

Facial Cleanser

Written by Administrator

Wednesday, 30 July 2008 20:27 - Last Updated Friday, 20 May 2011 06:53

Natural homemade skin care products are very easy to prepare by mixing a few natural ingredients. Try a few of the following recipes and enjoy the benefits of beautiful skin without all the added chemicals.

Tips when making natural Face cleansers at home:

- Natural skin care cleanser recipes do not typically include foaming agents. Add a bit of all natural skin cleanser to your concoction.
- You can make ahead if stored properly. Read ingredient labels on shelf life.
- When using essential oils in your blends, please read all the cautions. If used improperly, these oils can be dangerous.
- Some of the healthiest oils for external skin care use include: almond oil, avocado oil, castor oil, coconut oil, hemp seed oil, jojoba oil, olive oil (virgin or extra virgin is best), rosehip seed oil, shea butter, walnut oil

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Gentle Oatmeal Facial Cleanser

Ingredients:

- 1/2 cup oatmeal or cornmeal
- 2 tbs of plain yogurt [Add enough yogurt to form a paste]

Instructions:

Mix ingredients, smooth over entire face avoiding eye area. Allow to sit for 10 min and rinse

Coconut Cleanse

Ingredients:

- 3 Tsp coconut oil
- 1 Tsp olive oil
- 1 Tsp glycerin
- 2 tsp water

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Instructions:

Melt ingredients together in a double boiler. When melted, remove from heat and beat with a whisk for 5 minutes. Transfer to jar when cooled.

Sweet Oil Scrub

Ingredients:

- 1 tablespoon Olive Oil
- 2 tablespoons Dark Brown Sugar

Instructions:

Mix ingredients in a bowl. Apply to skin in a circular motion for a minute or 2. Rinse with a warm cloth and water.

Creamy Oatmeal Facial Cleanse

Ingredients:

- 1/2 cup oatmeal
- 2 tbs heavy Cream (or milk)

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Instructions:

It's best if you can grind the oatmeal to a finer dust using a blender or coffee grinder. Mix ingredients, smooth over entire face in a circular motion. Rinse well.

Savory Cranberry Facial Wash

Ingredients:

- 1 tablespoon dried savory leaves crushed
- 1/2 cup boiling water
- 1/2 cup cranberries

Instructions:

Steep the dried savory in boiling water in a small bowl, for fifteen minutes. Strain the liquid. Puree the cranberries in a blender, then strain and save the juice. Combine all ingredients. Soak cotton pads with liquid and press against your face for five minutes, avoiding the eye area. Remove pads and rinse with warm water

Savory Blueberry Facial Wash

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- 1 tablespoon dried savory leaves crushed
- 1/2 cup boiling water
- 1/2 cup blueberries

Instructions:

Steep the dried savory in boiling water in a small bowl, for fifteen minutes. Strain the liquid. Puree the blueberries in a blender, then strain and save the juice. Combine all ingredients. Soak cotton pads with liquid and press against your face for five minutes, avoiding the eye area. Remove pads and rinse with warm water

Rejuvenating Cleanser Recipe

Ingredients:

- 6 tablespoon Flax Seed Oil
- 6 Tablespoons Olive Oil
- 12 tablespoons castor oil
- 30 drop essential oils of your choice

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Instructions:

Add carrier oils to a clean, dark glass bottle. Add essential oils. Gently shake to blend before each use. Store in a dark, glass bottle in a cool place or fridge. Apply a small amount to face and massage to cleanse. Rinse with warm water and a wash cloth. Skin will feel super smooth and silky! Perfect anti-aging cleanser!

Almond Milk Dry skin Cleanse

Ingredients:

- 1 tsp almond oil
- 2 tbs whole milk
- 1 tsp honey

Instructions:

Mix ingredients in a bowl. Apply to skin in a circular motion for a minute or 2. Rinse with a warm cloth and water.

Strawberry Acne Cleanser

Ingredients:

- strawberry yogurt or

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- 1 strawberry
- 2 tbs plain yogurt

Instructions:

Apply to skin in a circular motion for a minute or 2. Rinse with a warm cloth and water. Great for oily skin as well.

