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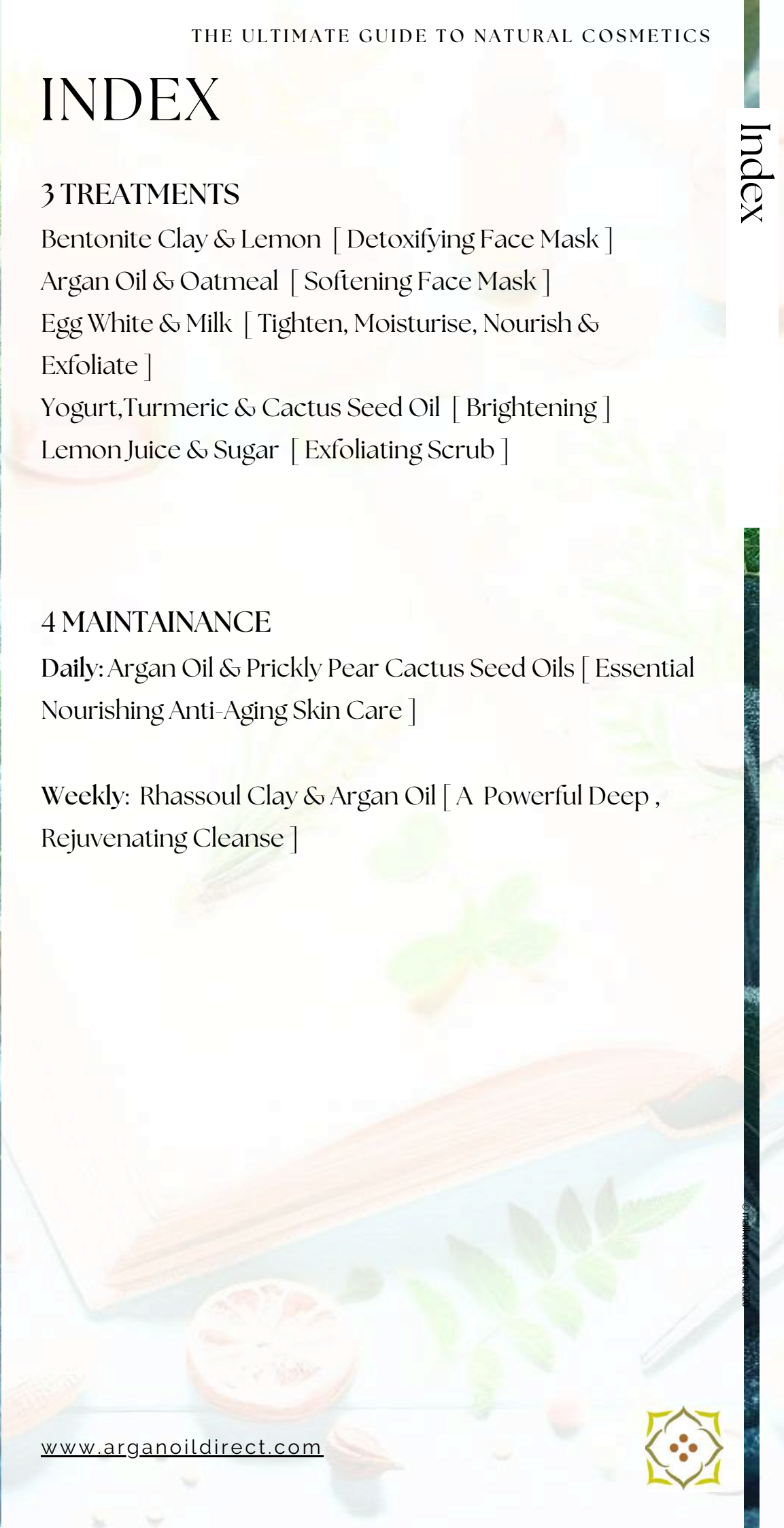
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Creating Natural Skincare Products

How to create high-quality, natural, and effective cosmetic products that are also affordable and fun to make. Our list covers a wide range of daily skincare essentials, and more.

Why choose natural cosmetics?

As we learn more about the chemicals in beauty products, it's becoming clear that they may be linked to rising rates of cancer and other health concerns in society.

Harmful chemicals are present in almost every cosmetic item we use, from soaps and shower gels to shampoos, conditioners, moisturizers, and anti-aging creams.

By using these products, we expose ourselves to bio-active chemicals with documented side effects throughout the day. It's time to consider removing these items from our skincare routine and opting for safer alternatives.

The growing interest in natural cosmetics shows that tried and tested traditional remedies, based on inherited wisdom and proven effectiveness, often surpass the chemical-laden alternatives promoted in the market.

Take the first step today!



Lesson 1

4 STEPS TO HEALTHIER SKIN

the simple, effective routine for healthier, glowing skin

1 Cleanse

Remove dirt, oil, and impurities from the skin to create a clean canvas and prevent clogged pores and breakouts.

2 Tone

Balance the skin's pH, remove leftover impurities, and prepare the skin for better absorption of products.

3 Treat

Apply targeted treatments like serums or spot treatments to address specific concerns, such as wrinkles, acne, or dark spots.

4 Maintain

Hydrate and protect the skin with moisturizers and sunscreen to lock in moisture, strengthen the skin barrier, and prevent future damage.

