils:

- ✓ Sweet Almond – takes longer to soak in than other oils, especially good for oil cleansing
- ✓ Avocado – deeply nourishing, highly penetrating, especially good for aging skin
- ✓ Young Living V6 oil – blend of coconut, sesame, grapeseed, sweet almond, wheatgerm, sunflower and olive oils
- ✓ Coconut Oil – good for sensitive skin, calms irritation, forms protective layer that helps retain moisture
- ✓ Argan Oil – great for aging skin, rich in antioxidants, vitamin E and essential fatty acids
- ✓ Jojoba – is actually a liquid wax closely resembling skin's own sebum (the oily secretions our skin produces to protect itself) making it a natural alternative to moisturizing creams and has an extensive shelf life due to it's molecular stability

- ✓ Hemp Seed – high in essential fatty acids, can oxidize quickly so keep in a dark and cool place, from seeds not leaves
- ✓ Apricot Kernel – similar to sweet almond oil, good for sensitive / mature skin, mild, moisturizing, easily absorbed
- ✓ Grapeseed – high in omega-6 fatty acids, high in vitamin E, antioxidant, easily absorbed

Other Nourishing Oils

- ✓ Rosehip seed oil - wonderfully regenerating, firming, easily absorbed, dry, aging, and normal skin, high in polyunsaturated acids of linoleic acid and linolenic acid – this is my favorite for a face serum
- ✓ Carrot seed oil – only a small amount, healing and soothing, good for any skin type
- ✓ Borage oil – high in oleic acids, most skin types, but especially oily and irritated / inflamed skin
- ✓ Evening primrose oil – irritated / inflamed skin, aging, normal skin
- ✓ Tamanu oil – irritated / inflamed skin, oily skin, skin with scars, promotes new tissue formation
- ✓ Sea buckthorn oil – powerfully nourishing, great for all skin types but especially aging or dry skin
- ✓ Emu oil – emollient, protective and nourishing for dry or aging skin
- ✓ Castor Oil – very thick and emollient, deeply skin penetrating

Essential Oils for Face Wash:

The power of essential oils is in its constituents and synergies. Essential oils are composed of 200-500 different bioconstituents and no two oils are alike. They have a unique ability to penetrate cell membranes and travel through blood and tissues due to their small molecular size and can spread throughout the body in a matter of minutes.

Choose a good quality oil – see resources section below

- ✓ Lavender – healing and mild, soothing,
- ✓ Lemongrass – brightening, toning, good for normal, oily skin
- ✓ Rosemary – good for young oily skin or dotted on problem areas
- ✓ Lavender is supportive of all skin types, is calming, soothing and restorative
- ✓ Frankincense supportive of aging skin as is Rose, Sandalwood, Myrrh, Vetiver
- ✓ Peppermint and Tea Tree good on oily skin as is Lemon and Citrus Fresh * caution citrus makes skin photosensitive and be cautious with oils like peppermint and tea tree around your eyes
- ✓ Tangerine, Patchouli, Cypress, Geranium, Sandalwood can have a firming effect
- ✓ Geranium, Ylang Ylang and Sandalwood can have regenerative and restorative quality

In my last personal mix I used 6 drops Cedarwood since I didn't have Sandalwood, 4 drops Geranium, 3 drops Lavendar, 2 drops Frankincense, 2 drops Ylang Ylang in about 2-4oz carrier

**Use CAUTION with essential oils – do not get in eyes – if you wear lots of eye makeup use PLAIN CARRIER for eye makeup removal

Your skin is as individual as you are and plus it changes based on hormones and environment as well as the foods you eat so you may need to adjust the recipe accordingly through the seasons or how you're feeling. The more alkaline the body the better you feel and the more easily you respond to essential oils. Focusing on whole foods helped bring my body into a more alkaline state and really helped improve my health overall - emotionally, mentally, physically and yes, also spiritually.

Recipes

Face Wash Oil Cleansing Method Recipe

- ✓ 5-6 total drops essential oil of choice based on desired cleansing goal
- ✓ 1 oz carrier of choice

Mix in 1oz dropper bottle.

- Normal skin: one-part castor oil with one-part carrier oil
- Oily skin: two or three-parts castor oil with one-part carrier oil
- Dry skin: one-part castor oil with two or three-parts carrier oil

Face Serum Recipe

- ✓ 4 total drops essential oil of choice based on desired nourishing goal
- ✓ 10ml rosehip seed oil

Mix 2/3 base oil, 1/3 nourishing oil with essential oils of choice in 10ml rollerball bottle Never use moisturizer of any kind on a dirty face, it seals in dirt and grime. Apply where needed on face and outside rim of eyes only.

Essential Oils for Face Serum:

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|----------------|---------------|---------------|
| ✓ Lavender | ✓ Geranium | ✓ Patchouli |
| ✓ Frankincense | ✓ Helichrysum | ✓ Sandalwood |
| ✓ Myrrh | ✓ Chamomile | ✓ Ylang Ylang |
| ✓ Vetiver | ✓ Neroli | |

Resources:

- www.YoungLiving.com for essential oils – **get your wholesale discount using my referral #14174941**
- This is why I use this brand – www.seedtoseal.com/en/3-pillars
- Free home delivery and I chose monthly delivery with essential rewards because then I get free stuff when I order laundry detergent, cleaning products, shampoos and supplements – all stuff I already use with no harsh chemicals

What's Next?

So where are you after this class?

- I'd like to get started with oils and natural products! Great visit Young Living and use my referral code
- I'd like to know more first, let's chat! Great reach out and let me know
- This was good info, thanks so much! Great hope to see you at another workshop or class

Ways to connect:

- ✓ Want to get started reducing toxins and reduce stress on your body? Let's talk one on one! Email or text me, check my website if you don't know already how to contact me
- ✓ Email dee@deecastelli.com – drop me a note if you want me to add you to my class schedule notification
- ✓ Visit my website for free live and recorded workshops and classes www.deecastelli.com