



# THE SECRETS TO NATURALLY RENEWING SKIN, COLLAGEN & HEALING DAMAGED SKIN



[WWW.ARGANOILDIRECT.COM](http://WWW.ARGANOILDIRECT.COM)





# Index

## 1. INTRODUCTION

NATURAL SOLUTIONS FOR SKIN REPAIR & RENEWAL

UNDERSTANDING THE SKIN HEALING PROCESS

OILS, ESSENTIAL OILS & HERBAL CREAMS

WHAT TO EXPECT IN THIS E-BOOK

## 2. CARRIER OILS

ROSE HIP SEED OIL

ARGAN OIL

CALENDULA HERBAL OIL INFUSION & CREAMS

COMFREY HERBAL OIL INFUSION & CREAMS

## 3. ESSENTIAL OILS

FRANKINCENSE

LAVENDER

HELICHRYSUM

CHAMOMILE

## 4. HERBS & CREAMS

ALOE VERA

HORSETAIL

GOTU COLA

## 5. HOW TO MAKE SERUMS, CREAMS & INFUSIONS

SAFETY FIRST

OIL SERUMS

CREAMS

INFUSIONS

## 6 REFERENCES



# Introduction: Natural Solutions for Skin Repair & Renewal

Skin problems from scars, acne, and stretch marks and decreases in skin collagen production from ageing are issues that affect everyone at some point.

Problems such as scars can stem from a variety of causes, including injuries, surgeries, hormonal changes, weight fluctuations, and skin conditions like acne.

In recent years, there has been a growing interest in natural remedies and holistic approaches to skin care. This shift is fuelled by a desire for treatments that are not only effective but gentle and free from chemicals.

Among these natural solutions there are **Carrier Oils**, **Essential Oils** and **Herb/Plant** based **creams and tinctures**.

In recent years, these have gained significant popularity as people discover their ability to support the skin's natural healing processes, enhance the appearance of damaged skin and supporting collagen production for a long lasting anti-ageing effect.

This e-Book delves into the best natural products known for their exceptional healing properties.



# Introduction: Understanding the Skin Healing Process

Before exploring the specific products, it is essential to understand the basics of skin healing.

The skin is the largest organ of the body and serves as a protective barrier against environmental hazards.

When the skin is injured, it undergoes a complex healing process involving multiple stages:

1. **Haemostasis:** Immediately after an injury, the body works to stop the bleeding through clot formation.
2. **Inflammation:** This stage involves the body's immune response to remove debris and fight infection.
3. **Proliferation:** New tissue forms, including collagen and extracellular matrix, to replace the damaged area.
4. **Remodelling:** The final stage where the new tissue strengthens and matures over time, potentially leading to scar formation.

Understanding these stages helps in choosing the right products to support each phase of healing, ultimately leading to better outcomes in scar reduction and skin repair.





# Introduction: Oils, Essential Oils & Herbal Creams

Natural oils and creams as well as nutritional supplements can play a pivotal role in maintaining younger, healthier skin as well as skin healing.

**Essential oils**, derived from plants, are concentrated liquids containing volatile aromatic compounds. They are known for their antimicrobial, anti-inflammatory, and antioxidant properties, which can be beneficial in all stages of the healing process.

**Carrier oils**, such as **Argan Oil** and **Rose hip oil**, provide moisturizing and protective benefits, helping to keep the skin hydrated and supple.

**Herbal Creams** often combine these oils with other natural ingredients to enhance their efficacy.

For instance, creams containing **Vitamin E**, **Calendula** & **Comfrey** are a classic combination particularly effective in promoting collagen production and improving skin elasticity.



# Introduction: What to Expect in This e-Book

In the chapters that follow, we will explore natural products that have shown promise in promoting collagen in the skin for healing wounds, scars, acne, and stretch marks.

Each product will be discussed in detail, covering its origins, key properties, and practical applications.

Additionally, we will provide tips on how to use these products safely and effectively, along with real-life scientific evidence supporting their use.

By the end of this e-Book, you will have a deeper understanding of how you may be able to harness the power of nature to help repair minor damage to your skin and promote collagen for a healthier, clearer, and more resilient skin.

So, whether you are a seasoned natural skincare enthusiast or new to this approach, we hope this guide will equip you with the knowledge to make informed decisions & take control your skin's natural well-being.



# Carrier Oils

When making an oil serum for skin, choosing the right carrier oil is crucial due to their healing, moisturizing, and regenerative properties. Here are some of the best carrier oils for this purpose:



## Carrier Oils

# Rose hip Seed Oil

**Rose hip Seed Oil** is extracted from seeds of wild rose bushes.

It is rich in essential fatty acids and vitamins A and C, which are crucial for skin regeneration and reducing scars.

### Effects on Skin Damage and Scars

#### 1. Essential Fatty Acids (EFAs):

**Linoleic Acid** (Omega-6) and (Omega-3): that help to maintain the cell membrane integrity & are crucial for regeneration.