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ESSENTIAL INGREDIENTS



Carrier Oils

Carrier oils are the base for many moisturizing, nourishing, and balancing cosmetics. They are also used to dilute essential oils to safely take advantage of their therapeutic properties.

Some of the most popular carrier oils you may want use:

- 🥥 **Coconut Oil:** Hydrating, antimicrobial, for skin and hair.
- 🌰 **Sweet Almond Oil:** Moisturizing, good for sensitive skin.
- 🌿 **Jojoba Oil:** Balancing for oily or acne-prone skin.
- 🌱 **Argan Oil:** Rich in a wide range of nutrients with benefits for all skin and hair types. Blends with other oils particularly well, making it a good base oil.
- 🌹 **Rosehip Oil:** Beneficial addition to any skincare routines with healing properties.

Butters

Butters are rich, creamy ingredients extracted from natural sources like seeds, nuts, and fruits. They are commonly used in homemade cosmetics and skincare.

- 🍯 **Shea Butter:** moisturizing, reduces inflammation, good for dry or damaged skin.
- 🍫 **Cocoa Butter:** Rich in antioxidants & fatty acids, for hydrating and elasticity.
- 🥭 **Mango Butter:** Lightweight, rich in vitamins A, C, E; good for sensitive or oily skin.



CARRIER OILS

Argan Oil

Argan Oil is a powerful starting point for any DIY skincare formula. Argan Oil provides deep hydration and nourishment, helping to deliver smoother, firmer skin.

It's effective in minimizing blemishes, fading minor scars, and enhancing overall skin tone, making it a versatile ingredient.

Argan Oil blend well weith may oils and so can be used in an array of formulations.

Its emollient properties make it perfect for blending into body oils, balms, and salves.

Prickly Pear Cactus Seed Oil

Prickly Pear Cactus Oil is a remarkable ingredient celebrated for its exceptional nutrient profile.

Prickly Pear Cactus Oil is known for its soothing and anti-inflammatory properties, which make it ideal for calming irritated or sensitive skin. Its vitamin K content helps to reduce dark circles and improve skin tone, while its ability to enhance elasticity can make it a valuable addition to anti-aging formulations.

Whether used in serums, creams, or eye treatments, this oil can help brighten and even out skin tone, leaving the skin looking radiant and refreshed.

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Essential Oils

Essential oils provide therapeutic benefits and scent to your homemade cosmetics. Always dilute with a carrier oil.

🌸 Lavender Oil: Calming, good for healing & relaxation.

🌿 Tea Tree Oil: Antimicrobial, anti-inflammatory for acne

❄️ Peppermint Oil: Refreshing cooling, helps circulation.

🌿 Rosehip Oil: Rich in vitamins A & C, good for marks.

🌼 Chamomile Oil: Calming for irritated or sensitive skin.

🌟 Frankincense Oil: Anti-inflammatory, antiseptic, and regenerative properties.

🌻 Helichrysum Oil: Renowned for its effectiveness in promoting skin regeneration and reducing scars.

🌿 Clary Sage Oil: Can regulate oil production for oily and acne-prone skin. Has calming properties that may reduce inflammation.

Usage: *start with small amounts, as it can be potent.*

🌹 Rose Oil: With its rejuvenating and brightening effects on dull and discolored skin

🌸 Geranium Oil: Effective for scars, blemishes, and dark spots.

🌿 Thyme Oil: antibacterial and antimicrobial properties, can help combat acne-causing bacteria. May reduce inflammation.

Note: *Can cause irritation; use sparingly.*



Essential Oils - Safety

Diluting essential oils is crucial for safe application, especially when using them on the skin. Here's a guide on how to properly dilute essential oils for safe use:

Why Dilute?

- **Skin Sensitivity:** Essential oils are highly concentrated and can cause skin irritation or allergic reactions if applied directly.
- **Enhanced Absorption:** Diluting essential oils in carrier oils can enhance absorption and effectiveness
- **Controlled Dosage:** Helps control the potency of the oil for a safer experience.

Common Dilution Ratios

- **For Adults:**
 - **1% Dilution:** Use 1 drop of essential oil per 5 mL (1 teaspoon) of carrier oil. Suitable for sensitive skin or daily use.
 - **2% Dilution:** Use 2 drops of essential oil per 5 mL of carrier oil. Good for more targeted treatments.
 - **3% Dilution:** Use 3 drops of essential oil per 5 mL of carrier oil. Useful for specific conditions but should be used sparingly.
- **For Children (Aged 2-12):**
 - **0.5% Dilution:** Use 1 drop of essential oil per 10 mL (2 teaspoons) of carrier oil. Safer for young children.
- **For Infants (Under 2):**
 - **Avoid Essential Oils:** Many essential oils are not recommended for infants due to their sensitive skin.



Essential Oils - Safety

How to Dilute

Choose Your Carrier Oil: Select a carrier oil based on your skin type and preference

Measure the Carrier Oil: Use a small measuring spoon to measure the desired amount of carrier oil.

Add Essential Oil: Count the drops of essential oil according to the dilution ratio you are using.

Mix Well: Stir or shake the mixture gently in a small bottle to ensure even distribution.

Conduct a Patch Test: Apply a small amount of the diluted oil to a discreet area of skin (like the inside of your wrist) and wait 24 hours to check for any reactions.

Storage Tips

Store diluted oils in a cool, dark place in glass bottles, preferably amber or cobalt blue to protect from light.

