

How to care for your skin and make simple products made from items found in the Kitchen Cupboard

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Acacia Workshop (designed for WIRE)

1. INTRODUCTION
2. CLEANSE
3. Facial EXERCISE
4. WASH OFF - Wipe off with warm towels
5. Skin Booster
6. Face masques (only if time)
7. MOISTURISE - Makeup a SPECIFIC facial oil if you wish to take home
8. Complete a Feedback form and collect your Voucher

Today you can participate in making and using simple ingredients found in the kitchen cupboard. Please always remember to avoid using any ingredients you may be **intolerant or allergic to**.

In the past using natural ingredients on your body with natural recipes/potions was part of everyday life. It disappeared in the 50's when chemical science and synthetics took precedence. This new world was embraced until more recently when people were becoming nervous of pollution, injected hormones and insecticide ridden foods & products which are reported as having bad side effects.

When I (Pauline Crates) opened my first High Street salon, in the late 1970's, our Unique Selling Point was that we made the products ourselves that we used on our clients for facial treatments: recipes specific to the client (a little like you can try today). We also commissioned our own make-up, the range was Crystal Clear and the Salon was called Crystal Beauty Clinic. A few years later I started to work in the Aromatherapy field and became even more interested in natural skin care and went on to work very successfully with or a nutritional skin care company (for over 25 years). In 2012 UK lost that brand in Europe, which had originated in Australia. Today, we use in our Salon a range based on natural ingredients plus use Ayurvedic herbs, **ARK** skin and body care naturopathic products 'acts of random kindness' a British range.

Your face is the first place to show lack of exercise. Retained toxins can show in poor colour, and blemishes in the face. Diseases may be indicated by the wrinkles on the face

To maintain good healthy skin one needs exercise, a healthy cleansing regime, nutrition and sleep.

Today you can participate in cleansing and nourishing your faces, plus, exercising your face

My aim is you should hopefully eliminate some bad habits and gain some knowledge to take care of your skin

Helpful Index

- ❖ **Infusions** are leaves and flowers which have been steeped for 15mins- 3 hours in previously boiled water. Often in facials milk is used without heat
- ❖ **Decoction** is barks, roots or seeds boiled in water
- ❖ **Essences** are oils in alcohol = 1 oz. of essential oil dissolved in 1 pint of alcohol
 - ◆ (1 fluid ounce = 28.4ml)
- ❖ **Tinctures** are herbs in alcohol/vinegar or glycerine = 1oz crushed herb in 12oz of alcohol and 4oz. water stands for 2 weeks before in sunlight
- ❖ Benzoin is a natural tincture used to preserve products
- ❖ **Natural preservative recipe:** ¼ teaspoon of tincture of benzoin, ¼ teaspoon of boric acid powder dissolved in 3 tablespoons of witch hazel

Sleep & Nutrition for the Face

Many of us think we don't sleep but we really do: part of this is due to the fact we can wake when we move in the night. Actually we need to turn in our sleep a minimum of 13 times. However the main causes of poor sleep is: Bad sleep hygiene, anxiety, cold feet, poor circulation or breathing.

(Seek reflexology click the link

http://www.acaciabeautyacademy.co.uk/documents/Reflexologyleafletinsalon2016_001.pdf)

Tips to aid a good sleep

- Exercise before bed, for 6 minutes or at least stretch.
- Spritz feet and legs (keep damp),
- Breathing exercises (deep or yawning).
- Lay straight in bed
- Follow a Destress exercise (yoga style)
- Take a cold 1-3 minute foot bath. DO NOT DRY, it is a cure to fatigue and produces a sound and wholesome sleep (ref. Father Kneipp)

Calcium and Vit D are nature's most readily available night caps i.e. the old fashioned night cap 'a warm glass of whole milk and honey'. The kidneys should stop working at night and your skin becomes your third kidney, honey helps the body hold water thus helping sleep. Many ladies over 40 are prescribed calcium, two calcium tablets at night can help sleep.

Cider Vinegar and lemon in the morning will get the body started, a liver cleanser and improves the ph of the blood.

Herbal tea

I recommended choices of Valerian tea and honey if digestive problems, ginger tea and honey or peppermint and honey (lime flowers can act like honey). Penny Royal tea used to be popular. Lemon balm relaxes and picks you up.

Eat lettuce as it is a natural narcotic chew before bed

Herbs from your garden - Teaspoon of sage, and peppermint made up in a jar to use. Woodruff (sweet scented bedstraw) prolongs sleep.

