

For Face Care

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- 2) Calendula cream for face (Herb infused oils)
- 3) Makeup remover
- 4) Panthenol face toner
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Contents:

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1) Lip gloss

2) Face serum with aloe vera gel

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About ingredients - Oils + Beeswax

Beeswax - a few advantages to using beeswax include - moisturizing components - beeswax locks in moisture and can help keep the skin firm and plump. The anti-allergenic and anti-inflammatory properties soothe easily irritated skin, making it one of the best skin care ingredients for healing rosacea or eczema.

Candelilla wax - can help reduce the appearance of stretch marks as well as the signs of aging, such as wrinkles and age spots. Furthermore, it is said to hydrate parched and scaly skin for enhanced smoothness. Candelilla Wax is known to be an effective binding agent that easily fuses ingredients

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Coconut oil - reduces inflammation, keeping skin moisturized and helping heal wounds. The medium-chain fatty acids found in coconut oil also possess antimicrobial properties that can help treat acne and protect the skin from problems as insect bites, lice and dandruff. Coconut oil moisturizes dry hair. Coconut oil adds luster, shine and softness to the hair. Coconut oil prevents hair breakage and split ends, contributing to hair length. In cold process soap, coconut oil is generally used around 20-30% of the recipe. Coconut oil is a super cleansing addition that produces big, copious bubbles. It is so good at its job that it can strip skin of moisture. That leaves the skin dry and even irritated.

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Jojoba oil - soothes dry skin. Jojoba oil has anti-inflammatory properties which help to tame chaffing and chapping, reduce redness caused by drying, ease the effects of eczema and rosacea, and keep skin calm and comfortable. The Vitamin E and B-complex vitamins in the Jojoba oil help in skin repair and damage control. I strongly recommend that you don't allow jojoba oil to take up more than 10% of the oils used within a recipe. Incorporating too much will create a somewhat soft bar and produce a poor lather. It's also very expensive compared to other soap making oils, so using too much is impractical for many soap makers.

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Castor oil - a powerful laxative. A natural moisturizer. Castor oil is rich in ricinoleic acid, a monounsaturated fatty acid - when applied to the scalp, it's purported to enhance the health of the hair follicles and, in turn, promote hair growth (as well as protect against hair loss), promotes wound healing, impressive anti-inflammatory effects, reduces acne, fights fungus, keeps hair and scalp healthy, fighting dry lips, preventing wrinkles - contains antioxidants that fight free radicals in your body, fighting acne - has antibacterial properties, reducing puffiness, soothing sunburn. Rubbing castor oil on your lips and letting it soak in before applying a lip balm will give the added benefit of soothing and

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conditioning chapped lips. You can also rub castor oil on your feet, concentrating on your heels, before applying socks at bedtime to wake up to smooth, soft, and healed feet. Castor oil is a natural thick, clear oil that helps produce a rich, creamy lather in soap. Castor oil is a humectant which attracts moisture to your skin. We suggest using 5% - 8% castor oil in cold process/hot process soap recipes.

Grape seed oil - good source of vitamin E, even more so than olive oil. Vitamin E is a vitamin that works as a fat-soluble antioxidant, which helps protect your cells from damaging free radicals that have been associated with cancer, heart disease,

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and other chronic illnesses. Helps protect skin from premature aging. Hydrating hair, adding shine to hair and fighting frizz, moisturizing the scalp and helping to reduce dandruff, fighting infections/inflammation of the scalp, detangling hair, protecting hair from UV damage, potentially preventing thinning and supporting growth. Moisturize skin, heal acne, lighten skin, tighten pores, reduce the appearance of scars, remove makeup. Has high conditioning properties. Has some added benefits of a creamy lather and adding to the hardness of your soap bar. Additionally, this oil can be used to create a soap that is anti-acne.

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Evening primrose oil warnings - side effects of EPO are usually mild and may include: upset stomach, stomach pain, headache, soft stools. Taking the least amount possible may help prevent side effects. In rare cases, EPO may cause an allergic reaction. Some symptoms of allergic reaction are: inflammation of the hands and feet, rash, difficulty breathing, wheezing.

If you take blood thinners, EPO may increase bleeding. EPO may lower blood pressure, so don't take it if you take medications that lower blood pressure or blood thinners.

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Evening primrose oil - can help clear up acne. may help ease eczema, can help improve overall skin health, may help relieve PMS symptoms, can help minimize breast pain, may help reduce hot flashes, may help reduce high blood pressure, may help improve heart health, can help reduce nerve pain, may help ease bone pain. Improve hydration and elasticity, reduce wrinkles and fine lines, soothe itchy, dry, and irritated skin, regulate sebum production, treat and prevent breakouts. Adding 5 - 10% of your total oils at the start of the soap making process should be sufficient. This is a great oil to add to soap for its conditioning qualities of which it has plenty.

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Avocado oil - rich in oleic acid, a very healthy fat, reduces cholesterol and improves heart health, high in lutein, an antioxidant that has benefits for the eyes, enhances the absorption of important nutrients, may reduce symptoms of arthritis, may help prevent gum disease, improves skin and enhances wound healing, neutralizes free radicals. Avocado oil contains a high percentage of Vitamin E, as well as potassium, lecithin, and many other nutrients which can nourish and moisturize your skin. The oleic acid also promotes collagen production, which helps grow new skin. This accelerates the healing process, helping with issues like sunburn. Avocado oil is extremely rich in oleic acid and

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monounsaturated fats, making it one of few oils that can actually penetrate the hair shaft and moisturize your hair, rather than sitting on top and coating your hair. These fats also strengthen the hair shaft and help prevent breakage.

