



The Natural Beauty

SKINCARE DECK

EASY HOMEMADE RECIPES FOR
HAPPY AND HEALTHY SKIN

With the help of passionate botanical skincare specialist, Katrina Schenfield, Deckopedia staff created “The Natural Beauty Skincare Deck” to help people of all ages discover the true beauty of their skin. This deck identifies issues by skin type and tackles them head-on with all-natural product recipes and lifestyle tips.

Our homegrown recipes use fresh ingredients and essential oils that breathe life back into tired, damaged skin. If you've ever considered going natural with your skincare regimen but were too intimidated by the hassle or cost, this deck is for you! It's easier than you think, and you probably already have many of the ingredients in your pantry!

Our recipes will guide you as you create your very own custom beauty products, sun protectants, dark spot correctors, and more. We've even included sections for mature skin and your baby's ultra-sensitive skin!

Why wait another day to put your best face forward?

Before You Get Started

- Use the highest quality oils (unrefined and organic) and products.
- Always test on your forearm before applying on your face, especially when using essential oils and citrus.
- Be cautious when using lemon juice, as it contains citric acid and can cause irritation to sensitive skin. Avoid sun exposure after using citrus-based treatments, or wear high SPF sunscreen.
- Some treatments or ingredients might work better on your skin than others. Experiment safely the blends both from a therapeutic and sensory standpoint until you find your favorite recipe. Keep track of your experiments (recipes, your personal reviews, substitutes, etc.).
- Label all your recipes/blends and use proper storage (some recipes are sensitive to light).

Skincare Treatment Order:

- ① *Cleanse.*
- ② *Steam to open the pores.*
- ③ *Exfoliate to remove dead skin cells.*
- ④ *Apply your mask on clean skin, avoiding the eye area.*
- ⑤ *Apply toner to close the pores.*
- ⑥ *Moisturize by massaging your face in a gentle circular motion.*

How To Start Using This Deck:

1. DEFINE YOUR SKIN TYPE

Many factors influence your type of skin, which can change over time. These factors include:

- * *health*
- * *age*
- * *diet*
- * *stress*
- * *season*
- * *temperature*
- * *weather*
- * *pollution*
- * *smoking*

All Skin Type card #1 will help you define your skin type.

2. READ THROUGH THE RECIPES

Read through the recipes that fit your skin type and needs, determine the appropriate carrier oils and essential oils, and make a list of all the ingredients you'll need as well as suggested storage containers. You will find many of these items already in your pantry or you can easily order them from www.mountainroseherbs.com or www.amazon.com.

3. HAVE FUN

Have fun and enjoy your new beautiful skin!

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All Skin Types



There's no “one size fits all” solution to skincare because each person's skin is so unique and can change over time!

Most dermatologists agree that there are a few basic skin types: ***oily***, ***dry***, ***combination***, and ***sensitive***. Are you unsure what your skin type is?

1 In the evening before going to bed, wash your face really well and do not apply any skincare products.

2 When you wake up, touch your T-zone (chin, nose, and forehead) and then your S-zone (cheeks), and see how your skin feels.

- * *If both zones feel oily, you have oily skin.*
- * *If both zones feel dry, you have dry skin.*
- * *If the T-zone feels oily and the S-zone feels dry, then you have combination skin.*

Now, take a look in the mirror. If you see wide open pores on your face, tired, and dark skin, then you have oily, acne-prone skin. If your skin feels tight, sensitive, and shows some redness or irritation, then you have extremely dry, sensitive skin.

essential OILS

- chamomile
- geranium
- lavender
- rose
- rosemary

carrier OILS

- jojoba
- sweet almond
- hazelnut
- grapeseed oil
- apricot kernel
- olive oil
- tamanu oil



Argan Makeup Remover¹



PREPARATION ⌚ 2 min

Combine *1 tbsp. of milk* or *plain yogurt* with a few drops of *argan oil*.



APPLICATION

Apply to skin using a circular motion to remove makeup. Rinse well.



FREQUENCY

As needed



SHELF LIFE

Single use



Almond Makeup Remover²



PREPARATION ⌚ 1 min

Pour **2 tbsp. of almond milk** into a small bowl.



APPLICATION

Slightly soak a cotton ball in the almond milk.
Gently apply to the face until makeup is completely removed.



FREQUENCY

Daily as needed



SHELF LIFE

Single use



Cucumber Milk Cleanser

also a makeup
remover

1



PREPARATION ⌚ 15 min

1. Blend **6 tbsp. of milk** with a **small peeled, diced, seedless cucumber**.
2. Place ingredients into a sauce pot and simmer for 5 minutes. Discard the solids.
3. Strain and pour the liquid into a glass jar.
4. Wait for the cleanser to cool off before using.



APPLICATION

Apply sparingly using a cotton ball.



FREQUENCY

As needed



SHELF LIFE

4-5 days refrigerated



Castile Soap Cleanser²



PREPARATION ⌚ 5 min

1. Combine *4 tbsp. of raw honey*, *2 tbsp. of fresh squeezed lemon juice*, and *1/2 cup of vegetable glycerine*.
2. Add *2 tbsp. of Castile soap*. Stir to combine.
3. Pour into a small bottle.



APPLICATION

Pour a small amount onto your fingertips and massage your face for 30 seconds. Rinse off with lukewarm water.



FREQUENCY

Use morning and evening to clean your face.



SHELF LIFE

One week refrigerated

Rosewater Toner



PREPARATION ⌚ 30 min

1. Bring *1 cup of mineral water* to a boil.
2. Remove from heat and add *a handful of organic rose petals*.
3. Let infuse for 30 minutes.
4. Filter, let cool, and pour into a spray bottle.

Alternately, instead of making your own, you could also use store bought **rosewater**.



APPLICATION

Spray on face to refresh skin and let dry or use a cotton ball to dry. You can also use rosewater as a cleanser; simply wipe over face with a cotton ball.



FREQUENCY

Daily



SHELF LIFE

Up to 2 weeks refrigerated

Cucumber Toner²



PREPARATION ⌚ 30 min

1. Simmer *1/2 a cucumber* (diced and peeled) in *2 cups of water* on low-medium heat for 30 minutes.
2. Strain and pour into a glass jar.



APPLICATION

Apply with a cotton ball to tone your face.



