

Skingspired

Beauty Basics

A DIY GUIDE FOR NATURAL SKINCARE



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SKINSPIREDSOCIETY.COM

Contents

*The fun
starts here!*



DISCLAIMER

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INTRODUCTION

Why your beauty products matter?

As it stands, companies are allowed to put nearly any chemical into personal care products sold in the US without any safety testing, or disclosing all the chemicals on labels. Of course companies defend their formulas, arguing that the levels of harmful substances in their products are safe. This may be true to a person whose body is perfectly healthy and able to properly detox. However, with the average woman using 8-12 personal care products every single day, it's not about our exposure to one product, but our cumulative exposure to multiple products that each contain their own cocktail of potentially harmful ingredients. Combine this with a compromised body system that can't completely remove these harmful substances, and one can easily end up with out of whack hormones, compromised gut health, and inflammation in the body - all of which contribute to acne.

Cleaning up your beauty products used to be challenging, but with the marriage of the Internet and informed consumers who are voting with their wallets, more and more options are now available to you today. From green beauty bloggers, to big natural online retailers, to Etsy sellers, or makers at your local farmer's market, there are a number of places you can source natural and clean products both off and online.

But, if you're like me (and since you're reading this, I think you are), you find joy in the DIY process and are excited to make your own products! Not only do you get full control over exactly what you put into your recipes, but making your own products is super easy, totally fun, and will save you a ton of money.

I've spent hundreds of hours researching ingredient suppliers, making and testing recipes, and using these products consistently to ensure they hold up, last, are safe, and actually work!

This course takes all the guesswork out of the DIY process for clean and natural basic beauty products, but it's really just the beginning. I encourage you to use the recipes in this program as a base for you to build, play, explore, and experiment until you find the perfect combination of products that work specifically for you.

I hope you get Skinspired, and I can't wait to see what you create!

Your Basic Beauty Routine

When your face is in rebellion, it's natural to want to attack it with everything you've got – acne creams, cleansers, exfoliants. But, you can over do it, which will lead to the exact opposite results you want. Read – more breakouts. Over washing and over exfoliating leads to dryness, irritation, inflammation and even infection, all of which destroy your skin's ability to fight off pimple-causing bacteria.

The Skinspired Beauty Basics course includes product recipes to build and customize your own natural, clean and gentle beauty routine. Plus, consider these extra tips to help keep your skin clear:

Wash your face with lukewarm water, not hot. Washing with water that is super hot, may feel good, but can strip the natural protective layer of oil from your skin's surface, making you vulnerable to dirt and bacteria entering and clogging your pores. Suffer from acne on your chest or back? This applies to your showers too!

Remove your makeup with coconut oil before you wash your face. A lot of cleansers will boast that they are strong enough to remove your makeup while cleansing your face. While that may be true, if you're wearing long lasting foundations, concealers, or waterproof mascara, the staying powers of these cosmetics may require you to do some extra scrubbing, which in turn could irritate the skin. Instead, try using a damp cloth and some coconut oil to gently wipe away makeup first before washing.

Don't over exfoliate. Not only are facial cleansers with microbeads terrible for the environment, but they also do a number on your skin to strip it's natural barrier away. Instead, opt for non-abrasive cleansers for daily use, and then use a gentle cleansing mask 1-2 times per week to help remove the buildup of dead skin cells.

I have personally been using the products in this course in the following order as part of my morning and evening routines:

A NOTE ABOUT COCONUT OIL & COMEDOGENICITY:

Yes, it's true, coconut oil can be comedogenic and acnegenic. This is why I do not use regular coconut oil as a moisturizer on my face. However, for years I have been using regular coconut oil as a gentle and natural eye makeup remover and I haven't experienced any breakouts as a result. Of course, always test this for yourself, as your skin may be far more sensitive and require a different approach.

Morning Routine

1. Gently wash the face with lukewarm water only. I find there's no need to cleanse the face in the morning if it has been cleansed the night before.
2. Generously mist the hydrating toner all over the face and allow to air dry.
3. Pat on a dime-sized amount of the Acne Ass Kicking Lotion.
4. Apply makeup.

Nighttime Routine

1. Rub about a nickel-sized dollop of coconut oil around the eye area to lift and remove makeup. Use a damp tissue or cotton pad to wipe away the oil and makeup.
2. Pump 1-2 pumps of the Honey Foaming Cleanser into your palm, and then massage into your face to remove the day's dirt and grime. Pat dry with a clean towel.
3. Generously mist the hydrating toner all over the face and allow to air dry.
4. Massage in 3-4 drops of the Acne Clearing Face Oil until it's well incorporated into the skin.

NEW TO DIY?

How to Get Started

Getting started with making your own beauty products does not have to be expensive or overwhelming. With a few key tools and ingredients, you can easily make all of the products in this program. Resist the urge to spend your kid's college tuition on crazy specialty ingredients, and instead start with these staple ingredients, tools, and "can't-leave-out" products. Everything listed in the following sections appear in the accompanying recipes, and are a great place to invest your money to start.

INGREDIENTS

Staple Ingredients for a Skinspired DIY Kit

Aloe Vera Juice is a must have for your DIY kit, as it makes an excellent addition to, or substitution for water in toners, lotions, and face masks. It's hydrating and soothing to the skin, and can help reduce redness from acne and scarring. Be sure that you get the Aloe Vera Juice from a proper ingredients supplier, and not the green gel that you purchase from a drugstore - they are very different! You can also purchase aloe vera 200x powder, and then reconstitute it at home. This tends to be a less expensive, but slightly more complicated step, so it's your call. For the sake of simplicity of these recipes, I've called for aloe vera juice, not powder.

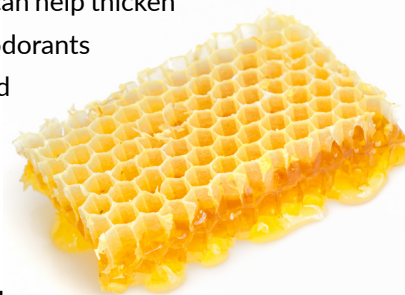
Witch Hazel is a hydrosol that acts as an astringent on the skin, making it a great ingredient in toners. You can easily find witch hazel at your local drugstore, but be aware that these brands often include added alcohol and are devoid of the lovely tannins that benefit your skin, so I recommend getting some from a proper ingredients supplier.

Glycerine is a humectant, so it pulls moisture from the air and draws it into the skin, and also forms a protective layer on the skin to prevent water loss. Glycerine is quite sticky, so it's best to always be used as an ingredient of a recipe, and never directly on the skin. It's water soluble, so it's best added to the water part of a recipe.

Diatomaceous Earth is essential if you have sensitive skin. I find that so many DIY recipes call for baking soda, however, baking soda is so alkaline that it can actually cause irritation on the skin. That's why I love diatomaceous earth, as it makes a wonderful baking soda substitute. It's a fine powder that's made up primarily of silica. Always get food-grade diatomaceous earth, so that it is free of added chemicals, and safe to use on the skin or internally.

Arrowroot Powder is a staple in my kitchen, and my DIY kit. It is light, soft, and super absorbent, making it a great ingredient for thickening recipes, such as my stick deodorant. It's also gluten-free, so it will not irritate your skin if you have a gluten allergy or sensitivity.

Beeswax is a natural humectant and protectant that soothes and hydrates the skin. Beeswax is considered to be a thickening agent, meaning it can help thicken creams, lip balms and deodorants so they are easier to use and spread on the skin. You can buy beeswax in both the raw, chunky form, or little pastilles. The chunkier form is usually cheaper, but I personally find the pastilles easier to work with when measuring.



Butters, Shea, Mango, and Cocoa are great to have on hand. They can add a level of luxuriousness and hydration to any lotion, salve, or balm. Use just one to save some money, or get all three, as they each have slightly different characteristics. Shea butter melts at body temperature and is absorbed quickly by the skin, but it tends to have a more greasy feeling. I recommend using it at lower percentages in recipes. Mango butter contains tannins that give it a dry feeling. It's best used combined with other butters and oils, and is well suited for normal to oily skin types. Cocoa butter tends to be harder, so it's great for lotion bars and lip balms, plus it has a wonderful chocolatey smell.

Castile Soap is one of those cheater ingredients I like to buy to make my life easier. I have not mastered the art of making soap, so I find purchasing an unscented castile soap is a great option. Dr. Bronner's is my favourite brand, and is easily found at most stores and online.