Anti-inflammatory - avocado oil is a very good healthy ingredient for Chaps Lip Balm to contain for those suffering from irritated lips. Avocado oil has a great nutrient and antioxidant profile, which can neutralize damaging free radicals in the body and help alleviate oxidation stress on the skin. Avocado oil is known to improve nail health overtime. It helps heal dry, brittle nails. Using natural oils like avocado oil regularly keep the nails and surrounding skin soft and help reduce

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breakage. Avocado Oil is great for treating excessive dry skin and eliminating the root cause of dandruff. It has a natural sterolin that helps to reduce age spots. The oil plumps up collagen production and give your beard a fuller and more healthy appearance. Avocado oil is valued for its superior regenerative and moisturising properties. This oil is rich in vitamins A, B, D and E as well as lecithin, potassium, protein, beta carotene and amino acids. Avocado oil makes a soft bar of soap and is generally used at 20% or less in cold process recipes. The high levels of fatty acids make it great for lotion, body butter, and conditioner as well.

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Olive oil - antioxidant content - may help prevent premature signs of aging on the skin. Vitamin content - contains the fat-soluble vitamins A, D, E, and K. Antibacterial effects, moisturizing effects, treats dandruff - moisturizes your hair and reduces scalp irritation, which further reduces dandruff, promotes hair growth, skin moisturizer. Olive oil soap gives a very clean and buttery feel despite minimal lather, gentle makeup remover, antioxidant properties, anti-inflammatory properties, relieves eczema and psoriasis, extra mild and gentle soap, helps with acne.

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Argan oil - contains essential nutrients, has antioxidant and anti-inflammatory properties, may boost heart health, may have benefits for diabetes, may have anticancer effects, may reduce signs of skin aging, may treat some skin conditions, may promote wound healing, may moisturize skin and hair, often used to treat and prevent stretch marks, sometimes used to treat acne. With its high content of antioxidants, essential fatty acids and vitamin E, argan oil is able to naturally help increase the hair's moisture content and elasticity, combat frizz, and also protect the strands from damage that causes split ends and breakage, making it an especially potent ingredient in hair care.

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Because your lips are different from any other skin area, treating them with the best resources around can improve their appearance. Argan oil can treat and possibly prevent lip problems because of its moisturizing qualities. It deeply absorbs into the skin where it can help the lips retain as much moisture as possible. Argan oil is the perfect multitasking ingredient for grooming beard hair. Argan oil is also packed with vitamin E that helps to heal dry hair and skin, while soothing and protecting against damage. It pampers and nourishes skin, promoting healthier beard growth. It keeps the nails and skin protected and moisturized. If you have very rough cuticles and the skin around your nails are

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very tough, you can really benefit from using Argan oil on your hands and nails. Just like with hair, Argan oil will provide the extra moisture that your nails, cuticles, and skin need. Argan oil is naturally rich in Vitamin A and fatty acids. It is a powerful moisturizer and can help eyelashes to be hydrated. All the essential vitamins needed for hair to grow are present in Argan oil and using it daily on your lashes can promote the growth of the eyelash hair. Studies proved that argan oil has anti sebum properties ie, it minimizes the sebum production, which is very helpful for oily skin. Argan oil not only controls oil production but also moisturizes and provides a healthy glow. Argan oil minimizes wrinkles and fine lines.

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Sweet almond oil - the fatty acids found in sweet almond oil helps the skin retain moisture and keep it hydrated while the vitamin E soothes irritation. Reduces puffiness and under-eye circles, improves complexion and skin tone, treats dry skin, improves acne, helps reverse sun damage, reduces the appearance of scars, reduces the appearance of stretch marks. Increases shine. If its shine you are after then you can count on sweet almond oil to give you that. Strengthens hair and reduces hair loss, treats dandruff and aids in a healthy scalp, helps with hair growth, seals in moisture, perfect for all hair types, conditions hair. Because it has hydrating and nourishing properties that make our hair healthy as a result of

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which they become shinier and lustrous. Almond oil not only provides moisture to the hair but also to the scalp. By massaging your scalp and hair with Almond oil, you can reduce breakage, split ends, itchy scalp and dry roots.

When used in soap making, Sweet Almond oil produces a rich conditioning lather. High in vitamins E, A and D as well as Oleic and Linoleic fatty acids, this oil is perfect for soothing dry, flaky and irritated skin. It is said to be beneficial for skin ailments like rashes, psoriasis and eczema.

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About ingredients - Butters

Mango butter - contains essential fatty acids and antioxidants that make it a wonderful choice for mature skin as well. The rich, nourishing nature of this butter can even help benefit those suffering from skin conditions such as eczema or psoriasis. Mango butter is great at reducing symptoms such as dandruff, eczema and psoriasis by regenerating healthy cells through its moisture-rich and healing properties. Mango butter can be extremely helpful for healthy hair growth by restoring elasticity to the hair strands, meaning less breakage. Due to its rich texture, the skin doesn't soak it up right away, allowing the butter to serve as an extra protective barrier on the surface of your skin and lips to allow them to

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About ingredients - Butters

hydrate and heal. This is also why mango butter can be used to soothe sunburn and to heal minor wounds. Mango butter helps with the hardness of the soap, and it adds luxurious conditioning and moisturizing values as well.

