Never Grow Old

Age defying skin recipes that make you look young forever…
Introduction

Our skin is our largest organ, weighing up to ten pounds. It covers about twenty square feet of surface area as it protects our bones, muscles, ligaments and organs. Because skin interacts with the environment, it plays a key role in our immune system. One of skins’ important functions is to protect the body against bacteria and viruses. Equally important is its role in preventing excessive water loss.[4] (Water makes up over 70 percent of the content of our skin). Some of skins other functions are insulation, temperature regulation, sensation, and synthesis of vitamin D. The skin is our protector and mirrors our health.

The following may cause skin problems:

- Sleep (quality and quantity)
- Hormones
- Emotions
- Diet
- Constipation
- Cigarette smoke
- Quality of drinking water
- Sun exposure (tanning)
- Work that exposes skin to sun, heat, wind
- Cosmetics
- Chemicals in soap, lotions, bath salts
- Hot tubs
• Medications
• Environmental toxins
• Air pollution
• Indoor cooling and heating systems
• Poor oxygen intake (lack of fresh air)
• If you live in an area that lacks sunshine at certain times of the year, you may not be getting enough vitamin D, and this contributes to dull, dry skin.

While there are more factors that affect our skin than these, this list demonstrates the importance of making our anti-aging skin care routine a daily part of life. Begin to renew and revitalize your skin with natural products, and you can make them right in your own home!

Like charity, I believe glamour should begin at home. - Loretta Young

A regular skin-care routine will be your best anti-aging defense. Be faithful to the routine so that you can see and feel the difference from your effort. A facial routine should be a daily endeavor with a night, day, and weekly strategy. The nightly routine involves cleansing, toning, and moisturizing. Your skin drinks in whatever you put on it at night, so here is where much of the skin's work is accomplished. In the morning, if you followed the nightly skin schedule, all that need be done is rinse your face in lukewarm water, apply toner, if needed, and finish with moisturizer. During the week your skin will benefit from an exfoliating scrub or mask. The number of times you apply either of these depends upon your skin type. If you don't know your skin type, a simple test can be tried. Do this before cleansing your skin. Blot the oiliest areas of just one side of your face with a clean facial tissue; blot your forehead, nose, and chin. Examine your face and the tissue. Oily skin will show a difference in the gloss on the blotted side compared to the unblotted side. You should see recognizable oily places on the tissue. Normal skin will show only a slight difference in shine on the blotted and unblotted sides of your face and very little oil on the tissue. Dry skin will display no difference in shine nor hardly a trace of oil on the tissue.

When making cleansers, toners, or moisturizers, you may use a variety of essential oils but remember to use them at a low concentration, diluted with carrier oils. Carrier oils include:

Jojoba oil
Almond oil
Grapeseed oil
Sweet Almond oil
Safflower oil
Avocado oil
Sunflower oil
Sesame oil
Rosehip oil
Walnut oil
Pumpkin Seed oil
Apricot oil
Macadamia oil
Hemp oil
Essential Oils have been a part of beauty routines for thousands of years. Most ancient civilizations valued and considered these oils as precious components of beauty and healthful practices. Adding only a few drops of the following oils to your homemade skin products will add benefits from changing and improving your state of mind to alleviating countless ailments. If you do your homework concerning the use of essential oils, you will happily learn that there are many oils you can use.

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**Oils for Irritated Skin:**
- Jojoba
- Almond
- Comfrey Root
- Frankincense
- Juniper

Also, remember that certain oils may be problematic for certain medical conditions. For instance, the following is a *limited* list of essential oils that should not be used in tandem with their accompanying medical conditions:

- High Blood Pressure-avoid rosemary, common sage, hyssop, and thyme
- Pregnancy-avoid juniper, rosemary, peppermint, basil, Atlas cedar, clary sage, and marjoram
- Hypoglycemia-avoid geranium
- Epilepsy-avoid fennel, hyssop, sage, and rosemary
Cleansing the skin is fundamental to an anti-aging skin routine. It is, perhaps, the most critical part of skin care. Cleansing is even more imperative if you live in a city, near an industrial area, or in close proximity to any type of airborne toxins, as they will remain on your skin and cause damage.

This is especially true for the facial area as it is repeatedly exposed to harsh elements of all kinds. Cleansing helps remove dead skin cells, toxins, dirt, makeup, and perspiration. If the skin isn’t cleansed, the other measures taken such as toning, masks, and moisturizing will not be as effective. Without cleansing, whatever you apply to your face such as makeup, creams, and sun protection, will not be able to work as they should and may clog your skin, blocking pores. Remember, never go to bed with a dirty face. It is at night that our skin “drinks in” whatever is left on it and these substances may seep into the dermis and enter the blood stream. As with all beauty products, knowing your skin type is important for maximum results. You may even notice inconsistencies in your skin as the seasons change and you will need to act accordingly. As an example, in winter, if you have a dry skin type, using a toner may cause additional dryness. Homemade cleansers may be of three types: water-based, soap-based, and oil-based. Water-based cleansers are usually herb-infused, and very mild. They may not be as effective in removing makeup or oily grime, but they are useful for those with dry or sensitive skin. Soap-based cleansers usually contain Castile soap and are easily controlled by adding ingredients that support different skin types. Clay, sugar, select essential oils, carrier oils, and aloe vera can personalize your care.

CLEANSERS FOR DRY TO NORMAL SKIN

Basic Cleanser

- 1 ounce jojoba oil
- ½ ounce grapeseed oil
- 1 tablespoon wheat germ oil
- 5 drops essential oil (see section on essential oils for dry skin)

Pour oils into glass container (dark glass is best) and shake well.
TO USE: Use soft washcloth or fingers to gently wipe in circular motion. Rinse with lukewarm water and pat dry.

**Easy Oil Cleanser**

- 1 cup extra virgin olive oil (organic is best)
- 2 tablespoons jojoba oil

Combine in glass container. Shake well.

TO USE: Apply gently to skin in a circular motion. Remove gently with warm washcloth.

**Oatmeal Cleanser**

- ½ cup oatmeal
- 2 tablespoons honey
- ¼ cup yogurt or buttermilk

Grind oatmeal into a fine powder. Combine honey, yogurt or buttermilk and ground oatmeal.