Label your blends with the ingredients and the date of preparation.

Conclusion

Diluting essential oils is an important step in ensuring their safe use on the skin. Following proper dilution guidelines can help maximize the benefits while minimizing the risk of irritation or adverse reactions.

Always remember to do a patch test before applying any new blend more broadly on the skin.





From the Kitchen

Many everyday foods found in your kitchen are packed with nutrients that make them excellent for natural skincare. They can moisturise, soothe, hydrate, and rejuvenate the skin. Gentle, affordable, and free of harsh chemicals, they are perfect for DIY face masks & scrubs.

🍯 **Honey:** Natural humectant that hydrates and soothes the skin, with antibacterial properties, great for acne skin.

🥛 **Yogurt:** Rich in lactic acid, gently exfoliates, brightens & hydrates.

🥑 **Avocado:** Packed with healthy fats and vitamins, deeply moisturizing and nourishing for dry skin.

🧂 **Sea Salt:** Rich in minerals, great for exfoliating tougher areas of the body.

🍬 **Sugar:** Gentle exfoliant, perfect for body scrubs, leaves skin soft and smooth.

🌿 **Ground Oats:** Soothing and gentle, ideal for sensitive skin to calm inflammation.

☕ **Coffee Grounds:** Energizing and exfoliating, improves circulation and helps reduce the appearance of cellulite.

🌱 **Aloe Vera:** Hydrating and soothing, great for sunburns and irritated skin.

🍫 **Cocoa Powder:** Antioxidant-rich, rejuvenates & softens in masks or scrubs.



FROM THE KITCHEN

Honey

Honey is a versatile ingredient in natural skincare, offering a range of benefits.

It effectively hydrates the skin by drawing moisture in, making it ideal for masks, moisturizers, and serums.

It has antibacterial properties help treat and prevent acne, while its rich antioxidant content provides protection against aging and environmental damage.

Honey also soothes irritation and supports healing, making it useful for conditions like eczema and minor burns.

Additionally, it gently exfoliates when mixed with other ingredients, revealing smoother skin and enhancing radiance.

You can use honey in various ways: blend it with yogurt or avocado for a nourishing face mask, mix it with warm water for a gentle cleanser, or combine it with sugar or oats for a natural scrub.

It can also be applied directly to blemishes as a spot treatment or added to homemade creams and lotions for extra hydration.



FROM THE KITCHEN

Yogurt

Yogurt is a versatile ingredient in skincare, known for its moisturizing and exfoliating benefits. Rich in lactic acid, a natural alpha hydroxy acid (AHA), yogurt gently exfoliates the skin, helping to remove dead cells.

Its natural enzymes and probiotics also help to balance the skin's microbiome, which can be beneficial for those with acne-prone or sensitive skin. Additionally, yogurt's soothing and hydrating properties make it ideal for calming irritated skin and reducing redness.

When used in face masks or other skincare products, yogurt can enhance skin hydration, promote a healthy glow, and improve overall skin texture.

Milk

Milk is a nourishing ingredient in skincare, valued for its moisturizing and exfoliating properties.

Rich in lactic acid, a gentle alpha hydroxy acid (AHA), milk helps to exfoliate the skin by removing dead cells, leading to a smoother and more radiant complexion.

Its natural fats and proteins deeply hydrate and soften the skin, making it ideal for dry or sensitive skin types. Milk also has soothing properties that can calm irritation and reduce redness.



FROM THE KITCHEN

Oatmeal

Oatmeal is a valuable ingredient in natural skincare, known for its numerous benefits.

Rich in amino acids, oatmeal supports the building of healthy skin and helps retain moisture, making it an excellent choice for hydrating face masks.

It also gently soothes and calms irritated skin. Additionally, the amino acids in oatmeal help to even out minor blemishes, contributing to uniform skin tone.

Lemon Juice

Lemon juice is a popular ingredient in natural skincare due to its brightening and exfoliating properties.

Rich in vitamin C, lemon juice helps reduce the appearance of dark spots and uneven skin tone by promoting collagen and lightening hyperpigmentation.

Its natural acids gently exfoliate the skin, removing dead cells and revealing a fresher, more radiant complexion. Lemon juice also has astringent properties that help to tighten pores and control excess oil.

However, it should be used cautiously, as it can make the skin more sensitive to sunlight. Lemon juice can enhance brightness, texture, and improve skin clarity.

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Clays

Clays are powerful natural ingredients widely used in skincare for their detoxifying and purifying properties. They work by absorbing excess oils, dirt, toxins, and other impurities from the skin, leaving it clean, balanced, and rejuvenated. Each type of clay brings its own unique benefits, making them ideal for all skin types & concerns.

● **Bentonite Clay:** Clay: is a highly absorbent, fine-textured natural clay made from volcanic ash. This clay is widely used in natural skincare and health remedies because of its ability to draw out toxins, purify, and detoxify. Bentonite clay is often found in **two forms: sodium bentonite and calcium bentonite.**

● **Kaolin Clay:** Gentle and soothing, making it perfect for sensitive or dry skin, while still offering cleansing properties.

♥ **French Green Clay: (also known as Illite or Sea Clay)** Absorbs excess oil and impurities, it's great for oily and combination skin, helping to tighten pores and balance the skin's natural oils. This clay is popular in natural skincare for its powerful cleansing, detoxifying, and healing properties.