Tallow - allow is an excellent demulcent. It is anti-inflammatory, a property owed to high CLA content, or conjugated linoleic acid, which is also detoxifying. Grass-fed tallow is hydrating: lipids maintain skin hydration by protecting the skin surface and preventing fluid loss. It makes a hard long-lasting soap with a light

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creamy lather and hardness. Tallow makes a great moisturiser. Tallow is usually well received by most skin types, doesn't cause irritation, and can be a godsend for people suffering from dry skin. it does take a little effort to render the tallow. If you render the tallow and strain it correctly, the soap will not smell like meat. Tallow soap with a superfat of 6% is a lovely soap for your skin. That means there's six percent of the oils in your recipe stay in your bars as oil and aren't converted into soap. These oils help condition and moisturise.

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About ingredients - Herbs

Chamomile flowers - if you're going to use fresh flowers in soap, you should opt for pureeing them or using them in a water infusion. Many flower petals will turn your soap brown if you use them in a pureed form. Exceptions include calendula, goldenrod, and daffodils. Chamomile helps address one of the most common skin issues that most people experience and want to get rid of as it can negatively impact one's physical and mental health. It helps relieve acne because of its anti-inflammatory and anti-bacterial properties coming from α -bisabolol, chamazulene, and flavonoids. Promotes Healthy Hair. Another topical use of chamomile tea is to promote healthier, shinier hair.

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About ingredients - Herbs

Calendula flowers - the flower is widely used as a medicinal plant whose antibacterial, antifungal, and anti-inflammatory properties make it a strong ingredient for healing. In addition to using whole petals, calendula flowers can be ground into powder or made into oils, creams, and ointments. Calendula oil has antifungal, anti-inflammatory, and antibacterial properties that might make it useful in healing wounds, soothing eczema, and relieving diaper rash. It's also used as an antiseptic. Calendula oil is often used to hydrate dry scalps, remove dandruff, and improve the condition of the scalp. With its regenerative properties it helps the hair follicles grow abundantly allowing for a thicker mane, and the

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About ingredients - Herbs

compounds can alleviate itchy, dry scalp that can lead to dandruff. Chamomile tea is also a natural hair lightener so you can achieve lighter hair or highlights by applying the brew to your scalp. Chamomile has traditionally been used for its calming effect in teas. It is also used topically on scars and wounds as an antibacterial, anti-inflammatory herb that is high in antioxidants. The flowers are very pretty on top of soaps and can give added medicinal properties in a tea infusion.

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Glycerin - applying glycerine to your skin traps moisture in your skin and gives it a youthful, healthy glow. By drawing moisture to the top layer of skin, glycerine helps reduce the appearance of wrinkles and keeps skin looking soft and smooth. Glycerine also improves skin function to slow down aging. Using glycerin helps in strengthening the hair, leading to less formation of split ends. The glycerin will be more effective if you add a few drops of essential oils in it. Frizzy is caused by low moisture in the hair, leading to hair damage and hair loss. Used on all skin types including oily skin. Treats oily skin conditions, like acne, skin infections, wrinkles and fine lines. Attracts moisture to skin. Acts an emollient, making skin moist, soft

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About ingredients - Miscellaneous

and supple. Glycerin for lips - makes them soft, keeps lips moisturized, prevents flaking and bleeding, delays the signs of aging, prevents irritation, treats mouth ulcers and sores, removes blemishes. Glycerin soap is gentler on skin than most soaps, making it a good choice for people who have particularly dry or sensitive skin. According to Vermont Soap Organics, glycerin soap also has a lower pH than other soaps, which helps the skin retain its natural moisture.

Panthenol solution - applied, diluted with water in the ratio 1: 5, flushing injuries and changes in mucus.

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About ingredients - Miscellaneous

Both the U.S. Food and Drug Administration (FDA) and the European Commission on Cosmetic Ingredients have approved panthenol for use in cosmetics.

Panthenol - in topical cosmetics, product manufacturers often use panthenol as a moisturizer. But it's also included in many cosmetics as a softening, soothing, and anti-irritant agent. It also helps your skin build up a barrier against irritation and water loss. The National Center for Biotechnology Information lists panthenol as a skin protectant with anti-inflammatory properties.

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About ingredients - Miscellaneous

It can help improve skin's hydration, elasticity, and smooth appearance. It also soothes - red skin, inflammation, little cuts or sores like bug bites or shaving irritation. Hair care products include panthenol because of its ability to improve your hair's - shine, softness, strength. Your nails are made from keratin proteins, just like your hair. So, it follows that panthenol can strengthen your finger- and toenails. You might find it in your shine and strengthening nail treatments, or in hand creams and cuticle oils.

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About ingredients - Miscellaneous

Medical alcohol 70% warnings - before using rubbing alcohol on your face, make sure that you select an isopropyl alcohol that's no more than 70 percent ethanol. While it's available in 90-percent-alcohol formulas, this is much too strong for your skin, and totally unnecessary. Never drink rubbing alcohol. Doing so can be deadly. You should only use it on your skin, and never let children use it without supervision. Also, never use rubbing alcohol topically to reduce fever — it's ineffective and dangerous to do so. Rubbing alcohol is also highly flammable, so never use it near an open flame or high heat. If you use rubbing alcohol and have allergic reaction signs (such as problems breathing, hives, facial

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swelling, or swelling of your lips, tongue, or throat), call 911 and seek emergency medical attention. Isopropyl alcohol is readily absorbed through the skin, so spilling large amounts of IPA on the skin may cause accidental poisoning. Small amounts of IPA on the skin is generally not dangerous, but repeated skin exposure can cause itching, redness, rash, drying, and cracking. Prolonged skin contact may cause corrosion.

Medical alcohol (70%) - 70% pure, USP-grade isopropyl alcohol (also known as IPA or isopropanol).

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About ingredients - Miscellaneous

Semolina - natural ingredient for face exfoliation.