Clays, from French green clay, to kaolin clay, to bentonite clay, and more... clays are a staple ingredient if you want to add a cleansing and detoxifying mask to your weekly skincare routine. Each clay has its own special characteristics, but generally they benefit the skin by gently exfoliating the skin and pulling impurities from the pores. Which clay you use is a personal choice, so feel free to research and play to find the one that works best for you.

Emulsifying Wax is necessary if you want to marry water and oil into a happy, emulsified, and lotiony relationship. Or in other words, you can't make lotion without it. There are a ton of different kinds of emulsifying waxes out there, and some of them might have you raising an eyebrow at their ingredients. My personal favourite is Ritamulse, as it's Eco-Cert certified, is an excellent humectant, and is easy to work with. It is sold under a bunch of different names depending on the supplier, so you might also find it listed as Ecomulse, Natramulse, and Emulsimulse.

Raw Honey is one of a couple food ingredients I use in my recipes. It is a wonderful, natural humectant, contains a number of nourishing minerals, vitamins, and enzymes, and contains gluconic acid that gently exfoliates and brightens the skin. It contains water, so it's best blended with other hydrous ingredients, and must be used with a preservative. Please note, you must ensure that any honey you use is raw, as the pasteurization process can strip all the nourishing benefits of the honey away.

Ingredients That Have a Little Somethin' Extra *(but are totally optional)*

Hydrolyzed Oat Protein may be a mouthful to say, but it is a nice "special" ingredient to water-based recipes like toners, cleansers and lotions. It helps retain and add moisture, plus it can make your cream or lotion feel extra soft and smooth on the skin. You can find this product under the name Cromoist.

Hydrosols are water-based botanical extracts that offer more gentle, but similar properties to a recipe as essential oils. Hydrosols are great to add to water-based recipes like toners, sprays, and cleaners.

Activated Charcoal is a fun ingredient to add to masks. It is a black powder that is super absorbent and has traditionally been used for grabbing and binding harmful substances in the body like alcohol, drugs, or poisons so they can be removed without causing harm. This same action works on your skin to help draw out impurities and toxins. You can buy loose powder, or if you have some capsules in your medicine cabinet, you can also break one open and add it to your mask. Easy peasy!



"Your body is worthy
of good care, and no
one is more suitably
qualified to care for it
than yourself."

JAMES & LAURENTINE, FOOD MATTERS

INGREDIENTS

Oils

In the world of DIY, oils can be broken down into carrier oils, specialty oils, and essential oils. There are hundreds of different options when it comes to any of these oils, and they all have slightly different chemistry and can nourish your skin differently. However, to ensure you don't end up drowning in weird, one-off oils that will go rancid before you have a chance to use them up, I have formulated the recipes in this program to include versatile, affordable, and powerful oils so you can use them across multiple recipes and get the most bang for your buck.

Comedogenicity

If the idea of putting oil on your face freaks you out, you are not alone! However, the majority of oils available in skin care products are not comedogenic - meaning, they do not clog pores and cause comedones (blackheads) to form. Oils have been given a comedogenicity rating to help you determine the likelihood that the oil is acne-causing. Oils with a lower rating of 0-2 are typically safe, where oils in the 3-5 range should be used cautiously. Keep in mind, everyone's skin is different, so just because an oil has a low comedogenic rating, does not mean that it won't cause breakouts. Always test and track what oils you use, and adjust your recipes accordingly so they are formulated to suit your own personal skin needs.

Oil Rancidity

There's nothing pleasurable about putting a weird smelling product on your face or body. If you find that your lotion, serum, or other product is starting to smell a bit "off" it's possible that the oils in your recipe have gone rancid and it's time to chuck it out. The same is true for your raw ingredient oils. Before using them, be sure to give them a sniff to see if they are still good. Oils generally have three main enemies - light, oxygen, and heat. Prolonged exposure to any of these will speed up the breakdown of the oils and cause them to go rancid faster. This is why it's always advisable to store oils in dark containers, in a cool, dry place.

THE OILS USED IN THE RECIPES:

Carrier Oils

Fractionated Coconut Oil
Rice bran Oil
Sunflower Oil
Jojoba Oil

Specialty Oils

Borage Oil
Argan Oil
Evening Primrose Oil
Rosehip Oil
Vitamin E Oil

Check out the *Oils Reference Chart* in the resources section to help you select the best oils for your skin. (Page 36)



INGREDIENTS

Essential Oils

Have you ever peeled an orange and seen the oils burst through the rind? Or rubbed a sprig of lavender through your hands, only to bring them to your face so you can inhale the calming aroma? Essential oils give spices and herbs their specific scent and flavour, and flowers and fruit their perfume. The oils can be found in all different parts of the plant, including seeds, bark, root, leaves, flowers, wood, balsam, and resin.

Picking an essential oil

When choosing an essential oil, three things to consider are the oil's scent, physical effects and aromatherapy.

Scent: The aromatic oils in plants play a role in attracting and repelling insects, animals, and humans. You will likely find that as you start to play with essential oils that you will find yourself naturally drawn to some scents over others. Trust this intuition. Your body has a powerful wisdom within it, and can help you select the oils that will work wonders for your body and products. The bottom line is, you'll need to like the scent of the oil you're using, otherwise you're likely not going to use it.

Physical Effects: Essential oils are extremely versatile. Like herbal remedies, an essential oil can do multiple things in the body, such as stimulating certain systems, while sedating and relaxing others. You'll also find when doing your research that very rarely will one oil do only one thing. I recommend researching particular ailments you'd like to try and resolve, and then finding 2-3 oils that address this issue, but also appeal to your sense of smell.

Some oils also have specific therapeutic actions that make them good for particular ailments. For example, some oils are antiseptic, astringent, anti-inflammatory, fungicidal, or deodorant...just to name a few.

Aromatherapy: The word 'aromatherapy' is a bit misleading, as it gives the impression that essential oils can have a healing action exclusively through the sense of smell. In actuality, each essential oil has its own unique combination of compounds that interact with the body's chemistry in a direct manner, affecting certain organs or systems as a whole. For example, oils can be used externally on the skin, where they are easily absorbed and transported throughout the body. Odour signals can trigger the limbic system brain, evoking an immediate emotional or instinctual response. Lastly, aromatic molecules of essential oils can enter the lungs and be absorbed into the blood. It is not just the aroma, but the chemical interaction between the oils and the body, and the physical changes that are brought about.

Essential Oils & Skin Health

Acne and other skin ailments are often the surface manifestation of deeper imbalances. As the skin is an entry point for essential oils to enter the body, they can have both a therapeutic effect on the surface, as well as going to work internally.

Essential Oils for Specific Skin Complaints

Acne

Bergamot, cedarwood, chamomile, geranium, grapefruit, juniper, lavender, lemongrass, patchouli, rosemary, sage, sandalwood, tea tree, ylang ylang

Chapped & Cracked Skin

Tolu balsam, benzoin, myrrh, patchouli, sandalwood

Cold Sores / Herpes

Bergamot, eucalyptus blue gum, lemon, tea tree

Congested & Dull Skin

Angelica, sweet fennel, geranium, grapefruit, lavender, lemon, mint (peppermint & spearmint), myrtle, orange (bitter & sweet), rose, rosemary, ylang ylang

Dermatitis

Carrot seed, cedarwood, chamomile, geranium, lavender, palmarosa, patchouli, rosemary, sage, thyme

Dry & Sensitive Skin

Tolu Balsam, chamomile, frankincense, jasmine, lavender, sandalwood

Eczema

Lemon balm, Tolu balsam, bergamot, cedarwood, chamomile, lavender, patchouli, rose, rosemary, Spanish sage, thyme, yarrow

Excessive Perspiration

Citronella, cypress, lemongrass, Spanish sage

Oily Skin

Bergamot, carrot seed, citronella, cypress, sweet fennel, geranium, jasmine, lavender, lemon, lemongrass, patchouli, rosemary, sandalwood, tea tree, thyme, ylang ylang

Insect Bites & Repellents

Lemon balm, bergamot, citronella, eucalyptus, lavender, lemongrass, patchouli, rosemary, tea tree

Scars & Stretch Marks

Frankincense, lavender, orange blossom, patchouli, rosewood, sandalwood

Wrinkles & Mature Skin

Carrot seed, frankincense, geranium, jasmine, lavender, orange blossom, patchouli, clary sage, sandalwood, ylang ylang

Properties of Essential Oils

Antiseptics

for cuts, insect bites, spots, etc.

