

Make an Organic Skincare Line



JOAN MORAIS

Make an Organic Skincare Line by Joan Morais

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MAKE AN ORGANIC SKINCARE LINE

SKIN CARE

You can make your own highly effective organic skincare line using plant oils, herbs, grains, hydrosols and essential oils. Understanding skin care; the skin on the face, neck and décolleté area will help you to customize your products for skin type and skin conditions. The facial skin needs special treatment as it is always exposed to the elements; sun, wind, heat, cold, dust and smoke. Our face and neck are rarely covered with clothing.

Our skin is intelligent. It knows how to care for itself. All we need to do is allow it to do its job, to protect, release and renew. We need to support our skin by using pure and nurturing plant-based ingredients and products.

OUR SKIN

- Our largest organ
- Protective barrier for our internal organs and internal body
- Eliminates toxins from our body
- Absorbs everything we put on it
- Constantly being renewed; every 24 to 40 days
- New cells are exactly like the old cells and replace the old sloughed off cells
- Nurturing our skin supports it to continually regenerate itself; it knows how to take care of itself
- Total health is skin health
- Contains moisture, oil, nutrition and oxygen

A square inch (approximately 6.5 square centimeters) of skin contains:

- 78 yards (70 meters) of nerves
- 95 - 100 sebaceous glands
- 19 yards (17 meters) of blood vessels
- 19,500 sensory cells at the ends of nerve fibers
- 9,500,000 cells
- 650 perspiration glands
- 65 hairs

Sebum

- Natural protective oily substance produced by the body
- Provides an antibacterial layer (protects from germs) and holds in moisture

KNOW YOUR SKIN TYPE

Most people misdiagnose their skin type. Our skin is always changing and so is our skin type. The first step is to understand your skin. Your skin is unique to only you. Pay attention to your skin and what it is telling you. Listen to your skin. You and your skin are the authority and knows best; not the magazines or cosmetic companies. Listen to your body for the foods to eat that are best for your body and your skin. When you feed your body nutritious and fresh food, you will have vibrant skin.

Normal Skin

- Balanced with the oil and moisture evenly distributed
- Firm, vibrant, supple, and blemish-free, even skin tone, color and texture with normal size pores
- Tends to be free of lines and wrinkles
- Few people have normal skin
- Essential oils assist maintaining normal skin
- Essential oils for normal skin: can use most essential oils for skin care

Dry Skin

- Does not produce enough oil
- Usually feels tight, dry and looks tired and dull with fine lines
- Pores are unseen to very small
- Dehydrated skin* may be confused with dry skin, the difference is that dehydrated skin has oil but lacks in moisture and looks parched, the skin does not hold onto the moisture
- Dry and dehydrated skin may be sensitive, unless cared for the skin tends to wrinkle prematurely
- Essential oils assist to balance dry skin and encourage oil production, use essential oils that are balancing, moisture enhancing, regulating and toning
- Essential oils for dry skin: clary sage, frankincense, lavender, rose geranium, palmarosa, ylang ylang, neroli, rose otto, carrot seed, Roman chamomile

Oily Skin

- Produces too much oil from over stimulated glands
- It can be greasy with blemishes that may be infected, contain large and clogged pores with blackheads
- It looks shiny and the texture is usually thick
- It can become more severe if overly-cleansed with harsh cleansers that remove the natural oils as this transmits a message to the glands to make more oil to protect the skin's surface
- Does not wrinkle as quickly as other skin types
- Essential oils assist with balancing the oil and reducing bacteria, use essential oils that are balancing, anti-bacterial, toning and astringent
- Essential oils for oily skin: atlas cedarwood, clary sage, cypress, frankincense, rose geranium, lavender, mandarin, palmarosa, ylang ylang, rosemary verbenone

Combination Skin

- Functions differently in various areas of the face, tends to be dry around the mouth, the cheeks and the eyes and oily in the area of the forehead and the nose
- Should be cared for as two separate skin types; dry and oily
- Essential oils can be used to customize skin care products to address each area and bring balance to this skin type
- Use essential oils that regulate, balance and are suggested for dry and oily skin
- Essential oils for combination skin: refer to essential oils for oily and dry skin types

