

Face Serum

Suggested Base Oils:

- Jojoba, almond, grapeseed - all skin types, oily or skin that needs calming down
- Avocado oil soothes dry or aging skin
- Young living V-6 Vegetable Oil Complex
- Personally I make serum with rosehipseed oil entirely

The base oil makes up about 2/3 of the face serum recipe. Choose a good quality - organic, cold pressed, nonGMO, hexane free (see more info on website post)

Notes: For face serum I would definitely not use olive oil or coconut oil even if it agrees with you for a face wash. They are very heavy for a face serum that will be left on the face. Some find almond too oil slow absorbing into skin for a face serum even if it works for you for oil washing.

Nourishing Bonus Oil - optional

Oils in the first half of the list are oils I've used and found benefit in each one. Sometimes I skip the oil if one I used is no longer available or sourcing is an issue. Feel free to do some extra searching on these oils and their properties. Here's a quick summary:

- Rosehip seed oil - all skin types especially dry or aging skin - regenerative, firming supportive of aging skin - from the seeds of specific variety of rose, *Rosa aff. rubiginosa* or *Rosa moschata*, which is the fruit left behind after a rose has flowered and dropped its petals. (This was my favorite and all the rage when I first started my nontoxic journey but the one I was sourcing seemed to drop in quality so I recently stopped using it and need to find another source or alternative.)
- Borage oil - most skin types, especially oily and acne prone skin - high in oleic acids - contains a fatty acid called gamma linolenic acid (GLA) which seems to have anti-inflammatory effects
- Evening primrose oil - all skin types - extracted from the seeds of the evening primrose, known by its Latin name of *Oenothera biennis* and is also high in GLA - may benefit dry or irritated skin
- Argan oil - all skin types - very soothing and has anti-inflammatory properties - just for fun check this post <https://n.pr/2sIVXR4>
- Apricot kernel oil - all skin types and especially supportive of aging and dry skin - non-greasy, enriching emollient - revitalizing, soothes acne, inflammation, dryness
- Hemp seed oil - all skin types and very light - high in omega acids 3, 6, and 9, which can help hydrate skin

These two I have not tried personally but have read about them

- Tamanu oil - oily skin, skin with scars, acne - highly absorbable by your skin and has a light and pleasant aroma
- Sea buckthorn oil - all skin types especially aging or dry skin - shrub that belongs to the *Elaeagnaceae* family, grows in mountainous and coastal areas of Asia and Europe

Suggested Essential Oils:

Same as oil washing - these are all known to be very supportive for skin - remember a little goes a long way!

Be an educated consumer with your selection of essential oils. Young Living is my recommendation because of the unmatched Seed to Seal standard www.seedtoseal.com

Some essential oils are mixed with a carrier oil so you aren't getting pure essential oil. I have found this true especially for Chamomile and Rose Essential Oils so read the label carefully. YL Chamomile and Rose are pure with no other additives. Some brands mix the essential oils with other ingredients that are toxic. These are not always listed on the bottle or may be listed but not obvious. This is legal but not necessarily what you desire especially if you want to reduce toxins. Most companies do not have any controls over the source or quality of the oil but are simply repackaging.

Do your research and contact a company if you have questions. Buyer beware if they won't spend time to help you. I've called YL customer service several times and always get more information than I originally needed. They're most helpful. Most companies do not have any controls over the source or quality of the oil but are simply repackaging.

Here's a list of my favorite for serum:

- Lavender is supportive of all skin types, is calming, soothing and restorative
- Chamomile is healing and soothing, supportive of all skin types - Roman or German
- Rose is very good for aging, dry and normal skin, expensive and most times blended down (not YL brand which is pure - each 5-ml bottle requires 22 pounds of rose petals)
- Frankincense supportive of aging skin as is Rose, Sandalwood, Myrrh, Vetiver
- Peppermint and Tea Tree good on oily skin - astringent qualities, can be tingly feeling on skin
- Lemon, Citrus Fresh, other citrus oils - astringent qualities *caution all citrus oils makes skin photosensitive !!
- Tangerine, Patchouli, Cypress, Geranium, Sandalwood can have a firming effect
- Geranium, Ylang Ylang and Sandalwood can have regenerative and restorative quality
- Palmarosa - soothing for aging skin
- Carrot seed oil - very healing and soothing
- Lemongrass - normal, oily, or skin that needs calming down, skin, brightening, toning, cleansing
- Rosemary - oily or skin that needs calming down, cleansing

Recipe

Fill a 1oz bottle about 2/3 with base oil of choice

Add just 10-12 drops selected Essential Oils

Top off with nourishing bonus oil of choice

If you make this in a 10ml rollerball instead then just use 4 drops essential oil.

My favorite blend is rosehipseed oil with frankincense, myrrh, lavender and either sandalwood or cedarwood