

# Natural Skincare Recipes For Winter

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Get Started  
Making Your  
Own Natural  
Skincare  
Products!



This week 204 we have Home made recipes for winter skin to share with you.

Growing up my mother and my nana always made skin care and skin treatments at home. It was and still is so much fun to

do, now I do it with my husband and we enjoy learning, sometimes messing up and redoing. Still it is such a great feeling to know exactly what is in the products we use and connecting with the ingredients.

Here we share a few recipes and what their qualities are. Enjoy in good health and happiness, thank you for your support and likes, we love them and are very thankful of them.

When you make these recipes, we use Organic products when possible so the final product is fully sound and you don't defeat the purpose of avoiding commercial harsh chemicals, which is the whole point really.

Here we go, Enjoy! Please share and like if you do is what the world of media looks for and it keep us going.



from:

<http://www.annmariegianni.com/8-natural-ingredients-soothe-sensitive-skin/>

In addition to taking extra care with your skin and your routines, you can add up some natural home mixed ingredients to help soothe, moisturize, and protect skin from harsh daily elements.

**Aloe.** I consider a great addition for all skin types. Aloe is a calming ingredient that naturally helps tame inflammation. It can keep your skin calm and encourage healing.

**Feverfew.** This natural herb is a potent anti-inflammatory, and is particularly effective at calming redness and settling the skin. If you have rosacea or if you regularly experience rash reactions or any other inflammation signs, this is the herb for you. Feverfew also naturally protects the skin from UV rays.

**Oatmeal.** This is preferred natural anti-itch remedy out there. Moms used to put oatmeal in warm baths for kids suffering from chickenpox or any other skin rashes for this very reason. You can do the same for body itching and redness, or make your own oatmeal mask for your face. Simply mix some oatmeal in with yogurt or honey and apply for 10 minutes or so before rinsing. There are many skin care recipes made with Oatmeal.

**Chamomile.** You may have heard of chamomile tea as the tea to drink before bedtime and for calming in general. Like it's calming effect on your body, chamomile also calms the skin, hair and anything that is used on. It's a natural anti-inflammatory, and also helps speed up wound healing. Simply make an extra cup of tea, and after it cools, apply to your skin in cool compresses for 10-15 minutes. You can also mix chamomile tea with almond oil for an ultra-gentle cleanser to mention just one use.

**Cucumber.** We use this ingredient in our anti-aging eye cream because of its ability to soothe and calm swelling and inflammation under the eyes and anywhere that is used.

Cucumber is great for soothing stinging and burning anywhere on the skin, so you can apply it whenever you need it. In fact, cucumber is often used to treat sunburn. You can liquefy a real cucumber, store it in the fridge, then apply it to the irritated area, make sure that you only store it for a day once it is crushed and less you freeze it I prefer to do it as I need it, and use it fresh.

**White willow bark extract.** This ingredient is calming to skin, and also helps to discourage the development of acne. Many topical rosacea creams contain this ingredient, and it's often referred to as a "skin tonic" because of its soothing properties. For acne, try mixing it with some aloe juice and a little witch hazel, and apply to skin a couple times a day. This treatment is also great for soothing itching and burning, is an anti-inflammatory this is where Aspirin came from.

**Calendula.** We use this ingredient from the marigold plant in a number of our products because of its calming and healing effects. You can use it mixed with extra virgin olive oil and a drop of lavender essential oil to make your own salve.

**Honey.** Honey has natural healing properties that help calm the skin and promote faster recovery. , is natural antibiotic. It's also a natural antibacterial, which means it will help deter acne and infections, and provides a soothing and hydrating benefit.





## Organic Moisturizer

from:

[http://healthyblenderrecipes.com/recipes/home\\_made\\_organic\\_moisturizer](http://healthyblenderrecipes.com/recipes/home_made_organic_moisturizer)

35g cold pressed apricot kernel oil

5g cold pressed jojoba oil

15g cocoa butter

5g shea butter

15g vegetable glycerin

1 1/2 tablespoons emulsifying wax

225g filtered water

1 teaspoon vitamin E

1 teaspoon grapefruit seed extract

1/4 teaspoon rosehip oil

5 drops carrot seed oil

30-50 drops of your choice of essential oils (this is for the whole mix. If you are dividing into small jars you only need about 8 drops of oil in each jar)

Combine the apricot oil, jojoba oil, cocoa butter, shea butter, glycerin, and emulsifying wax into a small saucepan.

On low heat, gently stir the ingredients until they are just melted do not boil always simmer. Do not use high heat.