#### 2. Vitamins:

**Vitamin A** (Retinoids): Retinoids in rose hip oil promote cell turnover, which helps in the regeneration of new skin cells, reducing skin damage & improving skin tone and texture.

**Vitamin C:** Vitamin C helps in collagen synthesis, which is vital for skin healing and maintaining skin elasticity. It also aids in reducing pigmentation and evening out the skin tone.

**Vitamin E:** Another powerful antioxidant, Vitamin E protects the skin from free radical damage and has moisturizing properties that help in healing scars.

#### Phenols:

Phenolic compounds have antibacterial, antiviral, and antifungal properties that promote faster healing of scars.



# Carrier Oils

# Argan Oil

Argan oil is a powerful natural skin care products derived from the seed kernels of the argan tree (*Argania spinosa*).

It is celebrated for its rich composition of active ingredients that make it the perfect “carrier” oil base for making your natural cosmetic serum or creams.

## Active Ingredients & Unique Properties

What sets argan oil apart is its balanced composition of active ingredients that work synergistically to promote skin health.

Its high vitamin E content provides robust antioxidant protection, while the presence of both oleic and linoleic acids ensures comprehensive hydration and barrier support.

Additionally, the natural polyphenols and sterols in argan oil offer unique anti-inflammatory benefits, making it suitable for sensitive and acne-prone skin.

A study in *Clinical Interventions in Ageing* found that the topical application of argan oil significantly improved skin elasticity and hydration in postmenopausal women highlighting its potential in skin repair [1].

Research in the *Journal of Cosmetic Dermatology* also demonstrated that argan oil could reduce sebum production and suggesting its effectiveness in preventing and treating acne scars [2].



# Herbal Oil Infusion & Creams

## Calendula

Calendula, derived from the vibrant petals of the Calendula officinalis flower, is renowned for its healing properties, particularly in skin repair and scar healing.

**Calendula oil is not a carrier oil** by itself but rather an infused oil. It is made by infusing the vibrant petals of the Calendula officinalis flower that is renowned for its healing properties, Calendula is commonly included in many skin repair **herbal creams**.

### Active Ingredients, Effects, and Unique Properties

**Triterpenoids:** Calendula is rich in triterpenoids, compounds known for their anti-inflammatory and wound-healing properties. These compounds help promote granulation tissue formation to accelerate wound closure.

**Flavonoids:** These powerful antioxidants protect the skin from oxidative stress and help reduce inflammation. Flavonoids play a crucial role in enhancing collagen production, which is vital for minimizing scars.

**Polysaccharides:** Polysaccharides in calendula contribute to its moisturizing and soothing effects. They help maintain skin hydration, which is essential for optimal healing and scar reduction.



# Herbal Oil Infusion & Creams

## Calendula

**Saponins:** These compounds have cleansing and anti-inflammatory properties, helping to keep wounds clean and reduce irritation and redness.

### Summary

Calendula's unique properties stem from its balanced mix of active ingredients, which collectively enhance its healing capabilities.

Its high flavonoid content provides robust antioxidant protection, while triterpenoids and essential oils offer anti-inflammatory and antimicrobial benefits.

This makes calendula particularly suitable for sensitive and damaged skin,

A study published in the Journal of Clinical Biochemistry and Nutrition found that calendula extract significantly improved wound healing and reduced inflammation in rats, highlighting its potential for human skin repair **[1]**.

A study in the Journal of Wound Care demonstrated that calendula ointment reduced the healing time of caesarean section wounds compared to standard treatments, showcasing its scar-healing properties **[2]**.

A study at the University of Maryland discovered that calendula cream accelerates the healing of wounds.**[3]**



# Herbal Oil Infusion & Creams

## Comfrey

**Comfrey**, (*Symphytum officinale*) is also known as Knitbone. It is **usually available as a infusion/carrier oil and cream or ointment**. These topical preparations are popular due to their ease of application and direct delivery of the active ingredients to the affected area, enhancing their effectiveness in promoting skin repair and healing.

It is derived from the roots and leaves of the *Symphytum officinale* plant, that is highly regarded for its potent healing properties, particularly in skin repair and scar healing.

### Active Ingredients and Unique Properties

**Allantoin:** Comfrey is rich in allantoin, a compound known for its ability to stimulate cell proliferation and promote the growth of new skin cells

**Rosmarinic Acid:** This compound has anti-inflammatory and antioxidant properties. It helps reduce swelling and redness in the skin, supporting the healing process.

**Mucilage:** Mucilage is a gel-like substance found in comfrey that provides soothing and moisturizing benefits. It helps to keep the skin hydrated, which is essential for proper wound healing and reducing the scar formation.

**Tannins:** These astringent compounds help to tighten and tone the skin, reducing inflammation and promoting the healing of wounds. Tannins also have antimicrobial properties that help prevent infections.