Sensitive Skin

- Reacts to allergens, detergents, preservatives, chemical irritants, specific ingredients, the sun, stress, air conditioning, heating and fluctuation in hormones
- May become extremely sensitized that even the slightest stimuli will cause a reaction
- Sensitive skin is increasing in more people
- Essential oils assist to soothe and calm the skin, use essential oils that are relaxing, soothing and calming
- Essential oils for sensitive skin: do a skin test first on the inside of the elbow with the essential oil diluted in a plant oil and use a very small amount 0.25%; try lavender, Roman chamomile

Mature Skin also called Aging Skin

- May show sun damage with fine lines and wrinkles starting to form on the face
- May appear to lack vibrancy and moisture and show signs of pigmentation (discoloration-brown spots) and sagging and show broken capillaries also called couperose skin
- Couperose skin* contains tiny dilated capillaries around the nose, cheeks and is usually dry, thin and delicate and is aggravated with extreme temperatures
- Essential oils assist to reduce and slow down the aging of the skin, use essential oils that are rejuvenating, moisture enhancing, wrinkle reducing, anti-inflammatory and promote elasticity
- Essential oils for mature skin: frankincense, rose geranium, palmarosa, carrot seed, Roman chamomile, helichrysum, neroli, rosemary verbenone, rose otto, neroli

Acne

- Can happen at any age and with any skin type and may appear at times when the hormones are fluctuating the most; puberty, pregnancy, menstruation, ovulation or perimenopause, can also be related to other events happening in the body
- Usually the skin has excess oil; this may cause pores to become clogged; the overabundance of oil attracts bacteria that can cause infection and inflammation
- Essential oils assist to balance the excess oil, prevent infection, balance hormones and reduce stress, use essential oils that are soothing, antiseptic, anti-bacterial, hormone balancing and anti-inflammatory
- Essential oils for acne: atlas cedarwood, clary sage, cypress, rose geranium, lavender, mandarin, thyme linalol

Eczema and Psoriasis

- Conditions that need to be addressed with an evaluation by a wellness care professional addressing the immune system, food allergies and family history of asthma, eczema and psoriasis, usually triggered by stress
- Essential oils assist to soothe the itching, weeping and dryness of the skin and reduction of stress, use essential oils that are relaxing, soothing, calming and anti-inflammatory
- Essential oils for eczema and psoriasis to calm and soothe: Roman chamomile, mandarin, helichrysum, lavender

JOAN'S TOP SUPERIOR PLANT OILS

Plant oils nourish, protect, moisturize, soften and smooth the skin. Plant oils are my all time favorite ingredients in natural skincare products. Plant oils are one of the best supportive ingredients for the skin. Plant oils have been used since antiquity on human skin. They are familiar to us and the skin easily recognizes them.

Even oily skin can do with a drop of plant oil. A drop of plant oil on oily skin will communicate to the skin to slow the oil production.

When you make your own products you know how much plant oil is in the product. Most commercial products do not contain any plant oil or if they do, a very small amount.

I have worked with a lot of plant oils. I chose these plant oils since they are very stable with a long shelf life and fairly easy to source. I like to use oils rich in antioxidants, vitamins A, D & E, carotene and essential fatty acids. My first choice of oils are organic, cold pressed and unrefined, although some plant oils that are expeller pressed and slightly refined are excellent oils and some plant oils are not available in organic. Below I have listed the plant oils available in organic.