TO USE: Apply to face. Leave on for 15 minutes. Rinse with lukewarm water and/or washcloth.

**Yogurt Cleanser**

- 1 organic cucumber
- 1 cup organic yogurt

Put cucumber in blender and liquefy. Strain to remove seeds. Mix together cucumber and yogurt.

TO USE: Apply to skin with cotton ball. Rinse with lukewarm to cool water.

**Herbal Cleanser**

- 2 sprigs thyme, crushed (or ½ tablespoon dried thyme)
- 2 teaspoons Fennel seeds, crushed
- ½ half lemon

Mix thyme and fennel seeds in bowl and cover with boiling water. Add lemon juice. Let steep for 15 minutes, then strain. Let cool.

TO USE: Dip cotton pad in strained liquid and wipe gently over face. Finish with a splash of cool water.

**Simple Lemon Cleanser**

- 1 tablespoon lemon juice
- ¼ cup sour cream
- ½ cup yogurt or buttermilk
- 1 tablespoon extra virgin olive oil (organic is best)

Combine lemon juice, sour cream and olive oil. Mix well.

TO USE: Apply to face gently using circular motion. Rinse with lukewarm water and pat dry.

**Fruit Cleanser**

- 1 small pear or apple (organic is best)
• *½ cup buttermilk or whole milk*
• *½ tablespoon hemp or sunflower oil*

Combine pear or apple, milk, and oil in blender. Puree until creamy.

**TO USE:** Apply to face gently using circular motion. Rinse with lukewarm water and pat dry.

**Egg Cleanser**
• *1 egg white*
• *2 tablespoons sour cream*

Whisk the egg white until foamy. Add the sour cream and small amount of water.

**TO USE:** Apply to face gently using a circular motion. Rinse with lukewarm water and pat dry.

**Cookies and Milk Cleanser**
• *½ cup warm milk*
• *1 tablespoon oatmeal*
• *1 tablespoon honey*

Pour warm milk over oatmeal. Let sit until softened. Add honey and stir well.

**TO USE:** Apply to face and gently wash in circular motion. (You may use a warm, wet washcloth) Rinse with lukewarm water and pat dry.

**Chamomile Oil Cleanser**
• *2 ounces jojoba oil*
• *1 ounce hemp oil*
• *10 drops tea tree oil*
• *5 drops lavender or geranium oil*
• *5 drops chamomile oil*

Pour oils into glass container with lid and shake well.

**TO USE:** Warm between palms and massage into face, staying clear of eye area. Remove with warm, wet washcloth.

**Cocoa Butter Cleanser**
• *2 ounces cocoa butter*
• *2 ounces extra virgin coconut oil*
• *10 drops neroli oil*
• *10 drops vitamin E oil*
• *8 drops vanilla or lavender oil*

Melt cocoa butter and coconut oil in pan over low heat. Allow to cool to room temperature. Pour into glass container and add other oils.

**TO USE:** Massage a small amount onto face, avoiding the eye area. Rinse with warm, wet washcloth.

**Flax Cleanser**
• *½ cup warm whole milk*
• *1 tablespoon flaxseed oil*

Stir oatmeal and flaxseed oil into milk.

**TO USE:** Apply a small amount to face with fingers or warm, wet washcloth. Rinse with lukewarm water and pat dry.
Cleansers for Oily Skin

Papaya Cleanser
• ½ ripe papaya (frozen is okay)
• 5 teaspoons witch hazel
• 5 drops lemon balm oil

Peel papaya, cut in half, and remove seeds. Blend papaya, witch hazel and lemon balm oil.

TO USE: Apply a small amount with a warm, wet, washcloth or fingertips. Rinse with lukewarm water and pat dry.

Soap and Water Cleanser
• 3 tablespoons boiling water
• 2 teaspoons fine sea salt
• 4 tablespoons liquid Castile soap (Dr. Bronner’s is good)
• 10 drops lavender oil or other essential oil of your choice

Combine salt and boiling water in pan. Stir until dissolved. Pour the Castile soap and essential oil into a small glass container. Add 1 tablespoon of salt solution to soap. Mix well.

TO USE: Massage a small amount of soap mixture on to wet face. Rinse with lukewarm water and pat dry.

Vinegar and Water Cleanser
• 2 tablespoons apple cider vinegar
• 2 tablespoons distilled or spring water

Mix water and vinegar.

TO USE: Apply to face with cotton balls or cotton pad, avoiding the eye area. Rinse with lukewarm water and pat dry.

Pomegranate Cleanser
• ¼ cup pomegranate juice
• ¼ cup nonfat milk
• 1 teaspoon baking soda

Blend all ingredients together.

TO USE: Pour a small amount on a warm, wet washcloth and gently massage face. Rinse with lukewarm water and pat dry. (Use a washcloth
you don’t mind staining!

**Orange Sparkler Cleanser**

- ½ orange, skin intact
- ½ cup mineral water
- 1 teaspoon salt

Blend ingredients together.

**TO USE:** Apply a small amount onto a warm, wet washcloth or use fingertips. Gently massage onto face. Rinse with lukewarm water and pat dry.

**Beta-Carotene Cleanser**

- ¼ cup nonfat milk or almond milk
- 1 teaspoon baking soda
- 2 tablespoons carrot juice

In glass container with lid, mix all ingredients together.

**TO USE:** Apply a small amount onto a warm, wet washcloth or use fingertips. Gently massage onto face. Rinse with lukewarm water and pat dry.

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**Lemon Yogurt Cleanser**

- 4 tablespoons lemon juice
- 4 tablespoons plain yogurt

Combine yogurt and lemon juice.

**TO USE:** Gently massage onto face. Rinse with lukewarm water and pat dry.

**So Good Soda Cleanser**

- 1 tablespoon baking soda
- 1 teaspoon apple cider vinegar

Combine ingredients.

**TO USE:** Wet face and gently massage onto skin. Rinse with lukewarm water and pat dry.

**Citrus Cleanser #1**

- ¼ cup grapefruit juice
- 1 tablespoon olive oil
- ⅛ teaspoon flour

Blend juice and oil together. Add flour to thicken.