Essential oils

Wipe Nutmeg, blended with a carrier oil onto the forehead (not too much or you will sleep too long)

A Sleep Pillow can be pinned inside your pillow case or tucked under made up of lavender, rosemary, lemon, thyme, verbena and/or marjoram can be used. If applying oils to a pillow case ensure they are neat oils as they won't stain but be careful not to get on your skin, in preparation.

Skin Products and Nutrition

The skin is the largest organ of your body with many important functions

Rules to follow to keep healthy and attractive

A healthy Diet: high in proteins found in lean meat, fish and poultry as well as nuts beans milks and eggs. Raw vegetables and fruit are essential. Eight glasses of water or small swigs all day.

Hot water honey and lemon in the morning has many beneficial effects on the body, especially to elimination.

Facial & body exercise is a must to fit into your time schedule, to provide your skin with additional oxygen. Be aware of your facial muscles that you are holding any in a state of tension i.e. grinding teeth?

Nutritional cleansing methods

Don't think you only need to clean your skin if you wear makeup: pollution and dirt is around us all and on your skin. Every night you go to bed without cleaning your face, you will age 8 days faster (ref BBC programme 10 yrs. younger)

Exercise to do when cleansing or nourishing your skin

- | | |
|--|---|
| <ul style="list-style-type: none"> ❖ Open your eye wide and stare ❖ Contract your nose and flare out your nostrils ❖ Lift the side of your mouth to the right ❖ Lift the side of your mouth to left ❖ Open your mouth by keeping the upper lip taut
 ❖ Purse your lips together ❖ Open your mouth ❖ Slowly blow up your cheeks and entire upper and lower mouth
 ❖ Expel quick ❖ With fists iron your forehead slowly
 ❖ With backs of fingers massage chin
centre to ears | <p>to a count of six
as in sneezing
as in sneering
as in sneering
hold and lower
the lip down
as if to whistle
as to shout
fill with
air retain for 15
plop sound
from middle to
temples
tapping from</p> |
|--|---|

Simple cleansers ingredients from your kitchen cupboards

Eye makeup & lipstick remover: use neat coconut oil

Oily or spotty skin types: use a Potato water wash which is excellent but must be made daily in a Liquidiser . Healing and cleansing

Sensitive skin types and those requiring Detoxifying: Yogurt thin layer gently rubbed onto face and massaged, leave for 2 mins and rinse off with a cloth.

Normal and Mature skin types: Oatmeal is an excellent substitute for soap and used to be used in the war. Ideally use colloidal oatmeal wrapped in muslin and used with water

Add Lemons and grapefruit can be used and aid **brightness** to skin. Please warm gently first don't use raw direct on it own on the skin as it may sting.

Nutritional Cleanser

- 1 tablespoon of Cocoa butter (should be used as a cleanser not a moisturiser as it can attract dirt)
- 1 teaspoon of coconut oil or buttermilk
- 2 tablespoons of honey
- 2 tablespoon of almond oil
- 1 tablespoon of avocado oil
- ¼ teaspoon of Vit E oil

Warm and dissolve or mix together, shake and label

WRINKLES

Wrinkle chaser food

Brewer's Yeast 2 tablespoons a day

Initially this can cause a gassy result. If this lasts counterbalance with coated hydrochloric acid pills

Lack of moisture and oil and loss of tone resulting from lack of proteins are important factors

Avocado Cream Skin Nourisher

- Whole eggs 2
- Glycerine 1 teaspoon
- Lemon juice ½ teaspoon
- Avocado oil enough to thicken
- Sea salt pinch
- Cider vinegar 1/8 teaspoon
- Egg yolks 3
- Water 2 tablespoons
- Optional
- Vit E 400IU

Blend together fresh eggs, glycerine, lemon juice. Slowly add drop by drop to enough avocado oil to thicken the mixture. Add sea salt and cider vinegar. When thickened to cream consistency add beaten egg yolks and the water. Keep in refrigerator.

Myrrh Facial

A favourite of mine for clients concerned with wrinkles: I always add myrrh to my client's facial creams

SKIN Booster

(treat your skin once each of the years season or if you have been ill)

1. Rub over face with Almond oil
2. Immediately pat gently a drop of warm water
3. Pat on a third layer of lemon juice.
4. Wait for 1 minute but not too long i.e. for it to dry.
5. With your index and middle finger, start rubbing the emulsion with a circular motion until a little ball forms.
6. Discard the ball and collect another ball until your face looks fresh and peeled.

Face Masques

Allergic skin facial Masque

- Wheat germ oil (or flour) 1 tablespoon & Yogurt 1 tablespoon

Mix the oil or flour and yogurt until smooth. Pat on the face and neck. Allow to dry for fifteen minutes. Remove gently with a large smooth warm flannel or cotton wool with tepid water .