Thyme, sage, eucalyptus, tea tree, clove, lavender, lemon

Anti-inflammatory Oils

for eczema, infected wounds, bumps, bruises

German and Roman chamomile, lavender, yarrow

Fungicidal Oils

for athlete's foot, candida, ringworm, etc.

Lavender, tea tree, myrrh, patchouli, sweet marjoram

Healing Oils

for burns, cuts, scars, stretch marks, etc.

Lavender, chamomile, rose, neroli, frankincense, geranium

Deodorants

for excessive perspiration, cleaning wounds, etc.

Bergamot, lavender, thyme, juniper, cypress, Spanish sage, lemongrass

Insect Repellents & Parasiticides

for lice, fleas, ticks, mosquitoes, moths, etc.

Spike lavender, garlic, geranium, citronella, eucalyptus, clove, camphor, Atlas cedarwood

Recommended Starter Essential Oils

It's really easy to spend hundreds of dollars stocking your beauty kit with every single oil that promises to do something for your skin. As you can see from the previous chart, there are specific oils that can address a number of different skin ailments. To save your bank account, I recommend starting with some of these more versatile oils, and then building your collection from there. These are my top 10 picks for getting started:

Lavender

The queen of essential oils, lavender is extremely versatile, blends well, is antiseptic, and is very calming in times of stress and crisis.

Scent Characteristics

Sweet, floral-herbaceous scent

Safety Data

Non-toxic, non-irritant, non-sensitizing

Note

Middle

Blends well with

Most oils, especially citrus and florals; also cedarwood, clove, clary sage, geranium, patchouli

Tea Tree

Is an important essential oil in any healing kit as it is active against infectious organisms such as bacteria, fungi, and viruses.

Scent Characteristics

Warm, fresh, spicy-camphoraceous odour

Safety Data

Non-toxic, non-irritant, possible sensitization in some individuals

Note

Top - Middle

Blends well with

Lavender, rosemary, geranium, and spice oils

Chamomile

Has a very calming, and soothing effect, perfect for those with cracked, red, and inflamed skin from breakouts. Emotionally, it can help with feelings of impatience and feeling disagreeable.

Scent Characteristics

Warm, sweet, fruity-herbaceous scent

Safety Data

Non-toxic, non-irritant; can cause dermatitis in some individuals

Note

Middle

Blends well with

Bergamot, clary sage, jasmine, rose, geranium, lavender

Bergamot

Great for creating a relaxed and happy feeling, while fighting oily skin, acne, psoriasis, eczema, as well as cold sores.

Scent Characteristics

Citrus, yet fruity and sweet, with a warm spicy floral quality

Safety Data

Risk of being phototoxic in concentration and dilution. Ensure you use 'bergapten-free' varieties for non-toxic and non-irritating applications.

Note

Top - Middle

Blends well with

Lavender, neroli, jasmine, cypress, geranium, lemon, chamomile

Essential Oils & the Body

Essential oils have three distinct modes of action on the body:

Pharmacological - Chemical changes that take place when an essential oil enters the bloodstream and reacts with hormones and enzymes.

Physiological - The way an essential oil affects the system of the body, such as through stimulation or sedation.

Psychological - How a person's mood or emotions are affected when the essence of an oil is inhaled.



Grapefruit

Grapefruit oil can uplift your mood and revive the mind while stimulating the digestive system and clearing up congested oily skin and acne.

Scent Characteristics Fresh, sweet citrus aroma	Safety Data Non-toxic, non-irritant, non-sensitizing, non-phototoxic
Note Top	Blends well with Lemon, bergamot, neroli, geranium, lavender, rosemary, spice oils

Ylang Ylang

Not only is this oil fun to say, but it also has a calming effect on the mind and body. It is balancing and stimulating on the skin, and can effectively correct sebum production.

Scent Characteristics Intensely sweet, soft, floral-balsamic, slightly spicy scent	Safety Data Non-toxic, non-irritant, non-sensitizing; use in moderation as it can cause headaches or nausea
Note Base - Middle	Blends well with Grapefruit, lavender, sandalwood, jasmine, bergamot

Rosemary

This crisp and clean smelling essential oil is great for stimulating the brain and mental clarity. It helps improve hair and scalp health, and is antiseptic and antimicrobial, making it a great option for acne-prone skin.

Scent Characteristics Strong, fresh, minty-herbaceous scent with a woody-undertone	Safety Data Non-toxic, non-irritant (in dilution only), non-sensitizing. Avoid during pregnancy. Not to be used by epileptics. Contraindicated in cases of high blood pressure.
Note Middle	Blends well with Lavender, citronella, oregano, thyme, peppermint, cedarwood, cinnamon and other spice oils.

Geranium

This is a wonder-oil for individuals who deal with the physical and emotional affects of acne. It helps balance the mind and emotions, balances hormones, and stimulates the lymphatic system to help remove toxins from the body. It also balances the production of sebum in the skin, while also helping heal wounds and breakouts.

Scent Characteristics Rosy-sweet, minty scent	Safety Data Non-toxic, non-irritant, generally non-sensitizing. Possible contact dermatitis in hypersensitive individuals.
Note Middle	Blends well with Lavender, patchouli, clove, rose, orange blossom, sandalwood, jasmine, bergamot and other citrus oils

Eucalyptus

Eucalyptus helps clear the mind and focus concentration, and is excellent for respiratory ailments, inflammation and sore muscles. For skin, it helps stimulate wound healing and soothes breakouts and eruptions.

Scent Characteristics Intense camphoraceous odour and woody scent	Safety Data Externally non-toxic, non-irritant (in dilution), non-sensitizing
Note Top	Blends well with Thyme, rosemary, lavender, pine, cedarwood, lemon

Patchouli

Release your inner hippie with patchouli essential oil and experience the depression and anxiety fighting benefits. Patchouli is also amazing for the skin as it's anti-inflammatory, antiseptic, antiviral, antimicrobial and astringent. It helps regenerate skin cells, speed up healing, and prevents scarring.

Scent Characteristics Sweet, rich, herbaceous-earthy odour	Safety Data Non-toxic, non-irritant, non-sensitizing
Note Base	Blends well with Sandalwood, cedarwood, geranium, clove, lavender, neroli, bergamot, myrrh

Playing with Essential Oil Blends

There are really only two reasons that essential oils are blended together: to either enhance their medicinal effects; or to create a perfume. Since all oils have both a physical and psychic effect on the body, it's important to consider both the physical ailment, as well as how you would like the fragrance to affect your emotions. What oils you blend together is purely your own personal choice, but here are a few guidelines to help you along:

The Proportions: Essential oils are almost always diluted in a carrier oil first before applying to the skin to prevent irritation. The essential oil content is typically 1-3% of the recipe.

Synergies: When blended oils work harmoniously together, the combination is called a 'synergy'. This takes into consideration not only the physical symptom that the oil can help resolve, but also the underlying psychological or emotional factors. For example, a woman with acne may benefit from a synergistic blend of chamomile and lavender. The anti-inflammatory action of the chamomile can help calm the redness of a breakout, while the lavender helps relieve the emotional stress associated with dealing with acne.

Fragrant Harmonies: In the realm of perfumery, scents are classified according to the notes of a musical scale to help a person determine a fragrant harmony. Oils are divided into 'top', 'middle', and 'base' notes. Top note oils have a fresh, light quality that is immediately apparent as it evaporates quickly. Middle note oils are at the heart of the blend, and forms the bulk of the fragrance. The base note oils are typically rich and heavy, and emerge slowly.

A well balanced fragrance is said to contain oils that hit each of the three notes.



Top Note Oils

Bergamot, Clary Sage, Eucalyptus,
Grapefruit, Lemon, Lemongrass, Neroli,
Orange, Peppermint, Sage, Spearmint,
Tea Tree, Thyme

Middle Note Oils

Cardamom, Chamomile, Cypress,
Geranium, Juniper, Lavender, Pine,
Rosemary, Yarrow

Base Note Oils

Cedarwood, Cinnamon, Clove,
Frankincense, Ginger, Jasmine, Myrrh,
Patchouli, Rose, Sandalwood, Vanilla,
Ylang Ylang

My Personal Approach to Blends

When I play with my own blends I start by selecting one 'hero' oil that is going to address the physical symptom I'm trying to resolve. I determine whether or not my hero oil is a top, middle or base note. I then choose 2-3 oils that will round out the harmony, and will also blend well together with the hero. I like to line my selected essential oils up, remove the lids and then gently smell the fragrances together to see if I find it appealing and offensive.