🌍 **Moroccan Rhassoul Clay:** also known as Ghassoul clay, is a natural mineral-rich clay that has been used for centuries in North African beauty rituals.

Rich in minerals like silica, magnesium, and calcium, this clay is prized for its ability to deeply cleanse, soften, and improve skin elasticity. It helps reduce dryness and flakiness while also improving skin clarity, making it ideal for all skin types, especially sensitive and mature skin.



Hydrosols (Floral Waters)

Hydrosols are the fragrant by-products of the essential oil distillation process. Unlike essential oils, hydrosols are much milder, making them suitable for direct application on the skin. They contain the water-soluble components of the plant, along with a small amount of essential oil. Hydrosols are generally applied as a mist - spray.

Benefits of Hydrosols

- Gentle Hydration
- Balancing the Skin's pH after cleansing,
- Cooling & Soothing: used as a mist for irritated or inflamed skin,
- Natural Fragrance: subtle, fragrances for addition to creams, lotions, and sprays.

Sustainability and Environmental Benefits of Hydrosols:

🌿 Aloe Vera Hydrosol: Aloe Vera is a highly sustainable crop, thriving in arid environments with minimal water. This hydrosol is a low-waste by-product of essential oil extraction, promoting resource efficiency.

💜 Lavender Hydrosol: Often grown on organic farms, lavender cultivation encourages biodiversity. The hydrosol is produced from the same distillation process as essential oil, ensuring no plant material is wasted,

🌸 Rose de Mai Hydrosol: This hydrosol comes from small-scale farms using sustainable and organic practices. As a by-product of essential oil distillation, it reduces agricultural waste and supports eco-conscious production methods.

🍉 Watermelon Hydrosol: Watermelon hydrosol leverages the flesh and rind, parts that might otherwise be discarded, supporting zero-waste initiatives.

🌹 White Rose Hydrosol: Typically sourced from organic farms, White Rose hydrosol captures valuable plant properties in a sustainable farming practices.



Hydrosols (Floral Waters)

🌸 **Rose de Mai Hydrosol:** Ideal for sensitive and dry skin, this hydrosol calms redness while offering antioxidant protection, leaving the skin more resilient and supple.

🌿 **Aloe Vera Hydrosol:** Known for its powerful cooling relief, Aloe Vera hydrosol hydrates while promoting skin repair, making it ideal for soothing burns, cuts,

🍉 **Watermelon Hydrosol:** Packed with antioxidants, this hydrosol not only refreshes and hydrates making it a great choice for revitalizing dull or tired skin.

💜 **Lavender Hydrosol:** Its antibacterial properties make Lavender hydrosol excellent for acne-prone skin, while its soothing aroma helps to reduce stress and promote calm.

🌹 **White Damask Rose Hydrosol:** Rich in natural oils, White Damask Rose hydrosol helps to nourish the skin, reducing signs of aging & leaving it feeling rejuvenated.

🌿 **Chamomile Hydrosol:** Soothing and anti-inflammatory, chamomile hydrosol is excellent for sensitive or irritated skin. It's often used to calm redness and irritation, providing a gentle, calming effect.

🍊 **Citrus Hydrosols (e.g., Orange Blossom or Lemon):** Brightening and uplifting, these hydrosols help refresh the skin and can provide a mild astringent effect, tightening pores and balancing oily or combination skin.

🌿 **Peppermint Hydrosol:** Cooling and invigorating, peppermint hydrosol helps reduce inflammation and provides a refreshing burst of hydration. It's great for soothing tired skin.



Vitamins

When formulating your own DIY cosmetics, incorporating vitamins can enhance the efficacy of your products and provide benefits for the skin.

🌿 Vitamin E (Tocopherol)

Acts as a powerful antioxidant, helps protect skin from free radicals, and promotes skin healing. It also prolongs the shelf life of oils and cosmetics.

🍊 Vitamin C (Ascorbic Acid)

Brightens the skin, reduces the appearance of dark spots, and boosts collagen production. It's a potent antioxidant that helps protect against environmental damage.

🥕 Vitamin A (Retinol)

Promotes cell turnover, helps reduce fine lines and wrinkles, and improves skin texture. Essential for healthy skin and may help with acne.

🍋 Vitamin B5 (Panthenol)

Hydrates and soothes the skin, improves skin barrier function, and has anti-inflammatory properties. It's excellent for dry or sensitive skin.

🌿 Niacinamide (Vitamin B3)

Improves skin elasticity, evens out tone, and reduce the appearance of pores.

Tips for Incorporating Vitamins

Concentration: Use vitamins and extracts at recommended concentrations to ensure safety and effectiveness.

Storage: Store your formulations in cool, dark places to protect sensitive ingredients like vitamins from degradation. 🌿 ✨



Herbs & Botanicals

Herbal extracts are powerful additions to DIY cosmetics, offering a wealth of benefits for the skin. Herbal infusions can increase the effectiveness of your formulas.

🌿 **Aloe Vera Extract:** Soothes and hydrates the skin, promotes healing, and has anti-inflammatory properties. It's ideal for sensitive or sunburned skin.

🍵 **Green Tea Extract:** Rich in antioxidants, it helps protect the skin from free radicals, reduces inflammation, and soothes irritation. It's great for anti-aging formulations.