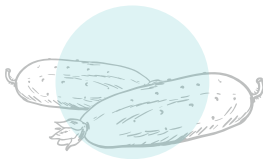
FREQUENCY

Daily



SHELF LIFE

One week refrigerated



Milk Exfoliator¹



PREPARATION ⌚ 5 min

In a small bowl, mix **3 tbsp. of 2% milk** with **4 tbsp. of brown sugar** (Brown sugar is more gentle on the skin compared to other types of sugar), **1-1/2 tbsp. of olive oil**, and **1 tsp. of honey**.



APPLICATION ⌚ 5 min

Apply to clean skin with a circular motion. To remove the mixture, rinse first with lukewarm water and then with cold water.



FREQUENCY

Twice per week



SHELF LIFE

One week in refrigerator



Oats Exfoliator²



PREPARATION ⌚ 2 min

Mix 2 *tbsp. of ground oats* with 1 *tbsp. of milk*.



APPLICATION ⌚ 1 min

Apply to skin and wait for one minute. Rinse off with lukewarm water.



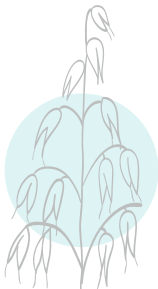
FREQUENCY

Twice a week



SHELF LIFE

3 days refrigerated



Strawberry Astringent Mask

to revive skin tired by pollution, temperature changes, stress, etc.



PREPARATION ⌚ 5 min

In a bowl , mix **3 organic strawberries** with **1/2 tbsp. of sour cream** (if your skin is dry) or **1/2 tbsp. of raw honey** (if you have combination or oily skin).



APPLICATION ⌚ 30 min

Apply to skin, avoiding the eye area.

Leave the mask on for 30 minutes.

Rinse off with lukewarm water.

Splash cold water on your face to tighten the pores.



FREQUENCY

Twice a week



SHELF LIFE

3 days refrigerated



Almond Cocoa Mask **2**



PREPARATION ⌚ 5 min

Combine *1 tsp. of sweet almond oil* and *1 tbsp. of cocoa powder* in a bowl.



APPLICATION ⌚ 15 min

Gently apply to clean skin, avoiding the eye area.
Wait for 15 minutes.
Rinse with cool water.



FREQUENCY

Twice a week



SHELF LIFE

One week





Bonus Recipe #1

FACIAL STEAM



Bonus Recipe 1

FACIAL STEAM



PREPARATION ⌚ 5-10 min

1. Bring about **3 cups of water** to a boil.
2. In a medium-size glass bowl, combine hot water with approximately **5 drops of essential oil** of your choice, preferably one that suits your skin type.

Optional: Add *fresh thyme leaves*.



APPLICATION ⌚ 10 min

After washing your face, place your face several inches above the bowl of hot water. Cover your head and the bowl with a large towel, and let the steam work its magic for 10 minutes. Then, pat your face dry.

After steaming, you may use a nourishing facial mask.



FREQUENCY

Once per week



SHELF LIFE

Single use



Bonus Recipe #2

NOURISHING LIP BALM



Bonus Recipe 2

LIP BALM



PREPARATION ⌚ 15 min

1. In a bain-marie or double boiler, melt **3.2 grams of beeswax** with **1.5 tsp. of shea butter**, **1 tsp. of calendula oil** and **1 tsp. of sweet almond oil**.
2. Remove from the heat when all the ingredients are melted.
3. Add **4 drops of vitamin E oil**. Mix well.
4. Using an eyedropper, transfer mixture to empty lipstick tubes.
5. Wait for mixture to cool off before using.



FREQUENCY

Daily



SHELF LIFE

Three months



Oily & Acne Prone

Oily skin arises when the sebaceous glands produce excessive sebum.

Some of the traditional causes:

- * *Hormonal changes*
- * *Genetics*
- * *Endocrine problems*
- * *Improper use of skin care*
- * *Birth control*
- * *Environmental settings*
- * *Poor diet*

Oily skin is less sensitive and susceptible to skin diseases, and it also shows less signs of aging.

essential OILS

- › grapeseed
- › hazelnut
- › jojoba
- › sweet almond

carrier OILS

- › bergamot
- › cajeput
- › cedarwood
- › cypress
- › geranium
- › grapefruit
- › juniper
- › lavender
- › lemon
- › lemongrass
- › mandarin
- › peppermint
- › rosemary
- › sage
- › tangerine
- › tea tree
- › ylang-ylang

Green Tea Cleanser



PREPARATION ⌚ 40 min

1. Brew *1 tsp. of organic green tea leaves* in a cup of boiling water.
2. Let infuse for 20 minutes.
3. Filter and let cool off.



APPLICATION

Apply to skin using a cotton ball.



FREQUENCY

Morning and evening



SHELF LIFE

3 days refrigerated



Orange Peel Cleanser²



PREPARATION ⌚ 20 min

1. Brew *the peel of 1/2 an orange* in one cup of boiling water.
2. Let infuse for 20 minutes.
3. Remove the orange peel and add **4 cloves**.
4. When cool, remove the cloves and pour into a jar.



APPLICATION

Apply to skin using a cotton ball.



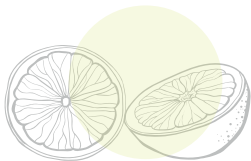
FREQUENCY

Daily



SHELF LIFE

3-4 days refrigerated





Lemon Exfoliator



PREPARATION ⌚ 5 min

In a bowl, combine *1 tbsp. of your favorite carrier oil* for oily skin, *2 tsp. of sugar*, and *1 tsp. of fresh squeezed lemon juice*.



APPLICATION ⌚ 4 min

Apply to skin and gently massage in a circular motion for one minute.

Wait three minutes, then rinse off with lukewarm water.



FREQUENCY

1 to 3 times a week



SHELF LIFE

Single use

pro tips

- Add more sugar for a thicker exfoliator.
- Substitute oil with honey.
- Adapt the proportions to your preferences.



Coconut Exfoliator²



PREPARATION ⌚ 5 min

Combine *1 tbsp. of coconut powder*, *1 tbsp. of acacia honey*, and *2 drops of lavender essential oil* (or other essential oil of choice for oily skin).