Organic Sweet Almond

Nourishing, revitalizing, lubricating, soothing, use for most skin types

Organic Apricot Oil

Gentle, softening, moisturizing and nourishing, use for most skin types, sensitive skin

Organic Avocado Oil

Nourishing, hydrating, soothing, moisturizing, softening, restorative, use for most skin types, especially sensitive, dry and mature

Organic Coconut Oil

Moisturizing, protecting, softening, cleansing, soothing, use for most skin types, especially oily and acne

Meadowfoam Seed Oil

Softening, nourishing, moisturizing, rejuvenating, wrinkle softening, use for mature, wrinkled skin

Organic Sesame Oil

Nourishing, moisturizing, soothing, natural sun protection, use for most skin types

Organic Sunflower Oil

Deeply nourishing, softening and conditioning, use for most skin types

JOAN'S TOP LUXURY PLANT OILS

Organic Argan Oil

Promotes skin elasticity, smoothing of fine lines and wrinkles, use for dry, mature and hormonal reactive skin

Organic Baobab Oil

Moisturizing, softening, nourishing, use for most skin types especially dry and oily skin

Organic Jojoba Oil

Softening, soothing, nourishing, moisturizing, protecting, natural sun protection, use for most skin types

Organic Marula Oil

Light, conditioning, softening, cleansing and moisturizing, use for most skin types

Organic Pomegranate Seed Oil

Promotes elasticity and regeneration, nourishing, use for mature and damaged skin

Organic Rosehip Seed Oil

Regenerating, softening, smoothing, tones skin and reduces wrinkles, use for young adult and mature skin

Organic Sea Buckthorn Oil

Anti-inflammatory, revitalizing and rejuvenating and helps with the reduction of wrinkles, use for mature skin and acne

JOAN'S TOP ESSENTIAL OILS FOR SKIN (ECONOMICAL)

Bay Laurel *Laurus nobilis*

- Balancing and uplifting, antibacterial and detoxifies skin
- Use for most skin care, lymphatic system

Cedarwood, Atlas *Cedrus atlantica*

- Grounding and relaxing, antiseptic, anti-fungal and astringent
- Use for most skin care, acne, oily skin

Clary Sage *Salvia sclarea*

- Balancing (helps to balance the menstrual cycle, menopause, sebum), calming and regulating
- Use for most skin care, acne, dry skin, oily skin, mature skin and congested skin

Cypress *Cupressus sempervirens*

- Uplifting, antiseptic, astringent and balancing (helps to balance hormones)
- Use for acne, oily skin, mature skin

-Frankincense *Boswellia carteri*

- Soothing and calming
- Use for most skin care, acne, dry skin, mature skin, combination skin, oily skin and wrinkles

-Geranium (Rose) *Pelargonium graveolens*

- Uplifting, balancing (menstrual cycle, menopause, sebum) relaxing, antifungal and regenerative
- Use for most skin care, acne, eczema, psoriasis, broken capillaries, dry skin, oily skin, mature skin, congested skin, inflamed skin

Lavender *Lavandula angustifolia*

- Calming, relaxing, anti-inflammatory, antiseptic with excellent regenerative properties
- Use for most skin care, acne, eczema, psoriasis, wounds, burns-to prevent scarring, dry skin, oily skin, sensitive skin, combination skin, mature skin

Mandarin *Citrus reticulata*

- Balancing, calming and soothing
- Use for most skin care, prevention of stretch marks in pregnancy, acne and oily skins

Palmarosa *Cymbopogon martini*

- Relaxing, soothing, refreshing, hydrating, anti-fungal, antiseptic, balancing (sebum) and regenerative
- Use for most skin care, acne, eczema, dry skin, oily skin, combination skin and mature skin

Peppermint *Mentha x piperita*

- Refreshing, stimulating and reviving
- Use highly diluted for dull and lifeless skin, keep away from the eyes

-Thyme Linalol *Thymus vulgaris linalol*

- Uplifting, antiseptic, anti-fungal
- Use for acne, eczema, psoriasis, wounds and sagging skin

Ylang Ylang *Cananga odorata*

- balancing (sebum), soothing, softening, a skin tonic
- use for most skin care, combination skin, dehydrated skin, dry skin and oily skin

JOAN'S TOP LUXURY ESSENTIAL OILS FOR SKIN (EXPENSIVE)

Carrot Seed *Daucus carota*

- Contains beta-carotene, a precursor to vitamin A (the body converts this to vitamin A), highly rejuvenating, revitalizing
- Use for most skin care, mature skin, dry skin and wrinkles