🌼 **Calendula Extract:** is known for its soothing and healing properties, calendula is excellent for sensitive or inflamed skin. It can help reduce redness and promote skin regeneration.

🌿 **Licorice Root Extract:** is known for its soothing, anti-inflammatory, and skin-brightening properties. It helps reduce redness and irritation. May help fade dark spots & even skin tone.

🌿 **Witch Hazel Extract:** a natural astringent that helps tighten pores, reduce inflammation, & soothe irritation. Great for oily or acne skin.

Tips for Using Herbal Extracts

Concentration: Use herbal extracts at recommended concentrations to maximize benefits and minimize irritation.

Testing: Conduct a patch test before incorporating new herbal extracts into your formulations if you have sensitive skin.

Combine: Experimenting with blends can enhance the overall effectiveness of your products.

Storage: Store herbal extracts in dark, cool places. 🌿 ✨





Natural Preservatives

For any product that contains water (like creams or lotions), that you plan to store long-term or make in a large quantity it's may be important to add a natural preservative to prevent bacteria or mold growth.

Additionally, using sterile work containers and tools is crucial to prevent contamination during the preparation process. Here's a look at some effective natural preservatives that you can incorporate into your DIY skincare recipes.

Vitamin E (Tocopherol)

- Properties: Antioxidant that helps protect oils and fats from oxidation and rancidity.
- Benefits: While it does not directly prevent bacteria or mold, it prolongs the shelf life of oils and can enhance the overall stability of your formulations.

Rosemary Extract

- Properties: A natural antioxidant and antimicrobial agent.
- Benefits: Helps prevent the oxidation of oils and can inhibit the growth of certain bacteria and fungi.

Grapefruit Seed Extract (GSE)

- Properties: Antimicrobial and antifungal properties.
- Benefits: Effective at preventing the growth of bacteria and mold in cosmetics. However, the efficacy can vary, so it's essential to test.



Natural Preservatives

🌿 **Leucidal Liquid:** A natural preservative derived from the fermentation of radish root. It has antimicrobial properties and is suitable for natural cosmetics against bacteria and yeast.

🌸 **Benzyl Alcohol :** A component found in essential oils and fruits. It acts as a preservative and has antimicrobial properties, making it effective in preventing bacterial growth.

🍇 **Elderberry Extract:** contains antioxidants and has natural antimicrobial properties. Can help inhibit the growth of certain bacteria and fungi, making it a good option for natural products.

Tips for Natural Preservatives:

🧪 **Testing:** Always test your products for microbial stability, especially if you're using water-based formulations, as they are more prone to contamination.

🔗 **Combination:** Consider combining natural preservatives for enhanced efficacy.

🌡️ **Storage:** Store your products in cool, dark places and use airtight containers to extend their shelf life.

Conclusion

Using natural preservatives can help maintain the integrity and safety of your homemade cosmetics while minimizing the risk of mold and bacteria growth.

Always ensure proper formulation and storage practices for the best results. 🧴 ✨



STEP 1

CLEANSERS

The primary purpose of using skin cleansers is to maintain healthy skin by removing dirt, oil, makeup, and pollutants.

1. Prevents clogged pores

Regular cleansing helps to remove excess oil and dead skin cells that can block pores, reducing acne breakouts.

2. Promote hydration

Properly formulated cleansers maintain the skin's moisture balance, preventing dryness and irritation while preserving the skin's oils.

3. Prepares skin for skincare routines

Cleansing creates a fresh base, enhancing the absorption and effectiveness of other skincare products, such as moisturizers.

Cleansers play a vital role in overall skin health by promoting a clean, balanced complexion.



Skin Cleansers

Milk and Honey

natural alpha hydroxy acid cleanser

Milk and honey is an ancient anti-wrinkle cleanser that dates back to the Pharaohs.

Milk is rich in lactic acid, a type of alpha hydroxy acid (AHA), which helps cleanse pores, remove debris, and exfoliate dead skin cells. This gentle exfoliation can improve skin texture.

A mask ideal for sensitive skin.

Ingredients

- 1 tablespoon of raw honey
- 2 tablespoons of milk

Preparation

Combine milk & a teaspoon of honey. Warm mixture to combine the honey & milk,

Application

Stir well and apply. Leave on for around ten minutes, then rinse with warm water.



Skin Cleansers

Rose Hydrosol & Argan Oil

for dry / normal skin

A DIY Micellar Water for a daily cleanse

Rose Hydrosol: Often used in aromatherapy and skincare, are a true steam-distilled product with water-soluble compounds from the rose plant.

Aloe vera Hydrosol provides hydration and calms irritation.

Witch hazel may be added for excess oil.

Argan oil serves as a gentle sponge helping to absorb impurities maintaining the skin's natural balance.

Ingredients

- 1/4 cup rose hydrosol (hydrating and soothing)
- 1/4 cup aloe vera hydrosol (hydrating and calming)
- 1 tablespoon witch hazel (**optional** for **oily** skin)
- 1/2 teaspoon argan oil for mild cleansing

Instructions

1. Combine all ingredients in a bottle and shake to mix.
2. To use, apply the mixture to a cotton pad and gently swipe across your face, to remove makeup or impurities.
3. Optionally, rinse then follow with your skincare routine.

Shake the bottle gently before each use, as the oil may separate. This DIY micellar water is gentle enough for daily use and leaves skin feeling fresh and clean!