Coconut flour - natural ingredient for face exfoliation.

Green clay - for oily, combination and acne-prone skin, green clay is ideal for restoring balance. Green Clay works overtime to soak up the excess oils that clog the pores and lead to acne and imperfections, plus it doubles as a powerful deep cleanser that helps to balance pH levels. Used in hair, French Green Clay is reputed to effectively eliminate dirt, product build-up, dandruff, and toxins, while balancing oil production to cleanse excessive oils without stripping the natural oils.

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Bentonite clay - removing toxins from the body, treating oily skin and acne, detoxifying the skin, treating poison ivy, aiding weight loss, relieving constipation, treating diarrhea, treating diaper rash, providing sun protection. Bentonite clay is also antimicrobial and helps with irritated or flaking scalps, in addition to psoriasis and seborrheic dermatitis. Bentonite clay contains a mixture of natural minerals that are beneficial for your hair and can encourage hair growth. It moisturizes, conditions, softens, and reduces frizz. Bentonite clay's adsorbent power may be helpful in treating acne breakouts and oily skin. The clay can help remove sebum, or oil, from the skin's surface, and it may also have a calming effect

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About ingredients - Miscellaneous

on inflamed breakouts. Bentonite Clay makes an amazing ingredient in toothpaste and dental care! A very gentle, mild abrasive with a mild taste, Bentonite Clay can help to improve the health of teeth and gums by removing plaque, remineralising teeth and thoroughly cleaning the mouth.

Kombucha - detoxifies, but also hydrates the skin as it improves skin elasticity. Kombucha improves skin tone, texture and clarity as it brightens the skin. Finally, kombucha as an active ingredient also combats the appearance of wrinkles and fine lines.

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Sodium hydroxide warnings - strongly irritating and corrosive. It can cause severe burns and permanent damage to any tissue that it comes in contact with. Can cause hydrolysis of proteins, and hence can cause burns in the eyes which may lead to permanent eye damage. Eating or drinking sodium hydroxide can cause severe burns and immediate vomiting, nausea, diarrhea or chest and stomach pain, as well as swallowing difficulties. Damage to the mouth, throat and stomach is immediate. Wear chemical protective gloves. Quickly and gently blot or brush chemical off the face. Immediately flush the contaminated eye(s) with lukewarm, gently flowing water for at least 60 minutes, while holding the eyelid(s) open.

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Sodium hydroxide - also known as lye, sodium hydroxide is a highly alkaline ingredient used in small amounts in cosmetics to establish and hold the pH of a product. It's also used as a cleansing and denaturing agent. In high concentrations, it's a significant skin sensitizer. The main active ingredient in a Lye Relaxer is Sodium Hydroxide (NaOH). Sodium Hydroxide relaxers are very effective in breaking down the hair's bonds (straightening the hair) quickly. Sodium hydroxide, with the formula NaOH, is usually used in products as a pH adjuster. It's also used in soap-making to turn fats and oils into soap.

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About ingredients - Miscellaneous

Sea salt - can help disinfect the mouth and reduce inflammation in the gums. Additionally, salt can stimulate the production of saliva, which promotes strong enamel and helps remineralize teeth. Different oils make your soap harder or softer, depending on their fatty acid makeup. However, many soap makers add a bit of salt to their soap to help increase the hardness

Lanolin warnngs - has a bad rep for irritating sensitive skin and causing allergic reactions. Side effects of lanolin include: Skin burning, stinging, redness, or irritation. Unusual changes in the skin (e.g., turning white/soft/soggy from too

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much wetness) (rare).

Lanolin - topical (for the skin) is used to treat or prevent dry skin, itching or other skin irritation caused by conditions such as diaper rash, radiation therapy skin burns, and others. Lanolin topical is also used to treat sore and cracked nipples caused by breast-feeding. Medical-grade lanolin is not very poisonous. Non medical grade lanolin sometimes causes a minor skin rash. Lanolin is similar to wax. Lanolin has long been used in the skin care and cosmetics industry as an effective emollient, commonly used in body creams and lotions to lock in

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much-needed moisture and prevent water loss. Lanolin oil is effective on the lips for the same reasons it helps treat dry skin and hair. In its natural state, lanolin contains about 25-30% water by weight. When applied to skin or hair, it is very effective at penetrating the surface and enhancing moisture retention. Lanolin is also beneficial because it continues to absorb moisture from the air, and can thus act as a humectant for the skin or hair. If you have acne prone skin, avoid using lanolin.

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Beetroot powder - BT powder is additive in cold process soap. Despite its vibrant natural color, beet root powder fades almost completely in cold process soap. It might not add color, but it's full of vitamins, magnesium, and folate. Can be used in bath tea recipes to provide your skin with nutrients and to turn your bath water a pink color. Can color your lip balm and lip gloss.

Aloe vera gel - due to its soothing, moisturizing and cooling properties, often used to treat burns, improves digestive health, promotes oral health, clears acne, relieves anal fissures. It contains antioxidants, enzymes, Vitamins A and C,

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and it is highly anti-inflammatory. It can help treat burns, acne and dry skin. Works best on superficial surface acne rather than cystic or deeper acne. Aloe vera contains something called proteolytic enzymes which repairs dead skin cells on the scalp. It also acts as a great conditioner and leaves your hair all smooth and shiny. It promotes hair growth, prevents itching on the scalp, reduces dandruff and conditions your hair. Hydrating aloe vera juice may help reduce the frequency and appearance of acne. It may also help reduce skin conditions like psoriasis and dermatitis. Rich source of antioxidants and vitamins that may help protect your skin.