Cape Chamomile *Eriosephalus punctulatus*

- Relaxing, calms nerves, anti-inflammatory
- Use for most skin care, mature skin, psoriasis and inflamed and irritated skin

Roman Chamomile *Anthemis nobilis*

- Relaxing, soothing, calms nerves, anti-inflammatory
- Use for most skin care, redness, eczema, broken capillaries, rosacea, dry skin, oily skin, sensitive skin, and combination skin

Helichrysum *Helichrysum italicum*

- Excellent anti-inflammatory and highly regenerative
- Use for most skin care, acne, eczema, bruises, scars, wounds, broken capillaries, mature skin and wrinkles

Neroli *Citrus aurantium*

- Soothing, balancing, toning, anti-inflammatory, promotes elasticity, highly revitalizing, cell regenerative
- Use for most skin care, redness, broken capillaries, stretch marks, combination skin, dry skin, sensitive skin and mature skin

Rosemary Verbenone *Rosmarinus officinalis verbenone*

-Invigorating, stimulating, regenerating

-Use for most skin care, acne, scars, congested skin, combination skin, oily skin, mature skin and wrinkles

Rose Otto *Rosa damascena*

-Calming, soothing, balancing, nourishing, softening, regenerating, revitalizing and a skin tonic

-Use for most skin care, broken capillaries, eczema, dry skin, oily skin, combination skin, sensitive skin and mature skin, wrinkles

ESSENTIAL OIL BLENDS

Mix these blends together and then add the amount of drops per the amount of your product.

Amount to Use in Product

Facial skin is sensitive and it is best to use small amounts of essential oil, 0.25% - 0.50%.

Grains - 1 drop essential oil in 1 teaspoon of grain

Toner - 1 drop essential oil to 1 ounce/30 ml of toner

Plant Oil Serum - 4 drops essential oil to 1 ounce/30 ml serum

Most Skin Types

3 drops lavender essential oil

2 drops cypress essential oil

Dry, Mature, Oily Skin

2 drops palmarosa essential oil

1 drop rose geranium essential oil or 1 drop atlas cedarwood essential oil

Age-Defying

1 drop Roman chamomile essential oil

1 drop helichrysum essential oil

2 drops lavender essential oil

HYDROSOLS

Hydrosols are excellent to use on their own to hydrate the skin and work perfectly as a hydrating mist.

Chamomile

- Calms and settles the skin, soothing scent
- Use for reactive skin, sensitive skin, rashes

Lavender

- Calms and balances the skin, relaxing scent
- Use for most skin types

Orange

- Toning and balancing, uplifting scent
- Use for most skin types, especially oily, sensitive and aged

Rose

- Toning and astringent imparting grace and beauty with its harmonious scent
- Use for all skin types

HERBS/HERBAL EXTRACTS

Herbs and herbal extracts are wonderful to add to a toner or add herbal extracts to hydrosols for a toner or mist.

Calendula

The skin-healing herb, nourishing, soothing, use for most skin types

Black Willow Bark

Use for acne

Elder Flower

Cleanses, soothes, softens wrinkles and skin, use for mature, wrinkled skin

Horsetail

Soothes, hydrates skin, use for dry, mature skin, eczema, psoriasis

Lavender

Calming, relaxing, soothing, skin reparative, use for most skin types

Lemon Balm

Soothes and calms the skin, use for acne, blemishes, rashes, eczema, psoriasis

Nettle

Nourishing, astringent, toning and helps to stimulate circulation, use for most skin types

Oat Straw

Soothing, calming and softening, use for most skin types, rashes, sensitive skin

Parsley

Soothing, use for blemishes, psoriasis and eczema

Peppermint

Clarifying, refreshing and revitalizing, use for oily and dull skin

Rose

Softens and soothes skin, mild astringent, use for combination skin

Rosemary

Purifies, cleanses, rejuvenates and tones, use for oily skin

Thyme

Great antiseptic, use for acne and infection

White Tea

Anti-inflammatory, antioxidant, rejuvenating, use for most skin types, mature skin

GRAINS

Grains that are finely ground are excellent for the face. They assist in cleansing and gently exfoliating the skin.

