



Nourishing Recipes For The Skin



Hello.

Congratulations on taking this step to improve the health of your skin.

The skin is a reflection of the health of the body. And the face shows how the body is doing. Instead of putting chemical beauty products on the skin or engaging in using fillers or plastic surgery to mask skin issues, try a natural approach.

Start with feeding the body the best quality foods and nutrients. The skin also has a microbiome, and the beneficial bacteria need to be fed. Try these Do-It-Yourself (DIY) recipes that provide the nourishment the skin needs.

I am here to help you. I can clarify what you need to do, so don't be afraid to reach out.

If you have any questions, please feel free to post in the Healthy Gut Community Facebook group.

Enjoy!

Lorene Sauro, CFNP



Medical Disclaimer

All information contained in this document is for informational purposes only. It is not intended to diagnose, treat, cure, or prevent health problems. For all serious health issues, please contact a medical or nutrition practitioner. The information provided in this program is based on the best knowledge of the author at the time of writing, and we do not assume liability for the information within this program, be it direct or indirect, consequential, special, exemplary, or other damages. In all circumstances, it is always wise to consult your physician before changing your diet, taking supplements, or starting any exercise or health program.

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Understanding how the skin stays healthy is essential for preventing it from aging. Skin is quite resilient, and given the right support, it will stay healthy and beautiful.

Many nutrients can be applied topically to support the health of this skin. Their functions can include antioxidant protection, reducing inflammation, promoting collagen production and elastin, protecting the skin from the sun, and repairing damage.

But they also help promote a healthy skin microbiome. Many of the benefits just described occur because of the beneficial microbes on our skin. It's essential to protect the bacteria on the skin and is the best way to prevent skin aging.

Using natural topicals that support the good bacteria on the skin is easy to do with Do-It-Yourself (DIY) recipes. This allows you to control what you use and how much.

Try these recipes as needed and see what works best for you. You can experiment with the ingredient amounts as you see fit.

Many nutrients can support skin health. Here are a few to help the understanding of what they can do.

Nutrients

Vitamin C

1. Function: Powerful antioxidant that helps in collagen synthesis, protects against UV damage, and brightens the skin.
2. Sources: Citrus fruits, strawberries, bell peppers, broccoli, and kiwi.
3. Topical Use: Vitamin C serums can reduce hyperpigmentation and improve skin texture.



Vitamin E

1. Function: Antioxidant that protects skin cells from oxidative damage and helps in skin repair.
2. Sources: Nuts, seeds, spinach, and avocado.
3. Topical Use: Often found in moisturizers and serums, vitamin E helps to soothe and hydrate the skin.

Vitamin A (Retinoids)

1. Function: Promotes cell turnover, reduces fine lines and wrinkles, and helps with acne.
2. Sources: Carrots, sweet potatoes, spinach, and fish.
3. Topical Use: Retinol creams and serums can improve skin texture and tone.

Omega-3 Fatty Acids

1. Function: Anti-inflammatory properties that help maintain the skin barrier and hydration.
2. Sources: Fatty fish (salmon, mackerel), flaxseeds, chia seeds, and walnuts.
3. Topical Use: Omega-3 enriched oils can help soothe and moisturize the skin.

Zinc

1. Function: Helps in wound healing, reduces inflammation, and protects against UV damage.
2. Sources: Meat, shellfish, legumes, and seeds.
3. Topical Use: Zinc oxide is commonly used in sunscreens for its UV protective properties.

Aloe Vera

1. Function: Soothes, hydrates, and heals the skin with its anti-inflammatory and antibacterial properties. Good for the skin microbiome.
2. Topical Use: Aloe vera gel can be applied directly to soothe sunburns and irritated skin.



Green Tea

1. Function: Rich in antioxidants (catechins) that reduce inflammation and protect against UV damage. Good for the skin microbiome.
2. Topical Use: Green tea extract in skincare products can help calm and protect the skin.

Chamomile

1. Function: Anti-inflammatory and calming properties that help soothe irritated skin.
2. Topical Use: Chamomile extract is often used in creams and lotions for sensitive skin. Good for the skin microbiome.

Calendula

1. Function: Promotes wound healing, reduces inflammation, and has antimicrobial properties.
2. Topical Use: Calendula oil or extract is used in salves and creams to heal and soothe the skin.