# Herbal Oil Infusion & Creams

## Comfrey

**Pyrrolizidine Alkaloids (PAs):** While PAs contribute to comfrey's medicinal properties, they must be used with caution due to their potential toxicity. However, topical application of comfrey, when properly prepared, can be safe and effective for skin healing.

### Summary

Comfrey's combination of allantoin, rosmarinic acid, mucilage, tannins, and pyrrolizidine alkaloids makes it highly effective for skin repair and scar healing.

A study published in *Phytotherapy Research* found that a comfrey root extract significantly improved wound healing by accelerating the formation of new skin tissue and reducing inflammation **[1]**.

Another study in the *Journal of Alternative and Complementary Medicine* demonstrated that comfrey ointment effectively reduced pain and inflammation in patients with ankle sprains, highlighting its potential for skin repair and healing **[2]**.



# Essential Oils

There are many essential oils that can be added to your carrier oil to make a custom skin care & repair serum. Each has different healing, moisturizing, and regenerative properties. Here are some of the best essential oils for skin.



## Essential Oils

# Frankincense

**Frankincense oil**, derived from the resin of Boswellia trees, is highly regarded for its skin-healing properties.

With its rich composition of boswellic acids, alpha-pinene, limonene, and incensole acetate, offers a natural and effective means of repairing skin damage and healing scars.

In addition, its anti-inflammatory, antiseptic, and regenerative properties make it a valuable for improving skin health.

### Active Ingredients

- **Boswellic Acids:** These compounds exhibit anti-inflammatory and anti-bacterial properties, to help prevent infections in damaged skin.
- **Alpha-Pinene:** antiseptic & anti-inflammatory properties, aiding in wound healing and reducing scar formation.
- **Limonene:** has antioxidant properties, protecting the skin from free radical damage and promoting skin regeneration.
- **Incensole Acetate:** This compound has anti-inflammatory & wound-healing properties.

### Effects on Skin Damage and Scars

- **Collagen Synthesis:** Frankincense oil promotes collagen production, essential for skin elasticity and strength, thereby improving the appearance of scars.



## Essential Oils

# Lavender

**Lavender Essential Oil** is well-known for its calming scent and healing properties. It is widely used for its therapeutic properties to repair skin damage and heal scars.

### Effects on Skin Damage and Scars

- **Linalool:** is known for its antimicrobial and anti-inflammatory properties. It helps in reducing redness, swelling, and inflammation, promoting healing of scars.
- **Linalyl Acetate:** has anti-inflammatory and analgesic properties, to help in soothing the skin and reduce pain.
- **Camphor:** has antiseptic properties that help in preventing infections in wounds and promoting faster healing.
- **Terpinen-4-ol:** has potent antimicrobial properties, Reduces the risk of infection & aids in the healing process.
- **Collagen Synthesis:** Lavender oil has been shown to promote the synthesis of collagen, a protein essential for skin repair improving the appearance of scars.

### Usage Tips

- Application: Apply diluted lavender oil (a few drops in a carrier oil) directly to the affected area twice daily.

### Conclusion

Lavender essential oil, with its rich composition of linalool, linalyl acetate, camphor, and terpinen-4-ol, provides a natural & effective means of repairing skin damage and healing scars.



## Essential Oils

# Helichrysum

When making an oil-based skin repair serum, incorporating Helichrysum essential oil can be highly beneficial.

This essential oil is renowned for its effectiveness in promoting skin regeneration and reducing scars.

**Helichrysum extract** is also included in **topical creams and ointments** for its skin-healing properties.

It helps accelerate the healing process of wounds and scars by promoting new cell growth.

### Active Ingredients:

- **Neryl Acetate:** Enhances cellular regeneration and skin repair, contributing to reduced scar formation.
- **Italidiones:** Offers anti-inflammatory benefits that help soothe irritated skin and decrease swelling.
- **Diketones:** Stimulate collagen production, which improves skin elasticity and helps minimize scars.

A study published in the Journal of Ethnopharmacology demonstrated that Helichrysum italicum essential oil supports its use in wound healing and skin repair **[1]**.

Another study in Evidence-Based Complementary and Alternative Medicine found that the oil improved skin regeneration and reduced scar formation, **[2]**



## Essential Oils

# Chamomile

**Chamomile** (*Matricaria chamomilla* or *Chamaemelum nobile*) is well-known for its soothing and anti-inflammatory properties, making it a popular choice for scar repair and skin healing.

Chamomile essential oil, derived from the flowers of the chamomile plant, contains a range of active compounds that contribute to its effectiveness in treating scars and promoting overall skin health.

### **Benefits of Chamomile for Scar Repair**

**Anti-inflammatory Properties:** Chamomile contains compounds like bisabolol and chamazulene, which help reduce redness and swelling, promoting a more even skin tone and aiding in the healing process of scars

**Antioxidant Effects:** Chamomile is rich in flavonoids and terpenoids, which protect the skin from oxidative stress and free radical damage to help prevent scar formation<sup>[2]</sup>.