Skin Cleansers: Oatmeal and Yogurt

Exfoliating and calming

Ground oats gently exfoliate and calm skin, while yogurt provides exfoliation. A cleanser ideal for sensitive skin.

Ingredients:

- 2 tablespoons ground oats (gentle exfoliation and soothing)
- 1 tablespoon plain yogurt (contains lactic acid for exfoliation)
- 1 teaspoon honey (optional, for added moisture)

Instructions:

- Mix the ground oats, yogurt, and honey (if using) into a paste.
- Massage the mixture onto your face in circular motions,
- Rinse with lukewarm water and pat dry.



Skin Cleansers

Rosehip Oil, Honey, Oats & Essential Oil

antibacterial action for spot prone skin.

This cleanser effectively removes dirt and makeup while hydrating the skin. Oils dissolves impurities, while honey soothes and essential oils offers antibacterial protection to combat acne.

Option 1: Rosehip Oil & Honey Mask

- 1 tablespoon honey
- 1 teaspoon rosehip oil
- 1-2 drops tea tree, lavender, clary sage, or chamomile essential oil

Option 2: Rosehip Oil, Oats & Honey Mask

- 1 tablespoon oats (ground to a fine powder)
- 1 teaspoon rosehip oil
- 1 tablespoon honey
- 1-2 drops tea tree, lavender, clary sage, or chamomile essential oil

Instructions:

- Mix the ingredients in a bowl until well combined.
- Apply the mask to clean, damp skin.
- Leave on for 15-20 minutes.
- Rinse with warm water

These ingredients together create a soothing and hydrating mask that can help fight acne, reduce inflammation, and promote healing without causing irritation.



Skin Cleansers:

Coffee & Coconut Exfoliating Cleanser

exfoliating cleanser

A popular ingredient this coffee and coconut oil scrub is great for exfoliation and can help brighten your skin, thanks to the antioxidant properties of coffee!

Ingredients:

- 2 tablespoons ground coffee (used coffee grounds work well, too)
- 1 tablespoon coconut oil (melted)
- 1 tablespoon sugar (for added exfoliation)
- 1-2 drops essential oil (like peppermint or orange; optional)

Instructions:

1. Mix Ingredients: In a bowl, combine the coffee and sugar.
2. Add Oil: Pour in the melted coconut oil and mix until it forms a paste. If you're using essential oils, add them now and mix well.
3. Apply: Apply the mixture to your damp face, gently massaging in circular motions for about 1-2 minutes, avoiding the eye area.
4. Rinse: Rinse off with warm water, using your hands to help remove the scrub.
5. Moisturize: Pat your face dry with a clean towel and follow up with your favorite moisturizer to keep your skin hydrated.

Tips:

- Use this scrub 1-2 times a week to prevent over-exfoliation.
- Be cautious if you have sensitive skin, as coffee can be a bit abrasive; adjust the coarseness by grinding the coffee finely.



STEP 2

TONERS

Skin toners are a key step in skincare routines, offering several benefits:

Removes leftover impurities

After cleansing, toners help to remove any remaining dirt, oil, or makeup ensuring a deeper clean.

Balances skin's pH

Cleansers can disrupt the skin's natural pH, and toners restore balance, preventing excess oil or dryness.

Preps skin for better absorption

Toners prepare the skin to absorb serums, moisturizers, and treatments more effectively.

Toners promote refreshed, balanced skin while priming it for further hydration and treatments.



Toners

Hydrosol Toners

simple daily toning for normal to dry skin

Lavender hydrosol provides calming and soothing benefits through its natural properties, which help reduce redness and irritation while balancing the skin. Its gentle astringent qualities promote a fresh, revitalized complexion.

Watermelon hydrosol offers hydration and is rich in antioxidants, making it ideal for refreshing the skin and combating dryness. This hydrosol helps to nourish and revitalize, leaving the skin feeling soft and rejuvenated.

Aloe vera hydrosol delivers intense hydration and soothing relief, perfect for calming irritated or dry skin. Its natural properties help to maintain a healthy, radiant complexion.

Ingredients Choices

(Use individually or in combination)

- lavender hydrosol (calming and soothing)
- watermelon hydrosol (hydrating antioxidant-rich)
- aloe vera hydrosol (hydrating and soothing)

Instructions

1. Choose one or more hydrosol and pour into a spray.
2. After cleansing, spray the hydrosol directly onto your skin or apply it with a cotton pad.
3. Allow it to absorb then follow with regular moisturizer.

Use this toner daily to keep your skin feeling refreshed, hydrated, and balanced!



Toners

Apple Cider Vinegar & Green Tea

Toner For Oily and Acne-Prone Skin

Apple cider vinegar provides natural AHA exfoliation through its malic acid content, which gently helps to dissolve dead skin cells and promote cell turnover.

Green tea complements this by calming and soothing the skin with its antioxidants and anti-inflammatory properties, reducing redness and irritation.

The addition of sugar adds a mild physical exfoliation, which helps to slough off dead skin cells and enhance the overall smoothness of the skin.

These ingredients work to exfoliate, refresh & soothe.

Ingredients:

- 1 tablespoon apple cider vinegar (contains malic acid)
- 2 tablespoons green tea (cooled, for its antioxidant properties)
- 1 teaspoon organic cane sugar (for exfoliation)

Instructions:

Mix the apple cider vinegar, green tea, & sugar in a small bowl.