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Vitamin E capsules - makes the nerves stronger and helps in nourishing your skin from within. Vitamin E is essential for healthy skin — and this includes your scalp. Poor scalp health is linked to lackluster hair quality . Vitamin E supports the scalp and gives your hair a strong base to grow from by reducing oxidative stress and preserving the protective lipid layer.

Vitamin E oil - nourishes the skin, treats stretch marks, increases levels of the nutrient in the skin tissue, lightens scars, cures muscle spasms, anti-ageing, acts as a moisturiser, treats dark circles, treats sunburns.

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Rose water - soothes skin irritation, soothes sore throats, reduces skin redness, helps prevent and treats infections, contains antioxidants, heals cuts, scars, and burns, enhances mood, relieves headaches, has anti-aging properties.

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About ingredients - Essential Oils

How can you tell the quality of essential oils?

Avoid essential oils that have been diluted with vegetable oil. To test this, place a couple of drops on a piece of paper. If the drop leaves an oily ring, it likely contains vegetable oil. Choose oils from companies that list the Latin name and common name on the label as well as the country of origin.

As per NAHA guidelines, New Directions Aromatics (NDA) does not recommend the **ingestion** (the process of taking food, drink, or another substance into the body by swallowing or absorbing it) of essential oils.

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About ingredients - Essential Oils

Frankincense EO - may reduce arthritis. Frankincense has anti-inflammatory effects that may help reduce joint inflammation caused by osteoarthritis and rheumatoid arthritis, may improve gut function, improves asthma, maintains oral health, and may fight certain cancers. It helps in healing wounds, sores, ulcers, carbuncles, hemorrhoids, and inflammations. The essential oil of the frankincense possesses antiseptic, astringent, carminative, digestive, diuretic, sedative, uterine, and vulnerary therapeutic properties.

Blends well with citrus oils like lime, lemon and wild orange and other oils such

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About ingredients - Essential Oils

as cypress, lavender, geranium, rose, sandalwood, ylang ylang and clary sage for diffusion.

Peppermint EO - a treatment for a variety of conditions, including irritable bowel syndrome (IBS), nausea, and other digestive issues, as well as the common cold and headaches, a topical application for relief from itching, muscle pain, and headache, a flavoring agent in foods and in products such as mouthwashes, a fresh, pleasing scent added to soaps and cosmetic products.

Blends well with oregano, marjoram, cypress, eucalyptus, geranium, grapefruit,

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juniper berry, lavender, lemon, rosemary and melaleuca (tea tree oil) essential oils for diffusion.

Lavender EO - lavender oil works to kill bacteria, and this can prevent and heal acne breakouts. It unclogs pores and reduces inflammation when you put it on your skin. Since lavender has antifungal properties and reduces inflammation, it can help keep eczema at bay. Lavender oil can also be used to treat psoriasis. The lavender oil helps cleanse your skin and lessen redness and irritation. Lavender oil can aid in skin lightening since it reduces inflammation. It can reduce

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About ingredients - Essential Oils

discoloration, including dark spots. Lavender oil helps lessen blotchiness and redness. If you have hyperpigmentation on your skin, lavender oil may be able to help with that as well. Free radicals are partly responsible for fine lines and wrinkles on the face. Lavender oil is full of antioxidants, which help protect you from the free radicals. Painful inflammation can be treated with lavender oil. The oil's pain-relieving and numbing effects help soothe the inflammation, while the beta-caryophyllene in the oil also acts as a natural anti-inflammatory. If you have a burn, cut, scrape, or another wound, lavender oil may help speed up the wound-healing process. In a 2016 study Trusted Source, researchers found that

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the wound-healing process. In a 2016 study Trusted Source, researchers found that lavender oil promotes the healing of skin tissue. Lavender oil does double duty for insect bites. It acts as an insect repellent, and it can relieve itching after a bite occurs. Many commercial mosquito repellents contain lavender oil. Insect bites cause redness, itching, and pain. They can sometimes become infected. Lavender oil helps relieve insect bites by warding off bacteria and reducing inflammation. It also naturally helps relieve pain.

Blends well with cedarwood, frankincense, rose, geranium, ylang ylang,

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peppermint, patchouli and all citrus essential oils.

Tea tree EO - hand sanitizer, insect repellent, natural deodorant, antiseptic for minor cuts and scrapes, boost wound healing, fight acne, good for nail fungus, chemical-free mouthwash, soothe skin inflammation, control dandruff, treat athlete's foot, banish mold on fruits and vegetables, relieve psoriasis.

Blends well with bergamot, cypress, eucalyptus, grapefruit, juniper berry, lavender, lemon, marjoram, nutmeg, pine, rose absolute, rosemary and spruce.

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About ingredients - Essential Oils

Rosemary EO - may improve brain function - research indicates that inhaling rosemary oil helps prevent the breakdown of acetylcholine, a brain chemical important for thinking, concentration and memory. Similarly, nursing students who breathed rosemary oil while taking a test reported increased concentration and information recall compared to breathing lavender oil or no essential oil at all. Other research suggests that breathing rosemary and other essential oils may improve brain function in older adults with dementia, including those with Alzheimer's disease. Stimulates hair growth - rosemary oil treats androgenetic alopecia by preventing a byproduct of testosterone from attacking your hair

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follicles, which is the cause of this condition. Additionally, those who used the rosemary oil reported less scalp itching. May help relieve pain, repels certain bugs, may ease stress, may increase circulation, may reduce joint inflammation.

Rosemary oil has loads of skincare applications because of its anti-inflammatory, anti-microbial, antioxidant, and pain-relieving properties. For example, its anti-inflammatory action allows it to soothe and even treat dry skin and dry scalp and it can also help soothe and treat eczema and acne.