Lavender Cleanser Recipe

Ingredients:

- 6 tablespoon grape seed oil
- 10 drops of lavender essential oil
- 5 drops of geranium essential oils
- 5 drops of rose essential oils

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Instructions:

Add carrier oils to a clean, dark glass bottle. Add essential oils. Gently shake to blend before each use. Store in a dark, glass bottle in a cool place. Apply a small amount to face and massage to cleanse. Rinse with warm water and a wash cloth. Skin will feel super smooth and silky! Perfect anti-aging cleanser!

Lemon Cleanser

Ingredients:

- 1 Tsp beeswax
- 2 Tsp jojoba oil
- 2 Tsp hemp seed oil
- 1 Tsp witch hazel
- 1 Tsp lemon juice
- 1/8 tsp borax
- 6 drops lemon essential oil

Instructions:

In double boiler on low heat, gently melt beeswax in the oil. Beat for 5 minutes until mixture has a creamy, smooth consistency. In a separate non-metallic saucepan, gently warm witch hazel and lemon juice; stir in borax until dissolved and add to oil mixture. Beat until smooth. After the cream has cooled, add lemon EO and stir. store in glass jar

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Rose Cleanse

Ingredients:

- 1 Tsp beeswax
- 2 Tsp jojoba oil
- 2 Tsp Rosehip seed oil
- 1 Tsp witch hazel
- 1 Tsp Rosefloral water or hydrosol
- 1/8 tsp borax
- 3 drops Rose essential oil

Instructions:

In double boiler on low heat, gently melt beeswax in the oil. Beat for 5 minutes until mixture has a creamy, smooth consistency. In a separate non-metallic saucepan, gently warm witch hazel and rose water; stir in borax until dissolved and add to oil mixture. Beat until smooth. After the cream has cooled, add lemon EO and stir. store in glass jar

Applelicious Acne/Oily skin Cleanser

Ingredients:

- 1 tbs apple juice

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- 2 tbs skin milk
- 1 tsp honey

Instructions:

Mix ingredients in a bowl. Apply to skin in a circular motion for a minute or 2. Rinse with a warm cloth and water.

Baking Soda Lemon Exfoliating Cleanser

Ingredients:

- Lemon juice
- Baking Soda

Instructions:

In a small bowl, add about 2 tbs baking soda. Slowly apply lemon juice. The mixture will

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foam and fizz. Apply enough juice to make a thin, loose paste. Apply to skin in a circular motion for a minute or 2. Rinse with a warm cloth and water. Smooth, clear skin!

Sensitive skin Cleanser

Ingredients:

- 3 tbs. liquid Castile soap
- 3 tbs. Jojoba oil
- 1 tbs. Avocado oil
- 6 drops German-chamomile essential oil
- 6 drops helichrysum essential oil
- 10 drops Neroli essential oil

Instructions:

Mix ingredients in a bowl. Transfer to glass jar, then shake for 2 minutes. To use: Apply to skin in a circular motion for a minute or 2. Rinse with a warm cloth and water.

Cornstarch & Glycerin Facial Cleanser

Ingredients:

- 2 Tbs. cornstarch

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- 2 Tbs. glycerin
- 1/2 c. water

Instructions:

Mix ingredients until smooth. Heat in a small double boiler pan Heat until thick and clear; it will have the consistency of pudding. Do not boil. Cool completely, Use in place of soap to cleanse your skin.

Anti-Aging skin Cleanser

Ingredients:

- 3 tbs. aloe-vera gel
- 3 tbs. liquid Castile soap
- 3 tbs. Grapeseed oil
- 1 tbs. Rosehip seed oil
- 1 tsp. vegetable glycerin
- 10 drops carrot-seed essential oil
- 10 drops Neroli essential oil

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Instructions:

Mix ingredients in a bowl. Transfer to glass jar, then shake for 2 minutes. To use: Apply to skin in a circular motion for a minute or 2. Rinse with a warm cloth and water

Exfoliating Oily skin□ Facial Wash

Ingredients:

- 1 tsp powdered skim milk
- 1 tsp honey
- few drops of apple vinegar

Instructions:

Mix ingredients in a bowl. Apply to skin in a circular motion for a minute or 2. Rinse with a warm cloth and water.