

natural ingredients for face care



moisturizers

ceramides

these lipids help skin retain moisture

glycerin & plant-based oils

moisturize as they clean



olive oil

contains vitamin E and antioxidants

milk & yogurt

soothes & smooths skin. the lactic acid helps even skin tone.

baking soda

wash face with paste of baking soda & water to remove dead skin

oatmeal

anti-inflammatory. very gentle, so it won't tear or injure sensitive skin.

cooled coffee grounds

also helps tone the skin



exfoliators

ground raspberry & blackberry seeds

help loosen & remove dead skin cells

sugar

contains glycolic acid which breaks down the protein holding dead skin cells together. also boosts new skin cell production.

treating acne

tea tree oil

acts as an antiseptic to clear bacteria and germs that can cause or exacerbate acne, boils, psoriasis, cuts, and more

lemon juice

contains alpha hydroxy acid which helps remove dead skin cells and clear the skin

ground orange seeds

the texture acts as a natural exfoliant while the vitamins nourish the skin.



honey

fight skin infections and reduces inflammation. helps attract and retain moisture.

strawberries

contains folic acid which helps fight acne

liquid milk of magnesia

helps control oily skin and reduce breakouts

treating wrinkles & sun damage

coffee berry extract & soy extract

reduce the signs of sun damage

olive oil

combats the sun's effects and prevents wrinkles

licorice extract & kojic acid

lighten age spots

glycerin

temporarily plumps the skin, minimizing appearance of wrinkles

papaya

dissolves dead skin cells without harming the live cells beneath. helps heal the skin and reduce lines and age spots.



soothe irritation or sunburn

cucumbers

helps skin feel cool and fresh.

milk

the minerals and vitamins in milk helps nourish and soothe irritated skin.



apricot juice

treats sunburn, itching, and eczema while helping combat the effects of age and weather.

lips

sugar & water

rub gently on lips to exfoliate

eyes

calendula (marigold)

fight under-eye puffiness



caffeine

reduces bags

natural face mask recipes

- 4 Tbsp. **powdered milk**
- 2 Tbsp. **warm water**
- 2 Tbsp. **honey**

- mix ingredients well
- apply to face
- lay a warm, damp washcloth across face for 10 minutes
- wipe off mixture with washcloth
- pat dry

great for **dry skin**. the honey helps the skin **retain moisture**. the milk soothes irritation.

- 1 tsp. **green tea powder**
- 1/2 tsp. **water**

- dissolve tea in water to make a thin, smooth paste.
- spread paste on face
- let sit for 10 minutes
- rinse off



- 2 c. **coarsely ground coffee**
- 1 c. **sea salt**
- 2-3 Tbsp. **massage oil**

- take a warm shower or thoroughly wet face with warm water
- rub the mixture onto your skin with circular motions
- rinse off and pat dry
- apply your favorite lotion

exfoliates & tones skin

- whip 2 **egg whites** into a light foam
- spread a thin layer on face
- let firm
- rinse off

good for **oily skin**. the egg whites **tighten pores**.

- 1 ripe **tomato**
- 1 tsp. **lemon juice**
- 1 tsp. **instant oatmeal**

- puree ingredients
- spread on face
- let sit for 20 minutes
- rinse off



- 1 c. **oatmeal**, finely ground
- 1 c. plain **yogurt** or **buttermilk**
- 2 Tbsp. **honey**

- mix into a paste
- apply to face
- leave for 15 minutes
- rinse off with warm water

exfoliates & nourishes skin.

- 1 tsp. **honey**
- 1 tsp. **vegetable oil**
- 1/4 tsp. **lemon juice**

- mix ingredients
- rub on dry skin
- let sit for 10 minutes
- rinse off

