

How to make your own cuticle creams and cuticle oils.

Simple Olive Cuticle Oil

Ingredients:

- Olive Oil

Instructions:

To use, apply a very small amount to each cuticle and work into the cuticle, nail & surrounding skin. Olive oil absorbs nicely into the skin after a few minutes and is great for elbows as well.

Cuticle Cream

Ingredient:

- 1 Tsp. natural clay
- 1 tsp. olive oil
- 3 drops lavender essential oil

Instructions:

Mix into a paste and put into a sterile ointment jar or small pot. Wash and clean old make up jars, they make great storage containers! Massage into nails and cuticles

Cooling Cuticle Oil

Ingredient:

Nail: Natural Cuticle Creams and Oils

Written by Administrator

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- 10 drops Tea Tree Essential Oil
- 2 Tbsp Sweet almond oil

Instructions:

Combine oils. Store in a small jar. Warm up oil before doing any massage. Apply over entire nail bed and surrounding skin and cuticles! Do not wash off.

Cuticle Softener

Ingredient:

- 1 tsp. olive oil
- 1 tsp. vitamin E oil

Instructions:

Combine and massage into nails and cuticles

Peppermint Massage Oil

Ingredient:

- 10 tsp. grapeseed oil
- 3 drops eucalyptus oil
- 4 drops rosemary oil
- 2 drops peppermint oil

Instructions:

Combine oils. Store in a small jar. Warm up oil before doing any massage. Your toes will love the minty, refreshing feeling!

Homemade cuticle oil Tips:

When making cuticle oils, use carrier oils, then add small drops of essential oils. Carrier oils are the main ingredient. You will always use more of these than essential oils. Essential oils must be used sparingly! A few drops, usually 5-10 is plenty when making 1-2 ounces of your homemade cuticle oils. Store your mixtures in glass jars.

Carrier Oils to use for natural Cuticle care:

- **Sweet Almond Oil:** rich in essential fatty acids and vitamins A, B1, B2, B6 and E. Sweet almond oil is light and penetrates easily, making it a great aromatherapy carrier oil, massage oil or after bath oil.
- **Apricot Kernel Oil:** Apricot kernel oil is a light, yet emollient oil that is high in oleic and linoleic acids. It is similar in feel and properties to sweet almond oil and is readily absorbed into the skin. It is recommended for mature skin, sensitive skin and skin that is inflamed, irritated or dry.
- **Jojoba Oil:** Highly penetrative emollient that closely resembles the natural sebum within the skin. Clear Jojoba provides excellent non-occlusive, non-greasy moisture control.
- **Rice Bran Oil:** Rice bran oil is moisturizing and is a good choice for inclusion in formulations intended for mature, delicate or sensitive skin

Essential Oils to use for natural Cuticle care:

- **Carrot seed essential oil** is used primarily for its healing properties and effects on the skin. It stimulates circulation, repairs and tones the skin, increases elasticity, reduces the formation of wrinkles, and scars. Carrot seed oil is a good addition to face creams for women over 30.

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- **Tea tree essential oil** is a popular addition to skin care formulations for its germ-killing properties and healing abilities.