

Misc. Skin Care Recipes

Written by Administrator

Wednesday, 25 May 2011 05:41 - Last Updated Thursday, 26 May 2011 04:37

Natural makeup remover, pimple zappers, toners, facial masks, scrubs and defoliators and much more!

Rose Cream

Ingredients:

- 2 ounces almond oil
- 4 drops Rose Essential oil
- 1/2 ounce beeswax

Instructions:

Slowly heat the almond oil, beeswax and rose oil in a double boiler. Stir to mix. If the cream is not thick enough, add more beeswax. If it's too thin, add more almond oil.

Dark Eye Circle Reducer

Ingredients:

- 1 Cucumber
- 4 tbs Carrot juice or 4 drops Carrot Essential oil

Instructions:

Blend cucumber in a food processor until mushy. Add carrot juice and blend. Apply to area beneath eyes. Allow to stay on for 20 minutes, then rinse with cool water.

Lavender Eye Serum Recipe

Ingredients:

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- 3 Tbs. Jojoba oil
- 1 Tbs. Grape seed oil
- 5 drops Lavender Essential Oil
- 3 drops Roman chamomile Essential Oil
- 2 drops Bergamot Essential Oil

Instructions:

Mix these oils in a glass eye dropper jar. Shake well before each use. Take one drop and gently apply to eye area before bedtime. This can also be used as an all over facial serum.

Pimple Zapper

Ingredients:

- 1 tablespoon ground nutmeg
- 1 tablespoon milk (milk works wonderfully to remove redness!)

Instructions:

Mix the ingredients together and apply to infected area or pimple. Can be washed off after 20 minutes or apply before bed and rinse in am.

Gentle Eye Makeup Remover

Ingredients:

- 1 tablespoon castor oil
- 1 tablespoon light olive oil

Instructions:

Mix the ingredients together and pour into a clean container. Store at room temp. To use pour a small amount of oil onto a clean white cotton ball and gently wipe over your upper and lower eyelashes and eyelids. You can also apply a small amount while you are cleansing your face, before your final rinse.

Moisturizing Wrinkle Cream

Ingredients:

- 1 tablespoon cocoa butter
- 2 tablespoons jojoba
- 1 tablespoon Pomegranate seed oil
- 1 tablespoon Aloe Vera gel

Instructions:

In a double boiler over low heat, melt the cocoa butter with the jojoba and Pomegranate oils . Allow to cool for a few minutes, then mix in the aloe vera gel. Pomegranate seed oil is gaining increased recognition by cosmeceutical manufacturers and the spa and aromatherapy industries due to its remarkable ability to nourish, moisturize and improve skin elasticity.

Dark Eye Circle Reducer & Soother

Ingredients:

- 1 Cucumber
- 4 tbs Milk

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Instructions:

Blend cucumber in a food processor until mushy. Add milk and blend. Apply to area beneath eyes. Allow to stay on for 20 minutes, then rinse with cool water.

Pimple Zapper 2

Ingredients:

- 3 tablespoons of honey
- 1 teaspoon of cinnamon

Instructions:

Apply paste on the pimples before sleeping and wash off next morning with warm water. Repeat for two weeks, pimples will disappear gradually.

Fruity Alpha Hydroxy Acid wrinkle peel

Ingredients:

- 1 tablespoon Strawberry juice
- 2 tablespoons orange juice
- 1 tablespoon milk

Instructions:

Mix ingredients. Apply to cleanse face with a soft bristle paint brush. Allow to dry for 5-10 minutes. Rinse with warm water then moisturize. Resembles Facial peel results.

yabali moisture

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Ingredients:

- 8.oz-mayonnaise,
- 1 cup-flower water,
- 3 oz-strawberry oil,
- 1 medium avocado.

Instructions:

mix mayonnaise with avocado, mix,slowly whip in strawberry oil and combine water apply on face 20 minutes rinse
submitted recipe!!! TY!!!!

Stretch Mark Cream

Ingredients:

- 1/4 C cocoa butter
- 1 Tablespoon wheat germ oil
- 1 teaspoon light sesame seed oil
- 1 teaspoon apricot kernel oil
- 1 teaspoon vitamin E oil
- 2 teaspoons grated beeswax

Instructions:

Mix together all ingredients. Heat the mixture gently until the cocoa butter and beeswax melt. Allow to cool completely. Store in a clean glass jar.

My favorite Natural Skin Care Cleanser

- 1 tablespoon castor oil
- 1 tablespoon of olive oil
- Extra ingredients (below)s. Use 1 drop of essential oil. When using vegetable oils such as jojoba, use 1 tablespoon.

Ingredients you can add to the Oil mixture:

- **Castor oil** acts as a skin cleansing agent. It can be drying. If you skin is oily, add more castor oil instead of olive oil.
- **Olive oil** also acts as a cleansing agent and is rich in antioxidants and helps help free radical damage. Great for wrinkles!
- **Sandalwood Essential Oil** has an astringent effect on oily skin and helps soothe irritated skin. Use sandalwood in facial blends to help balance the skin. Also helpful for removing wrinkles and scars.
- **Chamomile Powdered Herbal Extract** is used for its anti-inflammatory properties. When added to cream and lotion formulations, chamomile powdered extract soothes irritated skin and reduces redness and swelling due to rashes or other irritations.
- **Tea Tree Essential Oil** is helpful within acne products and can help fight cold sores and heal wounds.
- **Green Tea Leaf Powdered Herbal Extract** is a powerful antioxidant that helps rejuvenate the skin, prevent damage from the sun and promote elasticity.

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- **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.

Instructions:

Mix up the ingredients. This is for one face wash. Apply to skin in a circular motion for 2 minutes. Using a warm face cloth, rinse and wipe off face. Your face will feel very oily while you are cleansing. Do not worry. The face cloth will remove the excess oil and when you dry your face with a towel, this will too. The results are super soft skin!