There's nothing particularly scientific about this, as I use my own personal intuition and preferences to guide my blend.

Safety Guidelines for Using Essential Oils

Like herbal medicines, essential oils are a natural approach to healing. It is important, however, to mention that just because something is natural, does not mean it is always safe. Due to the concentration of essential oils, there are many important things to consider so as not to hurt yourself or someone else. Do yourself a solid and please consider the following safety guidelines to ensure that you use your essential oils safely:

- Always use essential oils externally. Essential oils do not mix with water, so adding some to a glass of water to drink does not dilute them to a safe degree, putting you at risk of potential irritation and damage to your digestive tract.
- Always dilute your oils in a carrier oil or cream first. Unless otherwise indicated, the concentration of essential oils are typically high enough that they can be harmful if applied neat to the skin. If you're unsure, always do a patch test first, and keep all essential oils well away from your eyes.
- Some essential oils may irritate the skin, especially if used in a high concentration. These are some common oils that should be used in half the usual dilutions: cedarwood, cinnamon (leaf), clove (bud), eucalyptus, garlic, ginger, lemon, peppermint, and thyme.
- If you have very sensitive skin, you may find that you may experience skin irritation, or an allergic reaction with some oils. It is important that if you have sensitive skin that you always do a patch test first. Common oils that can cause sensitization include: benzoin, cedarwood, chamomile, citronella, garlic, geranium, ginger, jasmine, lemon, lemongrass, lemon balm, mint, orange, tea tree, thyme, vanilla, yarrow, ylang ylang.
- Certain oils are considered phototoxic, meaning that they can cause changes in skin pigmentation if exposed to sunlight. Do not use the following oils either neat, or in dilution on the skin if the area will be exposed to sunlight: ginger, lemon, lime, mandarin, orange and verbena.

These guidelines are by no means an exhaustive list. Please do your own research, or talk to your primary care physician to determine whether or not a particular essential oil is right for you.

Contraindications

There are some contraindications with specific conditions. Please be careful using essential oils if you have any of the following:

Pregnancy - It's a good idea to use essential oils in half potency when pregnant, when you know for certain that the oil is safe to use during pregnancy. Some oils are potentially toxic to your baby, and therefore should be avoided all together when pregnant; these include: basil, cedarwood, cinnamon leaf, citronella, clary sage, clove, cumin, fennel, myrrh, nutmeg, parsley, Spanish sage, tarragon, and thyme. It is recommended that peppermint, rose and rosemary are avoiding during the first 4 months of pregnancy.

High Blood Pressure - Avoid these oils if you have hypertension: hyssop, rosemary, sage, thyme

Epilepsy - These oils have a powerful action on the nervous system and should be avoided: fennel (sweet), hyssop, rosemary, sage.

Diabetes - Avoid angelica

Homeopathy - Homeopathic remedies are not compatible with black pepper, camphor, eucalyptus, and peppermint.

INGREDIENTS

Preservatives

Which preservatives you choose to use is a personal choice, however, using a preservative is not. If you are making a recipe that includes water, or water-based ingredients (aloe vera juice, glycerine, witch hazel, hydrosols, floral water, etc.), or is going to come into contact with water (like a body scrub you keep in the shower), then you must, I repeat **MUST**, use a preservative.

Preservatives help prevent microbial growth in your products, which can cause your oils and butters to go rancid. Suddenly your pretty products won't smell so great, and it can become dangerous, by exacerbating your acne, causing dermatitis, rashes, or worse.

[CLICK HERE TO WATCH](#)

Click the icon to watch a dramatic, but accurate quick video to see what going "preservative free" can do for your products.

The topic of preservatives is an important, but tricky one. There are many misconceptions and myths about what is and isn't a safe and reliable preservative. Unfortunately, many of the easiest preservatives to use in DIY recipes often contain parabens or formaldehyde (or formaldehyde donors) that we are intentionally trying to avoid. Consumer demand has brought some more natural options to the market, but they can be harder to source and harder to use. I recommend always reading the MSDS sheet or technical specs that are often listed with the preservative online, to determine if it will be right for you.

The bottomline is, you need to use a preservative if there is water present in your formula.

You will need to weigh the risks of using a preservative that may contain a small amount of a questionable ingredient, against the risk of putting bacteria, fungi, yeasts and mold on your skin. This is only a choice you can make.

Preservatives I've used in the Skinspired recipes:

I have experimented with a few different preservatives that do not contain parabens or formaldehyde donors, and have found them to work well in my formulations. These include:

- Optiphen Plus
- Geogard ECT
- Aspen Bark Powder

These are not perfect by any means, but they are relatively easy to use, and I believe will suit you well for the sake of the DIY recipes in this course.

Common questions about preservatives:

CAN I SKIP THE PRESERVATIVE AND KEEP MY PRODUCT IN THE FRIDGE?

If you decide not to use a preservative, you can store your product in the fridge and use it within 1 week. Please note, however, that the first stages of bacterial and fungal growth is often undetectable to the nose and eye, so it will be hard to tell just by looking or smelling it to determine if it is indeed safe.

WHAT ABOUT ANTIOXIDANTS?

It's a common myth that antioxidants like vitamin E, sodium lactate, grapefruit seed extract, and rosemary extract are preservatives, but they are not. Antioxidants do not prevent bacteria, yeast, or mold from spoiling your product.

If a recipe does not contain any water-based ingredients it may not require a preservative, but it is a good idea to add an antioxidant to help prolong the shelf life of your oils.

ARE THERE OTHER WAYS TO PROLONG THE LIFE OF MY PRODUCTS?

Yes! The following do not remove the need for preservatives, but you can definitely prolong the life of your products by:

- Always using clean hands, fingers, or instruments when dipping into a product
- Using airless pumps, or other dispensers that reduce contact with air and your hands
- Using darker containers, such as amber or blue bottles.
- Storing products in a cool, dry place.

SUPPLIES

Starter Equipment

A couple of basic, but good pieces of equipment can make your DIY experience a joyful one. Many of these tools you may already have in your kitchen, otherwise, they can typically be purchased very inexpensively on Amazon, or at a local kitchen store. Here are the basic tools I recommend for making your DIY projects:

Digital Scale

A digital scale is essential for making skincare products at home, as recipes are typically given in weight amounts, not volume. I recommend using a digital scale that has a zero/tare button, measures grams, and is accurate to 0.1 decimal points. This makes measuring smaller amounts for smaller batches easy peasy.

Heatproof Measuring Cups

The ability to measure products in a container that can then be added directly to heat will help minimize the amount of cleanup you need to do. Pyrex measuring cups are great, and can often be picked up at garage sales or thrift stores. Look for glass heatproof measuring cups in the 250mL - 500mL sizes.

Pinch Bowls

It is a really good practice to measure out each of your ingredients separately before you begin mixing, so having mini glass bowls, or pinch bowls, handy will make this really easy.

Wooden Spoons

Some ingredients, particularly clays that are used for detoxification purposes, are reactive to metal, so using metal instruments to measure and mix these ingredients can be problematic. Instead, use wooden spoons when called for.

Silicone Spatulas

These are also great for mixing as they are non-reactive. Opting for silicone spatulas that are flexible will help you get every last drop of product from your mixing cup or bowl into your packaging, helping you with cleanup, but also ensuring that no product goes wasted.

Immersion Blender or Frother

Sometimes you want to give your arm a break and leave the mixing to the power of an immersion blender or milk frother.





SUPPLIES

Packaging

There are a number of different options for packaging your Skinspired Beauty Basics products. You can be as thrifty as you wish, or get super creative and extravagant for a totally Pinterest-worthy presentation. I personally love re-using containers from my old products, as this both saves me money and helps reduce waste. If you're starting from scratch, and need some ideas for packaging, these are some of my go-to:

Eco Packaging Options

If you're being conscious of your plastics consumption, then using glass packaging is a good option. However, with a little research you can also find some pretty cool eco and compostable packaging! I found some really cool compostable chapstick and deodorant tubes through Etsy. It was definitely on the pricier side when compared with plastic, but they work really well and when I've re-used them to the point where they need to be tossed, I can pop them into the compost and return them to the earth.