Turmeric

1. Function: Contains curcumin, which has strong anti-inflammatory and antioxidant properties.
2. Topical Use: Turmeric masks and creams can help reduce redness and even out skin tone.



Hyaluronic Acid

1. Function: Hydrates the skin by attracting and retaining moisture.
2. Topical Use: Found in serums and moisturizers, hyaluronic acid helps to plump and hydrate the skin.

Niacinamide (Vitamin B3)

1. Function: Improves skin elasticity, enhances the barrier function, and evens skin tone.
2. Topical Use: Common in serums and moisturizers, niacinamide can reduce inflammation and redness.

Centella Asiatica (Gotu Kola)

1. Function: Promotes collagen production and has anti-inflammatory properties.
2. Topical Use: Used in creams and serums to heal and strengthen the skin.

Rosehip Oil

1. Function: Rich in essential fatty acids and vitamins A and C, it helps regenerate and brighten the skin.
2. Topical Use: Applied directly as an oil or found in serums, it can improve skin texture and tone.

Shea Butter

1. Function: Moisturizes, softens, and protects the skin with its high content of fatty acids and vitamins. Good for the skin microbiome.
2. Topical Use: Used in moisturizers and creams to hydrate and soothe dry skin.



Coconut Oil

1. Function: Moisturizes the skin, provides antimicrobial protection, and supports the skin barrier function. Good for the skin microbiome.
2. Topical: Used as a moisturizer and antimicrobial. Good for acne, especially as a preventative.

Lecithin

1. Function: Moisturizes and is used as an emollient. Has skin barrier-supporting properties and aids the absorption of nutrients into the skin. Contains phospholipids, which are needed for cell membranes. Good for the skin microbiome.
2. Topical: Used in moisturizers to emulsify ingredients and aid absorption of nutrients.

Recipes

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 ¼ - 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.

DIY Natural Sunscreen Recipe

- 1/2 cup shea butter
- 1/4 cup coconut oil
- 1/4 cup almond oil or jojoba oil
- 1/4 cup beeswax pellets
- 2 tbsp non-nano zinc oxide powder (be very careful not to inhale the powder)
- 1 tsp vitamin E oil
- Optional: 10-15 drops of essential oils (e.g., lavender or chamomile for added skin benefits and pleasant scent but avoid citrus oils as they can increase sun sensitivity.)



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, almond oil (or jojoba oil), and beeswax together until they are fully liquid. Once melted, remove from heat and let it cool slightly, but not enough to start solidifying. Carefully add the zinc oxide powder to the mixture. Be very careful not to inhale the powder; you might want to wear a mask during this step. Stir well to ensure the zinc oxide is fully incorporated. Add the vitamin E oil and essential oils (if using). Mix thoroughly. Whip the mixture with a hand mixer or whisk until it becomes creamy and well-blended. This ensures the zinc oxide is evenly distributed throughout the cream. 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.

Usage: Apply generously to all exposed skin before going out in the sun. Reapply every two hours or more often if swimming or sweating.

SPF Level: This DIY sunscreen can provide some protection against UV rays, but the exact SPF level is difficult to determine without proper testing. It's generally safer to use commercial sunscreens for reliable protection.

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 sunscreen in a cool, dry place, away from direct sunlight. It should last for a few months if kept properly.

Reapplication: Reapply every two hours or after swimming or excessive sweating, just like with commercial sunscreens.

DIY Natural Mosquito and Tick Repellent

- 1/2 cup witch hazel
- 1/2 cup apple cider vinegar or distilled water
- 30 drops of eucalyptus essential oil
- 30 drops of citronella essential oil
- 20 drops of lavender essential oil
- 20 drops of tea tree essential oil
- 20 drops of lemongrass essential oil
- 10 drops of rosemary essential oil



Equipment:

- Spray bottle (preferably dark glass to protect the essential oils from light)
- Small funnel (optional, for easy pouring)
- Measuring cups

In a clean spray bottle, combine the witch hazel and apple cider vinegar (or distilled water). Use a funnel if needed to avoid spills. Add each of the essential oils to the spray bottle: eucalyptus, citronella, lavender, tea tree, lemongrass, and rosemary. These essential oils have natural insect-repelling properties. Secure the spray bottle cap and shake well to ensure all ingredients are well mixed.