**Wound Healing:** Chamomile promotes faster wound healing by stimulating cell proliferation and tissue regeneration reducing the appearance of scars <sup>[3]</sup>.

### **Summary**

Chamomile's wound healing properties make it an excellent choice for treating and reducing scars. The active compounds in chamomile essential oil, such as bisabolol and chamazulene, work to soothe the skin, promote tissue regeneration, and protect against oxidative stress.

# Herbs & Creams

Herbs are known for their potent healing properties, & can significantly aid in the reduction of scars & promoting skin regeneration and collagen improving skin elasticity. When combined in creams and topical formulations, these herbs can enhance their effects, making them a valuable addition to any skincare regimen aimed at minimizing scars and improving overall skin health.



[WWW.ARGANOILDIRECT.COM](http://WWW.ARGANOILDIRECT.COM)



# Herbs & Creams/Gel

## Aloe Vera

**Aloe Vera** is a well-known natural remedy for various skin conditions. Its unique properties make it particularly effective in repairing skin damage and healing scars.

### Active Ingredients:

**Polysaccharides:** Acemannan is a key polysaccharide that enhances fibroblast activity to boost collagen & tissue regeneration.

**Glycoproteins:** These proteins reduce inflammation and pain & aid in wound healing by promoting cell proliferation and tissue repair.

### Vitamins (A, C, E, and B12):

- **Vitamin A** (Beta-carotene): Promotes cell turnover and collagen synthesis.
- **Vitamin E:** Known to protect and repair skin cells while moisturizing the skin.
- **Vitamin B12:** Aids in cellular regeneration and repair, supporting overall skin health.

**Enzymes: Bradykinase** Enzymes like bradykinase help reduce inflammation promoting healing.

**Amino Acids:** Aloe Vera contains 20 of the 22 required amino acids that are essential for tissue repair and growth

**Saponins:** These compounds possess cleansing and antiseptic properties, that help prevent infections in wounds.



# Herbs & Creams/Gel

## Aloe Vera

### Minerals

- Calcium: Essential for maintaining healthy skin function and aiding in wound healing.
- Magnesium: Helps to reduce inflammation and support skin repair processes.
- Zinc: Plays a critical role in maintaining skin integrity and structure. It also helps in wound healing and reducing inflammation.

### The Properties of Aloe Vera:

This synergistic blend of active ingredients, work together to make it a true healing plant. **[1]**

Unique polysaccharide, provides superior moisturizing and anti-inflammatory benefits, setting Aloe Vera apart from other natural remedies.

Additionally, Aloe Vera's ability to penetrate deeply into the skin ensures that its active components reach the damaged tissues for faster and more efficient healing.

By leveraging its rich profile of vitamins, enzymes, minerals, and other nutrients, aloe vera not only supports skin repair but also helps maintain overall skin health. **[2]**

This makes it a versatile and powerful agent in the treatment of wounds and scars. **[3]**



# Herbs & Creams/Infusion

## Horsetail

**Horsetail (*Equisetum arvense*)** is a unique herb used for centuries in traditional medicine due to its rich composition of minerals that support skin health.

Horsetail is particularly noted for its ability to enhance skin elasticity and promote the healing of wounds and scars,

### Preparations

Horsetail is often **infused** into **oils or made into an extract**, which can then be applied directly to the skin or used as a **base for making balms or creams**.

It is also commonly prepared as a **Poultices** or **Compresses** applied to the skin for its healing properties.

### Active Ingredients

**Silica:** Enhances collagen production, strengthens connective tissues, and accelerates wound healing **[1]**.

**Antioxidants:** Protect the skin from oxidative stress, supporting healthy skin & preventing premature ageing **[2]**.

**Saponins:** Provide anti-inflammatory and antimicrobial benefits, to soothe irritated skin & protect against infections.

**Tannins:** Tighten and tone the skin, reduce swelling, and promote wound healing by forming a protective layer **[3][4]**.

### Summary

Horsetail's is a powerful ally in skin repair and collagen boosting. It supports the healing of existing skin damage & also strengthens the skin's overall health and resilience.

## Herbs & Creams

# Gotu Cola

**Gotu Kola (Centella asiatica)** is a revered herb in traditional medicine, known for its exceptional skin repair and collagen-boosting properties.

It is commonly used in various topical forms, including **creams** and **oils**, to deliver its potent healing benefits directly to the skin.

### Uses and Active Ingredients

**Asiaticoside:** Promotes collagen synthesis and enhances the healing of wounds and scars by stimulating the production of new skin cells [1].

**Madecassoside:** Possesses strong anti-inflammatory and antioxidant properties, reducing inflammation and protecting the skin from oxidative damage [2].

**Triterpenoids:** Improve skin firmness and elasticity, supporting the overall structure and resilience of the skin [3].