**TO USE:** Apply a small amount onto a warm, wet washcloth or use fingertips. Gently massage onto face. Rinse with lukewarm water and pat dry.
face. Rinse with lukewarm water and pat dry.

**Citrus Cleanser #2**

- ½ lime
- 1 tablespoon yogurt or buttermilk
- 1 tablespoon sunflower or hemp oil (any light oil will do)

Mix together all ingredients.

**TO USE:** Apply a small amount onto a warm, wet washcloth or use fingertips. Gently massage onto face. Rinse with lukewarm water and pat dry.

Fresh fruits and vegetables are rich in anti-oxidants and vitamins and minerals. They may be used in combinations or alone for effective anti-aging skin treatments. The following fruits and vegetables are the most popular but this is certainly not an exhaustive list!

- Apple
- Apricot
- Asparagus
- Avocado
- Banana
- Carrot
- Cucumber
- Grape
- Kiwi
- Lemon
- Lime
- Mango
- Orange
- Papaya
- Peach
- Pear
- Pumpkin
- Strawberry
- Watermelon

**Kiwi Cleanser**

- 1 egg yolk
- 1 tablespoon olive oil
- 1 tablespoon kiwi juice/pulp

Blend ingredients.

**TO USE:** Apply to face and leave on for 10-15 minutes. Rinse with lukewarm water and pat dry.

**What, a Tomato? Cleanser**

Slice a nice ripe tomato in half or in thick slices.

**TO USE:** Rub sliced tomato briskly over face. Leave on face for 5 minutes. Rinse with lukewarm water and pat dry.

**Rose Cleanser**

- 2 tablespoons chopped rose petals
- ¼ cup soy milk
- 1 teaspoon baking soda

Combine ingredients and blend well.

**TO USE:** Apply a small amount onto a warm, wet washcloth or use fingertips. Gently massage onto face. Rinse with lukewarm water and pat dry.
Toners are helpful in reaching your skin care and anti-aging goals. They are traditionally applied after cleansing, scrubs and masks. Toners keep the surface of the skin clean and free of dirt, oils, and dead skin cells.

They may be soothing to the skin and help to nourish and rebalance it. Another benefit of toner is their ability to reduce wrinkles and tighten pores. Toner assists with the skin's ability to absorb and retain moisture, which is the next step in your routine. Toners may be left on the face to evaporate. Witch hazel, alcohol, and citrus, common ingredients in toners, can be problematic for dry skin types if used as the primary ingredient and not balanced in the recipe. Remember that it is imperative you understand what skin type you have so you avoid harming your skin.

**TONERS FOR NORMAL TO DRY SKIN TYPES**

**Basic Toner**
- *Witch hazel*
- *Cotton balls*

*To Use:* Apply witch hazel to cotton ball/s. Avoid eye area. Do not rinse, let it evaporate.

**Green Toner**
- *1 green tea bag*
- *1 cup boiling water*
- *1 cup distilled or purified water*

Steep tea bag in boiling water. Let cool.

*TO USE:* Apply to face using cotton ball/s. Rinse if needed with cool water.

**Juice Toner**
- ¼ cup natural apple juice
- 4 tablespoons vodka or witch hazel

Mix together.

*TO USE:* Apply to face with cotton ball/s. Rinse if needed with cool water.

**Flower Toner**
- 3 teaspoon vodka or gin
- 4-5 drops rose oil
- 4-5 drops geranium oil
- 1 cup rose flower water

In glass container with lid, add essential oils to vodka or gin. Shake to mix well. Add the rose flower water and shake until blended.

*TO USE:* Apply to face with cotton ball/s. Rinse if needed with cool water.

**Minty Fresh Toner**
- 1 tablespoon dried peppermint
- ¼ cup water

Boil peppermint and water together. Let cool.

*TO USE:* Apply to face with cotton ball/s. Rinse if needed with cool water.
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http://sevennutrition.com/50offaging

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TO USE: Apply to face with cotton pads/balls, avoiding eye area.

**Terrific Toner**

- 1 slice orange
- 1 slice lemon
- 1 tablespoon sugar
- 1 cup yogurt

Combine ingredients and let sit overnight. Strain out mint leaves.

**TO USE:** Apply to face with cotton pads/balls. Rinse if needed with cool water.

**Soothing Toner**

- ¼ cup geranium flower water
- 2 tablespoons dried chamomile flowers
- 2 tablespoons Aloe vera gel
- 2 tablespoons vodka
- 20 drops chamomile oil
- 8 drops rose or geranium oil

Bring the geranium flower water to a simmer. Turn off heat and add dried chamomile flowers. Cover with lid and allow to steep and cool. Strain out flowers and pour into glass container with lid. Add the Aloe vera gel, vodka, and essential oils. Shake vigorously.

**Watermelon Toner**

- 1 cup cut up watermelon
- 1 tablespoon chopped mint
- ½ cup witch hazel

Blend all ingredients. Strain into glass container with lid.

**TO USE:** Apply to face with cotton pads/balls, avoiding eye area. Rinse if needed with cool water.
TONERS FOR OILY SKIN TYPES

**Citrus Mint Toner**
- 1 mint teabag
- 1 green teabag
- 1 cup boiling water
- ¼ cup witch hazel
- 1 tablespoon lemon or lime juice

Place tea bags in boiling water and steep for 15 minutes. Remove tea bags and allow liquid to cool. Add witch hazel and lemon or lime juice. Pour into glass container with lid.

**TO USE:** Apply to face with cotton pads/balls, avoiding eye area.

**Queen of the Nile Toner**
- ½ cup aloe vera juice or gel
- ½ cup cucumber juice
- Juice of ½ lemon

Combine ingredients in glass container with lid. Shake until blended.

**TO USE:** Apply to face with cotton pads/balls, avoiding eye area. Rinse if needed with cool water.

**Cucumber Toner**
- ¾ cucumber
- ¼ cup witch hazel
- 1 tablespoon apple cider vinegar

Peel cucumber and shred it. Combine the cucumber, witch hazel, and vinegar in glass container with lid. Shake well and strain into a clean container.