Usage: Shake well before each use. Spray the repellent onto exposed skin and clothing, avoiding the face and eyes. Reapply every 2-3 hours or as needed, especially if you are sweating or after swimming.

Patch Test: Always do a patch test before using any new product to ensure you don't have an adverse reaction to any of the essential oils.

Avoid Sensitive Areas: Do not apply the repellent to broken or irritated skin, and avoid the eye and mouth areas.

Reapplication: Natural repellents need to be reapplied more frequently than synthetic ones, especially after sweating or swimming.

Storage: Store the repellent in a cool, dark place to maintain the efficacy of the essential oils. A dark glass spray bottle is ideal to protect the oils from light.

DIY Eczema Cream Recipe

- 1/2 cup shea butter
- 1/4 cup coconut oil
- 1/4 cup olive oil or jojoba oil
- 2 tbsp beeswax pellets (optional, for a thicker consistency)
- 1 tbsp aloe vera gel
- 1 tbsp honey (raw, unprocessed honey is best)
- 10 drops of lavender essential oil
- 10 drops of chamomile essential oil
- 5 drops of tea tree essential oil



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, and beeswax pellets (if using) together until they are fully liquid. Once melted, remove from the heat and let it cool slightly. Add the olive oil (or jojoba oil) to the mixture. Stir well to combine. Mix in the aloe vera gel and honey. Stir thoroughly to ensure they are well incorporated. Add the lavender, chamomile, and tea tree essential oils. These oils are known for their soothing and anti-inflammatory properties. Whip the mixture with a hand mixer or whisk until it becomes creamy and well-blended. This ensures an even distribution of all ingredients. 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.

Usage: Apply a small amount of the cream to the affected areas of your skin. Use as needed, especially after bathing or when your skin feels dry and itchy.

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

Avoid Sensitive Areas: Be cautious when applying near the eyes and other sensitive areas.

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

Consult a Doctor: If your eczema is severe or does not improve with natural remedies, consult a healthcare professional for further advice.

DIY Acne Treatment Cream

- 1/4 cup aloe vera gel
- 2 tbsp jojoba oil
- 1 tbsp raw honey
- 5 drops of tea tree essential oil
- 5 drops of lavender essential oil
- 5 drops of rosemary essential oil
- 2-3 drops of lemon essential oil (optional, be cautious as it can increase sun sensitivity.)



Equipment:

- Mixing bowl
- Small whisk or spoon
- Clean, sterilized jar or container for storage

In a mixing bowl, combine the aloe vera gel and jojoba oil. Stir well to blend the ingredients thoroughly. Add the raw honey to the mixture. Honey is a natural humectant and has antibacterial properties, making it excellent for acne-prone skin. Mix until the honey is fully incorporated. Add the tea tree, lavender, and rosemary essential oils to the mixture. If using, add the lemon essential oil as well. Stir well to ensure the essential oils are evenly distributed. Use a whisk or spoon to mix all the ingredients thoroughly until you achieve a smooth, creamy consistency. Transfer the mixture to a clean, sterilized jar or container. Ensure the container is airtight to maintain the cream's freshness and efficacy.

Usage: Apply a small amount of the cream to clean, dry skin, focusing on acne-prone areas. Use it once or twice daily, preferably in the evening if you are using lemon essential oil due to its photosensitivity.

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

Avoid Sensitive Areas: Be cautious when applying near the eyes and other sensitive areas.

Sun Sensitivity: If you use lemon essential oil, apply the cream only in the evening to avoid sun sensitivity, and always wear sunscreen during the day.

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

This DIY acne treatment cream combines natural ingredients to help soothe, heal, and prevent acne breakouts while nourishing the skin.

DIY Psoriasis Relief Cream

- 1/2 cup shea butter
- 1/4 cup coconut oil
- 1/4 cup olive oil or jojoba oil
- 2 tbsp beeswax pellets (optional, for a thicker consistency)
- 1 tbsp aloe vera gel
- 1 tbsp raw honey
- 10 drops of lavender essential oil
- 10 drops of tea tree essential oil
- 5 drops of frankincense essential oil
- 5 drops of chamomile essential oil



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, and beeswax pellets (if using) together until they are fully liquid. Once melted, remove from the heat and let it cool slightly. Add the olive oil (or jojoba oil) to the mixture. Stir well to combine. Mix in the aloe vera gel and honey. Stir thoroughly to ensure they are well incorporated. Add the lavender, tea tree, frankincense, and chamomile essential oils. These oils are known for their soothing and anti-inflammatory properties. Whip the mixture with a hand mixer or whisk until it becomes creamy and well-blended. This ensures an even distribution of all ingredients. 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.