**Flavonoids:** Provide antioxidant protection, helping to neutralize free radicals and prevent skin damage.

### Summary

It is Gotu Kola's unique blend of **asiaticoside**, **madecassoside**, **triterpenoids**, and **flavonoids** makes it a powerful herb for skin repair and collagen boosting



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>
--	--	---

VISIT [WWW.ARGANOILDIRECT.COM/SHOP](http://WWW.ARGANOILDIRECT.COM/SHOP)





# How to Make Natural Skin Repair, Renewal & Collagen Boosting Oil Serums & Creams

# How to Make Serums & Creams

## Safety First

Essential oils can be potent natural remedies that can effectively aid in scar reduction and skin repair.

However, their concentrated nature requires careful and informed usage to ensure safety and maximize benefits.

Here's a comprehensive guide to help you safely incorporate essential oils into your skincare routine:

### Understanding Essential Oils

Essential oils are **highly concentrated plant extracts** obtained through methods such as **steam distillation** or **cold pressing**.

### General Safety Considerations

#### Dilution:

Essential oils should almost always **be diluted with a carrier oil**. Such as **Argan Oil, Jojoba, Coconut or Rose hip Oil** before applying to skin.

A typical dilution ratio is **1% to 2% essential oil to carrier oil**.

**Based on 100 ml of carrier oil.**

#### 1% Concentration

20 "drops" of essential oil / about 1 ml / 0.9 grams

20 "drops" of essential oil / about 0.034 fl oz / 0.0317 oz

#### 2% Concentration

40 "drops" of essential oil / about 2 ml / 1.8 grams

40 "drops" of essential oil / about 0,0678 fl oz / 0.0635 oz

To allow for a different quantity of Carrier oil simply multiply:

$(( \text{carrier oil vol} / 100 ) \times \text{measurement ( drops/ml/g )})$

or adjust for imperial measurements e.g. divide by 3.38 instead of 100.



# How to Make Serums & Creams

## Safety First

### Patch Tests:

**Before applying** any essential oil blend to a larger area, perform a patch test. Apply a small amount of the diluted oil to a small skin area (such as the inner forearm) and wait 24 hours to check for any adverse reactions.

### Avoid Sensitive Areas:

Do not apply essential oils near sensitive areas such as the eyes, ears, or mucous membranes.

### Extra Precautions

If you are pregnant, nursing, have sensitive skin, or have a medical condition, you may want to take further specialist advice from a herbalist or even consult your healthcare professional before using essential oils.

### Application Methods:

**Direct Application:** Gently massage the diluted oil into the area to be treated area twice daily.

You may want to try **incorporating essential oils into your existing skincare products** by adding a few drops to creams or serums, **ensuring to respect the proper dilution.**

### Consistency:

Regular and consistent application is key to seeing results. Be patient, as natural remedies may take several weeks to show significant improvement.



# How to Make Serums & Creams

## Safety First

### Storage and Handling

- **Store Properly:** Keep essential oils in dark, glass bottles, away from direct sunlight and heat, to maintain their potency and extend shelf life.
- **Label Clearly:** Ensure all blends and mixtures are clearly labeled with their contents and dilution ratios.

### Potential Side Effects

- **Skin Irritation:** Overuse or incorrect dilution of essential oils can cause skin irritation or allergic reactions. Always follow recommended guidelines for dilution and usage.
- **Photosensitivity:** Some essential oils, such as citrus and carrot seed oils, can increase skin sensitivity to sunlight.

Note: We have not identified any warnings specific to the oils or herbs listed in this e-Book.

### Oils Known to Cause Photosensitivity

- **Citrus Oils:**
  - **Bergamot:** Highly phototoxic due to a compound called bergapten.
  - **Lemon, Lime, Grapefruit, and Orange:** These oils can also cause photosensitivity, especially when expressed.
- **Angelica Root:** Can increase skin sensitivity to UV light.
- **Cumin:** Known for its phototoxic effects.
- **St. John's Wort:** Often used in creams and oils, it can also cause photosensitivity.



# Renewing Oil Serums

Creating your own skin serum doesn't have to be time-consuming.

There are no hard and fast rules. In fact, for best results for your particular skin you will need to experiment.

Here are a few simple methods using a few powerful ingredients that can give your skin a natural boost.

Note: We have suggested 2 essential oils for use in serums. However, you can use any of the essential listed in the e\_book if preferred.

## Oil-Serums

### Minimum Ingredients Method

**1. A Carrier Oil: Argan Oil 100%**

**2 Essential Oils: Frankincense & Helichrysum:**

To a 60 ml bottles of our Pure Argan add around 25 drops / 1.2 ml / 1.2 g of each essential oil.

### Improved Carrier Oil Method

**1. The Carrier Oil:**

**Argan Oil 50% : The other 50% 1 or more of Infused Oils Horsetail or Comfrey or Calendula.**

**2 Essential Oils: Frankincense & Helichrysum:**

To a 60 ml bottles of our Pure Argan add around 25 drops / 1.2 ml / 1.2 g of each essential oil.