**TO USE:** Apply to face with cotton pads/balls,
Our Anti-Aging Skin Cream Has Been Shown To:

- Help Reduce The Loss Of Elasticity Due to Free Radicals *
- Promotes New Skin Cell Growth *
- Helps Prevent Wrinkles *
- Shown to Help Keep Skin Moisturized *
- Prevent Dry Skin Leading To Damaged Skin *
- Gives Skin Radiant, Soft Tone Appearance *

**Ingredient Facts**


**Directions:** Every night after cleansing, massage evenly over face and neck. Avoid contact with eyes.

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### Powerful Pomegranate Toner

- 3 tablespoons pomegranate juice
- ½ cup vodka
- ½ teaspoon salt

Combine all ingredients in glass container with lid. Shake well to mix.

**TO USE:** Apply to face with cotton pads/balls, avoiding eye area. Rinse if needed with cool water.

### Easy Apple Toner

- 3 ounces organic apple juice
- 1 tablespoon honey
- 3 tablespoons apple cider vinegar (organic is best)
- 5 drops tea tree oil

Core the apple and chop it into chunks. Combine all ingredients in blender. Strain through cheesecloth or coffee filter paper. Pour toner into glass container with lid. Shake well to mix.

**TO USE:** Apply to face with cotton pads/balls, avoiding eye area.

Toners may be used as refreshing spritzers throughout the day. On hot, sunny days, or after an exercise workout, refrigerated toners feel wonderful and refreshing. They hydrate the skin and guard against infection. Make sure your eyes are closed before spritzing on a toner!

### Inflammation Fighter Toner

- ½ cup witch hazel
- 2 tablespoons lemon or lime juice
- ½ teaspoon cornstarch
- 5 drops carrot seed oil
- 5 drops chamomile oil

Place teabags in 1 cup boiling water. Let steep for 5 to 7 minutes. Remove tea bags and let tea cool. Add witch hazel, lemon or lime juice, and cornstarch. Mix well. Add essential oils and stir. Pour into glass container with lid.

**TO USE:** Apply to face with cotton pads/balls, avoiding eye area.

Rinse if needed with cool water.
**Tea Spritzer**
1 or 2 bags herbal tea such as chamomile, ginseng, rosehips, green, macha, white, rooibos, mate or black, used in combination or alone

Brew the tea to your preferred strength. Remove teabags and let cool. Pour into spray bottle. Spray onto skin as needed.

**Spritzers for Oily Skin Types**

**Citrus Spritz**
- 4 ounces distilled or purified water
- 1 drop lemon or lime oil
- 1 drop grapefruit oil
- 1 drop rosemary oil

Combine ingredients in spray bottle. Shake well before use. Spray onto skin as needed.
Skin needs to be clean and moisturized in order to be at its most beautiful; and water plays a big part in moisturizing, the final step of the anti-aging routine. Our skin cells contain about 95 percent water.

Moisturizers replenish the water lost by evaporation, due to demanding lifestyles, by attracting water from our environment using humectants (substances that attract and help retain moisture). Every time skin is cleansed, moisturizer should be applied to damp skin to help seal in the moisture and oils and keep the skin from drying out. Another benefit of anti-aging moisturizers is their ability to supply our skin with essential fatty acids. These help maintain healthy, resilient skin cells. Moisturizers also contain antioxidants which prevent DNA damage from free radicals. Moisturizers help restore skin’s vitality and keep it in balance.

All skin types benefit from moisturizing. The two mostly commonly used types of moisturizers are creams and lotions. Often lotions are used for more oily skin types while creams are used for dry to normal skin types. In addition, within the cream and lotion categories, there are two formulas to consider; oil-based for dry skin, and either water or water and oil based for oily skin types.

**MOISTURIZER FOR DRY TO NORMAL SKIN**

### Carrot Moisturizer
- 1 carrot, chopped into small pieces
- 1 tablespoon plain yogurt
- 1 teaspoon sour cream

In a small saucepan, boil the carrot pieces for 5-7 minutes, then pat dry. In a small bowl, mash the carrot. Allow to cool and then add yogurt and sour cream for a thick consistency.

**TO USE:** Apply to face after cleansing.

### Honey Moisturizer
- 1 teaspoon honey
- ⅛ teaspoon baking soda
- 1 teaspoon vegetable oil

In a small pan, heat the honey until just warm. Stir in baking soda, oil and ¼ cup of purified water and mix well.

**TO USE:** Apply a thin layer after cleansing.

### Oil Moisturizer
- 3 teaspoons jojoba oil
• 2 teaspoons avocado oil
• 2 drops sandalwood oil
• 1 drop rosemary oil
• 1 drop jasmine or carrot seed oil

Combine oils.

**TO USE:** Use a warm, wet washcloth to warm up the skin. Put a few drops of oil moisturizer into palm of hands and rub hands together to warm oil. Gently massage oil onto skin using upward and outward strokes.

**Rich Moisturizer**

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon sunflower oil
- 1 teaspoon sweet almond oil
- 2 teaspoons purified water

Spoon into a glass container with lid. Shake well to combine.

**TO USE:** Massage a small amount onto face and neck using upward strokes on the face and downward strokes on the neck.

**Wonder Woman Moisturizer**

- 1 egg yolk
- 2 tablespoons almond oil
- 1 teaspoon apricot kernel oil

Spoon into a glass container with lid. Shake well to combine.

**TO USE:** Massage a small amount onto face and neck using upward strokes on the face and downward strokes on the neck.

**Butter Moisturizer**

- 1 tablespoon unsalted butter
- 1 slice mango, peel removed
- Pinch of salt

Set butter out and use when softened. In a blender, combine softened butter, mango, and salt. Mix well.

**TO USE:** Massage a small amount onto face and neck using upward strokes on the face and downward strokes on the neck.

**Orange Moisturizer**

- ⅛ tangerine, peel and pith removed
- 1 tablespoon sour cream
- ½ teaspoon flour
- 1 teaspoon rose oil

In a blender, combine all ingredients until mixed well.