Barley

Barley is cleansing, soothing and nourishing. It contains vitamins E and F. Barley is mucilaginous and has a nice slip massaging it onto the skin

Millet

Millet is rich with vitamins and minerals especially magnesium. It is an excellent mild exfoliator and brightens the skin

Oats

Oats assist in relieving inflammation and itching, soothes sensitive skin, moisturizes, softens brown spots

MAKE YOUR OWN NATURAL FACIAL PRODUCTS

There are four products you can make and customize to your skin type to promote radiant skin: two-grain facial cleanser & exfoliating grains, facial steam herbs, facial toner and facial serum. These products cost a fraction to make and create the same results if not better as luxury skin care products.

JOAN'S 5 SIMPLE DAILY STEPS FOR RADIANT SKIN

AM

1. Cleanse (gentle cleanse with a splash of water or hydrosol or add a drop of facial oil into a bowl of warm water and soak a wash cloth and gently wipe the face)
2. Tone (toner or hydrosol)
3. Moisturize (seal in moisture with facial oil and gently massage your face with oil and a loving smile)

PM

4. Cleanse (gentle cleanse with grains)
5. Nourish (nourishing toner or hydrosol)

STEP 1: CLEANSE

Cleansing is the most important step for vibrant skin. A facial cleanser should gently lift dirt and make-up. A facial cleanser should always be gentle and never harsh.

Natural Cleansers

Skin Care Oils

-Absorb dirt and can be used as a gentle cleanser. Castor oil, olive oil, sesame oil and macadamia nut oil are exceptional oils for cleansing as it takes the skin longer to absorb these oils.

Clay

-Draws out impurities from the skin.

Essential Oils

-Include cleansing essential oils in facial cleansing products; try distilled lemon essential oil

Grains

-Excellent gentle cleanser

TWO-GRAIN FACIAL CLEANSER AND GENTLE EXFOLIANT

This cleanser gently polishes, cleanses, nourishes and exfoliates the top layer of dead skin cells and leaves the skin smooth and silky.

For most skin types

1 part organic barley flour

1 part organic millet flour

organic lavender, mandarin or lemon essential oil

One Time Use

Combine ½ teaspoon barley flour and ½ teaspoon millet flour and mix well.

Optional: Add 1 drop lavender, mandarin or lemon essential oil

Large Batch

Container: 16 ounce Mason Jar

Combine ½ cup of barley flour and ½ cup millet flour in the Mason jar. Cap jar and shake well.

Optional: Add ½ teaspoon lavender, mandarin or lemon essential oil and shake grains in the jar until well combined.

Keeps for six months or store large batch in the refrigerator or freezer for a longer shelf life

Directions for Use

Pour a quarter size amount of grains into the palm or mini bowl. Add water or hydrosol to cleansing grains and make a paste. Gently massage onto the face. Rinse off with warm water.

This is easy to do in the shower but messy to do over the sink. Keep a small closed container with grains in the shower to make it more convenient. A spice jar with a shaker lid is a great container.

STEP 2: TONE

Facial toners soothe, hydrate, refresh skin and help to remove oily residue.

PURE HYDROSOL TONER

I love using pure hydrosol for a hydrating mist. I use a beautiful rosewater that is hand distilled with estate grown roses.

TONERS WITH EXTRACTS

This toner does not contain a preservative. If it is kept in a refrigerator and in a sealed glass container it should remain fresh for a few weeks. This is for your personal use. If you sell toners, they must be effectively preserved.

REFRESHING TONER

1 teaspoon Herbal Extract
½ teaspoon Aloe Vera Gel
1 drop Peppermint Essential Oil
2 ounces Distilled or Spring Water

CALMING TONER

1 teaspoon Herbal Extract
½ teaspoon Aloe Vera Gel
1 drop Lavender or ½ drop Neroli or Roman Chamomile Essential Oil
2 ounces Distilled or Spring Water

Container

1 ounce glass bottle with atomizer
Combine extract, aloe vera gel and essential oil into the bottle and mix well. Fill bottle with water. Cap and mix well.