Anti-wrinkle Masque

Diet is the most important for cell regeneration

Avocado Masque

Ingredients: ½ small, ripe avocado & 1 tablespoon of honey

Instructions: Mix ingredients together and apply to your face. If you have combination skin, you may want to apply only to the drier areas of your face. You can leave it on for around 15 minutes, but feel free to take a nap and leave it on a little longer. For deeper penetration into your pores, warm the honey before mixing with the avocado.

Moisturized skin is the enemy of aging. The fats in avocado add moisture to your skin, while the vitamin E helps even the look of your skin tone. Honey is a humectant, meaning it binds moisture the skin. It is also can brighten the look of your skin.

Add an egg or use on its own

EGG Mask

Ingredients: All you need is an egg!

Instructions: Beat the egg and apply the mixture to your face. Once it dries, wash off, for skin that appears tighter and more toned. The protein in the egg promotes beautiful, youthful skin. The potassium preserves moisture. Riboflavin (also known as B2) can help protect from environmental stressors. Eggs are truly nourishing both for your insides and your outsides!

Hot weather masque

Ingredients: Ice cube ; Peeled cucumber; Honey ½ teaspoon; Milk 2 tablespoons (milk powder can be used as thickener); Witch hazel ½ teaspoon; Peppermint oil 2 drops

Instructions: Blend and crush ice cube, cucumber, honey milk witch hazel and peppermint. Pat mask on face. Dry for 15mins, wash off with tepid water, pat dry. Closes pores, tightens and cools your face.

Never fail blackhead remover

Ingredients: Epsom salt 1 tablespoon; Iodine (pref. white) 3 drops; Boiling water 1 cup; Flannels several

Instructions: Dissolve Epsom salts and iodine into boiling water. Soak the flannels in the solution press onto blackhead area. Keep replacing, keeping hot. Remove blackheads whilst warm

Face oil

30ml dropper bottles (25 drops per ml)

Creating Your Custom Homemade Facial Oil

1. Fill your small bottle just under 2/3 of the way with your base oil.
2. Add your “bonus nourishing” oil until the bottle is just about full (unless you're using carrot seed oil, in which case just put in a few drops)
3. Add ONLY 4-7 drops of essential oil. (please ask Pauline first
 1. Base oils
 - ❖ Grapeseed oil (great for normal, oily, or acne-prone skin)
 - ❖ Sweet Almond oil (just an all-around great facial oil, but it takes a bit longer to “sink in” than the first two)
 2. Bonus Oil 10%
 - ❖ Avocado oil (great for dry and aging skin)
 - ❖ Jojoba oil (great for dry, aging, oily, normal, or acne-prone skin)
 - ❖ Apricot kernel oil (great for any skin type, but especially good for normal, dry, and aging skin)
 - ❖ 2% Carrot seed oil (you only need a **small amount** of this oil, but it’s superb for any skin type – is there anything it won’t heal?)
 - ❖ 2% Evening primrose oil (acne, aging, normal skin, you name it – and evening primrose oil can even be taken internally to help with acne)
 - ❖ Peach oil (great to lessen the weight of an oil or cream (ideal for t zone or hot skin)

Lastly a drop or two of your chosen essential oil (4-5 drops)

- **Chamomile** (Roman – is wonderfully healing and soothing, so it’s great for ALL skin types. Really. Very, expensive)
- **Lavender** (acne, oily, or even dry skin – lavender is healing, but a little, tiny bit goes a long way, the most protective oil known)
- **Lemongrass** (brightening and toning, this is a great oil for normal, oily, or acneic skin)
- **Peppermint** (is great for oily and acneic skin, and like lavender don’t use much! It’s very astringent, but it might also tingle your skin right off its bones)
- **Rose** (wonderful for aging, dry and normal skin, it’s also pretty expensive, unless you find the “mixed with jojoba” kind, which just means it’s diluted and you can use more in your blend than if it were “neat”, it takes time to blend)
- **Rose geranium** (another great, all-around healing essential oil – this is especially good for dry, sensitive, aging, and normal skin)
- **Palmarosa** (great for any skin type, but it does seem to work well for breakouts, in addition to being softening and soothing for aging skin)
- **Rosemary** (excellent for acne and oily skin)

I inform my clients never have sunscreen in your night cream. If you are using a day cream at night check it does not contain SPF!

Natural sunscreen list

- Almond Oil- SPF around 5
- Coconut Oil- SPF 4-6
- Zinc Oxide SPF 2-20 depending on how much is used
- Red Raspberry Seed Oil SPF 25-50
- Carrot Seed Oil – SPF 35-40
- Shea Butter – SPF 4-6

I hope you have found this useful and enjoyed this article paper

Pauline Crates

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