Usage: Apply a small amount of the cream to the affected areas of your skin. Use as needed, especially after bathing or when your skin feels dry and itchy.

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

Avoid Sensitive Areas: Be cautious when applying near the eyes and other sensitive areas.

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

Consult a Doctor: If your psoriasis is severe or does not improve with natural remedies, consult a healthcare professional for further advice.

DIY Rosacea Relief Cream

- 1/4 cup shea butter
- 1/4 cup coconut oil
- 2 tbsp jojoba oil or almond oil
- 1 tbsp aloe vera gel
- 1 tbsp chamomile hydrosol (optional, for added soothing properties)
- 10 drops of chamomile essential oil
- 10 drops of lavender essential oil
- 5 drops of rosehip oil
- 5 drops of niacinamide powder (optional, for anti-inflammatory properties.)



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 and coconut oil together until they are fully liquid. Once melted, remove from the heat and let it cool slightly. Add the jojoba oil (or almond oil) to the mixture. Stir well to combine. Mix in the aloe vera gel and chamomile hydrosol (if using). Stir thoroughly to ensure they are well incorporated. Add the chamomile, lavender, and rosehip oils. These oils are known for their soothing and anti-inflammatory properties. If using niacinamide powder, ensure it is fully dissolved in a small amount of warm water before adding it to the mixture. Stir well. Whip the mixture with a hand mixer or whisk until it becomes creamy and well-blended. This ensures an even distribution of all ingredients. 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.

Usage: Apply a small amount of the cream to clean, dry skin, focusing on areas affected by rosacea. Use daily, especially after cleansing your face.

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

Avoid Sensitive Areas: Be cautious when applying near the eyes and other sensitive areas.

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

Consult a Doctor: If your rosacea is severe or does not improve with natural remedies, consult a healthcare professional for further advice.

DIY Impetigo Soothing Balm

- 1/4 cup coconut oil
- 1/4 cup shea butter
- 2 tbsp beeswax pellets
- 1 tbsp raw honey
- 10 drops of tea tree essential oil
- 10 drops of lavender essential oil
- 5 drops of chamomile essential oil



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 coconut oil, shea butter, and beeswax pellets (if using) together until they are fully liquid. Once melted, remove from the heat and let it cool slightly. Add the raw honey to the mixture. Stir thoroughly to ensure it is well incorporated. Add the tea tree, lavender, and chamomile essential oils. Stir well to ensure the essential oils are evenly distributed. Whip the mixture with a hand mixer or whisk until it becomes creamy and well-blended. 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.

Usage: Apply a small amount of the balm to the affected areas of the skin. Use as needed, especially after gently cleansing the area.

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

Avoid Sensitive Areas: Be cautious when applying near the eyes and other sensitive areas.

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

Consult a Doctor: Impetigo is a bacterial infection that often requires medical treatment. This balm is intended to support healing and soothe the skin, but it should not replace medical advice or prescribed treatments. Consult a healthcare professional for proper diagnosis and treatment.

DIY Dermatitis Relief Cream

- 1/4 cup shea butter
- 1/4 cup coconut oil
- 2 tbsp jojoba oil or almond oil
- 1 tbsp aloe vera gel
- 1 tbsp colloidal oatmeal (finely ground oats)
- 10 drops of chamomile essential oil
- 10 drops of lavender essential oil
- 5 drops of tea tree essential oil (optional, for antibacterial properties)
- 5 drops vitamin E oil (optional, for added nourishment)



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 and coconut oil together until they are fully liquid. Once melted, remove from the heat and let it cool slightly. Add the jojoba oil (or almond oil) to the mixture. Stir well to combine. Mix in the aloe vera gel and colloidal oatmeal. Stir thoroughly to ensure they are well incorporated. Colloidal oatmeal is known for its soothing properties and can help calm irritated skin. Add the chamomile, lavender, and tea tree essential oils. If using, add the vitamin E oil as well. These oils are known for their soothing and anti-inflammatory properties. Whip the mixture with a hand mixer or whisk until it becomes creamy and well-blended. This ensures an even distribution of all ingredients. 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.