**TO USE:** Apply to skin every morning and evening after cleansing.

**Basic Cream Moisturizer**

- ⅛ cup olive oil
- 2 teaspoons beeswax, finely grated
- 1 teaspoon liquid lecithin
- ⅛ cup distilled water

Measure the olive oil, grated beeswax, and lecithin into glass measuring cup that has been placed in
a pot with a few inches of simmering water. Allow wax to melt. Remove from heat and transfer to heat-proof mixing bowl. Heat the distilled water to 68-73 degrees Fahrenheit. Using a hand-held mixer, beat oil and wax mixture on medium-high speed. Slowly drizzle in distilled water and continue mixing for 5 minutes or until the liquid starts to thicken and emulsify. Pour into glass container with lid. Let cool. Store in refrigerator and use within two weeks.

**TO USE:** After cleansing skin, apply a generous amount using gentle, circular motions.

### Nighttime Repair Moisturizer

- 2 tablespoons rosewater or orange blossom water
- ⅛ teaspoon vegetable glycerin
- ⅛ teaspoon avocado oil
- ⅛ teaspoon extra virgin olive oil
- ⅛ teaspoon jojoba oil
- 1 ½ teaspoons shea butter
- ⅛ teaspoon stearic acid
- 1 teaspoon beeswax
- 1 vitamin E capsule
- 8-10 drops favorite essential oil

Put blossom water and glycerin in glass measuring cup and set it in a pot with a few inches of simmering water. Put avocado, olive, and jojoba oils along with shea butter, stearic acid, and finely grated wax into a glass measuring cup and set it in a pot with a few inches of simmering water.

When both have reached a temperature of 150 degrees Fahrenheit, remove from heat. Pour oil mixture into a heat-proof mixing bowl and mix with hand mixer set on medium speed. Add the blossom water and glycerin and mix for 5 minutes. Once the mixture cools, mix in the vitamin E and essential oils. Pour into glass container with lid. Let cool. Store in refrigerator and use within two weeks.

**TO USE:** After cleansing skin, apply a generous amount using gentle, circular motions.

### Coconut Moisturizer

- 2 tablespoons stearic acid powder (if you can’t find stearic acid powder, substitute 1 tablespoon grated beeswax)
- ⅛ cup coconut oil
- ⅛ teaspoon baking soda
- ⅛ cup distilled water
- 3-6 drops coconut essential oil

Melt stearic acid and oil together using glass measuring cup and placing in simmering water on stove. Dissolve baking soda in distilled water and heat to almost boiling. Stir the water solution slowly into the stearic acid-oil mixture. The mixture will foam up, almost double in volume. Stir thoroughly. When cooled, add coconut essential oil and stir. Pour into glass container with lid. Store in refrigerator and use within two weeks.

**TO USE:** After cleansing skin, apply a generous amount using gentle, circular motions.
amount using gentle, circular motions.

**MOISTURIZERS FOR OILY SKIN**

Oily skin needs to be moisturized too, otherwise it will produce too much natural oil which can clog pores and lead to blemishes. For this skin type, a moisturizing lotion is often more appropriate than a moisturizing cream. Remember, lotion used by oily skin types should be water based or water and oil based.

**Simple Moisturizer**
- **2 tablespoons softened coconut oil**
- **5 drops essential oil of your choice**

Bring coconut oil to room temperature. Mash in the essential oil with a fork.

**TO USE:** After cleansing skin, apply a generous amount using gentle, circular motions.

**Egg Moisturizer**
- **1 egg yolk**
- **2 tablespoons almond oil**
- **1 teaspoon apricot kernel oil**

Whip the egg yolk and then slowly add almond and apricot kernel oil.

**TO USE:** After cleansing skin, apply a generous amount using gentle, circular motions.

**Easy Lemon Moisturizer**
- **1 small lemon**
- **1 tablespoon plain yogurt**
- **1 teaspoon grapeseed or vegetable oil**

Cut up lemon, but don’t remove skin. In a blender, combine the lemon, yogurt, and oil. Mix until creamy.

**TO USE:** After cleansing skin, apply a generous amount using gentle, circular motions.

**Troubled Skin Moisturizer**
- **6 ounces distilled water**
- **1 ounce jojoba oil**

**Lime Moisturizer**
- **½ lime**
- **1 tablespoon yogurt**

A few drops of essential oil of your choice (optional)

Put oils in glass measuring cup and place in a pot of simmering water. Bring to 180 degrees F. Add beeswax and melt. (Don’t overheat the oils or they will crystallize later and feel grainy) While wax is melting, warm distilled water in pan over medium heat. Add warmed water to oils and melted wax and using a hand mixer, blend and mix until an emulsion forms. Remove the pan from the heat. After the mixture has cooled to 110 degrees F, add essential oil of your choice if you want fragrance. Pour into glass container with lid.
Cornstarch Moisturizer

- 2 tablespoons glycerin
- 2 tablespoons cornstarch
- ½ cup distilled or purified water
- 2 tablespoons rosewater

Mix ingredients in an ovenproof glass bowl. Heat until just boiling and thick, 1-2 minutes in the microwave or on the stove top in a water bath. The lotion will be clear and jellylike. Stir thoroughly and cool completely. When lotion is cool, pour into glass container with lid. If lotion becomes too thick, stir in water, one tablespoon at a time.

TO USE: Apply a light coverage over your face after cleansing.

Day Lotion Moisturizer

- 2 teaspoons witch hazel extract
- 1½ teaspoons jojoba oil
- 1 teaspoon hazelnut oil
- 1 heaping teaspoon finely grated beeswax
- ¾ teaspoon stearic acid
- 1/8 teaspoon vitamin E
- 10 drops tea tree essential oil

Put witch hazel in glass measuring cup and set it in a pot with a few inches of simmering water. Put the jojoba oil, hazelnut oil, stearic acid, and emulsifying wax into a glass measuring cup and set it in a pot with a few inches of simmering water. When both mixtures reach 150 degrees F, remove from heat. Pour the oil mixture into a heat-proof mixing bowl and mix with hand mixer. Add witch hazel and continue to mix for 5 minutes. When mixture has cooled to 100 degrees F, mix in vitamin E and tea tree oil. Pour into glass container with lid. Cool completely. Store in refrigerator and use within two weeks.

TO USE: After cleansing skin, apply a generous amount using gentle, circular motions.