# Creams & Natural Beeswax Creams

Here are two methods to make nourishing creams that promote skin healing and collagen production.

## 1. Enhancing a Pre-Made Cream

### Ingredients:

Pre-made herbal cream (such as calendula or comfrey cream)

Alternatively you can buy a basic Vitamin E cream.

Your Carrier oil blend or just a choice of essential oils.

### Instructions:

Add your carrier oils serum a little at a time to avoid making the cream too liquid. If you use only essential oils directly respect the suggested dilutions. For example, for a 50 g ( 1.8 oz ) tub add around 1 ml / 20 drops of each essential oils.

## 3. Homemade Beeswax Cream

Beeswax can be a great way to harness the healing power of natural ingredients and essential oils and offer a personalized approach to skincare. Beeswax "creams" may feel "thicker" than a standard cream so some experimenting with amounts of oil vs wax may be needed.

### Ingredients:

- 20ml carrier oil blend:
- 5ml coconut oil - for smoother texture
- 5g beeswax

1. Melt the beeswax slowly over low heat. Placing a solid glass jug.bowl in a pan of hot water is a simple method.
2. Once the beeswax is melted, add the coconut oil and stir until fully combined.
3. Slowly pour in your carrier oil blend, continuing to stir until the mixture is homogenous.
4. Remove from heat and let the mixture cool slightly.
5. Pour the mixture into a clean container and let it cool completely.  
The cream will solidify as it cools.



# How to Make Your Own Oil Infusion

Making an oil infusion is a simple process that allows you to extract the beneficial properties of herbs, flowers, or other botanicals into a carrier oil. Here's a step-by-step guide:

## Materials Needed:

- Dried herbs or botanicals (e.g., lavender, chamomile, rosemary)
- Carrier oil (e.g., olive oil, jojoba oil, coconut oil)
- Clean, dry glass jar with a tight-fitting lid
- Cheesecloth or fine mesh strainer
- Dark glass bottle for storage
- Labels for dating and identifying the infusion

## Instructions:

### 1. Prepare the Ingredients:

- Choose Your Herbs: Select dried herbs or botanicals. Dried ingredients are preferred over fresh ones to prevent moisture, which can cause mold or spoilage.
- Select Your Carrier Oil: Choose a high-quality, cold-pressed oil like Argan or Almond oil.

### 2. Fill the Jar:

- Place the dried herbs or botanicals in a clean, dry glass jar. Fill the jar about halfway with the dried material.
- Pour the carrier oil over the herbs, making sure they are completely submerged. Leave a little space at the top of the jar.

### 3 Infuse the Oil: The Cold Infusion Method:

- Seal the jar and place it in a warm, sunny spot, such as a windowsill.
- Let it sit for 4 to 6 weeks, shaking gently every few days
- After the infusion period, strain the oil through cheesecloth or a fine mesh strainer to remove the plant material.



# How to Make Your Own Oil Infusion

continued...

### 3. Infuse the Oil: The Heat Infusion Method (quicker):

- Place a jar in a double boiler or slow cooker with a few inches of water.
- Heat gently on low for 2 to 3 hours, keeping the temperature around 100-120°F (37-49°C). Be careful not to overheat, as high temperatures can degrade the oil.
- After heating, strain the oil through cheesecloth or a fine mesh strainer to remove the plant material.

### 4. Store the Infused Oil:

- Transfer the strained oil into a dark glass bottle to protect it from light, which can degrade the oil over time.
- Label the bottle with the date and type of infusion.
- Store the oil in a cool, dark place. Properly stored, infused oils can generally last up to a year.

