

Body Beautiful Unit 2
Unit 2F, Cleansers, Steam, Scrub and Tone



Cleansers - Steam, Scrub and Tone (2F)

Transformations- 1) If it is advised for your skin type create a spa quality steam.



Questions

What is your skin type?

After reading the literature in your course, would a steam be good for your skin type?

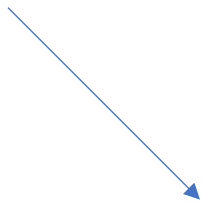
Why?

Why Not?

Overall which skin types are steams beneficial for?

Which skin types can steams be detrimental for?

Which essential oils would you use in a steam for your skin type?



Directions for creating a steam are on the following page
You may try this if it is recommended for your facial type,
if you are over 18 years of age and do not have asthma.
Remember to use a stable bowl to place the water in.
Keep your face a good 10-14 inches from the hot water.
Use eye pads to protect your eyes
Come out of the steam if you are at all uncomfortable.
Assemble all your tools and ingredients before
commencing.

How to Steam-



One must be careful with steaming, as it is possible to cause harm, as you are working with very hot water. You might buy a portable steam unit for facials, or if you are very lucky, you may have a steamer built into your shower.

It is easy to create an at-home steam.

Boil water in a kettle.

Pour it in a bowl or pot you have set up on a table.

Add 4 drops of essential oils, (matched to your facial skin type), to the hot water.

Put a towel over your head, so it forms a "tent" to keep in the steam.

Do not put your face too close to the bowl, or you could get scalded. Find just the right distance away from the pot, so you are warm and damp, but not uncomfortable, 10-14 inches. You should not feel pain with this procedure. If you do, you are too close, or steaming is wrong for your skin type.

Cautions:

Not everyone should steam. Do not steam when there is broken or very fragile skin or rosacea. It also may activate oil glands with very blemished skin. This should be avoided. Do not burn yourself or burst blood vessels. Cover eyes with pads or cloths. Never stay in steam if you are uncomfortable or feel pain. Never use on anyone under the age of 18. Asthmatics should not steam, as it can trigger an episode. Never use essential oils you are sensitive to.

Aphrodite's Foamy Cleanser- For Oily Skin-

1 Tbsp. baking soda

1 tsp. apple cider vinegar.

2 drops rosemary e.o.

Combine ingredients in a small container. Dampen your face and gently massage into skin. Leave on for a few minutes. Rinse well with lukewarm water.



Yogurt and Lemon Cleanser-(2F)



Wonderful for skin that is oily and has acne.

2 Tbsp. yogurt

2 Tbsp. lemon juice- or 3 drops lemon essential oil.

Combine the lemon and yogurt.

Apply to the face and neck.

Leave on for 20 minutes and gently wash off with warm water.

Black Heads Be-Gone

First steam your face and exfoliate using one of the recipes in the course. Another time your pores are naturally open is in a hot bath or shower. Have the mixture put together before your steam or shower 😊



Ingredients:

1 Tbsp. Organic unflavored Gelatin

1 Tbsp. Organic Milk

Clean Foundation Brush for application

Method:

Add both ingredients into a microwavable dish, Mix together and microwave for only 10 seconds. Let it sit for one minute outside of the microwave.

Once it is cool enough to put on your skin take a clean foundation brush and smooth the mixture onto your nose or other areas affected with blackheads.

Wait 10 minutes or until dry and peel off somewhat like a pore strip. It is always intriguing to inspect at the strip after you remove the blackheads.

Sahara, Dry Skin Cleanser-

If your skin feels like the Sahara- try a moisturizing cleanser. Time takes us all through events damaging to our skin and psyches.

This cleanser may help hydrate the most stressed of skin.

Older skin has its own textured beauty, but the sun does leave its signature on us.

We wouldn't want to change anything about our wisdom lines, but dry skin can be uncomfortable. It is good to have a cleanser that provides moisture in the driest of situations.



2 Tbsp. coconut or jojoba oil

12 drops essential oil from the dry skin chart. (Frankincense, roman chamomile, elemi are all good choices).

Put the oils in a 50-ml amber bottle and shake well.

If it ever gets solid, (assuming it's coconut oil), melt by placing the bottle, with the cap securely closed in a bowl of hot water, until it goes back to liquid state. Use with a natural cotton wipe.

Facial Scrubs/Cleansing Grains (2F)

Transformations-

1. If it is advised for your skin type- create a scrub from one of the recipes.
2. Create a cleanser from one of the recipes provided.
3. Make a toner from a recipe in your notes.



This kitty has an efficient way to clean her skin, for

those of us who use other methods there are some ideas below:

Cleansing grains are used to slough off old skin. A favorite historical recipe for cleansing grains uses oats and almonds.

New Again- Scrub-



3 tbsp. ground oats

2 tbsp. clay-(white is the least messy)

1.5 tbsp. crushed almonds (no sharp edges).

8 drops essential oil for your skin type- check chart on skin types.

Pulse dried rolled oats and cornmeal or almonds in a food processor, coffee grinder, or with the dry blade of nutribullet, until the blend is still slightly gritty. Do not use the same food processor or coffee grinder you use for food, as it will leave a strong scent.

Move to a glass container. Stir in the essential oil. Mix thoroughly. Put in a dab of the slightly rough mixture between your fingers and add a bit of water or hydrosol to dampen.