Vinegar Moisturizer

- 1 teaspoon honey
- 2 teaspoons gelatin
- ⅛ teaspoon apple cider vinegar

In a pan, warm the honey. In another bowl, stir together the gelatin, ½ cup distilled or purified water, and the vinegar. Add the honey and mix well.

TO USE: After cleansing skin, apply a small amount of moisturizer to face and neck, gently massaging until absorbed.
Facial Scrub

As one of our anti-aging goals, we want to keep our skin from looking dull and lifeless. The skin’s surface, the epidermis, is constantly shedding, about a layer a day. As skin ages, this cellular renewal decreases and if dead cells are not removed, the skin will look lackluster.

Scrub can help remove built-up dirt, oils and dead skin cells while also improving circulation and stimulating cell renewal. Scrubs are not recommended in cases of severe acne, spider veins, or very sensitive skin. Avoid scrubbing warts, moles, and varicose veins.

When making facial scrubs grind the ingredients as finely as possible. Moisten your skin with warm to hot water before cleansing. Be gentle as you scrub in a circular motion. Cleanse for a full minute, unless otherwise instructed. Rinse thoroughly and end with a splash of cool water. Always pat, never rub, your skin dry. How often should you use a scrub? It depends on your skin type. Normal and oily skin types can scrub two to three times per week while sensitive or dry skin types should scrub once or twice per week. Don’t overdo exfoliating treatments or you could irritate your skin and destroy the hydrolipid barrier, which then compromises the health of your skin. Secondary effects of gaps in the lipid barrier can show up as bacteria-related acne, eczema, rosacea-type inflammation, atopic dermatitis, and skin congestion among other problems. Cosmetic problems can range from skin dryness to the appearance of fine lines and a deepening of wrinkles. So, again, don’t over exfoliate!

Try some of these simple cleansing scrubs that exfoliate or remove dead skin cells; this improves skin texture and assists in retaining moisture. Remember that scrubs are not limited to the face; they can be used all over your body to keep skin soft and glowing.

**SCRUBS FOR DRY TO NORMAL SKIN**

**Oatmeal Scrub**

- ½ cup oatmeal
- ½ cup organic yogurt or buttermilk
- 2 tablespoons honey

Place oatmeal in a blender or food processor and grind until fine. Add yogurt and honey. Blend on high speed until smooth and creamy.
To Use: Place a small amount in the palm of your hand and gently massage onto your skin. Rinse well with lukewarm water and pat dry.

**Almond Scrub**
- 1 tablespoon finely ground almonds or 1 Tbsp. almond meal
- 1 tablespoon almond oil or your favorite oil
- 1 teaspoon honey

Mix all of the ingredients together.

**TO USE:** Massage onto face and neck; the mixture will seem a bit coarse because of the ground almonds. Rinse well with lukewarm water and pat dry.

**Go to Grains Scrub**
- 2 tablespoons oatmeal
- 1 tablespoon fine cornmeal
- 2 teaspoons wheat germ

Combine a teaspoon or two of the mixture with equal parts water to create a paste.

**Simple Sugar Scrub**
- 1 tablespoon sugar (organic is best)
- 1 tablespoon of your favorite oil: olive, almond, grape seed, etc.

Blend sugar and oil together.

**TO USE:** Massage over face and neck, gently. Rinse with lukewarm water and pat dry. If you want to remove all the oil, use a wash cloth to gently wipe area after rinsing.

**Honey and Brown Sugar Scrub**
- 1 teaspoon honey
- ½ teaspoon brown sugar

Mix honey and brown sugar together.

**TO USE:** Massage over face. This can be sticky so rinse well with lukewarm water.
Yogurt Scrub
• 1-3 tablespoons plain yogurt
• Pinch of salt
Combine yogurt and salt.

TO USE: Slather over face. Rinse with warm lukewarm water.

Salt Scrub
• 1/2 cup extra-fine sea salt
• ⅛ cup organic almond oil or an organic oil of your choice
Mix salt and oil together.

TO USE: Apply to face and massage in circular motion. Let stay on face for 2-3 minutes. Rinse with lukewarm water. (If you have very dry skin, this scrub could exacerbate the dryness)

SCRUBS FOR OILY SKIN

Oats Scrub
• 3 tablespoons oatmeal
• ⅛ cup warm water
• 1 teaspoon honey
• 1 teaspoon white vinegar (organic is best)
• 1 teaspoon lemon juice
Combine to form a paste.

TO USE: Massage gently onto skin. May be left on for up to 5 minutes, then rinse with lukewarm water.
water and pat dry.

**Almond and Oil Scrub**
- 1 tablespoon fine almond meal (you can freeze the almonds and then grind them)
- 1 tablespoon wheat bran
- 1 tablespoon honey
- ¼ cup organic vinegar
- ¼ cup olive or grapeseed oil

Combine all ingredients and stir well. Transfer to airtight container. This blend may be stored in the refrigerator for one week.

**TO USE:** Apply one teaspoon of mixture onto wet face and massage gently onto skin. Rinse with lukewarm water and pat dry.

**Fruit and Milk Scrub**
- 1 apple, peeled and cored
- Zest of one lemon
- 2 tablespoons of powdered milk (soy or nut milks may be used)

Put ingredients in blender and puree until smooth. Extra may be stored in airtight container in refrigerator for one week

**TO USE:** Apply to face and leave on for 10-15 minutes. Rinse with lukewarm water and pat dry.

**Lemon and Salt Scrub**
- 1 tablespoon hazelnut oil
- 1 tablespoon jojoba oil
- 2 tablespoons fine sea salt
- 2 teaspoons lemon zest
- 1-2 drops lavender or geranium oil
- 1 teaspoon white clay

Combine all ingredients.

**TO USE:** Apply to moistened face and massage onto skin gently.

**Enhanced Soda Scrub**
- 2 tablespoons baking soda
- 1 teaspoon jojoba oil
- 4 drops tea tree essential oil
- 2 tablespoons fresh thyme leaves

Warm water to make paste

Mix baking soda and water to form paste. Add oils and fresh thyme leaves. May be stored in an airtight container for one week.