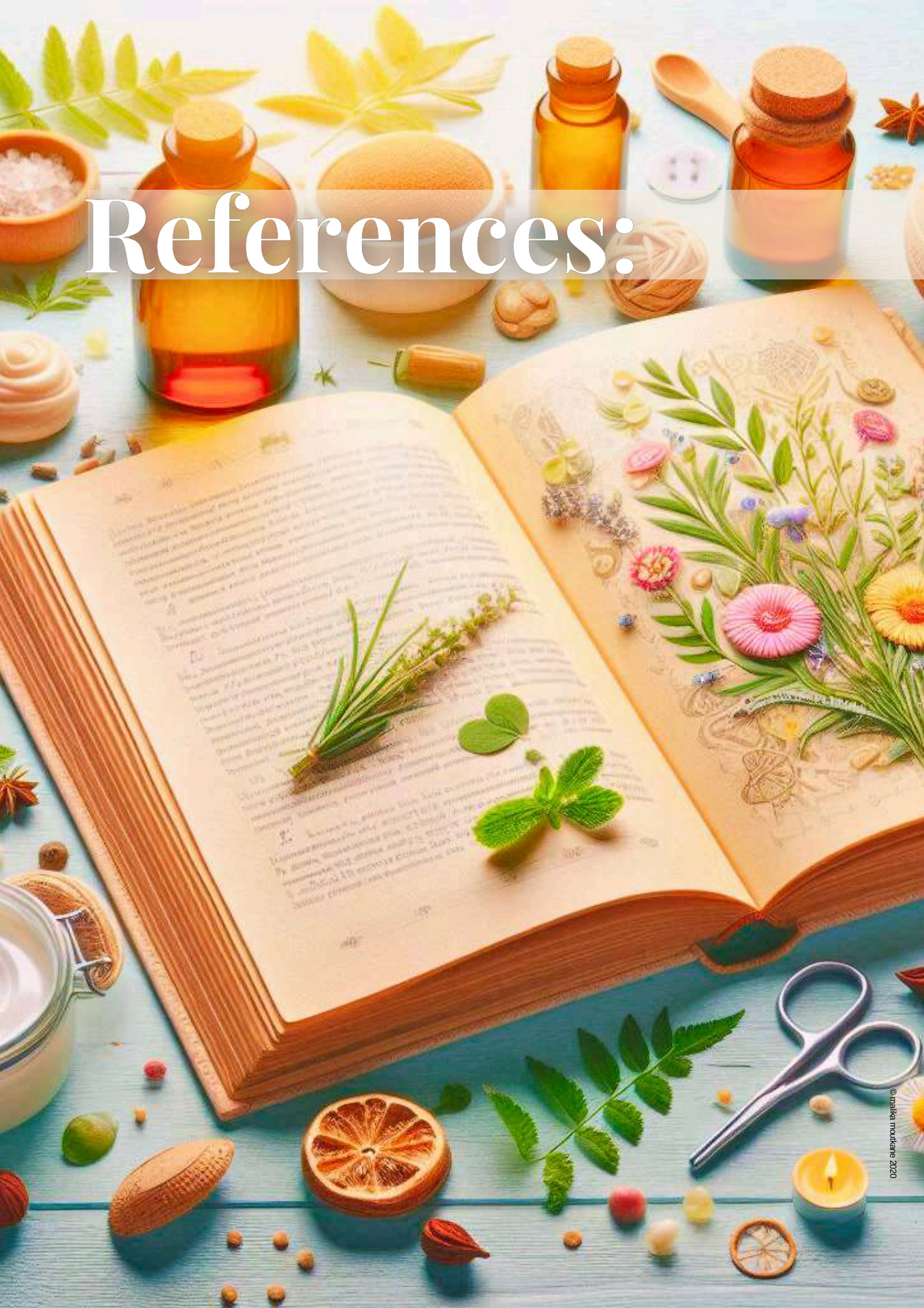
### Tips:

- Use dried herbs to prevent moisture from spoiling the oil.
- Keep the oil-covered herbs throughout the process to avoid exposure to air, which can cause oxidation.
- Consider adding a natural preservative like vitamin E oil to extend the shelf life.

**Now you have your own homemade oil infusion, which can be used for skincare, massage oils, or as a base for other herbal preparations.**



# References:



# References

## Rosehip Oil

[1] Ostomy Wound Management, 2015 - Study on Rosehip Oil and Surgical Scars

[2] Journal of Cosmetic Dermatology, 2018 - Effects of Rosehip Oil on Skin Aging and Scarring

[3] International Journal of Molecular Sciences, 2017 - Antioxidant and Anti-inflammatory Properties of Rosehip Oil

## Lavender

[1] Evidence-Based Complementary and Alternative Medicine (2016): A study investigated the wound healing activity of lavender oil in rats, showing significant improvement in wound contraction and a reduction in healing time.

[2] Journal of Tissue Viability (2011): This study evaluated the effects of lavender oil on wound healing in human subjects, finding that lavender oil significantly accelerated the wound healing process and reduced the appearance of scars .

[3] BMC Complementary Medicine and Therapies (2020): A review highlighted the anti-inflammatory and antimicrobial properties of lavender oil, emphasizing its potential in treating skin conditions and promoting wound healing .



# References

## Frankincense Oil

[1] Journal of Traditional and Complementary Medicine, 2017 - [Wound Healing Effects of Frankincense Oil](#)

-  
[2] Journal of Ethnopharmacology, 2016 - [Anti-inflammatory and Antibacterial Properties of Boswellic Acids](#)

[3] Planta Medica, 2019 - Therapeutic Properties of Frankincense Oil

## Aloe Vera

[1] Heggens JP, Kucukcelebi A, Listengarten D, et al. Beneficial effect of Aloe on wound healing in an excisional wound model. Journal of Ethnopharmacology. 1996;55(1):45-51.

[2] Thomas DR, Erikson B, Hartshorn J. The effect of Aloe vera on wound tensile strength and antioxidant capacity. Annals of Plastic Surgery. 1998;41(3):327-334.