Optional: If you feel the preparation is too thick, add *1 tsp. of carrier oil* or *1 tsp. of fresh squeezed lemon juice*.



APPLICATION ⌚ 1 min

Gently massage your forehead, nose, and chin for one minute.

Rinse off, pat dry, and apply rosewater.



FREQUENCY

1 to 3 times a week



SHELF LIFE

Single use

Fuller's Earth Mask



PREPARATION ⌚ 5 min

In a small bowl, combine **2 tbsp. of fuller's earth (fine-grained clay)** with a small quantity of lukewarm water until you have a thick paste.



APPLICATION ⌚ 20 min

Spread the mask onto your face, avoiding the eye area and let sit for 20 minutes. Rinse off with warm water and pat dry. Finish with rosewater mixed with a few drops of benzoin tincture if you have some. Moisturize.



FREQUENCY

Once a week



SHELF LIFE

Single use

pro tip

- It can be challenging to thoroughly remove clay with rinsing alone. For easiest removal, consider using this mask before you plan to shower.

Sandalwood Mask²



PREPARATION ⌚ 5 min

Combine **2 tbsp. of sandalwood powder** with enough **rosewater** to form a creamy paste.

Optional: You can also add **a pinch of turmeric** (light skin types should be cautious with turmeric as it can stain the skin for a few days, but it works beautifully) and **1 tsp. of fuller's earth**. You may need to add more **rosewater** to maintain a nice creamy consistency.



APPLICATION ⌚ 20 min

Apply to your face avoiding the eye area.
Let dry for 20 minutes, and then rinse off with cold water.



FREQUENCY

Once a week



SHELF LIFE

Single use



Moisturizer



Oil-based Moisturizer



PREPARATION ⌚ 5 min

1. Blend a ratio of **2 parts of your favorite carrier oil for oily skin** and **one part of Tamanu Oil or Borage Oil**.
2. Add a **few drops of one or more of your favorite essential oils** for oily skin.
3. Pour into a tightly-sealed amber bottle. Shake before each use. Use sparingly.



APPLICATION

Apply after cleansing skin.



FREQUENCY

Daily



SHELF LIFE

8+ months in a cool, dry place

pro tip

- Before making a large quantity, test different oils and essential oils to see what feels best on your skin.



The Tip Card



The Tip Card

DO'S:

- * *Use cold water to clean your face.*
- * *Drink lots of water.*
- * *Get sufficient sleep.*
- * *Exercise.*

DON'TS:

- * *Don't overcleanse - cleanse gently twice per day.*
- * *Avoid excess of makeup.*
- * *Avoid touching your face.*
- * *Don't smoke.*



Dry Skin

Dry skin is a common skin condition that, unless if it is the result of a skin disease or health issue, is often triggered by external and internal factors such as:

- * cold climate
- * low humidity
- * dry indoor air
- * inappropriate skin care
- * dehydration
- * allergies
- * hot showers

The good news is that in most cases, dry skin is easy to treat. All that is required is your time and attention to take care of that beautiful skin!

essential OILS

- › jojoba
- › argan
- › olive
- › avocado
- › coconut
- › macadamia nut
- › hazelnut
- › sweet almond
- › baobab
- › kukui nut
- › camellia
- › wheat germ oil

carrier OILS

- › bergamot
- › cajeput
- › cedarwood
- › cypress
- › geranium
- › grapefruit
- › juniper
- › lavender
- › lemon
- › lemongrass
- › mandarin
- › peppermint
- › rosemary
- › sage
- › tangerine
- › tea tree
- › ylang-ylang

Honey Milk Cleanser



PREPARATION ⌚ 5 min

1. In a small mason jar, combine **1 tsp. of raw honey** with **5 tbsp. of whole milk** and **5 tsp. of your favorite carrier oil** (olive oil, jojoba oil, avocado oil, etc.).
2. Shake well before each use.



APPLICATION ⌚ 1 min

Use your fingertips to massage and clean your face. Wait for one minute, then rinse off with warm water. Pat dry.



FREQUENCY

Daily



SHELF LIFE

3–4 days refrigerated

Oil Based Cleanser²



PREPARATION ⌚ 10 min

Step 1: Combine *1/4 cup of rosewater* (card #4) with *1 tsp. of your carrier oil of choice*, *2 tsp. of vegetable glycerin*, and about *8-10 drops of your favorite essential oil*.

Step 2: Stir in *1/4 cup of Castile soap*.

Step 3: Transfer to a pump bottle.



APPLICATION ⌚ 30 sec

Massage onto your skin for 30 seconds. removing all makeup, impurities, etc.

Rinse off with lukewarm water.



FREQUENCY

Daily



SHELF LIFE

A few weeks or more if refrigerated

pro tip

- You can use this cleanser no matter what type of skin you have. Just adapt the carrier oil and essential oil to your skin type.

Almond Meal Exfoliator



PREPARATION ⌚ 5 min

Combine 1 tsp. of raw acacia honey, 1 tsp. of sour cream, 1 tsp. of olive oil, and 1 tsp. of almond meal.



APPLICATION ⌚ 4 min

Gently massage in circular upward motions to a clean face and neck for one minute, avoiding the eye area. Wait three minutes before rinsing off with cold water.



FREQUENCY

Every 2 weeks



SHELF LIFE

Single use

Substitutions

- Substitute olive oil with another carrier oil of your choice.
- Substitute sour cream with whole milk or yogurt.
- Substitute almond meal with cane sugar or ground oats.
- Make your own almond meal by blending raw almonds in a blender or coffee grinder until they form a flour.

Coconut Exfoliator²



PREPARATION ⌚ 5 min

Combine *1 tbsp. of coconut milk, 1 tbsp. of coconut powder, and 2 tsp. of sesame oil.*



APPLICATION ⌚ 3 min

Gently massage in a circular upward motion on a clean face and neck for one minute, avoiding the eye area.

Wait two minutes, then rinse off with lukewarm water and then cold water.



FREQUENCY

Every 2 weeks



SHELF LIFE

Single use



Egg Mask



PREPARATION ⌚ 10 min

Combine *1 beaten egg* with *1 tsp. of avocado oil*, *2 tsp. of orange juice or grapefruit juice*, *1 tsp. of honey*, and *1 tbsp. of milk powder* to make a smooth paste.