**TO USE:** Wet face with warm water. Apply scrub to skin and massage gently. May be left on for 5 minutes. Rinse with lukewarm water and pat dry.

**Breakfast Scrub**
- 1 egg white
- 1 tablespoon extra-fine sea salt
- 1 drop lemon or grapefruit oil (optional)

Combine egg white, sea salt and oil. Mix well. Apply to skin and massage gently. May be left on for up to 5 minutes. Rinse with lukewarm water and pat dry.
Men want to care for their bodies and look good, too. Feeling good and looking great are confidence boosters and who doesn’t need that! Times have changed since the era of “men don’t do that stuff!” Companies are beginning to realize that the demand for men’s products is growing, especially in the anti-aging market.

“No matter how well you dress, how nice your haircut is, and how healthy you are, if you have skin that is dull and freckly and blotchy you’re not going to look your best,” says Jeffrey Dover, MD, an associate clinical professor of dermatology at Yale School of Medicine.

Men’s dermis (the thick layer of skin beneath the epidermis), is thicker than women’s and thicker skin does a better job of resisting wrinkles. Men also have more collagen and elastin fibers -- the connective tissue that gives skin its strength and elasticity -- and a tighter network of fatty tissue directly under the skin. Hair glands also produce oil, which means men’s faces are naturally oilier than women’s. The oil traps moisture, which keeps skin hydrated and gives it a plumper and more youthful appearance. Men’s skin tends to be more resilient to the damage of sun, wind, cold, and other harsh elements. Men clearly have an advantage when it comes to aging, yet they do age.

The Big Deal-Shaving

Shaving gives men a natural way to exfoliate the outer layer of dead skin cells which leads to a more youthful appearance. The following are tips for achieving the best results for your skin when shaving:

► Shave in the direction of hair growth. Shaving against the growth can cause ingrown hairs.

► Before shaving, soften the hair with warm water or a hot towel.

► Don’t shave the same area over and over; this can be irritating and can damage new skin cell growth.

► Use a facial scrub once a week to remove dead skin and ingrown hairs.
**SHAVING LOTION FOR ELECTRIC RAZORS**

- ½ cup vodka or witch hazel
- 2 tablespoons distilled or purified water
- 1 tablespoon glycerin
- ½ teaspoon camphor spirit

Mix all ingredients together. Pour into glass container with lid.

**TO USE:** Wash your face with warm water or hot towel/washcloth. Rub a small amount on face before shaving.

**SIMPLE SHAVING CREAM**

- ½ cup stearic acid powder
- 1 cup hot water
- 1 teaspoon borax
- 2 tablespoons grated soap

In a double boiler on the stove top, melt the stearic acid powder until it is a clear liquid. Mix together the hot water, borax, and soap and stir until completely dissolved. Pour the soap solution into a blender and blend on low for 1 minute. Slowly pour the melted stearic acid liquid into the soap solution. Blend on high until a smooth cream has formed. Pour into a glass container with lid and let cool completely.

**TO USE:** Soften beard with warm or hot water and then smooth the shaving cream over face before shaving.

**DRY SKIN SHAVING CREAM**

- ½ cup stearic acid powder
- 2 tablespoons almond oil
- 1 cup hot water
- 1 teaspoon borax
- 2 tablespoons grated soap

In a double boiler on the stove top, melt the stearic acid powder and oil until it is a clear liquid. Mix together the hot water, borax, and soap and stir until completely dissolved. Pour the soap solution into a blender and blend for 1 minute. Slowly pour in melted stearic acid into soap solution. Blend until a smooth cream has formed. Pour into glass container with lid and cool completely.

**TO USE:** Soften beard with warm or hot water and smooth shaving cream over face before shaving.

**Aftershave**

Remember when using essential oils in the aftershave recipes to use very small amounts. Essential oils are very strong and can irritate the skin.

**EASY AFTERSHAVE**

- 2 cups distilled water
- ½ cup vodka or witch hazel
- 15 drops of essential oil of your choice (nice fragrances for men include allspice, bay, Cedarwood, coriander, fir, lime, mint, pine, rosemary, and sandalwood.)

Combine all ingredients and pour into glass container with lid.
**TO USE:** Splash on face and neck as desired.

**BAY RUM AFTERSHAVE #1**
- ⅔ cup vodka or witch hazel
- 2 tablespoons rum (Jamaican rum)
- 2 dried bay leaves
- ⅛ teaspoon whole allspice
- 1 cinnamon stick
- Zest from one small orange or several drops orange essential oil

Mix all ingredients together. Pour into a glass container with lid. Place in cool, dark place for two weeks. At the end of two weeks, strain off the liquid and pour into a clean container.

**TO USE:** Splash on face and neck after shaving.

**BAY RUM AFTERSHAVE #2**
- 2 cups rum
- ⅔ cup bay leaves
- ⅔ cup ground cloves
- ⅔ cup ground allspice berries
- ⅔ cup chopped fresh gingerroot
- (1 ounce glycerin may be added for sensitive skin)

Cover the herbs and spices with rum in a clean glass jar with lid and allow to steep in a cool, dark place for two weeks. Strain out solids and pour liquid into clean glass jar with lid.

**TO USE:** Splash on face and neck after shaving.

**TUCSON AFTERSHAVE**
- ½ cup witch hazel or vodka
- 2 teaspoons apple cider vinegar
- 1 teaspoon dried or 3 teaspoons fresh sage leaves
- 1/8 teaspoon dried or ½ teaspoon fresh basil
- ⅛ teaspoon whole allspice
- 1/8 teaspoon alum powder (optional)

Mix all ingredients together and pour into glass container with lid. Place the jar in a cool, dark place for two weeks. At the end of two weeks, strain out solids and pour liquid into a clean container.

**TO USE:** Splash on face and neck after shaving.

**CALMING AFTERSHAVE**
- ⅔ cup witch hazel
- 2 tablespoons vodka
- 2 tablespoons dried chamomile flowers or chamomile tea
- 1/8 teaspoon alum powder (optional)

Mix all ingredients together and pour into glass container with lid. Place the jar in a cool, dark place for two weeks. At the end of two weeks, strain out solids and pour liquid into a clean container.