Blends well with frankincense, lavender oil, basil, thyme, peppermint oil, elemi, cedarwood, petitgrain, tea tree oil, and spice oils.

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Clove EO - as an antimicrobial, to help kill bacteria, as a pain reliever for conditions such as toothache and muscle pain, for digestive upset, to relieve respiratory conditions like cough and asthma. Clove oil contains a compound called eugenol which is known for its antibacterial properties. It can prove effective in curing acne, reduce swelling and kill infectious bacteria at the same time. Clove is especially essential for oral health. Clinical research indicates that clove oil can relieve tooth pain and bad breath, as well as help reduce gum disease. Clove oil also has the natural ability to restrict the development of bacteria and can help fight mouth and throat infections. Applying clove oil on your scalp boosts

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blood circulation which reduces hair fall and also promotes hair growth. It also lends the much needed shine to dry and dull hair. A small amount of clove oil mixed with olive oil can also work as a great conditioner. Fights sore throat, cough and cold, Eases headaches, Treats indigestion, Can help treat nausea, Cures ear aches, eases stress, Eliminates toxins from blood, Can be used as an insect repellent. Applying clove oil on your scalp boosts blood circulation which reduces hair fall and also promotes hair growth. It also lends the much needed shine to dry and dull hair. A small amount of clove oil mixed with olive oil can also work as a great conditioner.

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About ingredients - Essential Oils

Blends well with orange, frankincense, cassia, cinnamon, cedarwood, ginger, roman chamomile, fennel.

Spearmint EO - good for your hair and your scalp. Naturally anti-fungal and antibacterial, making it an effective treatment for certain scalp conditions including dandruff. The cooling menthol also makes it an excellent remedy for itching and dryness. With anti-bacterial properties, makes an ideal skin cleanser. By imparting a cooling sensation, spearmint oil can help to relieve itching

For Face Care

About ingredients - Essential Oils

associated with dryness and skin irritations. Diffusing Spearmint oil will also help promote a sense of focus and will help uplift mood. For the best diffuser results, place three to four drops of Spearmint oil into the diffuser of your choice and enjoy the minty aroma as it elevates your mind and mood.

Blends well with lavender, rosemary, basil, peppermint and eucalyptus essential oils for diffusion.

For Face Care

About ingredients - Essential Oils

Cinnamon EO - cinnamon essential oil is said to stimulate circulation, reduce stress, relieve pain, fight off infections, improve digestion, and protect against insects. Cinnamon Oil is known to effectively soothe dry skin. ... For a Cinnamon shampoo that is reputed to stimulate hair growth and to address dandruff, thinning hair, and hair fall. can be used to treat gingivitis because of its antimicrobial potency that fights against the bacteria responsible for gum disease and also stimulates blood circulation to the gums, in turn promoting healthy gums.

For Face Care

About ingredients - Essential Oils

Blends well with black pepper, clove, ginger, geranium, cardamom, bergamot, frankincense, grapefruit, lavender, lemon, wild orange, tea tree and ylang ylang essential oils for diffusion.

Thyme EO - antibacterial - thymol, the most prevalent terpene in thyme oil, has antimicrobial properties, insect repellent - thyme oil has been found to be quite an effective mosquito repellent, yeast infection, skin conditions, respiratory infections and coughs, alopecia and hair loss, kills bacteria and infections, promotes skin health, promotes teeth health, increases circulation, eases stress and anxiety, balances hormones.

For Face Care

About ingredients - Essential Oils

Thyme can help promote hair growth by both stimulating the scalp and actively preventing hair loss. Like cedarwood oil, thyme oil was also found to be helpful in treating alopecia areata. Acne. There's some evidence that thyme oil is effective at reducing acne-causing bacteria on the skin. An animal study that compared thyme oil to oregano oil found that both were able to eliminate bacteria, but that oregano oil was more effective.

Blends well with bergamot, grapefruit, lavender, rosemary, oregano and tea tree essential oils.

For Face Care

1) Glycerin face lotion

Ingredients: 135g coconut oil, 45g candelilla wax, 480ml distilled or boiled water, 240ml glycerin, 25 drops of tea tree essential oil or frankincense or lavender.

Preparation:

- 1) Melt the wax and coconut oil over steam at a medium temperature (4). Allow to cool slightly.
- 2) Add glycerin, distilled or boiled water (cooled) and tea tree essential oil. Stir.
- 3) Pour into jars. Label which essential oils you used.
- 4) Store in the refrigerator or in a dark and cool place.

For Face Care

2) Calendula cream for face (Herbs infused oils)

Ingredients: 125g dried calendula flowers, 400ml olive oil, 100g coconut oil (250ml infused calendula oil), 40g beeswax, 250ml distilled or boiled water, 25 drops of essential oil of cinnamon or thyme or cloves or tea tree.

Preparation:

- 1) Make infused calendula oil.
- 2) Melt the wax with the infused oil on the steam at a medium temperature (4). Allow to cool slightly.
- 3) Add essential oil and stir.

For Face Care

2) Calendula cream for face (Herbs infused oils)

- 4) Add a little water to the mixture of oil and beeswax and mix with a mixer. Stir until all is well combined.
- 5) Pour into jars with airtight lids. Allow to set.

For Face Care

2) Herb infused oils

Slow method – in the sun

How do you know how many herbs you need in relation to oil?

You can use herbs – oil in 1: 5 ratio or 1:10 ratio. For example, 25g herbs and 125ml oil or 25g herbs and 250ml oil.