Mason Jars

These come in so many sizes, are timeless, and are super affordable. People often purge their surplus of mason jars at thrift stores or garage sales. All you need to do is get new jar rings and lid seals, and you're golden. The smaller-mouthed mason jars are the perfect size for standard round labels. And these days you can get all sorts of lid attachments that make them perfect for dispensing your cleanser or favourite lotion!

Empty Plastic & Glass Containers

From empty lip tubes, to foaming soap pumps, to deodorant sticks, you can buy pretty much any packaging that your heart desires online. I've found that the best priced sources for these items are typically from the ingredient suppliers (see resources, pg. 38) directly. You can also get a variety of packaging from Amazon in smaller quantities. Or order empty packaging direct from China for super cheap through Alibaba or AliExpress, but watch the minimum required quantities, or you may end up with 50,000 empty lip tubes on your doorstep.

Reuse & Upcycle Packaging

Finished up your drugstore brand deodorant? Instead of recycling that plastic tube, you can simply take it apart, wipe it out, and re-use it for your own Skinspired Sexy & Sensitive Pit Stick - it costs you \$0 and the planet will thank you. I've also reused old foaming hand-soap dispensers, glass jars that contained pasta sauce, and EOS chapstick containers for my own DIY creations. So before you pop your empty product packaging in the recycling bin, pause and consider how else you could use it for your own awesome creations.

SUCCESSFUL DIY

Best Practices & Tips + Tricks



Why we measure by weight, and not volume.

Short answer: it's more accurate. Consider trying to measure one cup of beeswax that is in its raw, chunky form. Compare that with one cup of beeswax pastilles. In theory, you can fit both into a 1 cup measuring cup, however, if we were to place each of these on a scale, you'd likely find that each cup varies greatly in weight. The chunkier beeswax won't fit as nicely in the measuring cup, therefore would end up being lighter.

To get around some of these weird inconsistencies in ingredient shapes and sizes, measuring by weight is more accurate and how I've written these recipes.

Using Percentages in Recipes

The other thing you'll likely notice about the recipes is that the ingredients are given as percentages of the batch size. This is so you can easily recalculate any recipe to make any quantity you choose. The easiest way to work with percentages is to start by converting the percentage to its decimal equivalent. You can then multiply the total batch size by the decimal equivalent to determine the total amount of the ingredient to include in your formulation.

Write Down Measurements & Take Notes

You'll likely find that the first time you make a recipe you follow it to the letter. But, the whole point of DIYing your skincare is to play! There's nothing worse than making the lotion of your life, only to never being able to replicate it because you didn't write down your measurements. I like to keep note cards of the recipes I make, and will write down my measurements, plus any notes (like what worked, what didn't, what did you like, etc.) about the recipe, so that I can always go back to the recipe if I need to.



You Can Always Add More, but You Can't Remove

There is nothing like making your first lotion. The moment when you successfully emulsify water and oil into a creamy, luxurious cream. I remember mine, it was glorious. I also then immediately ruined it by adding way too much of an essential oil that smelled great in the bottle, but was super offensive when I had it on my face. If you're unsure about a particular ingredient, add it in small amounts until you're able to reach your desired result.

Label Products & Keep Track of Dates

Once you start to get into DIY you may find yourself in a sea of amber and blue glass bottles, or stacks of mason jars that all look the same. There's nothing worse than thinking you're spraying toner on your face, but accidentally grabbing your bug spray! It's a good idea to make labels that tell you what's inside your packaging, plus the date that it was made. Not only will you avoid accidentally hurting yourself or wasting product, but you'll be able to keep track of whether or not you should ditch a product or revisit a recipe in you find that your product starts smelling weird or separates.

Try Things for Yourself & Play

Didn't like how the face oil you made absorbed into your skin? No worries, try a different combination of oils. Want a softer lip balm? Play with the ratios of beeswax, butters and oils. Recipe calls for cocoa butter, but you only have mango, try it out! There are only happy mistakes when you play within the world of DIY. Even if things don't work out the way you wanted them to, it's ok, now you know what not to do next time. This whole process is intended to be fun and creative.

*"What you think, you become.
What you feel, you attract.
What you imagine, you create."*

BUDDHA

TIME TO PLAY

Recipes

Honey Foaming Cleanser

TIME: 10 minutes MAKES: 250mL DIFFICULTY: Easy

Equipment:

Scale

Small pinch bowls, for ingredients

Glass measuring cup

Silicone spatula

250 mL foaming cleanser bottle

<i>Ingredients</i>	<i>%</i>	<i>Weight for 250g</i>
Distilled Water	50	125g
Aloe Vera Leaf Juice	10	25g
Raw Honey	5	12.5g
Dr. Bronner's Pure Castile Soap <i>(Baby Unscented)</i>	15	37.5g
Non-Comedogenic Oil <i>(Sweet Almond, Jojoba, Fractionated Coconut, etc.)</i>	19	47.5g
Preservative	1	2.5g

Method:

1. Using your digital scale, measure out each of the ingredients into their own small bowl.
2. Mix together the distilled water, aloe vera liquid, and raw honey. Using the spatula, stir until the honey is dissolved.
3. Add in the oil, and stir to combine, before adding in the preservative.
4. Lastly, add in the castile soap. It's best to add this ingredient last so as not to over agitate the soap and create too many suds.
5. Gently pour the mixture into your clean, foaming pump.
6. Label with the date, and keep next to your bathroom sink or in the shower for easy use.



To Use:

To cleanse, simply pump once into your hand, and massage the cleanser into damp skin. Wash away with warm water, and pat dry with a clean towel. Follow up with the Hydrating Toner, and Acne-Fighting Nighttime Face Oil.

Hydrating Toner

TIME: 10 minutes MAKES: 125mL DIFFICULTY: Easy



Equipment:

Scale	Whisk or Frother
Small pinch bowls, for ingredients	125mL glass spray bottle
250mL glass measuring cup	

<i>Ingredients</i>	<i>%</i>	<i>Weight for 125g</i>
Distilled Water	44	55g
Alcohol-Free Witch Hazel	20	25g
Frankincense Hydrosol	10	12.5g
Calendula Hydrosol	10	12.5g
Aloe Vera Leaf Juice	10	12.5g
Glycerine	2	2.5g
Hydrolyzed Oat Protein <i>(Cromoist)</i>	2	3.75g
Preservative	1	1.25g

Method:

- Using your digital scale, measure out each of the ingredients into their own small bowl.
- Add each of the ingredients to the glass measuring cup, and then use a whisk or frother to fully combine.
- Carefully pour the toner mixture into your clean, glass spray bottle.

HYDROSOL OR ESSENTIAL OILS?

Water and oil are not the best of buds, and have a hard time mixing together without the help of an emulsifier or surfactant. For this water-based toner, I recommend using hydrosols over essential oils, as they will blend well, and you'll remove the risk of spritzing undiluted essential oils directly to the skin.

To Use:

After cleansing your face, spray 2-3 times over the entire face and neck area. Feel free to gently rub the toner into the skin with clean hands, or allow to air dry.

Acne Ass Kicking Face Lotion

TIME: 60 minutes

MAKES: 150g or 4oz

DIFFICULTY: Intermediate

Equipment:

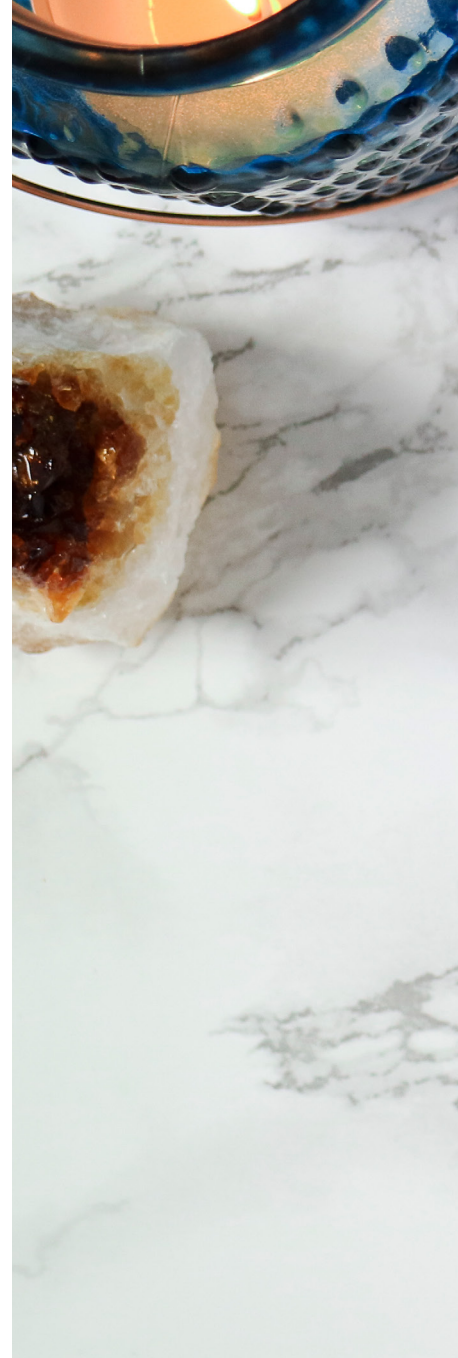
Scale	Shallow pan with 1 inch of water
Small pinch bowls, for ingredients	Immersion Blender
2 x small heat-resistant glass measuring cups	Silicone Spatula
Stove or heating element	4 oz (120 mL) bottle with pump

