

DIY Nourishing Topical Cream

- 1/4 cup shea butter
- 1/4 cup coconut oil
- 1 tbsp beeswax pellets
- 1 tsp sunflower lecithin powder
- 1 tbsp aloe vera gel
- 1 tsp green tea extract – open up the capsules or can be made by steeping green tea in a small amount of hot water and then using the concentrated liquid)
- 10 drops of lavender essential oil (optional, for fragrance)
- 10 drops of chamomile essential oil (optional, for extra soothing properties)
- 2 tsp hyaluronic serum or (use powder mixed with water - see the tip below)

Equipment:

- Double boiler or a heatproof bowl and a pot
- Mixing bowl
- Hand mixer or whisk
- Clean, sterilized jar or container for storage

In a double boiler or a heatproof bowl over a pot of simmering water, melt the shea butter, coconut oil, beeswax pellets, and lecithin together until they are fully liquid. Add the green tea and mix in with a whisk. Once melted, remove it from the heat and let it cool slightly. Add the aloe vera gel and hyaluronic serum to the mixture. Stir well to combine. Add the lavender and chamomile and whisk again.

Mix well. Use a hand mixer or whisk to whip the mixture until it becomes creamy and well-blended. This can take a few minutes. Once the mixture is well-combined and creamy, transfer it to a clean, sterilized jar or container. Let it cool completely before sealing the jar.

Tip: If using hyaluronic acid powder, make sure it is fully dissolved in a small amount of water before adding it to the cream. 1 tsp should be mixed with 1/4 - 1/3 cup water. Mix thoroughly to ensure even distribution. Let sit for a few minutes before use. Use the amount of this mixture called for in the recipe.

Usage: Apply a small amount of the cream to your face and neck, gently massaging it in circular motions until fully absorbed. Use daily for best results.

Adjustments: You can adjust the quantities and ingredients based on your skin type and preferences. For example, if you have oily skin, you might want to reduce the amount of coconut oil.

Patch Test: Always do a patch test before using any new skincare product to ensure you don't have any adverse reactions.

Storage: Store the cream in a cool, dry place, away from direct sunlight. It should last for a few months if kept properly.

The DIY nourishing topical cream includes ingredients that specifically target various aspects of aging skin, helping to improve its appearance and health.