Optional: You can add *2 drops of your favorite essential oil*.



APPLICATION ⌚ 15 min

Gently apply to a clean face and neck, avoiding the eye area.

Wait 15 minutes, then remove with lukewarm water. Follow with rosewater and your favorite moisturizer.



FREQUENCY

Every 10 days



SHELF LIFE

Single use



Banana Mask²



PREPARATION ⌚ 5 min

1. Mash *1/2 ripe banana*, and stir in *1 tbsp. of honey* to make a smooth paste.
2. You can add *1 tsp. of heavy cream* and *1 tsp. of almond flour* if you have mature dry skin.



APPLICATION ⌚ 15 min

Gently apply to a clean face and neck, avoiding the eye area.

Wait 15 minutes, then remove with lukewarm water. Follow with rosewater, and your favorite moisturizer.



FREQUENCY

Weekly



SHELF LIFE

Single use





Moisturizer



Moisturizer



PREPARATION ⌚ 10 min

1. In a sauce pan, slowly melt *1/2 cup shea butter* and *1/2 cup coconut oil*.
2. Transfer to a blender and whip for 5-7 minutes until creamy.
3. Transfer to a small glass container.



APPLICATION

Apply on clean skin and massage with your fingertips.



FREQUENCY

Daily



SHELF LIFE

3 months

pro tip

- If coconut oil is too heavy for your skin, then substitute with jojoba oil or sweet almond oil.



The Tip Card



The Tip Card

DO'S:

- * Use cold water to clean your face.
- * Drink lots of water.
- * Get sufficient sleep.
- * Exercise.

DON'TS:

- * Don't overcleanse - cleanse gently twice per day.
- * Avoid excess makeup.
- * Avoid touching your face.
- * Don't smoke.



Combination Skin

You typically have combination skin if your T-zone feels oily and your S-zone feels dry.

You can treat each area of your skin according to its type.

* *For oily areas, use treatments for oily skin.*

* *For dry areas, use treatments for dry skin.*

Our recipes for combination skin are well suited for both types of skin, so you can freely use them on the entire face!



essential OILS

- geranium
- ylang-ylang
- lavender
- rosemary
- thyme
- lemon

carrier OILS

- apricot kernel
- argan
- grapeseed
- kukui nut oil
- jojoba
- sweet almond
- macadamia



Raw Milk Cleanser



PREPARATION ⌚ 5 min

Pour *2 tbsp. of raw milk or 2% fat milk* in a small bowl.



APPLICATION

Apply milk to skin using a cotton ball.



FREQUENCY

Daily



SHELF LIFE

Single use



Honey Lemon Cleanser²



PREPARATION ⌚ 5 min

Mix *1 tbsp. of honey* with *1/2 tsp. of fresh squeezed lemon juice*.



APPLICATION ⌚ 2 min

Apply directly to skin, gently massaging with your fingers for one to two minutes.
Rinse with cold water.



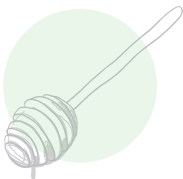
FREQUENCY

Weekly



SHELF LIFE

Single use



Sunflower Exfoliator



PREPARATION ⌚ 10 min

1. Grind separately **3 tsp. of raw unsalted sunflower seeds** and **3 tbsp. of rolled oats**.
2. Combine the above with **2 tbsp. of almond meal** and **1 tsp. of fresh mint leaves or rosemary**. Save in a small mason jar.
3. When ready to use, combine **3 tsp. of the dry mixture** with **enough milk** to make a paste.



APPLICATION ⌚ 2 min

Massage your face in a circular motion for one minute avoiding the eye area. Wait one minute, then rinse off with cold water. Follow with your favorite toner.



FREQUENCY

Weekly



SHELF LIFE

A few months

caution

- Do not use on sensitive, acneic, or damaged skin.

Oat Exfoliator²



PREPARATION ⌚ 5 min

1. Grind *1 tsp. of rolled oats* or use *oat flour*.
2. In a small bowl, combine the ground oats with *1 tbsp. of green clay* and *3 tbsp. of plain yogurt*.



APPLICATION ⌚ 2 min

Massage onto your face in a circular motion for one minute, avoiding the eye area. Wait one minute, then rinse off with cold water. Follow with your favorite toner.



FREQUENCY

Twice a week



SHELF LIFE

Single use



Lemon Mask



PREPARATION ⌚ 5 min

In a small bowl, combine *1 egg yolk* with *1 tbsp. of honey* and *2 tsp. of fresh squeezed lemon juice*.



APPLICATION ⌚ 15 min

Gently apply to your face, avoiding the eye area. Wait 15 minutes, then rinse off with lukewarm water.



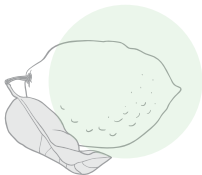
FREQUENCY

Weekly to 10 days



SHELF LIFE

Single use



Hazelnut Mask ²



PREPARATION ⌚ 5 min

In a small bowl, mix *1 tsp. of hazelnut oil, 1/2 cup of ground oats, 1/2 tsp. of lemon juice, 1 egg white, and 1 tsp. Vitamin E oil* to make a fine paste.



APPLICATION ⌚ 20 min

Apply to your face, avoiding the eye area.
Wait 20 minutes. Wash off with warm water.



FREQUENCY

Weekly



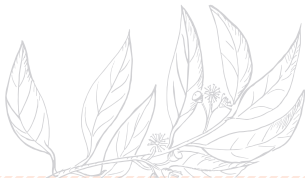
SHELF LIFE

Single use





Moisturizer



Moisturizer



PREPARATION ⌚ 5 min

1. Using a small funnel, pour **2/3 oz jojoba oil** and **15 drops sweet almond oil** into a small dropper bottle.
2. Add the following essential oils: **2 drops ylang-ylang**, **1 drop geranium**, and **1 drop lavender**.
3. Shake to combine.



APPLICATION

Apply to clean face.