<i>Ingredients</i>	%	<i>Weight for 150g</i>
Distilled water	50	75g
Aloe vera leaf juice	15	22.5g
Glycerine	2	3g
Hydrolized Oat Protein <i>(Cromoist)</i>	3	4.5g
Ritamulse (Emulsifying Wax)	8	12g
Rice Bran Oil	10	15g
Rosehip Oil	5	7.5g
Argan Oil	5	7.5g
Vitamin E Oil	1	1.5g
Preservative*	1	1.5g
Essential Oils		15-20 drops

Method:

1. Prepare a water bath in a wide, flat-bottomed pan, by bringing 1 inch of water to a bare simmer over low - medium heat.
2. Weigh out the distilled water, aloe vera leaf juice, glycerine and hydrolized oat protein, and then add to a small heat-resistant glass measuring cup.
3. Weigh out the Ritamulse, rice bran oil, rosehip oil, and argan oil into a second small heat-resistant glass measuring cup.
4. Place both measuring cups in the water bath to melt everything, and bring it all to the same temperature.
5. After 30 minutes, remove the two measuring cups from the water bath. Pour the water-based ingredients into the oils. Stir with a spatula to initially incorporate.
6. You'll need some power to kick start the emulsification of your lotion, so using an immersion blender, begin blending the lotion in short pulses for the first 30 seconds. Go full blend on the immersion blender for about a minute and watch your mixture turn to a white, silky liquid.

This should take about 25-30 minutes. Feel free to do other things during this time. :)





7. Leave the mixture to cool for ten minutes, and come back to blend for another minute. Repeat this blending cycle until the glass measuring cup has cooled so that it is barely warm to the touch, and the lotion is thick.
8. When the lotion is cool, stir in your vitamin E oil, preservative and essential oils of choice.
9. Use your spatula to carefully transfer all of the lotion to a clean bottle with a pump top or jar.

To Use:

After applying your hydrating toner, pump a small amount of lotion into your fingers, and gently pat and rub into your face and neck.

**Your Preservative Choice:*

After making this lotion dozens of times, I kept running into an issue with the Optiphen Plus preservative causing the lotion to separate. I switched to the Geogard ECT preservative, and had no more issues. For best results, ensure you add the preservative when the lotion has cooled right down, and stir vigorously while adding it to the lotion.

Acne Fighting Nighttime Face oil

TIME: 10 minutes

MAKES: 50mL

DIFFICULTY: Easy

Equipment:

Scale	250mL glass measuring cup
Small pinch bowls, for ingredients	Silicone spatula
Pipette Droppers (Optional)	50mL glass bottle with dropper

Ingredients

	%	Weight for 50g
Sunflower Oil	60	30g
Borage Oil	20	10g
Rosehip Oil	10	5g
Argan Oil	10	5g
Vitamin E Oil	1	0.5g
Essential Oils		20 drops

Method:

- Using your digital scale, measure out each of the ingredients, except the Vitamin E oil and essential oils, into their own small bowl.
- Using your silicone spatula, scrape each of the ingredients into the glass measuring cup. With the same spatula, stir the oils together to combine.
- Because the vitamin E oil is such a small amount, you may find it hard to properly measure it out. Instead, place the entire glass measuring up with the oils onto the scale. Without hitting the tare button, use a plastic pipette dropper to add drops of vitamin E oil until the total weight increases by 0.5g.
- Select your essential oils, and add 20 drops to your oil mixture. You may wish to add your oils in equal amounts, or create a custom blend with higher amounts of some oils. This is totally up to you, but feel free to use the essential oils resources starting on page 12 of this book.
- Use your spatula to stir all the ingredients together, and then carefully pour the mixture into a clean 50mL bottle with a dropper lid.

To Use:

Add 2-3 drops to the palm of your hand, and then use your fingers to pat the oil gently into the skin on your face and neck.



Activated Charcoal Mask

TIME: 10 minutes MAKES: 1 mask DIFFICULTY: Easy

Equipment:

Measuring spoons
Glass mixing bowl
Small whisk

Ingredients

Witch Hazel (Alcohol-Free)	1 tsp
Raw Honey	¼ tsp
Activated Charcoal	½ tsp or 1 capsule
Kaolin Clay	~ 6 tsp (add 1 tsp at a time)
Borage Oil	2 drops
Peppermint essential oil	2-3 drops

Method:

1. In your glass mixing bowl, add the witch hazel, raw honey and activated charcoal. Combine with the whisk until smooth.
2. Add the kaolin clay to the mixture one teaspoon at a time (you may have to switch to ½ teaspoons), until the mask assumes a thick, creamy, mask-like texture.
3. When your mask is looking like it's nice, thick, and spreadable, it's time to add your oils. If your borage oil does not have a dropper, I recommend using a disposable pipette to add 2 drops. You could also measure out about ¼ teaspoon. You want to avoid using too much oil, otherwise the mask will have difficulty sticking to your face. Next, add the essential oils, being careful not to overdo it, as we're only making a small amount of mask. Stir in the oils with your whisk until they are well combined.
4. Using clean hands, spread the mask on all areas of your face, avoiding your eyes and nostrils. Allow the mask to dry for 20-30 minutes so that you get the full benefit of each of the ingredients.
5. When the mask is dry, and feels tight on your skin, and you're ready to remove it, I recommend taking a non-white wash cloth, soaking it in warm to hot water, and then placing it on your face and holding it there for about a minute. This will help re-hydrate the mask, making it easier to wipe away. Gently wipe away the rest of the mask until your face is clean.

Notes:

- This mask is intended to be used immediately upon using, so there is no need to use a preservative even though there is a water-based ingredient.
- Your face may appear to be quite red after using the mask. This is totally normal and due to the witch hazel and kaolin clay increasing and promoting blood circulation to the skin.
- Your face will feel soft after you remove the mask, but if it feels dry, I recommend re-hydrating with your toner and face oil.



Sexy & Sensitive Pit Stick

TIME: 20 minutes

MAKES: 60g

DIFFICULTY: Easy

Equipment:

Scale	Mixing Spoon or spatula
Small pinch bowls, for ingredients	Empty deodorant stick packaging (new or recycled)
Small heat-resistant glass measuring cup	

Ingredients	%	Weight for 60g
Coconut Oil	30	18g
Mango Butter	27	16g
Beeswax Pastilles	18	11g
Diatomaceous Earth	12	7g
Arrowroot Powder	12	7g
Essential Oils	1	10 drops

Method:

1. Prepare a water bath in a wide, flat-bottomed pan, by bringing 1 inch of water to a bare simmer over low - medium heat.
2. Weigh the coconut oil, mango butter, and beeswax to the small heatproof glass measuring cup, and place in the water bath. As the oils and wax begin to melt, stir with a spoon or spatula.
3. When the oils and wax are fully melted, add the diatomaceous earth and arrowroot powder to the wet ingredients, and stir until well combined.
4. Remove the glass bowl from the heat, and allow to cool for 1 minute on the counter.
5. Add any optional essential oils at this time, and stir to combine.
6. Pour the slightly cooled liquid deodorant into your deodorant stick packaging of choice.