For Face Care

2) Herb infused oils

Ingredients: herbs (dry or fresh), oil (soybean, sunflower, rice grain, jojoba, castor, olive, coconut, sweet almond, avocado, saffron, hemp, apricot kernel, grape seed).

Preparation:

- 1) Put the herbs in the jar but leave 3 to 4 cm empty.
- 2) Pour in the oil to cover the plants completely, ie fill the jar completely with oil. If the herbs float to the surface, add some oil to cover again.
- 3) Close the jar*4, 10 and shake.
- 4) Place in the sun (window sill) and shake 3 to 4 times a day for 3 to 4 weeks.

For Face Care

2) Herb infused oils

- 5) Put a strainer in the saucepan and gauze in the strainer. Pour in oil. Wrap and drain the herbs. Leave it for 2 to 3 hours to collect the small pieces of plants at the bottom, then drain again through the coffee filter.
- 6) Pour into dark glass sterilized bottles or jars. Close and mark bottles or jars.
- 7) Store in a cool, dark and dry place for up to 9 months.
- 8) Add vitamin E oil of 1% to the amount of oil for preserving.

For Face Care

2) Herb infused oils

Quick method – by heating the oil

Ingredients: herbs (dry or fresh), oil (soybeans, sunflowers, rice grains, jojoba, castor, olives, coconut, sweet almond, avocados, safran, hemp, apricot kernel, grape seed).

Preparation:

1) Pour some water into the pot and let it boil and reduce to medium-low (3) or low temperature (2). Put the herbs in a glass deeper oven proof dish and pour oil or oil mixture over the herbs leaving empty about 5 cm.

For Face Care

2) Herb infused oils

Note: if you are using coconut oil, melt it in medium-low heat on the same principle – two saucepan and bowl on top of each other.

2) Heat the herbs at low temperature, between 38 and 60 C for 3 to 5 hours (depending on the strength you want).

Note: though if you cook for a long time you will not overdo it, because to get the same as in the slow process, it actually has to be cooked for 48 to 72 hours at 38 C.

For Face Care

2) Herb infused oils

3) Allow to cool.

4) Put a strainer in the saucepan and gauze in the strainer. Pour in oil. Wrap and drain the herbs.

5) Pour into dark glass sterilized bottles or jars. Close and mark bottles or jars (date, oil and herbs).

6) Store in a cool, dark and dry place for up to 4 months.

7) Add vitamin E oil of 1% to the amount of preserving oil.

For Face Care

2) Herb infused oils

In the oven

Ingredients: dried herbs, oil.

Preparation:

- 1) Put the plants in a fireproof bowl. Stir if using multiple herbs.
- 2) Add oil. Soak the plants in oil as much as possible.
- 3) Preheat the oven to 150 C and switch off.
- 4) Put the ovenproof bowl in the oven and leave for 4 hours and even better overnight.

For Face Care

2) Herb infused oils

- 5) Remove from oven. Put a strainer in the bowl and gauze in the strainer. Pour. Twist the gauze to drain the oil.
- 6) Pour into dark glass sterilized bottles or jars. Close and mark bottles or jars (date, oil and herbs).
- 7) Store in a cool, dark and dry place for up to 4 months.
- 8) Add vitamin E oil of 1% to the amount of preserving oil.

For Face Care

2) Herb infused oils

Tips:

- 1) It is better to use dry herbs. Before submerging them in oil, grind them a little in the mortar and pestle, but not too much as they will not be able to drain through the gauze.
- 2) If you use fresh herbs, leave them to dry for 12 hours and pat dry properly, otherwise your oil will burn. Then cut them into smaller pieces to extract as many good properties as possible
- 3) To prevent oil rancidity and eventual formation of mold, you can add Vitamin E oil, 1% to the amount of oil.
- 4) If you infuse the herbs with a slower method and the sun is very strong or

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2) Herb infused oils

directly on your jar, you can put a brown paper bag over the jar to prevent your plants from burning.

5) If you are infusing herbs with the fast method, be sure to adhere to the temperatures indicated in the recipe (up to 38 to 60 C) so that your herbs do not burn.

6) When placing herbs into a jar, be sure to leave 5 cm empty to pour over the oil, 5 cm because the plants absorb the oil. If necessary, add more oil as the herbs must be completely covered with oil. If you are putting herbs in a oven proof dish, also pour oil 5 cm high over the herbs. And if necessary, add more oils.

7) It is common for some parts of the plants to float to the top after absorbing the

For Face Care

2) Herb infused oils

oil – if they start to mold, remove and discard them.

8) After squeezing through the gauze, leave the oil standing for 2 to 3 hours, and you can leave for 12 to 24 hours, collecting small particles of plants at the bottom, and then drain through the coffee filter.

9) First leave the plants to wilt then pat dry them if needed and then chop them.

10) In the slow process, when filling the jar and pouring the oil, apply gauze over the jar to allow moisture to escape, if any, and to avoid bugs and dust

For Face Care

3) Makeup remover

Ingredients: 100ml rose water, 20ml glycerin, 40ml jojoba oil or sweet almond oil, 10ml castor oil, 10ml grape seed oil, 5 drops of tea tree essential oil, 2 drops of lavender essential oil.

Preparation:

- 1) Mix rose water, glycerin, jojoba oil, castor oil and grape seed oil. Stir.
- 2) Add essential oils. Stir.
- 3) Shake well before use.
- 4) Thoroughly clean the face with olive oil in the morning and evening. Put

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4) Panthenol face toner

Ingredients: 50ml rose water, 30ml panthenol solution, 5ml medical alcohol (70%) + 10 drops of lavender essential oil.