Place the filtered water in a tall plastic jug, and place your stick blender firmly on the bottom. Slowly start pulsing the water, and gradually pour in the oil mixture in one steady stream while pulsing. A lovely white cream should start to form. When the mixture has thickened and become the consistency of mayonnaise, add in the vitamin E. Grapefruit Seed Extract, Rosehip Oil, Carrot Seed Oil to the cream is always best to add these ingredients when the mixture is out of the stove and you are doing the last blending. Just give a few short pulses to gently mix it or use a hand mixer. Be careful not to over mix or your cream will return to a runny consistency.

Pour into individual jars and add in your desired essential oils. Stir each pot and allow to cool completely uncapped



before sealing.

Store in the fridge in a cool dark place to thicken and preserve.

This recipe will make 300mls – about 6 small jars.

\*\*\*You can use your high-speed blender to make this recipe. But you have to be very careful and blend on the absolute lowest speed. Or the cream will get too runny.

## **Soothing Lavender Body Wash**



from:

[http://www.sparkpeople.com/resource/wellness\\_articles.asp?id=911](http://www.sparkpeople.com/resource/wellness_articles.asp?id=911)

Lavender essential oil gives this body wash a soft fragrant scent, while grape seed oil helps keep skin healthy.

1/2 cup liquid, unscented castile soap

1 tsp grape seed oil

4 drops lavender essential oil

Pour ingredients into a container, swirl to mix, and store in the shower for up to one month.

## **Mother Nature's Moisturizer**



There are lots of simple plant oils that your can use to moisturize your skin, all of which can be stored in your bathroom,make sure that you do so in a dark jar in a cool dark place preferable.

1/2 cup cocoa butter

2 Tbsp beeswax, finely chopped or grated

2 tsp filtered water

3 Tbsp grapeseed oil

2 Tbsp coconut oil

1 Tbsp wheat germ oil

Combine water and place the beeswax in a saucepan and heat until melted. Add cocoa butter and stir until smooth. Allow to cool somewhat, then add oils, whisk it with a hand whisk until smooth consistence. Pour into a sanitized glass jar, and allow to cool completely.

## **Grapeseed Face Wash for Dry Skin**



This face wash will clean your skin without drying it out it does so at the same time its conditions it.

1 cup full-fat, plain yogurt

2 Tbsp grapeseed oil

1Tbsp freshly-squeezed lemon juice

Whip all ingredients until smooth. Pour mixture in a tightly-sealed glass jar and store in the refrigerator up to a week no longer than that try using a dark ether brown or blue container so light doesn't spoil the mixture.

# **Chamomille Facial Cleansing Gel** **(for all skin types)**





The oats in this cleansing gel help to gently exfoliate your skin.

1 chamomile herbal tea bag

1-1/2 cups of filtered water

2 tsp whole (not ground) flaxseeds

1/2 cup organic rolled oats, finely ground in a blender

Fine mesh strainer

Bring the water to a boil in a saucepan, turn off heat, and drop in the tea bag. Allow to steep for 5 minutes, then remove the bag and add the flaxseeds. Return to a boil, lower heat and simmer for 15 minutes, stirring occasionally, do not boil. Remove from heat and allow to cool. Pour cooled mixture through a fine mesh strainer, into a glass jar. To use, sprinkle a small amount of ground rolled oats in, and mix with a small amount of the flax gel. Scrub face gently, and rinse well. Store the gel and the oats separately in the refrigerator. They will both keep for a week or to.

## Homemade Vitamin C Serum



from:

<http://www.primallyinspired.com/friday-favorites-homemade-vitamin-c-serum/>

Vitamin C, Ascorbic Acid is best mixed as you use. It oxidizes when exposed to air and light, so the hope about lotions and skin care products that contain Vitamin C already in it is pretty iffy to say the least. Just get your self an organic powder Vitamin C, and keep it in a cool dark place until you need it then mix and use,( do not heat it).

1 teaspoon Vitamin C Powder

1 teaspoon distilled water

1 teaspoon glycerin (optional)

$\frac{1}{8}$  teaspoon Vitamin E (optional)

small amber or dark glass bottle

Mix ingredients in a small bowl until the granules are dissolved.

If you omit glycerin and vitamin E add an extra teaspoon of water so that your serum isn't too strong.

Transfer to a sanitized dark glass bottle.

Apply to the skin at night after cleansing and toning, great antioxidant.

Let the serum soak in and then apply your moisturizer as usual.

## Notes

An easy way to make sure your Vitamin C is in the perfect form to get the most benefits you can use a pH test strip. Your serum should be right around 3.5.

Secondly, make a small batch and use it only for 3-5 days. It is some extra work, but trust me, the benefits are worth it.

Feel free to use this on the backs of your hands as well. As most of us already know, sun spots show up on the hands first. Vitamin C can cause your skin to be irritated at first. When you apply it, a small amount of tingling is normal. If it is burning, remove it immediately if you have any doubts do a

patch test. Don't worry – you can just add more water and/or glycerin to your mixture. This will dilute the Vitamin C so it is more suited for your skin.

## Herbal Moisturizing Cream



from:

<http://www.motherearthliving.com/health-and-wellness/natural-beauty/beauty-recipes/aloe-and-calendula-cleansing-cream-recipe-zmez13jfzmel.aspx>

Here's a sweetly scented skin cream that even children and people with super sensitive skin will use.

1 ounce vitamin E oil

4 ounces sweet almond oil

1 ounce beeswax

1 ounce jojoba oil

1 ounce coconut oil

1 teaspoon oil of calendula

1/8 teaspoon oil of chamomile

1/8 teaspoon oil of rose geranium

Combine the vitamin E and sweet almond oils in a nonreactive saucepan. Heat over low heat (do not boil). Gradually add the beeswax, stirring constantly. Add the jojoba oil, a little at a time, and stir until well blended. Slowly stir in the coconut oil.

Remove the saucepan from the heat. Add the calendula, chamomile, and rose geranium oils, stirring the mixture until it is smooth.

When the mixture has cooled, pour it into colored sanitized glass jars and seal them tightly. Keep refrigerated.



# Aloe and Calendula Cleansing Cream



1/4 cup almond, sunflower or soybean oil

2 tablespoons coconut oil (extra-virgin, unrefined)

2 tablespoons beeswax

1 teaspoon anhydrous lanolin

1/4 cup pure aloe vera juice

3 tablespoons strong calendula blossom or chamomile flower tea  
(you can substitute distilled water or your favorite hydrosol)

1 tablespoon vegetable glycerin

1 large (2 small) vitamin E oil capsules

15 drops lavender essential oil

15 drops rosemary or geranium essential oil

8 drops calendula essential oil, optional

In a double boiler over low heat or in a small pan in a larger pan with shallow water, warm the base oils, beeswax and lanolin until the wax is just melted. In another pan, lightly warm the aloe vera juice, tea and vegetable glycerin.

Remove both pans from heat and pour the oils, wax and lanolin mixture into the blender, and allow it to cool until it just begins to thicken and becomes slightly opaque. It will take approximately 5 to 10 minutes depending where you live and the temperature of your kitchen, to set like a soft, loose salve. As it thickens, give the mixture a few stirs to remove any lumps and incorporate any of the mixture that sticks to the sides of the blender. Do not allow this mixture to get too thick or you may have a difficult time getting it out of your blender, I prefer a hand mixer myself.

Place the lid on the blender and remove the lid's plastic piece. Turn the blender on high and slowly drizzle the watery juice, tea and glycerin mixture through the center of the lid into the vortex of swirling fats below. Almost immediately the

cream will turn pale yellow and begin to thicken. Blend for about 10 to 15 seconds until all the watery mixture has been added, then check the consistency of the cream. It should have a smooth texture. If the water mixture is not properly combining with the oils, wax and lanolin mixture, turn off the blender and give the cream a few manual stirs with a spatula to free up the blender blades. Then, replace the lid and blend on medium for another 5 to 10 seconds. Repeat this process until cream is smooth.

## **Pumpkin Face Mask**



from: <http://www.beautylish.com/a/vxgpg/diy-pumpkin-face-mask>

(Yields one facial mask)

2 Tbsp organic canned pumpkin puree or 1 small pumpkin

1/2 tsp organic honey

1/2 tsp milk (I used skim, but you can substitute soy or almond)

Start with clean skin. Remove all makeup and clean your face with your regular cleanser remove residues with toner.

Combine pumpkin puree, honey, and milk in a small bowl and mix well. If using a fresh pumpkin (or leftovers from a carved jack-o-lantern), scrape the insides and remove the seeds. Beat the gooey insides to a creamy pulp and mix with honey and milk.

Apply the mask using your fingers or a medium-sized makeup brush; avoid getting the mixture too close to the eyes. You can also apply to the neck and décolletage, don't forget hands, but you'll probably need to double the ingredients.

Allow the mask to set for about 20 minutes.

Gently wash off the mask with a warm, damp washcloth and follow with a moisturizer.

## Quick Winter Homemade Mask Recipes



from: <http://allwomenstalk.com/5-home-made-face-masks-for-winter-skin-care>



## AVOCADO MASK

An avocado mask is a great treatment for dry skin that may become very irritated in the winter. It is easy to make: mash the flesh of avocado with a fork, add a touch of extra-virgin olive oil, and apply this smooth, fragrant mixture onto your face. This nourishing mask will supply your skin with a whole range of vitamins, minerals, antioxidants, and softening agents to fight winter dryness.

## CULTURED MILK MASK

A cultured milk preferably organic and if raw much better yet, this mask is a simple and effective help for tired skin it contains lots of AHA. Just apply a bit of natural yogurt, buttermilk, sour cream, or kefir on your face avoiding areas around the eyes. Relax for 10-15 minutes and rinse your face with cool water. This mask softens, rejuvenates, and restores a natural pH balance of your skin, thus, protecting it from negative influences of winter air.

## EGG WHITE MASK

An egg white mask is good for oily skin with large pores and for tightening. Smooth a beaten egg white all over your face, let rest for half-an-hour, and rinse with water. This mask will refresh and tighten your oily skin and will make it look much healthier than before. In the winter, it will create a natural barrier to protect your skin from harsh winds and frost, it must be followed by a cream or face butter to seal it.



## OATMEAL MASK

An oatmeal mask is a great remedy for skin beaten by a cold wind. To make it, mix together in equal proportions raw oatmeal flakes, egg yolk, and honey. Keep the mask on your face for about 20 minutes, remove with lukewarm water, and pat dry. After the application, your facial skin should feel very soft, refreshed, and healed.

## BANANA MASK

If you have combination skin suffering from winter elements, try a softening banana mask. Mix mashed banana with fresh sweet cream and apply this wonderful mask all over your face for 30 minutes, you can add honey for an extra boost. It will smooth, soften, moisturise and nourish your skin whenever necessary and will make you forget about the cold, harsh, and nasty winter outside!

## HONEY AND RAW MILK

This is probably one of the easiest face masks you can make! All you need to do is take 5-6 tbsp. of raw milk and mix it together with 2 tbsp. of honey. Apply the paste on your face (and neck) and massage for five minutes. Then, allow it to sit on your face for 20 minutes before removing it off with lukewarm water. The mask will moisturize your skin and is the easiest way to treat dry and rough skin during the winter season!

## MOISTURIZING PAPAYA MASK

Another good way to moisturize your skin is with this papaya mask! It only requires two ingredients: one ripe, mashed papaya and one teaspoon of olive oil. Apply it on your face and leave it for 15 minutes before rinsing it off! Your skin will feel super smooth and silky after this mask! Follow by your favorite moisturizer.

## CHOCOLATE FACIAL MASK Yum!!

I know what you're thinking: CHOCOLATE?! Yes, this is real. Dark organic chocolate preferably organic is a healthy choice, and not just to eat. When applied topically, there are compounds in the chocolate that can benefit the skin! You'll need 1/3 cup organic cocoa powder, 1/4 cup honey, 2 tbsp cream or plain yogurt, 3 tsp oats. Blend everything in the blender or hand mixer until it's smooth and then apply it on your face for 15-20 minutes!



## Eminence Organics Biodynamic Facial Recovery Oil

Eminence Organics Biodynamic Herbal Recovery Oil (0.5oz) is a healing facial treatment with anti-aging benefits. It revitalizes tired skin, removes fine lines and wrinkles, and locks moisture in for long lasting dermatological health and a gorgeous complexion.



## Eminence Organics Biodynamic Radish Seed Refining Peel

Eminence Organics Biodynamic Radish Seed Refining Peel (1oz) deep cleans the skin, removing age-causing impurities and blemish causing debris to reveal a gorgeous, even, toned complexion. As it stimulates the skin's natural regeneration process, it resurfaces the skin for a silky-smooth finish.



## 100% Pure French Lavender Body Scrub

Fragrant French Lavender body scrub instantly makes your skin soft, smooth, healthy, glowing and vibrant.



## Eminence Organics Arctic Berry Peel & Peptide Illuminating System

The Arctic Berry Peel & Peptide Illuminating System is a three step dermatologic regimen that exfoliates, peels, and nourishes the skin to keep your complexion looking bright and gorgeous between spa visits. Spa-level, natural ingredients treat and stimulate the skin so it feels healthy and looks gorgeous.



## PCA Skin pHaze 15+ C-Quench Antioxidant Serum

This cosmetically elegant 15 percent L-ascorbic acid serum is suitable for all skin types. The product is especially effective for normal to dry and mature skin types, as it contains ingredients that help the skin attract and hold



moisture. It provides a supportive feel to lax skin, smoothes fine lines, minimizes pores and plumps and strengthens the skin.

### **Key Ingredients**

Ascorbic Acid (Vitamin C)

Sodium PCA

Squalane

Hyaluronic Acid

Glutathione

esveratrol