DELIGHTFUL DEODORIZING BLENDS:

Use the essential oil resources in this book to concoct your own blend, or try some of my favourites: (T = Top; M = Middle; B = Base)

Blend #1

Eucalyptus (T)
Bergamot (T)
Patchouli (B)
Geranium (M)
Cedarwood (B)
Rosemary (M)

Blend #2

Patchouli (B)
Ylang ylang (B)
Sweet Orange (T)
Vanilla (B)
Rosemary (M)

Blend #3

Bergamot (T)
Lavender (T)
Geranium (M)
Rosemary (M)
Sweet Orange (T)
Peppermint (T)

Luscious Lippies

TIME: 40 minutes MAKES: 12 x 5mL Lip Balms DIFFICULTY: Medium

Equipment:

Scale	Shallow pan with 1 inch of water
Small pinch bowls, for ingredients	Whisk or milk frother
2 x small heat-resistant glass measuring cups	Silicone Spatula
Stove or heating element	12 x 5mL empty lip balm tubes

<i>Ingredients</i>	<i>%</i>	<i>Weight for 60g</i>
Beeswax Pastilles	25	15g
Cocoa Butter	30	18g
Mango Butter	20	12g
Rice Bran Oil	8	5g
Joboba Oil	8	5g
Fractionated Coconut Oil	8	5g
Vitamin E Oil (<i>Tocopherol</i>)	1	0.6g
Essential Oils (Optional)	1	8 - 10 drops



Method:

1. Prepare a water bath in a wide, flat-bottomed pan, by bringing 1 inch of water to a bare simmer over low - medium heat.
2. Weigh out the cocoa and mango butters, and then add them to a small heat-resistant glass measuring cup. Place the measuring cup into the water bath. Melt the butters, and heat to 175°F (80°C), and hold at this temperature for 20 minutes to temper the butters.
3. Meanwhile, in the second glass measuring cup, add the beeswax, and place in the water bath to melt.
4. When the beeswax has melted, add the rice bran oil, jojoba oil, fractionated coconut oil, and vitamin E oil, and stir to combine.
5. After the butters have tempered, remove both measuring cups from the water bath. Pour the beeswax and oil mixture into the tempered butters and stir to combine.
6. Add your optional essential oils of choice, before carefully pouring the hot mixture into your lip balm tubes.
7. Refrain from adding the caps to the lip balm tubes, and move the lip balms quickly to a freezer or refrigerator to harden.

LIP BALMS FOR EVERYONE

Wondering how the heck you're going to go through 12 lip balms? Gift them away! People LOVE lip balms, and with a fun custom label or a little washi tape, they make great gifts - or heck, give them out as business cards!

Happy Camper Bug Spray

TIME: 10 minutes

MAKES: 50mL

DIFFICULTY: Easy

Equipment:

Scale	Whisk or milk frother
Small pinch bowls, for ingredients	50mL glass spray bottle
2 x glass measuring cups	

<i>Ingredients</i>	<i>%</i>	<i>Weight for 50g</i>
Distilled Water	30	15g
Witch Hazel (Alcohol-Free)	25	12.5g
Catnip Hydrosol	25	12.5g
Fractionated Coconut Oil	15	7.5g
Glycerine	2	1g
Preservative	1	0.5g
Essential Oils	2	20 drops

Method:

1. In your glass measuring cup, add the water, witch hazel, catnip hydrosol, glycerine, and preservative. Combine with the whisk until the mixture is well combined.
2. In a second measuring glass, add the fractionated coconut oil, and essential oils, and whisk to combine.
3. Pour the oil mixture into the water mixture, and stir to combine.
4. As water and oil naturally separate, simply shake the bottle vigorously to disperse the oil within the spray.

To Use:

Shake the bottle before spraying liberally to the skin. Be careful to avoid the eyes and mouth.



MEOW

“Researchers report that nepetalactone, the essential oil in catnip that gives the plant its characteristic odor, is about ten times more effective at repelling mosquitoes than DEET.”

American Chemical Society. “Catnip Repels Mosquitoes More Effectively Than DEET.” *ScienceDaily*, 28 August 2001.

Oils Reference Chart

<i>Oil Name</i>	<i>Oil Type</i>	<i>Usage %</i>	<i>Shelf Life</i>	<i>Oil Properties</i>	<i>Comedogenic Rating</i>	<i>Good For</i>
Apricot Kernel Oil	Carrier		12 months	Light, quick absorption	2	Combination Dry Skin
Argan Oil	Specialty		9 - 12 months	Light, dry oil	0	All skin types Acne-prone skin
Avocado Oil	Carrier		12 months	Medium to heavy oil	3	Dry Skin Mature Skin Sensitive Skin
Borage Oil	Specialty	Up to 20%	6 months	Light to dry oil	2	Combination
Camellia Oil	Specialty	Up to 10%	12 - 24 months	Light, non-greasy	1	All skin types Acne-prone skin
Castor Oil	Carrier	Up to 50%	12 months	Very heavy	1	Oily skin
Coconut Oil	Carrier		24 months	Heavy oil	4	Don't use on the face, but can be used on other parts of the body
Evening Primrose Oil	Specialty	Up to 20%	6 months	Light, dry oil	3	Dry Skin Mature Skin
Fractionated Coconut Oil	Carrier	Up to 100%	24 months	Very light oil colourless, odorless doesn't stain fabrics	2	All skin types Acne-prone skin
Grapeseed Oil	Carrier		3 - 6 months	Light, dry oil	1	Dry skin Acne-prone skin
Hempseed Oil	Carrier		3 - 6 months	Light to medium oil	0	Oily skin Sensitive skin
Jobaba Oil	Carrier	Up to 25%	24 months	Drier oil	2	Oily skin
Olive Oil	Carrier		12 months	Medium to heavy oil	2	Dry skin
Rice Bran Oil	Carrier		12 months	Medium oil	2	Delicate Skin Mature Skin Sensitive Skin Combination Skin
Rosehip Oil	Specialty	Up to 10%	6 months	Light, non-greasy	1	Damaged Skin Scars Stretch Marks Hyperpigmentation Acne Prone Skin
Sea Buckthorn Oil	Specialty	Up to 10%	12 months	Light oil	1	All skin types, especially dry skin
Sesame Seed Oil	Carrier		9 - 12 months	Medium oil	3	Acne prone skin
Sunflower Oil	Carrier		3 - 6 months	Light oil	0	All skin types, especially dry, weathered, aged or damaged skin.
Sweet Almond Oil	Carrier		12 months	Light oil	2	Acne prone skin Sensitive, dry skin

A handy-dandy chart to help you determine the best oils to use in your DIY products:

Benefits to Skin

Apricot kernel oil absorbs into the skin very well. It is anti-inflammatory, anti-aging, anti-oxidant, and anti-bacterial, making it an enemy to the bacteria that causes acne.

Argan oil is a wonderful oil for acne sufferers. It not only can help heal spots and breakouts, but is also suppresses sebum production to prevent breakouts from even occurring. It contains vitamin E, which helps fade scars and smooth out skin texture.

Avocado oil intended for cosmetic use (not cooking), is high in oleic acid, making it an excellent moisturizer. It's said to help remove impurities from the skin over time. Avocado oil is green in nature thanks to its chlorophyll content, which when absorbed through the skin can help red blood cell production increasing the delivery of oxygen to your cells.

Borage oil contains the most gamma linoleic acid of all the oils, making it a great oil for combination and dry skin that needs help retaining moisture. It is considered an astringent oil, can reduce the destruction of collagen and increase the regeneration of skin cells to smooth complexion and make the skin appear healthy and glowing.

Camellia oil has strong antibacterial properties, making it good for acne. The tannins in this oil gives it a luxurious feel, and is smooth and silky when applied to the skin. This oil delivers great moisture, encourages healing, and is rich in vitamin E oil and antioxidants, making it great for skin care.

Castor oil is a humectant, yet its ricinoleic acid makes this oil drying so it should be diluted with other oils. Castor oil is an important oil in the Oil Cleansing Method as it is antibacterial, antifungal, and has strong detox and purging properties.

For all the health claims touted about coconut oil, it's not a great oil for use in skincare. It's considered to be comedogenic and acnegenic, and many people's skin do not tolerate this oil well. Coconut oil is best used on other parts of the body.

Evening primrose oil improves the cellular structure of the skin, reduces inflammation, and promotes elasticity. It contains lots of gamma linoleic acid, so it repairs the skin barrier, and is excellent for helping eczema and skin irritation.