Gently massage the mixture onto your face in circular motions, avoiding the eye area.

Let it sit for 5-10 minutes.

Rinse off with cool water and pat dry.

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Toners

Green Tea & Lemon

Aging or Dull Skin

Ingredients:

- 2 tablespoons brewed green tea (cooled)
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon distilled water
- 1-2 drops frankincense essential oil (optional)

Instructions:

- Combine all ingredients in a bottle and shake well.
- Apply with a cotton pad, avoiding the eye area.

Benefits:

Green tea provides antioxidants while lemon juice brightens the skin and exfoliates gently. Frankincense essential oil can help with skin regeneration and reduce fine lines.

Rose Water & Witch Hazel

Combination, dry, or sensitive skin.

Hydrates while balancing oil production, this blend is a great choice. It offers both soothing and pore-tightening benefits.

Ingredients:

- 1/2 cup rose water (hydrating and soothing)
- 1/4 cup witch hazel (astringent and toning)

Instructions:

- Mix the rose water and witch hazel in a clean bottle.
- Add glycerin if desired for extra hydration.
- Shake well before each use.
- Apply to your face with a cotton pad after cleansing,



STEP 3 TREATMENTS

Targeted skin treatments are designed to address specific skin concerns more effectively.

Targets Skin Concerns

Treatments are designed to focus on specific issues like acne, hyperpigmentation, wrinkles, or redness for more direct results.

Delivers Potent Ingredients

Formulated with higher concentrations of active ingredients, treatments provide deeper and more effective results compared to regular skincare products.

Supports Skin Renewal

Many treatments encourage cell turnover, helping to rejuvenate and improve skin texture over time.

Skin treatments offer intensive care, targeting specific issues and enhancing overall skin health and appearance.



Treatments

Bentonite Clay & Lemon

Detoxifying Face Mask

Ingredients:

- 2 tablespoons calcium bentonite clay powder
- 1 tablespoon cosmetic argan oil
- Juice of half a lemon
- ½ teaspoon sea salt (not table salt) + Water (as needed)

Preparation:

- Dissolve the sea salt in a small amount of water.
- Squeeze the juice of half a lemon into the saltwater.
- In a separate bowl, add calcium bentonite clay powder. Gradually pour in the lemon / saltwater mixture, stirring until you form a fluid, but not too watery, paste.
- Add the cosmetic argan oil to the clay mixture. Blend well until the paste has a smooth, creamy texture.

Apply the Mask:

- Apply the mask evenly to your face, avoiding the eye area. Spread it in a thin layer, making sure it covers your skin.
- Allow the mask to sit for about 15-20 minutes until dry.
- Rinse the mask off with lukewarm water, gently massaging your skin in circular motions.

Tips:

Frequency: Use this mask once a week for deep cleansing.

Skin Type: This mask is suitable for oily and combination skin, as it helps to detoxify and balance excess oil.

This mask draws out impurities, leaving your skin feeling clean, refreshed, and balanced.



Treatments

Argan Oil & Oatmeal

Softening Face Mask

Ingredients:

- 2 tablespoons oatmeal
- 1 teaspoon honey
- 1 tablespoon argan oil

Preparation:

- Soften the Oatmeal:
 - In a small bowl, add the oatmeal and just enough warm water to cover it. Let it sit for a few minutes until the oats soften and form a dough-like consistency.
- Mix the Ingredients:
 - Add the argan oil and honey to the softened oatmeal. Stir the mixture well until all the ingredients are blended into a smooth paste.

Application:

- Apply the mask evenly to your face, avoiding the eye area. Leave it on for at least 10 minutes, or longer if you prefer.
- Rinse Off:
 - Gently remove the mask using warm water, massaging your skin in circular motions for a mild exfoliation.
- Finish Up:
 - Pat your face dry and follow up with your regular skincare routine.

This is a mask that should leave your skin feeling nourished, hydrated, and soft.



Treatments

Egg White & Milk

Tighten, Moisturise, Nourish & Exfoliate

Ingredients:

- 1 egg white
- 3 tablespoons fresh milk
- 2 tablespoons sugar

Preparation:

- Whisk the Base:
 - In a small bowl, combine the egg white and fresh milk. Whisk the mixture until it's well blended and slightly frothy.
- Add the Sugar:
 - Gradually add the sugar to the mixture, stirring until it reaches an even consistency. The sugar adds a gentle exfoliating effect to the mask.
- Apply the Mask:
 - Apply the mixture evenly to your face, avoiding the eye area. Make sure to cover your skin thoroughly but not too thickly.
- Let It Sit:
 - Allow the mask to sit on your face for about 15-20 minutes, giving it time to work on tightening and brightening your skin.
- Rinse Off:
 - Gently rinse off the mask with lukewarm water, using circular motions to help exfoliate the skin. Pat your face dry and follow with your usual skincare routine.

Tip: Frequency: Use 1-2 times a week for best results.



Treatments

Yogurt, Turmeric & Cactus Seed Oil

brightening

Ingredients:

- 2 tablespoons lemon juice
- 2 tablespoons natural yogurt
- 1 tablespoons Turmeric Powder
- 1/2 teaspoon prickly pear cactus cactus oil

Preparation:

- Mix Base Ingredients:
- Combine lemon juice, yogurt, stirring until smooth.
- Add the turmeric power
- finally stir in the prickly pear seed oil mixing until a paste.