FREQUENCY

Daily



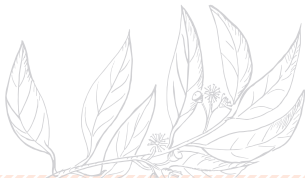
SHELF LIFE

6-9 months





The Tip Card



The Tip Card

- * Always maintain a balance between those two areas of the skin by using adapted treatments for each part of your skin.
- * Follow the regimen Cleansing – Toning – Moisturizing.
- * Use an All Skin Type toner (card #4).
- * Use gentle exfoliators about twice a week, followed by your toner.
- * Apply a mask twice a week.
- * Wear high SPF sunscreen.
- * Avoid using soap.
- * Avoid touching your face.
- * Use all natural makeup.



Mature Skin

Connective tissues in the skin are made of:

- * Collagen
- * Elastin
- * Soft keratin

They dictate the elasticity of your skin. As you grow older, less and less collagen is being produced, resulting in the appearance of wrinkles and thin lines. This is what we call **mature skin**.



essential OILS

- › carrot seed
- › frankincense
- › galbanum
- › jasmine
- › fennel
- › geranium
- › rose
- › lavender
- › rose hip
- › clary sage

carrier OILS

- › apricot kernel
- › argan
- › avocado
- › evening primrose
- › flaxseed
- › jojoba
- › rose hip seed
- › sea buckthorn
- › camellia
- › tamanu
- › kukui nut

Chamomile Cleanser



PREPARATION ⌚ 10 min

1. Brew **chamomile tea** for 5 minutes and let cool.
2. In a blender, combine *1/4 cup of liquid Castile soap*, *1/4 cup of cooled chamomile tea*, *1 tsp. of apricot kernel oil*, *6 drops of frankincense essential oil*, and *6 drops of Vitamin E oil*.
3. Blend on low for 15 seconds and pour in a bottle.



APPLICATION

Apply to face in a circular motion to remove dirt.
Rinse.



FREQUENCY

Daily



SHELF LIFE

2 weeks



Green Tea Cleanser²

PREPARATION ⌚ 10 min

1. Brew *1 tea bag of green tea* for 5 minutes and let cool.
2. Combine *1/2 cup of liquid Castile soap, 1/8 cup of the cooled green tea, 1/8 cup of jojoba oil, and 20 drops of clary sage essential oil.*
3. Pour into a small bottle.



APPLICATION

Apply to face in a circular motion to remove dirt.
Rinse.



FREQUENCY

Daily



SHELF LIFE

2 weeks



Tomato Exfoliator 1



PREPARATION ⌚ 10 min

1. Combine the pulp of *1/2 a tomato* with *1 tsp. of apricot kernel oil* and *1/2 tsp. of sugar*.
2. Stir.



APPLICATION ⌚ 1 min

Massage your face in a circular motion for one minute, avoiding the eye area.

Rinse off with warm water.

Follow with your favorite moisturizer.



FREQUENCY

Weekly



SHELF LIFE

Single use

pro tips

- Add more sugar for a thicker scrub.
- Add more apricot kernel oil for a thinner scrub.

Avocado Exfoliator²**PREPARATION** ⌚ 10 min

1. Combine *1/8 cup of avocado oil*, *1/2 of a cucumber* (peeled and blended), and *1/8 cup of brown sugar*.
2. Stir until the ingredients form a scrub consistency.

**APPLICATION** ⌚ 1 min

Massage onto your face in a circular motion for one minute, avoiding the eye area. Rinse off with warm water. Follow with your favorite moisturizer.

**FREQUENCY**

Twice a week

**SHELF LIFE**

1 week refrigerated



Green Clay Mask



PREPARATION ⌚ 2 min

In a small bowl combine **2 tsp. of French green clay** with **2 tsp. of flaxseed oil**.



APPLICATION ⌚ 20 min

Apply to clean skin avoiding the eye area.
Wait 20 minutes, then remove with lukewarm water.
Apply rosewater toner (recipe card #4).



FREQUENCY

Once a week



SHELF LIFE

Single use

Yogurt Mask ²



PREPARATION ⌚ 2 min

In a small bowl, combine *2 tsp. of yogurt, 1 tsp. of Active manuka honey, 1/2 tsp. of lemon juice, 1/4 tsp. of Vitamin E oil, and 3 drops of liquid Co-Q10.*



APPLICATION ⌚ 20 min

Apply to clean skin avoiding the eye area.
Wait 20 minutes, then remove with lukewarm water.
Apply rosewater toner (card #4).



FREQUENCY

Once a week



SHELF LIFE

Single use



Moisturizer



Moisturizer



PREPARATION ⌚ 2 min

1. In a one-ounce dropper, pour *1/3 oz. jojoba oil*.
2. Add *15 drops of rose hip seed oil* and *15 drops of carrot seed oil*.



APPLICATION

Apply to face, avoiding eye area.



FREQUENCY

Daily



SHELF LIFE

6-9 months stored in a cool, dark place



The Tip Card



The Tip Card

DO'S:

- * Exercise at least 3 times a week.
- * Eat foods that contain the nutrients responsible for boosting or protecting collagen production:
 - Omega 3s (flaxseeds, salmon, tuna)
 - Vitamin C (oranges, kale, strawberries, kiwis)
 - Vitamin E (oils, nuts, seeds, garlic, tomatoes)
 - Vitamin A (carrots, sweet potatoes, pumpkins, mango, spinach, and other dark leafy greens)
 - Zinc (oysters, dairy, eggs, beef, lamb, beans, whole grains, and nuts)
- * Drink green tea as well as lots of water.
- * Favor milk-based cleansers over soaps.
- * Smile!
- * Wear sunscreen every day year-round.
- * Massage your skin.
- * Minimize your stress level.

DON'TS:

- * Don't allow your skin to get dry (see tips for Dry Skin).
- * Do not smoke.
- * Do not consume alcohol, or do so with moderation.
- * Avoid sun exposure without sunscreen on your skin.
- * Avoid refined sugar and processed foods.

Sensitive/Irritated

Skin can become sensitive and irritated for lots of reasons:

- * *How you clean your skin*
- * *Pollution*
- * *Skincare products you use*
- * *Diet and water intake*
- * *Stress*
- * *Household cleaners you use*
- * *Hormones*
- * *Jewelry you wear*
- * *Sun exposure*
- * *Skin conditions, like eczema, psoriasis, and acne*

Dermatologists often have a difficult time diagnosing sensitive skin issues because so many factors are in play.

Sensitive skin is commonly characterized by **bumps, redness, dryness, and allergic reactions**. Other characteristics of sensitive skin are **itching, rashes, blotchiness, and burning sensations**. Not only does sensitive skin occur on the face, but also on the legs, arms, and other parts of the body.

People with sensitive skin should generally avoid harsh, chemically-formulated beauty products and stick to ones with just a few natural ingredients and minimal fragrance.

essential OILS

- › geranium
- › Roman chamomile
- › German chamomile
- › lavender
- › rose
- › sandalwood
- › rosewood
- › jasmine

carrier OILS

- › apricot kernel
- › argan
- › avocado
- › grapeseed
- › kukui nut
- › macadamia
- › neem
- › sweet almond oil

Aloe Vera Cleanser **1****PREPARATION** ⌚ 30 min

1. Brew **chamomile tea** in 1 cup of water. Steep for 20 minutes. Let cool.
2. Add 1/4 cup of the chamomile tea and 1 cup of aloe vera juice to a spray bottle. Shake well to combine.
3. Add **1/2 cup of Castile soap** to the bottle and gently shake.

**APPLICATION**

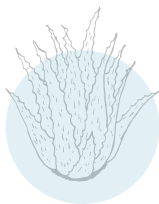
Apply to face in a circular motion to remove dirt. Rinse.

**FREQUENCY**

Daily

**SHELF LIFE**

2 weeks



Milky Oatmeal Cleanser **2**



PREPARATION ⌚ 30 min

1. Cook *1/4 cup of organic oats/oatmeal* in *2 cups of milk* over very low heat for 30 minutes.
2. Strain out oats and pour liquid into a small mason jar.
3. Let the cleansing milk cool off before using.



APPLICATION

Apply to skin using a cotton ball.



FREQUENCY

Daily



SHELF LIFE

3 days refrigerated



Witch Hazel Toner



PREPARATION ⌚ 10 min

1. In a blender, combine *1/4 cucumber* (peeled and chopped), *1-1/2 tbsp. of witch hazel*, and *1 tbsp. of distilled water*.
2. Blend all ingredients on low.
3. Pour into a small mason jar.



APPLICATION

Apply to clean face using a cotton ball.



FREQUENCY

Daily



SHELF LIFE

One week refrigerated

Cucumber Toner²

PREPARATION ⌚ 10 min

1. Juice *1/2 a cucumber* with a juicer.
2. In a small bowl, combine *4 tbsp. of the cucumber juice* with *1 tsp. of honey*.
3. Using a funnel, pour into a small spray bottle.
4. Shake well before use.



APPLICATION

Spray onto a clean face or apply using a cotton ball.
Let dry and follow with your moisturizer.



FREQUENCY

Daily



SHELF LIFE

Up to one week refrigerated



Banana Exfoliator **1**



PREPARATION ⌚ 5 min

In a small bowl, combine *1 mashed banana*, *1 tsp. of honey*, and *1 tsp. of ground oatmeal*.

Store any remaining mixture in a container in the refrigerator.



APPLICATION ⌚ 2 min

Gently massage on the skin for two minutes.
Rinse with cool water.



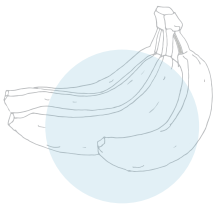
FREQUENCY

Twice a week



SHELF LIFE

3 days refrigerated



Lavender Exfoliator **2****PREPARATION** ⌚ 5 min

1. In a small bowl, combine **one egg yolk** with **1 tsp. of baking soda** and **1 drop of lavender essential oil**.
2. Stir well to combine.

**APPLICATION** ⌚ 5 min

Apply to skin, avoiding the eye area, and gently massage for one to two minutes.

Allow to dry on skin. Remove with wet washcloth. Follow with a toner.

**FREQUENCY**

Twice a week

**SHELF LIFE**

Single use



Nutmeg Mask



PREPARATION ⌚ 5 min

1. In a small bowl, combine *1 tbsp. of raw manuka honey*, *1 tsp. of ground nutmeg powder*, and *1/2 tsp. of vitamin E oil*.
2. Stir well.



APPLICATION ⌚ 30 min

Apply to face, avoing the eye area and leave on for 30 minutes.

Remove with a warm, wet washcloth.



FREQUENCY

Once a week



SHELF LIFE

Single use

pro tip

- You can substitute the nutmeg powder with 1/2 tsp. of turmeric.

Yogurt Mask **2**

**PREPARATION** ⌚ 2 min

Pour **2 tbsp. whole milk yogurt** into a small bowl.

**APPLICATION** ⌚ 15 min

Apply the yogurt to your face for 15 minutes.

Remove with tissue.

Let dry for a few minutes, then rinse off with lukewarm water.

Apply your toner.

**FREQUENCY**

Once per week

**SHELF LIFE**

Single use

pro tip

- For extra soothing, you can add an equal amount of honey.



Moisturizer



Moisturizer



PREPARATION ⌚ 5 min

1. In a small bottle, combine **2 tbsp. of aloe vera juice**, **1/8 tsp. of sweet almond oil**, and **5 drops of jojoba oil**.
2. Gently shake before each use.



APPLICATION

Apply to clean face.



FREQUENCY

Daily



SHELF LIFE

This moisturizer will last approximately two weeks at room temperature, longer if refrigerated.

pro tip

- May also be used as a facial cleanser.



The Tip Card



The Tip Card

DO'S:

- * Steam your face. It increases moisture and enhances blood circulation, which will give your skin additional oxygen and nutrients.
- * Use a toner. Toners are more essential to sensitive/irritated skin because:
 - 1 *They balance the pH of the skin, which sensitive/irritated skin needs to bring it back to being healthy. Other skin types can get back to a normal pH range on their own, but sensitive/irritated skin needs extra help.*
 - 2 *They add extra moisture, cleansing, and antioxidants, which sensitive/irritated skin needs more of.*
 - 3 *They bring extra soothing ingredients to help heal sensitive/irritated skin.*
- * Get enough sleep. Sleep-deprivation leads to increased acne, sensitivity, and inflammation.
- * Wash your face after you use shampoo and conditioner. Some hair products can seriously irritate the skin.