Preparation:

- 1) Mix rose water and panthenol solution.
- 2) Mix alcohol and essential oil.
- 3) Thoroughly clean the face with olive oil in the morning and evening. Put olive oil on the pad and start from the neck, towards the chin, around the mouth and nose, then up towards the cheeks and forehead. Apply the lotion on the face

For Face Care

5) Exfoliation for restoration of facial skin

Ingredients: 50g semolina, 35g coconut flour, 75ml olive oil or calendula infused oil, 3 teaspoons chamomile tea, 3 drops of rosemary essential oil.

Preparation:

- 1) Mix semolina and coconut flour.
 - 2) Add olive oil, chamomile tea and rosemary essential oil.
 - 3) Clean the face and apply an exfoliator avoiding the area around the eyes.
- Massage for 4 minutes. Rinse with warm water. Use 1-2 times a week.

For Face Care

6) Avocado oil mask for dry skin

Ingredients: 2 teaspoons of green clay, 25ml of chamomile tea, 1 teaspoon of avocado oil, 2 drops of lavender essential oil, 1 drop of frankincense essential oil.

Preparation:

- 1) Mix the clay with water and leave for 30 minutes.
- 2) Mix avocado oil and essential oils.
- 3) Mix clay and avocado oil with essential oils. Add chamomile tea and mix everything well. The mask should be thick. If it is thin, add a little more clay.
- 4) Put a mask on the cleansed face and leave for normal skin for 30 minutes,

For Face Care

6) Avocado oil mask for dry skin

if it is dry or sensitive for 20 minutes, if it is oily for 40 minutes. Rinse with warm water. Store in the refrigerator.

5) Always prepare mask fresh. Put on the mask after peeling (once a week). It is best to put on an exfoliation and a mask after showering because the pores are open and cleansing is more efficient.

For Face Care

7) Kombucha face soap

Ingredients: 185g kombucha, 360g tallow (from beef), 240 coconut oil, 150ml olive oil, 120g argan oil, 120g mango butter, 120g sodium hydroxide, 180ml distilled or boiled water.

Preparation:

- 1) Put on protective equipment and read the precautions at the end of the recipe.
- 2) Mix water and kombucha and leave in the fridge.
- 3) Melt the lard or tallow, coconut oil, olive oil, argan oil and mango butter on the steam at a medium temperature. Allow to cool to 38 to 43 C.

For Face Care

7) Kombucha face soap

Note: oil and water temperatures should be between 38 and 43 C.

- 4) Add sodium hydroxide to oils. Mix with a hand mixer or stick mixer for 2 minutes, then take a break for 5 minutes. Repeat the process until you get, "trace".
- 5) Put baking paper in the soap mold. Pour the mixture. Cover with baking paper, then with a towel and leave for 24 hours.
- 6) If the soap is too soft, leave it for another 24 hours.
- 7) Remove from the mold and cut.
- 8) Arrange on a wire rack and leave for 4 to 6 weeks to dry in a ventilated place. Occasionally turn the soaps to dry evenly on all sides.

For Face Care

7) Kombucha face soap

Precautions

- o) Always, always, always add sodium/potassium hydroxide to the water.
- 1) Accuracy in gravel must be respected up to milligrams.
- 2) Use stainless steel metal containers/bowls to measure and hold potassium hydroxide and water.
- 3) Before you measure potassium hydroxide, wear safety glasses, thick rubber gloves, and make sure you have long pants and long sleeves on. It is best to measure and mix potassium hydroxide outside, out the reach of children and pets, or in a well-ventilated area.

For Face Care

7) Kombucha face soap

- 4) When you mix potassium hydroxide with water, evaporation will occur which you do not want to inhale.
- 5) The temperature of the mixture of oil and the mixture of potassium hydroxide and water may be between 38 and 43 C.
- 6) If your sodium hydroxide gets on your skin, a chemical burn is created. White vinegar (alcoholic vinegar) is good for neutralizing burns.

For Face Care

8) Toothpaste with bentonite clay

Ingredients: 60g coconut oil, 60g bentonite clay, 2-3 teaspoons of distilled or boiled water, 1/2 teaspoon of sea salt, 15 drops of peppermint essential oil or spearmint or cinnamon.

Preparation:

- 1) Mix coconut oil, sea salt and bentonite clay.
- 2) Add one tablespoon of water. Mix with the back of the spoon in a circle. Add another tablespoon of water and mix again. Depending on what density you want, you can add one tablespoon of water.

For Face Care

8) Toothpaste with bentonite clay

- 3) Add essential oil and stir.
- 4) Pour into a jar with an airtight lid.

For Face Care

Bonus 1 - Lip gloss

Ingredients: 2 teaspoons lanolin, 1/6 teaspoon beetroot powder, 3 drops of essential oil of your choice.

Preparation:

- 1) Slightly heat the lanolin at a medium temperature (4).
- 2) Add beetroot powder. Stir well.
- 3) Add essential oil and stir.
- 4) Pour into a lip gloss bottle.

For Face Care

Bonus 2 - Face serum with aloe vera gel

Ingredients: 2 tablespoons aloe vera gel, 1 tablespoon glycerin, 1 tablespoon sweet almond oil, 3 capsules vitamin E, 2 tablespoons rose water.

Preparation:

- 1) Mix aloe vera gel, glycerin and sweet almond oil. Stir.
- 2) Add vitamin E capsules (powder only) and stir.
- 3) Add rose water. Stir until you get a white mixture.
- 4) Pour into a container with a lid.

Note: if you use natural aloe, the shelf life of the serum is 7 days.