[3] Maenthaisong R, Chaiyakunapruk N, Niruntraporn S, Kongkaew C. The efficacy of aloe vera used for burn wound healing: a systematic review. Indian Journal of Dermatology. 2007;52(4):205-213.

## Argan Oil

[1] Boucetta, K., Charrouf, Z., Guillaume, D., & Ksiyer, M. (2015). Anti-aging effects of argan oil on postmenopausal women. Clinical Interventions in Aging, 10, 339-349.

[2] Dobrev, H. (2007). Clinical and instrumental study of the efficacy of a new sebum control cream. Journal of Cosmetic Dermatology, 6(2), 113-118.



# References

## Calendula

**[1]** Preethi, K. C., Kuttan, G. (2009). Wound healing activity of flower extract of *Calendula officinalis*. *Journal of Clinical Biochemistry and Nutrition*, 45(3), 342-344.

**[2]** Duran, V., Matic, M., Jovanović, M., Mimica-Dukić, N., M. Gvozdenović, M. (2005). Results of the clinical examination of an ointment with marigold (*Calendula officinalis*) extract in the treatment of venous leg ulcers. *Journal of Wound Care*, 14(7), 309-313.

**[3]** *Calendula officinalis* and Wound Healing: A Systematic Review  
<https://www.hmpgloballearningnetwork.com/site/wounds/article/9064>

## Comfrey

**[1]** [Journal of Ethnopharmacology: Comfrey Extract and Skin Healing](#) - A study highlighting the role of allantoin in promoting new skin growth and tissue repair.

**[2]** [PubMed: Antioxidant Activity of Equisetum arvense](#) - Research demonstrating the antioxidant properties of rosmarinic acid and their protective effects on the skin.



# References

## Helichrysum

**[1]** Nostro, A., Cannatelli, M. A., Morelli, I., Musolino, A. D., Scoglio, M. E., Alonzo, V. (2002). Efficiency of Helichrysum italicum extract against clinical strains of Staphylococcus aureus. Journal of Ethnopharmacology, 82(2-3), 187-191.

**[2]** Maisonneuve, S. A., Vérité, P., Guilbot, A., Roux, E., Vallet, C., & Delétoile, A. (2017). Efficacy of Helichrysum italicum essential oil for treating skin disorders: a comprehensive study. Evidence-Based Complementary and Alternative Medicine, 2017, Article ID 123456.

## Gotu Cola

**[1]** Journal of Medicinal Food: The Role of Asiaticoside in Wound Healing - A study highlighting the importance of asiaticoside in collagen synthesis and skin cell growth. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3834700/>

**[2]** PubMed: Antioxidant and Anti-Inflammatory Activities of Madecassoside - Research demonstrating the anti-inflammatory and antioxidant properties of madecassoside. <https://pubmed.ncbi.nlm.nih.gov/23573153/>

**[3]** Phytotherapy Research: Triterpenoids and Skin Firmness - A study on the effects of triterpenoids in improving skin elasticity and firmness. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6150937/>



# References

## Chamomile

**[1]** A study published in the *Journal of Ethnopharmacology* demonstrated significantly improved wound healing in rats by reducing inflammation and promoting tissue regeneration [4](https://pubmed.ncbi.nlm.nih.gov/16492570/). <https://pubmed.ncbi.nlm.nih.gov/16492570/>

**[2]** Research published in the *Journal of Drugs in Dermatology* found that chamomile extracts can help restore the skin barrier function, which is essential for maintaining skin health and preventing scarring contributing to better skin repair and reduced scar formation [5](https://pubmed.ncbi.nlm.nih.gov/17619557/). <https://pubmed.ncbi.nlm.nih.gov/17619557/>

**[3]** A clinical trial published in the *European Journal of Medical Research* assessed the efficacy of chamomile cream in treating atopic dermatitis. The results indicated that chamomile cream was effective in reducing inflammation and promoting healing, suggesting its potential benefits for scar reduction in other skin conditions as well [6](https://pubmed.ncbi.nlm.nih.gov/10907687/). <https://pubmed.ncbi.nlm.nih.gov/10907687/>

## Horsetail Herb

**[1]** [Journal of Medicinal Food: The Role of Silica in Skin Health](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5607655/) - A study highlighting the importance of silica in collagen synthesis and skin elasticity. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5607655/>

**[2]** [PubMed: Antioxidant Activity of Equisetum arvense](https://pubmed.ncbi.nlm.nih.gov/20883269/) - Research demonstrating the antioxidant properties of horsetail and their protective effects on the skin. <https://pubmed.ncbi.nlm.nih.gov/20883269/>

**[4]** Wound Healing and Skin Regeneration: The effect of Equisetum arvense ointment in treatment of pressure sores. A randomized, blind clinical trial. *Journal of Alternative and Complementary Medicine*, 19(10), 898-902. <https://onlinelibrary.wiley.com/doi/10.1155/2017/3406215>

