

Skincare **DIY** Recipe Guide

Facial Cleanser Recipe

Combine the following ingredients in a 50 mL foaming dispenser.



INGREDIENTS

- 1 Tbsp Castile soap
- 2 Tbsp water
- ½ tsp jojoba oil
- 3 drops Lavender essential oil
- 3 drops Frankincense essential oil



Notes:

Facial Toner Recipe

SUPPLIES & INGREDIENTS

- 2 oz Witch hazel
- ½ tsp Vit E
- 3 drops Frankincense (optional)
- 3 drops Tea tree (optional)
- 3 drops Cypress
- 3 drops Geranium

Add essential oils of choice to liquid.

Fill 2 oz bottle ½ an inch from the top with Witch hazel. Add Vit E and essential oils. Shake well before use.

Notes:

Mud Mask Recipe

SUPPLIES & INGREDIENTS

- Bowl for mixing
- About ¼ cup mud - enough to cover your face
- 1 drop Spearmint
- 1 drop Tea Tree
- 1 drop Lavender



DIRECTIONS

- Apply mask on cleansed skin.
- Leave the mask on the face for at least 15 minutes, or until it dries.
- Avoid facial gestures while the mask is on your face. The mask may crack.
- After 15 minutes, rinse your face with cool water.

Notes:

Eye Serum Recipe

INGREDIENTS

- 2 oz dropper
- 1 oz Almond oil
- 1 oz Argan oil
- 3 drops Blue tansy or 3 drops Sacred Sandalwood
- 10 drops Geranium
- 10 drops Frankincense
- 5 drops Lemon - Add only for a night time eye serum as Lemon oil can cause sun sensitivity.

DIRECTIONS

Fill 2 oz dropper with Almond and Argan oil. Add in essential oils and mix. Use ring finger to apply under eyes in am and pm.



Notes:
