

Printable Recipe List: DIY Skincare

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- ==> **Safe Cleanser #1**
- ==> Safe Cleanser #2
- ==> **Liquid Skin Cleanser #3**
- ==> Occasional Amazing Cleanser #4
- ==> **Toner #1: Witch Hazel**
- ==> Toner #2: Pine
- ==> **Toner #3: Good Ole' Vinegar**
- ==> Sugar Scrub Recipe
- ==> **#1: Basic Beeswax Cream**
- ==> #2: Even Richer Beeswax Cream
- ==> **#3: Basic Body Lotion**
- ==> #4: Five Oil Skin Cream
- ==> **#5: Lovely Green Tea Lotion**
- ==> Vitamin C Serum Or Gel #1
- ==> **Vitamin C Serum #2: Ascorbyl Palmitate**
- ==> Carnosine Cream
- ==> **Carnosine Gel**
- ==> Vitamin A Cream
- ==> **Hyaluronic Acid Cream**
- ==> Vitamin E Cream
- ==> **Lycopene Cream**
- ==> Alpha Lipoic Acid Cream
- ==> **Niacinamide Cream**
- ==> Oat Beta Glucan Cream
- ==> **Green Tea Cream**
- ==> CoQ10/Ubiquinol Cream
- ==> **CoQ10 & Vitamin E Cream**
- ==> Idebenone E Cream
- ==> **Multiple Ingredient Anti-Aging Cream #1**
- ==> Multiple Ingredient Anti-Aging Cream #2
- ==> **Cornstarch Face Powder**
- ==> Cornstarch Blush
- ==> **Beet Juice Lip Balm**

Safe Cleanser #1

Ingredients:

- * 1 teaspoon honey
- * 1 teaspoon yogurt

Directions:

+ Mix together and rub on massage on your face, then rinse with warm water.

Safe Cleanser #2

Ingredients:

- * 1 teaspoon yogurt
- * 1/2 teaspoon mayonnaise
- * 1/2 teaspoon oatmeal

Directions:

- + Grind the oatmeal in a food processor until it's more like flour than oatmeal.
 - + Mix with the other ingredients, massage into face and rinse.
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Liquid Skin Cleanser #3

Ingredients:

- * 1/4 cup honey
- * 1 Tablespoon liquid soap
- * 1/2 cup glycerin

Directions:

- + Mix the three ingredients and put onto a soft damp cloth or face sponge and rub it gently into your skin.
 - + Rinse thoroughly.
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Occasional Amazing Cleanser #4

Perhaps once per week, or when time allows, make your own homemade Alpha Hydroxy Acid (AHA) cleanser. AHAs naturally occur in fruit. Yes, ordinary fruit that we get at the market will make a gorgeous cleanser. All you have to do is puree or mash one of these: **papayas, pineapples, oranges, lemons, limes, grapefruits, apples, and sugar cane**. You can puree or mash any combination of these and mix it with milk for a mask that can be left on for up to 30 minutes.

Toner #1: Witch Hazel

The easiest possible toner is **pure witch hazel**. **Pure** means pure because most witch hazels on the market contains 14-15% alcohol. Alcohol is drying and should be avoided.

Toner #2: Pine

Ingredients:

- * 2 cups fresh pine needles

- * 1 cup good water
- * 1/2 cup pure witch hazel
- * Essential oil of your choice {optional}

Directions:

- + Mix the pine needles together with the face and simmer then gently until the pine needles lose their green color and turn 'brownish'.
 - + Let the water cool and strain out the needles and discard them.
 - + Add the witch hazel and a few drops of essential oil (optional).
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Toner #3: Good Ole' Vinegar

Ingredients:

- * 2 cups good water
- * 1/4 cups apple cider vinegar
- * 10 drops favorite essential oil

Directions:

- + Mix together and apply with a cotton ball.
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Sugar Scrub Recipe

Ingredients

- * 3/4 cup organic turbinado sugar
- * 2 tablespoons citrus peel
- * 1/4 cup almond oil
- * 1/2 teaspoon vanilla or any essential oil that pleases you - this step isn't necessary, but it makes the experience much more pleasant.

Directions:

- + Mix with a wooden spoon and use 2-3 times each week.
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#1: Basic Beeswax Cream

Ingredients:

- * 1/2 ounce pure beeswax
- * 2.5 ounces olive oil or grapeseed oil
- * 4 ounces distilled water
- * 6-12 drops of any essential oil that pleases you

Directions:

- + Combine the oil and beeswax and carefully melt. This can be done on the stove in a double boiler or in the microwave - but watch it carefully.
- + Once it's melted, add the water and beat with a hand mixer until creamy - the beating is what makes your lotion creamy.
- + Add your essential oils, if desired.

#2: Even Richer Beeswax Cream

Ingredients:

- * 1/2-1 oz beeswax (the more wax you use, the thicker the cream)
- * 1/8 cup jojoba oil
- * 1/8 cup grapeseed oil
- * 1/4 cup lavender water or rosewater
- * 1 teaspoon vegetable glycerin
- * 1 teaspoon borax

Directions:

- + Melt the beeswax into the oils in a double boiler placed on medium heat.
 - + When melted, remove the mixture from heat and pour in all other ingredients.
 - + Mix with a hand-held mixer until it reaches a thick, creamy consistency.
 - + Apply cream to face with clean fingers, massage into skin, rinse well with warm water.
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#3: Basic Body Lotion (No beeswax)

Ingredients:

- * 1/2 cup water, at room temperature
- * 1 tablespoon lecithin granules
- * 1/2 cup oil (I usually use olive, almond, macadamia nut, or grape seed)

Directions:

- + Pour the water and lecithin granules into a double boiler and allow the lecithin granules to melt in the water.
- + When the lecithin is just melted, slowly add the oil to the mixture until well mixed.
- + Cover and leave to cool to room temperature.

Feel free to vary the oils and, of course, you can add essential oils for their lovely fragrance, if desired.

#4: Five Oil Skin Cream

Ingredients:

- * 1 Tablespoon cocoa butter
- * 1 Tablespoon lanolin
- * 1 Tablespoon coconut oil
- * 1 Tablespoon wheat germ oil
- * 1 Tablespoon spring water
- * 1 to 2 drops almond oil

Directions:

- + In a double boiler slowly melt the cocoa butter, lanolin, coconut and wheat germ oils, being

careful not to allow them to boil.
+ Add the water and almond oil and stir to mix.

#5: Lovely Green Tea Lotion

Ingredients:

- * 1 Tablespoon lecithin
- * 1 cup prepared green tea (leave 2 green tea bags or tea leaves soaking in hot water for a few hours to concentrate the tea as much as possible)
- * 3 Tablespoons green tea oil/concentrate

Directions:

- + Combine the green tea and lecithin granules and melt them in a double boiler just until the lecithin dissolves.
 - + Remove from heat and slowly stir in the green tea oil and allow to cool.
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Vitamin C Serum Or Gel

Ingredients:

- * 1/2 teaspoon of L-ascorbic acid powder
- * 2 teaspoon of good water
- * 2 teaspoonful of a thickening agent

Directions:

+ Mix the water and L-ascorbic acid powder in a glass container and stir until the powder is dissolved. If it doesn't completely dissolve, warm it slightly and keep stirring until dissolved. Water and L-ascorbic acid powder mix well, but if you simply can't get it to dissolve, continue until it seems that no more will go into the solution and then strain it through cheesecloth or tissue paper.

+ Make certain you use L-ascorbic acid and no other form of vitamin C. If you use the regular kind of vitamin C that many of us take in supplement form, it will not do your face much good.

+ The Thickening Agent: there are multiple choices for thickening agents that are natural and will be welcomed by your face and body. Here are some healthy choices ...

==> xanthan gum: easily dissolves in warm water

==> glycerine: I am not a fan of glycerine as it feels sticky on my skin - lots of folks love it, though. just be sure to use vegetable-based glycerine, rather than animal based

==> agar agar flakes: this sea gelatin easily dissolves in warm liquids

The amount of thickening agent to use is a matter of personal preference. Add a very small amount at first, and keep adding more until your vitamin C serum is the consistency that suits YOU. Less thickening = a serum, more = a gel.

Vitamin C Serum #2: Ascorbyl Palmitate

Ingredients:

- * 1/4 teaspoonful of ascorbyl palmitate
- * 1 ounce of cream

Directions:

+ Ascorbyl palmitate is a white powder that is easily mixed in a cream. Keeping in mind that this IS an acid, it's probably best to reduce the amount of ascorbyl palmitate slightly because the amounts above are about as strong as you want any ascorbyl palmitate solution to be.

Carnosine Cream

Ingredients:

- * 1/4 teaspoon of carnosine
- * 1 ounce of cream

Directions:

+ Carnosine easily dissolves in a cream so all that is necessary is to add it and stir.

Carnosine Gel

Ingredients:

- * 1/4 teaspoonful of carnosine
- * 1 teaspoon good water
- * 3 teaspoonfuls of a thickening agent

Directions:

+ Mix the water and carnosine in a glass container and stir until the powder is dissolved.
+ If it doesn't completely dissolve, warm it slightly and keep stirring until dissolved.
+ When it is dissolved as much as possible, add your thickening agent.

Vitamin A Cream

Ingredients:

- * 20,000 IU softgels of vitamin A
- * One ounce of base cream or lotion

Directions:

+ These two mix easily and simply with a spoon.
+ Apply once or twice per day.

Hyaluronic Acid Cream

Ingredients:

- * 1/4 teaspoon hyaluronic acid
- * Two ounces of base cream or lotion

Directions:

+ These two mix easily and simply.

Vitamin E Cream

Ingredients:

- * Two 400 IU softgels of vitamin E (preferably as mixed D-tocopherols and D-tocotrienols)
- * One ounce of base cream or lotion

Directions:

+ The vitamin E and cream or lotion can be easily mixed with a spoon. This is an incredibly simple concoction.

Vitamin E + Vitamin A Cream

You can combine vitamin E and vitamin A in one cream. Vitamin E plus vitamin A cream is prepared similarly to vitamin E and vitamin A creams (see above). Add the content of one or two 400 IU vitamin E softgels and one or two 10,000 IU vitamin A softgels with one ounce of the base cream.

Vitamin E + Vitamin C Cream

Add 400-800 IUs of Vitamin E to the cream above. Start with the lower amount and add more if you're not seeing results.

Lycopene Cream

Ingredients:

- * One ounce of cream or lotion
- * 15 mg Lycopene
- * Vitamin E 400 IU {see directions for vitamin E cream above}

Directions:

+ These three ingredients are easily mixed together with a spoon.

Alpha Lipoic Acid Cream

Ingredients:

- * One ounce of base cream
- * Lipoic acid 300-900 mg

Directions:

- + Mix thoroughly with your finger or a utensil like a Q-tip. Mixing with your finger is usually more effective if you want to get rid of small specks of undissolved powder.
 - + Note that ALA mixes poorly with water so it's best to use an oil-based cream or lotion only.
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Niacinamide Cream

Ingredients:

- * 4 ounces of base cream
- * 1 teaspoon of Niacinamide

Directions:

- + Niacinamide easily dissolves in water so you might wish to dissolve the powder in a small amount of water first, and then add it to your cream.
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Oat Beta Glutan Cream

Ingredients:

- * 1 gram of oat bran Nature's Way Oat Bran Standardized, 54% Beta Glucan {see below}
- * 10 teaspoons of water
- * 10-15 teaspoons cream or lotion

Directions:

#1: Mix 2, 500 mg capsules of Nature's Way (or 1000 mg. of another oat product) with 10 teaspoons (50 ml.) of water. Carefully heat the mixture on the stove or in a microwave until the oat is mostly dissolved. This is a delicate procedure and if you're heating on the stove, stir constantly. DO NOT let this boil!

#2: When you've dissolved as much oat as possible, strain what's left through tissue paper or a very fine strainer

#3: Mix your serum with 10-15 teaspoons of cream.

Green Tea Cream

Ingredients:

- * 1/4 teaspoon green tea extract
- * 1 ounce of base cream

Directions:

+ These are easily mixed together.

CoQ10/Ubiquinol Cream

Ingredients:

- * 1 capsule of Ubiquinol (100 mg)
- * 1-2 ounces of base cream

Directions:

My skin ADORES Ubiquinol and I use one capsule per ounce. However, since this is the Superwoman of CoQ10, and a fairly new product, it's always best to be cautious. Therefore, use a small amount and if it seems to make no difference, add more.

CoQ10 & Vitamin E Cream

Ingredients:

- * 1 capsule of Ubiquinol/CoQ10
- * 400 IU of vitamin E {see our vitamin E recipe for the kind of supplement you need}
- * 2 ounces of cream

Note: I use twice as much CoQ10 & vitamin E, but that's based on my own experimentation. Please start at a lower level until you figure out what your skin likes.

Directions:

+ Mix all ingredients together as they easily dissolve.

Idebenone Cream

Ingredients:

- * 1/4 teaspoon Idebenone
- * 1 ounce of cream

Directions:

+ Mix the two together.

Multiple Ingredient Anti-Aging Cream

Ingredients:

- * 600 mg lipoic acid {see directions for making lipoic acid cream}
- * 500 mg green tea extract {see directions above}
- * 400 IU vitamin E {see direction for making vitamin E cream}
- * 2 ounces of base cream

Directions:

- + These are easily mixed together if you're using green tea extract in **liquid** form.
 - + Some sources, however, sell green tea extract in **powder** form. If you are using a powder, you must first turn it into a liquid. This can be done by mixing the green tea powder in a tablespoon of water and heating it gently until it dissolves. Once it has dissolved and cooled, it can be added to the lipoic acid and vitamin E.
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Cornstarch Face Powder

You can use cornstarch right out of the box - but it might be too light for your skin. The good news is that there are all kinds of spices from the grocery store that you can mix with your cornstarch to make it the color of your skin. Of course, we must use good judgment since some - like pepper - are beautiful colors but not suitable for your skin.

There are liquids - like beet or cherry juice - that can be used to get the color you wish, but then you will have to allow the cornstarch to dry out and then turn it back into a powder.

Another possibility is a product called **Indian Earth** which is a collection of natural minerals that has been sold for decades. It is a safe additive to any cosmetic.

Cornstarch Blush

Follow the same directions as for a powder, but intensify the color.

Beet Juice Lip Balm

Ingredients:

- * 4 Tablespoons beeswax
- * 7 Tablespoons oil {like light olive oil, grapeseed oil}
- * 1 1/2 Tablespoons beet juice (you might use more or less depending on the color you would like your lip balm to be)
- * A few drops of orange essential oil (optional, but it makes it yummy - I like orange, lime and lemon)

Directions:

- + Melt the wax and then add the oil, stirring until melted and mixed together.
- + Remove from heat and add the beet juice.
- + Once it is cool - but not solid - add the essential oil and pour into a jar.

See more recipes for lip balms in the [DIY Skincare](#) center.