DON'TS:

- * Do not over wash your skin. Washing once a day, at night, may be all you need. Splash your face with water in the morning.
- * Don't think "hypoallergenic" products are safe. Hypoallergenic is a marketing word and does not mean it's safer for sensitive skin.
- * Don't treat your skin harshly. Harshness causes tear and inflammation which can lead to bacterial infection.

Dark Spots & Pigments

Dark spots (also called hyperpigmentation, age spots, and liver spots), appear on the skin as **flat brown spots, raised warts, or small reddish dots**. Most common causes of dark spots are:

- * Overexposure to the sun
- * Vitamin deficiency
- * Aging
- * Liver condition
- * Genetics
- * Hormonal imbalance

They frequently occur on the **hands, face, arms, and chest**. Although most of them are medically harmless, they are unsightly and a cause of concern for many people.

Pregnant women are at higher risk for developing **melasma** or the **mask of pregnancy**. In their case, the rise of estrogen triggers an overproduction of melatonin, which translates directly into the darkening of an area on their face.

The best ways to prevent dark spots from forming are to use sunscreen and practice a healthy skincare regimen with natural ingredients and essential oils.

For existing dark spots, consider home remedies as alternatives to painful and costly medical procedures, like laser treatments and chemical peels.

essential OILS

- › cedarwood
- › galbanum
- › jasmine
- › lavender
- › lemon
- › neroli
- › rose
- › sandalwood

carrier OILS

- › argan oil
- › carrot seed
- › rose hip seed
- › sea buckthorn
- › tamanu oil
- › vitamin E
- › wheat germ

Honey Lemon Treatment



PREPARATION ⌚ 5 min

In a bowl, mix *1 tbsp. of honey* with *1 egg white* and *1 tbsp. of freshly squeezed lemon juice*.



APPLICATION ⌚ 30 min

Apply to face and wait 30 minutes.

Rinse with cool water.

Apply sunscreen immediately after treatment if using during the day.



FREQUENCY

Three times a week



SHELF LIFE

Single use



Salty Lemon Treatment



PREPARATION ⌚ 2 min

In a small bowl, mix the *juice of one lemon* with a *pinch of salt*.



APPLICATION ⌚ 10 min

Apply with a cotton ball onto your dark spots and let sit for about 10 minutes. Rinse.

Apply sunscreen immediately after treatment if using during the day.



FREQUENCY

Twice a day



SHELF LIFE

5 days refrigerated



Lemon Yogurt Treatment



PREPARATION ⌚ 5 min

In a small bowl, combine *1 tbsp. of low fat plain yogurt*, *2 tbsp. of ground oatmeal*, and *1 tsp. of lemon juice*.



APPLICATION ⌚ 30 min

Apply to the face and let sit for 30 minutes. Rinse off with cold water.

Apply sunscreen immediately after treatment if using during the day.



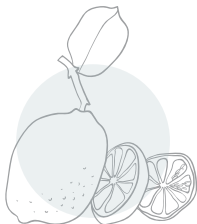
FREQUENCY

Twice a week



SHELF LIFE

Single use



Papaya Treatment



PREPARATION ⌚ 5 min

Mash 1 *tbsp. of papaya* in a bowl.



APPLICATION ⌚ 20 min

Apply mashed papaya to your affected skin, wait 20 minutes, and rinse off. It is normal if you feel a little tingling, since papaya is rich in enzymes.



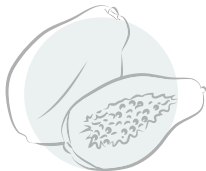
FREQUENCY

Twice a week



SHELF LIFE

Single use



Potato Treatment



PREPARATION ⌚ 5 min

Option 1: Grate *half a potato* and mix with *1 tsp. of honey*.

Option 2: Cut a few thin slices from the center of a *potato*.



APPLICATION ⌚ 20 to 30 min

Option 1: Apply to the affected skin and leave on for 30 minutes. Rinse off.

Option 2: Rub slices on your dark spots in a circular motion for two minutes. Then leave the potato slices on the affected area for 20 minutes. Rinse off.



FREQUENCY

Twice daily for 3 weeks



SHELF LIFE

3 days in refrigerator



Aloe Vera Treatment



PREPARATION ⌚ 1 min

.....

1 tbsp. of aloe vera gel or fresh aloe vera plant.



APPLICATION

Apply directly to your skin. Let dry.



FREQUENCY

Daily



SHELF LIFE

Fresh plants last about one week in refrigerator.
Aloe vera in bottle lasts 3-6 months.

Parsley Treatment



PREPARATION ⌚ 10 min

Juice or blend *one bunch of fresh organic parsley*.



APPLICATION ⌚ 2 min

Apply juice to the affected area with your fingers. Let dry about 2 minutes, then remove with wet washcloth.



FREQUENCY

Daily



SHELF LIFE

3 days refrigerated



Sandalwood Treatment



PREPARATION ⌚ 5 min

In a small bowl, mix **3 tbsp. of sandalwood powder**, a **pinch of turmeric powder**, and enough **rosewater** to make a paste.

Alternative evening recipe: Mix **4 tbsp. of sandalwood powder**, **1 tbsp. of lemon juice**, **1 tbsp. of tomato juice**, and enough **cucumber juice** to make a paste.



APPLICATION ⌚ 15 min

Apply to affected area for at least 15 minutes and up to an hour before removing with cold water.



FREQUENCY

Daily



SHELF LIFE

Single use



The Tip Card



The Tip Card

Always APPLY A MOISTURIZER ADAPTED TO YOUR SKIN TYPE AFTER USING THESE TREATMENTS.

* You can also use a blend of your favorite carrier oil and essential oil for hyperpigmentation: add about 6-12 drops of essential oil (depending on your skin sensitivity) for 1 oz. of carrier oil.

Always WEAR SUNSCREEN

* Especially after applying one of the treatments using lemon essential oil or lemon juice, if you plan on going outside.

* Avoid sun exposure for a few hours after using lemon.

* The process takes time, so keep doing it until you see the results you are looking for!

Suncare

Sun exposure can have damaging effects on the skin when it is overexposed without proper care.

The sun accelerates the skin's **aging** process, affects the strength of our skin's **elastin**, causes **sunburns**, and most importantly, increases the chances of developing **skin cancer**.

