

NOURISH Depending on the quality of your skin, you can apply one or more of a hydrating spray (hydrosol), aloe gel, and facial oil. When you use two or more, apply them in layers with the oil last. Use only enough aloe gel and facial oil to lightly cover the skin; for the oil, this is a few drops.

A Spa Program

REMOVE HEAVY MAKEUP Same as for daily program.

SCRUB Prepare exfoliating scrub. Wet skin with warm water. Apply scrub with fingertips using circular motions for about one minute; it's best to avoid the eye area. Rinse with warm-to-lukewarm water and washcloth, scrubbing gently with the cloth. Do a final rinse by splashing fresh water with your hands; leave your eyes open so they can be flushed. Pat skin dry with a towel.

STEAM Place 2 tablespoons (a handful) of herbal blend in a heat-proof bowl (nested pyrex bowls are great). Pour in 2 cups of boiling water; if using nesting bowls, pour some boiling water in the outer bowl to extend the steam. Lean over the steaming water; drape a large, thick towel over your head and the bowl to keep the steam from escaping. Close your eyes. Keep your face as close to the water as is comfortable. Steam for 2 or more minutes, or until steam stops. Rinse with warm water and washcloth, pat dry with towel. Caution: this may be irritating to skin that is blotchy or has broken veins; if so, reduce the time or skip this step.

MASK Prepare mask, using the herbal water from the steam as one of the liquid ingredients. Spread mask on face and neck with the back of a teaspoon; this is like icing a cake. If you use the clay specified, you can apply the mask to the eye area and lips. The mask works until it dries. The thicker the mask, the more effective it can be; you can extend this effectiveness by periodically spraying your face with a hydrosol or water. Remove before it gets completely dry: Rinse with lukewarm water.

TONE Same as for daily program.

NOURISH Same as for daily program.

Skin Care *au Naturel*

There is *no better way* to care for your skin than with completely natural substances. It is easy to do and inexpensive. There are lots of techniques and products to choose from. More importantly, your skin can be its best.

Just what is natural? As “natural” has become big business, its meaning as used on labels and advertising has become empty. Natural substances can be animal, plant, or mineral. You can recognize them by common and/or Latin names and by an indication that they have been harvested or extracted. I do not consider substances that are derived, refined, processed with heat in any way, or manufactured to be natural. “Derived from” is a phrase found on many commercial product labels; it always refers to a chemical and in most cases the chemical does not occur naturally in the source material—it is a synthetic chemical that is manufactured.

Authentic, pure, and fresh: A wonderful advantage of do-it-yourself cosmetics is that they can be authentic, pure, and fresh—why would you want to use anything else? Authentic means genuine and real. Pure means free from adulterants, impurities, and contaminants. Fresh means recently made, produced, or harvested; not stale, nor preserved as by canning or chemicals.

Susan J. Dorey

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Products

CLEANSING OIL Almond oil, camellia oil

EXFOLIATING SCRUB Combine $\frac{2}{5}$ white kaolin clay, $\frac{2}{5}$ powdered oat flakes, $\frac{1}{5}$ brown rice flour. You can combine enough dry ingredients for several applications; they will keep unrefrigerated for several months. Add liquid ingredients just before use: one or more of water, toner (see below), yogurt, aloe gel. Add enough liquid to make a thick-to-medium paste. You will need about 1 tablespoonful for an application.

CLAY MASK Combine $\frac{2}{3}$ French green Montmorillonite clay, $\frac{1}{3}$ powdered oat flakes. You can combine enough dry ingredients for several applications; they will keep unrefrigerated for several months. Add liquid ingredients just before use: one or more of water, toner (see below), herbal water from herbal steam. Essential oils are optional, but nice: 3 drops of neroli, seaweed, frankincense, or lavender. Add enough liquid to make a paste with the consistency of buttercream frosting. You will need about 2 tablespoonfuls for an application.

TONER Combine 4 oz. hydrosol (like lavender or neroli) with 2 tsp. honey. Let sit overnight to dissolve the honey.

STEAMING HERBAL BLEND Combine equal parts lavender flowers, chamomile flowers, burdock root, anise seeds, and comfrey root.

FACIAL OIL For young, balanced skin use jojoba oil. For acne, include 10–15% castor oil. For mature or dry skin use a blend of $\frac{1}{2}$ walnut oil, $\frac{1}{4}$ pumpkin oil, $\frac{1}{8}$ shea butter, $\frac{1}{8}$ coconut butter. Essential oils are optional, but beneficial, especially for mature/dry skin; choose one or more of lavender, frankincense, patchouli (good for acne), neroli, chamomile (good for irritation). Incorporate 3 drops of essential oils per teaspoon of vegetable oil, no more than 60 drops per 4 oz.

Ingredients

Unrefined vegetable oils like camellia, jojoba, almond, walnut, pumpkin, shea butter, castor (good for acne). ■ Clay like white kaolin, French green Montmorillonite. ■ Organic oat flakes, powdered. ■ Raw honey.

- Aloe gel.
- Hydrosols like lavender, orange (neroli), rose, rose geranium.
- Herbs like lavender, chamomile, burdock, anise, comfrey.
- Essential oils like lavender, chamomile, patchouli, frankincense, neroli.

Key Sources

Flora, Inc. Lynden WA 800-446-2110: for unrefined vegetable oils.
Omega Nutrition, Bellingham, WA 800-661-3529: for unrefined coconut butter.

Janca's Jojoba Oil and Seed Company, Mesa, AZ 480-497-9494: for unrefined jojoba oil.

Mode de Vie, 800-474-4303: for shea butter.

Phybiosis, 888-367-2529: for French green Montmorillonite clay.

Wise Woman Herbals, OR, 541-895-5152: for aloe gel.

Daily Program

Always start with clean hands, and use clean towel and washcloth. Begin with water as hot as is comfortable, then decrease the temperature as you progress through the steps, and end with water as cold as is comfortable.

REMOVE HEAVY MAKEUP Use a cleansing oil. Either wipe skin with an oil-soaked cotton pad or rub oil onto skin with fingertips and blot off with a non-scratchy tissue or cloth.

SOFTEN PORES Use a thick washcloth heated in hot water and wrung dry as a compress. Press to the face for a full minute. Whenever the cloth cools during that time, re-immerses in hot water, wring dry, and reapply.

CLEANSE Pour 1 generous teaspoon of cleansing oil in the palm of one hand, slide hands together to spread it, then rub gently into the skin of the face and neck, including eyelids and lashes. Rub for about one minute. Remove by blotting with a non-scratchy tissue or cloth. Rinse with warm-to-lukewarm water and washcloth, scrubbing gently with the cloth. Do a final rinse with fresh water and without the cloth.

STONE Splash face with cold water. Wet a cotton pad with toner, wipe neck and face. Should pad get soiled (unlikely), use new pad.