Directions for Use

Mist onto the face or onto a cotton ball and lightly apply to skin

STEP 3: MOISTURIZE

Oil serums deliver actives to the skin, feed, nourish, lock moisture into the skin and protect the skin. Use smooth and soft oils for the face. Some plant oils have natural sun protection (sesame, jojoba, apricot, almond, avocado).

PLANT OIL SERUMS

In my opinion, plant oil serum is one of the best products for the face. Even oily skin should have a small amount of plant oil used on it. This will communicate for the skin to stop producing too much oil. Plant oil serums protect, soften, soothe and smooth the skin. They rejuvenate and feed the skin and promote vibrant and supple skin. You only need one to two drops for the face.

Container: 1 ounce glass bottle with a treatment pump or glass dropper

Directions to Make

1. Combine oils into glass bottle
2. Add up to 4 drops essential oil for skin type
3. Gently roll jar in the palm of your hands to blend

MOST SKIN TYPES MOISTURIZING SERUM (BEST BUDGET SERUM)

most skin types

6 teaspoons Organic Sesame Oil (unrefined)

1-4 drops Most Skin Types Essential Oil Blend (on page 12)

AGE DEFYING & REJUVENATING SERUM

3 teaspoons Argan or Meadowfoam Seed Oil

2 teaspoons Rosehip Seed Oil

1 teaspoon Jojoba Oil

1/4 teaspoon Pomegranate Seed Oil (optional)

1-4 drops Age Defying Essential Oil Blend (on page 12)

NORMAL SKIN SERUM

5 teaspoons Apricot or Sweet Almond Oil

1 teaspoon Sesame Oil

Most Skin Types Essential Oil Blend (on page 12)

OILY SKIN SERUM

5 teaspoons Baobab Oil
1 teaspoon Jojoba Oil
Dry, Mature, Oily Skin Essential Oil Blend (on page 12)

DRY SKIN SERUM

3 teaspoons Meadowfoam or Sunflower Oil
2 teaspoons Avocado Oil
1 teaspoon Jojoba Oil
Dry, Mature, Oily Skin Essential Oil Blend (on page 12)

SENSITIVE SKIN SERUM

4 teaspoons Avocado Oil
2 teaspoons Apricot Oil
Don't add essential oil unless a skin test is performed on the inside of the elbow for possible reaction. This should also be done for the plant oils.

How To Use

Place one to two drops plant oil serum on the tips of your three middle fingers. Rub the middle fingers of each hand together spreading the oil. Massage the plant oil serum onto your damp skin after you have applied toner. This will lock in the moisture and protect the skin.

MESSAGE

When you consciously and lovingly touch your face, you are telling yourself, you matter. And it feels good. Take a few extra seconds to lovingly touch your face while massaging your serum onto your skin. Do sweeping upward strokes, on your neck, your cheeks, temples and forehead. Gently tap with your fingers around your eyes. Smile at yourself in the mirror. Love the skin you are in right now at this moment. Love all of it, the spots, the lines and imperfections. Beauty lies in the acceptance of imperfection. Everything in nature is perfect in its imperfection; the scars on the trees, the broken branches and the worms in the apples. There is only one you. Be grateful for the beauty of you and radiate it out to others.

LYMPHATIC SYSTEM

The lymph system is extremely important and often neglected. The lymph system is just below the skin. It becomes congested with waste. A flowing lymphatic system carries out the toxins promoting radiant skin. It can help to reduce puffiness in the face and under the eyes and break outs on the skin. Get a lymphatic massage. Ask an esthetician to show you how to do a do-it-yourself lymphatic massage.

FACIAL STEAM

Facial steam brightens the skin and adds a radiant glow, opens pores while releasing toxins and carries the nourishing properties of the herbs into the skin. Facial steams are excellent for congested, oily and normal skin. For acne and sensitive skin and broken capillaries use with care as it may aggravate the skin. For less aggravation, try reducing the temperature of the water and then do the steam for only a few minutes.