The sun is also responsible for **skin pigmentation**, **dark spots**, **freckles**, **wrinkles**, and **other skin lesions**.

Fortunately, it is just up to each one of us to protect our skin against the sun's ultraviolet rays that are responsible for damaging our skin.

Resources:

www.sunsafetyalliance.org

www.careinthesun.org



Suncare Tips

- * Wear sunscreen or a moisturizer with SPF protection all year long.
- * Apply sunscreen about 20 minutes before sun exposure, and reapply every 2 hours.
- * Wear a hat.
- * Avoid sun exposure between 10 a.m. and 4 p.m., when UV radiation is the strongest.
- * Be extra cautious when in high altitude and on the snow, as the UV rays are stronger in these conditions.
- * Reduce your sun exposure.

PHOTOTOXICITY

Some essential oils are phototoxic and therefore should not be used before sun exposure. Do not use the following essential oils during the day, only in the evening:

- Bergamot (*Citrus bergamia*)
- Bitter Orange (*Citrus x aurantium*)
- Grapefruit (*Citrus x paradisi*)
- Lemon, cold pressed (*Citrus x aurantium*)
- Lime, cold pressed (*Citrus x aurantifolia*)
- Opopanax (*Commiphora guidotti*)

Sunscreen

SPF 20-30



PREPARATION



15 min

1. In a double boiler, melt **2 tbsp. of beeswax**, **4 tbsp. of Shea butter**, and **4 tbsp. of either coconut or hazelnut oil**, stirring occasionally.
2. Add **1 tsp. of Vitamin E oil** and **1 tsp. of Red Raspberry Seed oil** (optional).
3. When everything is melted, remove from heat.
4. Stir in **3 tsp. of Zinc Oxide Powder** (do not inhale the powder) until homogenized.
5. Pour into a small mason jar.



APPLICATION

Apply to skin 20 minutes before sun exposure.



FREQUENCY

Every 2 hours when exposed to the sun, and reapply after exercising or going in the water.



SHELF LIFE

6 months in cool, dry place

Daily Moisturizer

with SPF Protection
(SPF > 2)



PREPARATION ⌚ 1 min

Mix *1 tbsp. (1 oz.) red raspberry seed oil* with *1 tbsp. of jojoba oil*. Add *2 drops of lavender essential oil*.



APPLICATION

Apply to face in the morning after cleansing.



FREQUENCY

Daily



SHELF LIFE

Single use



Sunburn Remedy **1**



PREPARATION



5 min

Mash *fresh watermelon* in a strainer until **2 tbsp. of watermelon juice** is produced (you can also use a juicer).



APPLICATION



10 min

Use cotton balls to apply fresh watermelon juice to the affected area, and let sit for at least 10 minutes before rinsing off.



FREQUENCY

Repeat as needed.



SHELF LIFE

Single use

Sunburn Remedy **2**



PREPARATION



1 min

2 tbsp. of fresh aloe vera or store bought aloe vera gel.



APPLICATION

Apply onto affected area and let dry.



FREQUENCY

Repeat as needed.

Sunburn Remedy **3**



PREPARATION ⌚ 5 min

In a blender, blend *1/2 tomato*, *1/2 lemon* (skin included), and *1 tbsp. of argan or olive oil*.



APPLICATION

Apply the remaining half of the tomato to your sunburn and wait a few minutes.

Then, use the mix in the blender to gently massage onto the affected area and allow to penetrate.



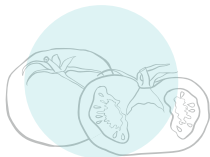
FREQUENCY

Reapply several times until your skin feels better.



SHELF LIFE

Single use



Baby Skincare

Your baby's skin is super sensitive and requires the best care!

Eco and health conscious moms can now find an increasingly number of natural baby skincare products on the store shelves, but they are generally overpriced.

You can easily make your own baby skincare products at home using the best ingredients available for your little one.

Try to use organic products (including cotton balls!) and watch out for any allergic reaction.



Bath Time Tips

- * Pour **1 tbsp. of organic whole milk** into baby's bath as a substitute for soap.
- * After bath time, massage baby with a tiny bit of **Sweet Almond oil** or **Olive oil**. **Shea butter** is also greatly appreciated by baby's skin. It suits and protects all types of skin.
- * Spend time to massage your baby's whole body after bath time. It has many wonderful benefits:
 - **It soothes baby when he is excited.**
 - **It improves his sleep.**
 - **It eases his digestive and respiratory problems.**
 - **It brings him security.**
- * Ask your pediatrician about the best way to massage your baby.



Body Oil



PREPARATION ⌚ 5 min

1. In a small glass bottle, mix *1 tbsp. of sweet almond oil*, *1/8 tsp. of vitamin E oil*, and *2 tsp. of Calendula oil*.
2. Gently shake before each use.



APPLICATION ⌚ 10 min

Apply a few drops to baby's face and body.

Gently massage into skin, starting from baby's feet.



FREQUENCY

Daily



SHELF LIFE

6 months



Diaper Cream



PREPARATION ⌚ 5 min

1. In a double boiler, combine *1 tsp. of anhydrous lanolin, 6 tsp. of sweet almond oil, 3 tsp. of calendula oil (or extra virgin olive oil), 4 tsp. of avocado butter, and 3 tsp. of beeswax.*
2. Stir occasionally until smooth.
3. Pour into small mason jars.



APPLICATION ⌚ 30 min

Apply on baby's rashes.



FREQUENCY

Apply as needed



SHELF LIFE

6 months in a cool, dry place

About Our Contributor



Katrina Schenfield

has written for and been featured by more than a dozen media outlets – including Natural Health Inforum, FizzNiche, Always New You, About.com, Identity, Beauty

Inforum, and Beauty Butler – and has been a popular natural skin care creator since 1999, creating botanical skin care products as a tool for beauty and ideal lifestyle health.

She is also an active educator and seeks to empower women to be naturally beautiful at any age, so that women can avoid the downward spiral of cosmetic surgery procedures, re-establish self-confidence, be more attractive to members of the opposite sex, and feel better about how they look.

Katrina is passionate – from advocating for healthy skin to writing articles to testing products by the dozens. She stays inspired by the amazing natural breakthroughs in botanicals. Visit her at expertskincareadvisor.com