Apply to your face to exfoliate. Do not rub too hard, or allow the pieces of material to be too sharp, as you do not want to scratch your skin. You may make extra, dry scrub ahead of time and keep it, in a glass jar, add the water just before application

Fruit Delight Scrub

2 Tbsp.
oatmeal

2 Tbsp.
cornmeal

2 tsp. wheat
germ

2 tsp. dried
and grated
lemon and
orange peels.



Add 4 drops e.o. of orange, or neroli.

½ tsp. liquid castile soap, (Dr. Bronner's) optional

Grind to a powder, with a little grit left, with a nutribullet, coffee grinder, food processor, or a mortar and pestle.

Mix and store in an air tight container.

Use a tsp. with distilled water or orange blossom floral water when you use this. Always use a scoop, do not touch mixture with your hands. You may also add in a ½ tsp. liquid castile soap to make more of a “wash”.

Rinse well and pat dry.

Gentle Facial Scrub-



½ cup ground oatmeal
¼ cup powdered milk or powdered coconut milk
1 tsp. cornmeal

Good for all skin types, especially dry.
Blend all dry ingredients in a small bowl.
Pour into a pretty container for future use.

To use-

Combine 1 Tbsp. of dried mixture with a small amount of hydrosol or purified water in a tiny bowl mix in 1 drop of essential oil.

For oily skin: try rosemary hydrosol and rosemary verbenone e.o.

For mature skin: rose water and rose otto e.o.

For sensitive skin: roman chamomile hydrosol and roman chamomile e.o.

For dry skin- rosewater or neroli water and 1 drop of cistus e.o.

Lavender Butter, Facial Scrub Formula-

Phase A

40 grams carrier oil, such as, safflower or sunflower
10 grams Olive M, emulsifier
10 grams stearic acid or cetyl alcohol
15 grams shea butter
5 grams cocoa butter

Phase B

16 grams jojoba beads or ground apricot pits
1 gram vitamin E
1 gram preservative- (As this is an oil based product, the preservative is optional, but will give your product a longer life). 2 grams lavender essential oil



Weigh all Phase A ingredients and heat in a water bath until they reach 70C, or until the Olive M has melted.

Remove from the water bath and refrigerate until it starts to harden slightly. Remove it from the fridge and mix with your stick blender until it starts to thicken.

Then add the essential oil, jojoba beads, preservative and vitamin E. Blend well.

Scoop into jars and let sit, without the lid until hardened.

Analyze the formula and decide how you might like to modify it next time and add these ideas into your notes.

Ginger & Apricot Honey Body Scrub, Formula



Can be used for the body- rub gently if used on the face.

25 grams white sugar

25 grams brown sugar

25 grams carrier oil of your choice

15 grams liquid honey

4 grams finely ground apricot kernels or amaranth grains

1 gram ginger essential oil (choose fresh ginger, essential oil, for a true ginger scent)

Stir the sugar and ground apricot kernels or amaranth grains together in a small bowl. Ensure the honey is in a liquid state as you stir it in well. Blend the essential oil in with the carrier oil.

To use, massage the mixture into the skin and wash off with a microfiber cloth. The honey it is a bit sticky.

There is no preservative in this mixture, so ensure you use quickly.

Basic Toner Recipe for Oily Skin-2 (2F)

1 tsp. apple cider vinegar

100 mls floral water or distilled water

2 drops essential
oil for your skin type

Put into a 100-ml
glass bottle.

Let sit for 24
hours.

Then filter this
through a coffee filter.

Add 5 drops essential oil.

Shake very well to disperse.

If you can top your bottle with a spray pump it will be easier to apply. Shake well each time before using to ensure the ingredients amalgamate.



Simple Toner for Mature Skin-

70 grams rose hydrosol

20 grams witch hazel

hydrosol.

5 grams vegetable glycerine

3 grams solubilizer-NatraGem,
S140 NP (Windy Point)

1 gram rose geranium, or rose
essential oil.

1 gram preservative of your
choice. (Substitute Propendiol

1,3 for glycerine if using Euxyl).



Mix the solubilizer with the glycerine and essential oil in a beaker. Stir well. Mix in the rest of the ingredients and continue to stir. Bottle in 2 -50 ml spray bottles. Shake well before using, if separation occurs.

Sensitive Skin Toner, Formula)



Ingredients

75%- Roman Chamomile or Orange Blossom Hydrosol

10% Aloe Vera Juice

5% propendiol 1,3, or vegetable glycerin

1% preservative-(euxyl PE 9010 or geoguard ultra)

1% essential oil of roman chamomile or orange blossom- to match your hydrosol.

1% solubilizer- NatraGm S140 NP (Windy Point)

Procedure

Mix all ingredients.

Stir well.

Put in a bottle with a spray top for easy application.

A toner is usually used after cleansing and before applying your serum or lotion. For dry skin, sometimes a toner is used instead of washing.

Facial Wet Wipes-

Use blue micro-paper towels.



Get a glass or BPA free plastic container with a good lid. Carefully, cut the paper towel roll into a length slightly shorter than your container.

Stick the new, smaller sized cylinder into the glass container. Saturate with a mixture of 99.5% purified water or hydrosol and .5% essential oil. The cardboard interior should start to soften. Pull it out. Then tug on a towel from the center, to start bringing up the towels.

Choose an essential oil suitable for your skin type- i.e. rose geranium, roman chamomile, lavender etc. If you have used hydrosol to saturate the towels you do not need to add much essential oil.

Pull one sheet of paper towel up, to allow for the roll to unroll easily with each tug. If it ever dries out, add more hydrosol and water to the mix. You now have your own facial wet wipes for home, work or travel.