- **Apply the Mask:**
- On a cleansed face, apply an even layer of the mask, avoiding the eye area.
- Let It Work:
- Leave the mask on for at least 15 minutes.
- Rinse Off:
- Gently rinse with lukewarm water, pat your face dry, and follow with moisturizer.

Tips:

- Use 1-2 times a week.
- Always follow up with sunscreen if using during the day.

This mask helps brighten and even out your complexion while keeping your skin hydrated and nourished.



Treatments

Lemon Juice & Sugar

Exfoliating Scrub

Ingredients

- 1 tbsp Lemon Juice (freshly squeezed)
- 2 tbsp Granulated Sugar (preferably fine)
- 1 tbsp Honey

Instructions

Mix Ingredients:

- In a small bowl, combine the lemon juice, sugar, and honey. If your skin tends to be on the drier side, add argan oil to the mix for additional moisture. Stir to create a grainy paste.

Application

- Start with a freshly cleansed face.
- Gently apply the scrub to your skin, avoiding the eye area.
- Using light circular motions, massage the scrub into your skin for about 1-2 minutes. Focus on areas prone to dryness or clogged pores (like the nose, forehead, and chin).
- Allow the mixture to sit for an additional 5 minutes.

Rinse

Rinse thoroughly with lukewarm water. Make sure all sugar granules are removed, and pat your face dry with a soft towel.

Frequency

Use this scrub 1-2 times a week, depending on your skin type. Over-exfoliating can irritate the skin, especially with lemon juice, which is acidic, so moderation is key. Remember that lemon juice can make the skin more sensitive to sunlight.

This scrub is ideal for achieving smoother, brighter skin, with gentle yet effective exfoliation.



STEP 4 MAINTENANCE

The Final Steps... To maintain healthy, radiant skin, establish a simple manageable maintenance program

Cleansing, Toning, Treating, and Nourishing.

First a **cleanse** to remove dirt, oil, and makeup without stripping natural oils.

Next, **toning** to balance the skin's pH after cleansing. Refine pores, remove residual impurities, and prepare the skin for treatments.

The **treating phase** addresses specific skin concerns, such as acne or fine lines, using serums or targeted treatments with active ingredients.

Finally, nourishing locks in hydration and supports skin renewal by providing essential nutrients.



Daily Routine: Maintenance

Argan Oil & Prickly Pear Cactus Seed Oils

essential Anti-Aging & Nourishing Skin Care

Argan Oil and Prickly Pear Cactus Seed Oil is a fantastic way to target anti-aging & fight the appearance of fine lines and wrinkles. A natural, effective & long lasting treatment.

Daily Routine

- Cleanse with a gentle, non-stripping cleanser
- Toner (optional): Apply a hydrating toner or rose water to prep your skin and balance pH.
- Cactus Seed Oil (Targeting facial Lines and problem areas)
- Argan Oil for nourishing, anti-aging Moisture:
- Sunscreen: If you have pigmentation problems or live in a very sunny climate you may want to finish your morning routine with broad-spectrum sunscreen SPF 50.

Why This Works?

- Cactus Seed Oil (Prickly Pear): It's one of the richest plant-based sources of Vitamin E which is a powerful antioxidant. It also has a high concentration of linoleic acid, which helps repair the skin barrier and target fine lines.
- Argan Oil: A well-known anti-aging oil, Argan Oil is great for moisturizing and improving skin elasticity. It works well as an all-over face oil to keep the skin smooth, hydrated.

By combining the two oils in a daily routine, you'll target aging hot-spots, specifically with Cactus Seed Oil, while using Argan Oil to nourish, hydrate, and protect the skin to fight aging.



Weekly Maintenance

Rhassoul Clay & Argan Oil

Simple, Powerful Deep , Rejuvenating Cleanse

Ingredients:

- 2 tablespoons Moroccan Rhassoul clay
- 1 tablespoon cosmetic argan oil
- 4 drops cactus seed oil (optional)
- Sea salt (a pinch) + Water (as needed)

Preparation:

- Measure the Clay:
 - Start by preparing 2 to 3 teaspoons of clay in a small bowl. Adjust the amount based on coverage.
- Add the Oils:
 - For every 10 grams of clay, add 1 teaspoons of argan oil.
- Mix the Ingredients:
 - Stir the clay and oils together. Add water, a few drops at a time, until the mixture has smooth & creamy consistency. Add a pinch of sea salt for mild exfoliation.

Apply the Mask:

- Apply the mask evenly to your face, avoiding the eye area.

Dry and Rinse:

- Leave the mask on for about 20 minutes. If time allows, you can extend this up to an hour. ,
Rinse off the mask with lukewarm water, gently massaging your skin in circular motions. Pat your face dry.

Tips:

Use 1-2 times a week to keep skin nourished and smooth. This mask combines the detoxifying properties of clay with the benefits of oils to leave skin cleansed and refreshed.



THE SECRET TO HEALTHIER SKIN

NATURAL OILS



Pure & Organic Oils with long lasting
Effects to Support Skin Renewal

 <p>HAND-MADE PRICKLY PEAR CATUS SEED OIL</p>	 <p>FILTERED ARGAN SCENT-FREE</p>	 <p>RAW ARGAN WITH NATURAL SMELL</p>
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