Usage: Apply a small amount of the cream to the affected areas of your skin. Use as needed, especially after bathing or when your skin feels dry and irritated.

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

Avoid Sensitive Areas: Be cautious when applying near the eyes and other sensitive areas.

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

Consult a Doctor: If your dermatitis is severe or does not improve with natural remedies, consult a healthcare professional for further advice.

DIY Burn Relief Cream

- 1/4 cup aloe vera gel
- 2 tbsp coconut oil
- 2 tbsp shea butter
- 1 tbsp honey (preferably raw or Manuka honey)
- 1 tsp vitamin E oil
- 5 drops of lavender essential oil
- 5 drops of chamomile essential oil
- 5 drops of tea tree essential oil (optional, for its antibacterial properties)

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 coconut oil and shea butter together until they are fully liquid. Remove from the heat and let it cool slightly. Add the aloe vera gel and honey to the mixture. Stir thoroughly to ensure they are well incorporated. Add the vitamin E oil, lavender essential oil, chamomile essential oil, and tea tree essential oil (if using). Mix well to ensure even distribution. Whip the mixture with a hand mixer or whisk until it becomes creamy and well-blended. 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.

Usage: Apply a small amount of the cream to the affected area as needed. Reapply as necessary to keep the skin moisturized and promote healing.

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

Avoid Sensitive Areas: Be cautious when applying near the eyes and other sensitive areas.

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

Consult a Doctor: For severe burns or if your burns do not improve with this cream, consult a healthcare professional for further advice.

DIY Facial Scrub Recipe

- 1/4 cup finely ground oatmeal
- 1/4 cup finely ground almonds
- 2 tbsp honey
- 2 tbsp plain yogurt or aloe vera gel
- 1 tbsp coconut oil or olive oil
- 5 drops of lavender essential oil

Equipment:

- Mixing bowl
- Spoon or small whisk
- Clean, sterilized jar or container for storage



In a mixing bowl, combine the finely ground oatmeal and finely ground almonds. Stir well to blend the dry ingredients evenly. Add the honey and plain yogurt (or aloe vera gel) to the dry ingredients. Mix thoroughly to create a smooth, paste-like consistency. Stir in the coconut oil (or olive oil). Mix until all ingredients are well combined. If using, add the lavender essential oil. Stir well to ensure even distribution. Transfer the mixture to a clean, sterilized jar or container. Seal tightly.

Usage: To use, take a small amount of the scrub and gently massage it onto damp skin in circular motions for about 1-2 minutes. Rinse thoroughly with warm water and pat your skin dry. Follow with your favorite moisturizer.

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 scrub in a cool, dry place, away from direct sunlight. It should last for about a week if kept properly. If using yogurt, keep the scrub refrigerated and use it within a week.

Avoid Over-Exfoliation: Use the scrub 1-2 times per week to avoid over-exfoliating your skin, which can lead to irritation.



DIY Facial Toner Recipe

- 1/2 cup witch hazel
- 1/4 cup rose water
- 1/4 cup aloe vera juice
- 1 tbsp apple cider vinegar
- 5 drops lavender essential oil
- 5 drops tea tree essential oil

Equipment:

- Measuring cup
- Mixing bowl
- Spoon or small whisk
- Clean, sterilized bottle (preferably dark glass to protect the essential oils from light)



In a mixing bowl, combine the witch hazel, rose water, and aloe vera juice. Stir well to blend the liquids evenly. Add the apple cider vinegar to the mixture. Stir thoroughly to ensure it is well incorporated. Add the lavender essential oil and tea tree essential oil (if using). Mix well to ensure even distribution. Transfer the mixture to a clean, sterilized bottle. Seal tightly and shake well.

Usage: After cleansing your face, apply the toner to a cotton pad and gently wipe it over your face and neck, avoiding the eye area. Follow with your usual moisturizer or serum.

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 toner in a cool, dry place, away from direct sunlight. If using fresh aloe vera juice, keep the toner refrigerated and use it within a month.

Gentle Use: Use the toner once or twice daily after cleansing to maintain a balanced and healthy complexion.

This DIY facial toner helps cleanse, soothe, and prepare your skin for the next steps in your skincare routine, promoting a clear, healthy, and radiant complexion.