**TO USE:** Splash on face and neck after shaving.

**Aftershave Moisturizers**

**ESSENTIAL LOTION AFTERSHAVE MOISTURIZER**
- .4 ounce cocoa butter
- 1 ounce sweet almond oil
- 1 ounce meadowfoam seed oil
- .6 ounce finely grated beeswax
• .05 ounce lemon or lime essential oil
• 1 Smidgen clove essential oil
• 4.2 ounces distilled water
• 4.2 ounces aloe vera gel

Place oils and wax in pan over low heat and let wax melt completely. Pour aloe vera into separate pan and let warm over low heat. Add the warmed aloe to the oil mixture in bowl and use hand held mixer or immersion blender to bring the oils and aloe mixture to form a good emulsion. Remove from heat. When cooled, add essential oil/s. Use the mixer or blender to incorporate all the ingredients. Let cool completely and pack into glass container with lid.

TO USE: Massage moisturizer into skin.

**DRY SKIN AFTERSHAVE MOISTURIZER**

• 1 tablespoon unsalted butter
• 1 teaspoon honey

In a small microwave-safe bowl, heat the butter for a few seconds to soften it. Add the honey and mix well.

TO USE: Smooth over face. Leave mixture on face 5-7 minutes. Splash with warm water and pat dry.

**SO SIMPLE AFTERSHAVE MOISTURIZER**

• 3 vitamin E capsules
• ½ cup aloe vera gel

Cut off tips of capsules. In a small bowl, squeeze the oil into the aloe vera gel. Mix well.

TO USE: Pat moisturizer over shaved area, using a cotton ball, after you’ve applied aftershave.

In conclusion, individuals have, for long periods, been concerned with physical health and beauty as they age. The 20th century has offered an increase in life expectancy that has reshaped attitudes about aging. People want to be vibrant and active, living a rich full life well into their later years. As aging populations expands, “age management” has become big business. Over the last decade or so, a vast amount of research has focused on the ways bodies age. The anti-aging market is expected to reach over US 200 billion dollars by 2019. This means there are literally thousands of products on the market that appeal to individuals’ desire to stay as youthful as possible.

This book provides options for women (and men) that desire physical health and beauty in the most affordable, natural way possible. Afterall, nature supplies all the ingredients our bodies need if we will pay attention. The real question is not if we will age but how.

“Knowing is not enough; we must apply. Willing is not enough; we must do.”

*Johann Wolfgang von Goethe*
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The Fountain Of Youth In A 1oz Jar

THE PROBLEM

Most Common Causes of Dry and Aging Skin:

- Natural Effects of Aging
- Side Effects of Smoking
- Facial Movements and Expressions Over Time
- Too Much Sun Exposure
- Poor Facial Skin Care
- Bad Daily Nutritional Habits
- Genetics and/or Hereditary Factors

THE SOLUTION

Our Anti-Aging Skin Cream Has Been Shown To:

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- Promotes New Skin Cell Growth *
- Helps Prevent Wrinkles *
- Shown to Help Keep Skin Moisturized *
- Prevent Dry Skin Leading To Damaged Skin *
- Gives Skin Radiant, Soft Tone Appearance *

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We use only the best ingredients in our products. Please see a list of ingredients here: See Cream Ingredients Facts.

What if my Doctor says I shouldn't take it?
We've never had a customer say this yet. However, if you order today to lock-in on this special offer, you're backed by our Money Back Guarantee.

How long will my order take to ship?
All of our orders are shipped out within 48hrs. Typically, we try to get them out within 24hrs. You will receive a confirmation of shipment with a tracking number when it goes out.

How frequently should I take this?
We suggest using this at night/before sleep once per day. A small dab to your problem areas will do the trick.

Ingredient Facts

**Ingredients:** Aloe Barbadensis Leaf Juice Extract, Carthamus Tinctorius (Safflower) Seed Oil, Water/Aqua/Eau, Glycerin Alcohol, Glyceryl Stearate, PEG-75 Stearate, Ceteareth-20, Steareth-20, Caprylic Capric Triglycerides, Palmitoyl Dipeptide-5 Diaminobutyroyl Hydroxysoyosine, Palmitoyl Dipeptide-8 Diaminohydroxybutyrate, Buxusperumum Parkii (Shea) Butter, Dimethicone, Pseudoalteromonas Ferment Extract, Dimethicone/Vinyl Dimethicone Crosspolymer, Silica, Glycerin, Sodium PCA, Glycereth-26, Phenoxethanol, Benzonic Acid, Ethylhexylglycerin, Glycereth-2 Cocoate, Hydroxydeycol Ubiquinone, Cyclicdextrin, Phosholipids, Hydrolyzed Collagen, Hydrolyzed Elasin, Cytopenesixoloxane, Cyclobexaxoloxane, C10-18 Triglycerides, C12-C15 Alkyl Benzoate, Steareth-2, Cyclohextrin, Dimethiconol, Ethylhexyl Cocoate, Glycerin Soy Sola Oil, Retinol, Lecithin, Glycolipids, Stearyl Alcohol, Magnesium Aluminum Silicate, Potassium Hydroxide, Acrylates/C10-30 alkyl Acrylate Crosspolymer, Mica, Steareth-21, Cetearyl Alcohol, Polysorbate 60, Ceteareth-25, Behens Acid, Cholesterol, Ceramide NP, Ceramide NS, Ceramide EOS, Ceramide EOP, Ceramide AP, Caproyl Phthosphoglycine, Caproyl Phthosphoglycine, Sorbic Acid, Imidazolidinyl Urba, Xantham Gum, Potassium Sorbate, Humulus Lupulus (Hops) Extract, Tilia Cordata Flower Extract, Salvia Officinalis (Sage) Leaf Extract, Trigonella Foenum-graecum Seed Extract, Prunus Amygdalas Dulcis (Sweet Almond) Seed Extract, Serenoa Serrulata Fruit Extract, Tocopherol Acetate, Carbonem, Sodium Metabsulflite, Sodium Benzoate, Polysorbate 20, Retinol Palmitate.

**Directions:** Every night after cleansing, massage evenly over face and neck. Avoid contact with eyes.

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