FACIAL STEAM HERBS FOR SKIN TYPE

Normal to Dry Skin- Chamomile, Horsetail, Lavender, Nettles, Roses

Oily Skin- Lavender, Peppermint, Lemon Verbena, Rosemary

Acne- Calendula, Elder Flower, Lavender, Lemon Balm, Thyme

JOAN'S FAVORITE REFRESH MINT FACIAL STEAM

Reviving, refreshing, soothing, use for most skin types

Container 1 ounce jar holds 4 tablespoons of herb

2 tablespoons Dried Organic Peppermint

1 tablespoon Dried Organic Calendula

1 tablespoon Dried Organic Lemon Balm

Combine all ingredients.

HOW TO DO A FACIAL STEAM

1. Bring 6 cups of water to boiling (best to use purified, spring or distilled water).
2. Add a handful of fresh herbs or 3 tablespoons of dried herbs to a glass bowl.
3. Pour boiling water over herbs. Let herbs steep for about 5 minutes. (Or make a strong tea on the stove with the herbs and pour the tea into the glass bowl and steam.)
4. Sit comfortably in front of the bowl and drape a bath towel over your head and the bowl, creating a tent. Be careful with the hot water. Hold your face 8-10 inches above the water.
5. Keeping your eyes closed, relax and breathe in and out slowly. If you get too hot, open the sides of the towel. Steam your face for about 10 minutes.

ESSENTIAL OIL DILUTION CHART (OUNCES/ML)

This chart has been configured on **1% dilution averaging 9 drops essential oil per ounce or 30 ml of product**. This is not a precise measurement but an estimate, each essential oil weighs and measures differently.

Add essential oils up to these amounts. The amount depends on the essential oils being used, the strong aroma and action plus the product it will be used in. For example, peppermint essential oil is very strong and should be used minimally. For strong essential oils, always use less.

Amount of Product	0.25% Dilution	0.5% Dilution	1% Dilution	1.5% Dilution	2% Dilution
1 ounce/ 30 ml	2 drops	4 drops	9 drops	13 drops	18 drops
2 ounces/ 60 ml	4 drops	9 drops	18 drops	27 drops	36 drops
3 ounces/ 90 ml	6 drops	13 drops	27 drops	40 drops	54 drops
4 ounces/ 120 ml	9 drops	18 drops	36 drops	54 drops	72 drops

RESOURCES

Herbs

Mountain Rose Herbs www.mountainroseherbs.com

Plant Oils

Essential Wholesale www.essentialwholesale.com

Mountain Rose Herbs www.mountainroseherbs.com

From Nature with Love www.fromnaturewithlove.com

Essential Oils

Nature's Gift www.naturesgift.com

Original Swiss Aromatics www.originalswissaromatics.com

Stillpoint Aromatics www.stillpointaromatics.com

Grains

Bob's Red Mill www.bobsredmill.com

Containers

Ed Luce www.essentialsupplies.com

SKS Bottle www.sks-bottle.com

ABOUT JOAN MORAIS

Joan Morais is a green cosmetic formulator and instructor experienced in cutting edge and innovative formulations. Joan is the founder of Joan Morais Cosmetics School and The Formulators LAB. Joan's focus is on clean beauty; organic, natural, sustainable, plant-based and cruelty-free. Joan teaches and consults with people worldwide. She has formulated and taught for over 16 years. Joan is a certified aromatherapist and herbalist.

Joan Morais Cosmetics School teaches courses on making natural and organic products for hair and skin and creating a clean beauty line. Joan has assisted thousands in learning the art and science of formulating and making natural cosmetics. She has taught at top spas and companies.

Joan Morais' formulas contain high quality plant-based, vegan ingredients; natural, organic and wild crafted herbs; botanical extracts, pure plant butters, vegetable oils and essential oils. The results are effective natural cosmetics that promote nourished, radiant skin and hair and are friendly to people, animals and the earth.

Joan Morais Cosmetics School

www.joanmorais.com

Professional Natural Skin Care Formulation Diploma Course

Professional Natural Hair Care Formulation Diploma Course

The Formulators LAB™

www.theformulatorslab.com

Members and Non-Members

Formulation Classes, Training, Expert Guests