Fractionated coconut oil is different from its cousin, coconut oil. It has had its long-chain fatty acids removed, leaving only the medium-chain fatty acids. This means fractionated coconut oil is a liquid oil and will not harden at cooler temperatures. It is also non-comedogenic, and makes an excellent carrier oil for acne-prone skin. It is light, colour and odourless, and does not stain fabrics. It is moisturizing and softening to the skin, and penetrates it well, making it a good choice for lotions and serums.

Grapeseed oil is well suited for most skin types, rich in vitamin E, tightens and moisturizes the skin, reduces inflammation, and accelerates the healing of acne.

Hemp seed oil both softens and moisturizes skin, reduces redness and inflammation associated with acne breakouts. This oil has a shorter life span, and it's recommended that it be kept in the fridge.

Joboba oil, is special in that it's not really an oil at all, but a wax! The oleic acid makes this oil easily absorbed by the skin, and stearic acid offers improved moisture retention, flexibility of the skin, and skin repair. When it comes to acne, it's the holy grail of oils as it mimics the consistency of our own sebum, and balances the production of excess oil. Some people may experience a purge of toxins when they begin using jojoba oil, but this often clears in a few weeks of use.

Olive oil is a humectant, making it a good oil for dry skin. It contains squalene, which is like the sebum in our skin and is readily absorbed offering softening and moisturizing for chapped and cracked skin.

Rice bran oil is a well-balanced oil that is generally well tolerated by most skin types, especially combination skin. Rice bran oil is one of the best sources of tocotrienols, and is effective at protecting the skin against free radicals and aging.

Rosehip seed oil is excellent for cleansing and moisturizing acne prone skin. It blends into the skin very quickly, and has a dry-feeling. Blend it with heavier oils to help lighten them on your skin. It has been shown to reduce hyperpigmentation, stretch marks and scars, and its high antioxidant content can help reverse the signs of aging, and sun damage. Suitable for oily skin types. It can go rancid quickly, so buy it in small bottles, and store it in the fridge to prolong shelf life.

Sea buckthorn oil offers a ton of amazing benefits! It's expensive, so I'd recommend using it sparingly, adding it to serums with other oils. Its fatty acid chemistry and phytosterol content makes it anti-inflammatory, anti-bacterial, skin regenerating, and softening. The linoleic acid in this oil makes it a great choice for drier skin as it is moisturizing, reduces water loss and restores the skin's barrier function.

Not to be confused with the cooking oil, sesame seed oil has potent antibacterial properties that are good for wound healing. It's considered a balanced oil, but the stearic acid content gives it a comedogenic rating of 3, not making it the best choice for acne-prone skin. It is heat stable, and contains some of the highest concentrations of vitamin E of all the oils.

Sunflower oil is a great oil to begin your DIY journey. It is inexpensive, so happy mistakes will not cost you a pretty penny. Plus, it is extremely high in linoleic acid so it will keep your skin feeling moisturized and soft, but it is also a very light oil, so it won't leave your skin feeling greasy. It has a comedogenic rating of 0, making it great for acne-prone skin. Be careful of sunflower oil that is labelled as high-oleic, as this variety tends to clog pores.

As a high oleic oil, sweet almond oil is moisturizing, softening, and regenerating to the skin. The linoleic acid can help to restore barrier repair of our skin, and should help with dry or itchy skin.

Where to Shop for Ingredients

If you're in a bigger city, it's possible that you have a great ingredients vendor near you. Try doing a local search for "soap making supplies" and see what comes up. Where I am in Vancouver, Canada, there is an awesome shop called **The Soap Dispensary** that carries many of the products that I use in my recipes. They're unique in that you bring your own containers and then buy as little or as much as you want and then pay by weight. Keep in mind, stores like these you'll likely pay a little more for ingredients as there will be a retail markup.

You can find anything that your heart desires online. There are a number of suppliers worldwide that sell ingredients, and when all else fails there's Amazon. These are some of the online shops I've purchased from, or believe they have a great selection:

Canada:

Voyageur Soap & Candle - *I love these guys because they are local to where I am, have super fast and affordable shipping, have no order minimums, and you're able to order in smaller sizes.*

New Directions Aromatics - *These folks have a \$100 minimum purchase or they charge a fee for smaller orders.*

Saffire Blue

Candora Soap

Windy Point Soap Making Supplies

Abby Herbal & Homeopathy

Suds 'n' Scents

Well.ca

amazon.ca

USA:

The Herbarie - *A great source for unique botanicals*

Lotioncrafter - *A great source for unique and specialty preservatives*

New Directions Aromatics

Brambleberry

Mountain Rose Herbs

Saffire Blue

Formulator Sample Shop

Bulk Apothecary

Essential Wholesale & Labs

amazon.com

International:

New Directions Aromatics (Australia)

Go Native (New Zealand)

Bulk Actives (Asia)

Gracefruit (UK)

Mystic Moments (UK)

Naissance (UK)

The Soap Kitchen (UK)

Organic Makers (Sweden)

Packaging Specific Vendors

SKS Bottle & Packaging

Etsy Shop - Benny's Balms

Ecovision Packaging

AliExpress - *The prices are generally cheaper, but quantities are higher, and there's the uncertainty of quality and reliability that comes with ordering from China.*

Ingredient Resources

To get up to date information on the latest research for safe ingredients to use in your recipes I recommend the following resources:

Skin Deep Database by the Environmental Working Group
Think Dirty (App)

Shopping List

To help you prepare for your first DIY project, below is a complete list of all of the ingredients that are used in the Skinspired recipes. You may find that you actually need less product than you think, so I've also provided a range of recommended sizes of products where I could, and an estimated price range to give you an idea of what you could expect to pay. You will likely need to source your ingredients from 2-3 different suppliers. Be sure to check out the "Where to Shop for Ingredients" page.

I have not included essential oils in this list, as there are so many options in terms of oils and brands to choose from.

<i>Ingredient</i>	<i>Amount</i>	<i>Est. Cost</i>	<i>Ingredient</i>	<i>Amount</i>	<i>Est. Cost</i>
<input type="checkbox"/> Aloe Vera Leaf Juice	125mL	\$4-7	<input type="checkbox"/> Glycerine	125mL	\$2-5
<input type="checkbox"/> Fractionated Coconut Oil	125mL	\$3-6	<input type="checkbox"/> Beeswax	57g	\$3-10
<input type="checkbox"/> Rice Bran Oil	125mL	\$3-6	<input type="checkbox"/> Ritamulse Emulsifying Wax	227g	\$8-10
<input type="checkbox"/> Sunflower Oil	250mL	\$4-5	<input type="checkbox"/> Kaolin Clay	57g	\$3-15
<input type="checkbox"/> Jojoba Oil	60mL	\$7-10	<input type="checkbox"/> Activated Charcoal	57g	\$5-10
<input type="checkbox"/> Borage Oil	30mL	\$8-10	<input type="checkbox"/> Frankinsence Hydrosol	88mL	\$7
<input type="checkbox"/> Argan Oil	60mL	\$8-11	<input type="checkbox"/> Catnip Hydrosol	88mL	\$7
<input type="checkbox"/> Evening Primrose Oil	30mL	\$5-7	<input type="checkbox"/> Calendula Hydrosol	88mL	\$9
<input type="checkbox"/> Rosehip Oil	30mL	\$6-9	<input type="checkbox"/> Diatomaceous Earth	100g	\$5-15
<input type="checkbox"/> Vitamin E Oil	15mL	\$5-7	<input type="checkbox"/> Arrowroot Powder	453g	\$6-9
<input type="checkbox"/> Mango Butter	57g	\$4-10	<input type="checkbox"/> Raw Honey	500g	\$7-15
<input type="checkbox"/> Cocoa Butter	114mL	\$4-6	<input type="checkbox"/> Castile Soap	236mL	\$10-12
<input type="checkbox"/> Witch Hazel	125mL	\$3-10	<input type="checkbox"/> Coconut Oil	445mL	\$5-10
<input type="checkbox"/> Hydrolized Oat Protein	15mL	\$3-6			



About Aly...

Aly is a board-certified holistic nutritionist and author of the website skinspiredsociety.com. As a woman who struggled with acne through her teens and early 20's, Aly found her way to clear skin through nutrition and balancing her body. She has since dedicated her nutrition practice to helping women find freedom from their acne using food, supplements, and mind-body connection.

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You can also connect with Aly online at:



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[facebook.com/groups/skinspiredsociety](https://www.facebook.com/groups/skinspiredsociety)



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