

## ~ Sample Recipes ~

### Facial Serum Recipe Example by Skin Type:

#### **Dry/Mature Skin**

**LEVEL: Some experience necessary**

*Specialist Oils Required*

**Makes one bottle of a 20 ml facial oil serum**

#### **INGREDIENTS**

##### **Base Oils (or herbal infused oils) to a total of 14 ml**

Marshmallow infused oil 14 ml/ 280 drops

##### **Enriching Oils to a total of 5 ml (100 drops)**

Avocado Oil 2ml/ 40 drops

Jojoba Oil 2ml/ 40 drops

Rosehip Seed Oil 1 ml/ 20 drops

##### **Special Seed Oils to a total of 1 ml (20 drops)**

Milk Thistle Seed 1 ml/ 20 drops

##### **Essential oils (optional) to a max of 4 drops in total (2 drops recommended!)**

Rose otto 10% dilution (in a carrier oil)\* 3 drops

Frankincense 1 drops

**Total = 20 ml facial oil serum**

\*Please refer to the Essential Guide Guide to remind yourself which type of rose oil this is.

## Other Suitable Ingredients for Dry or Mature Skin

**General Info:** Rich, nourishing, unrefined and protective oils are suitable here. Remember that some unrefined oils (e.g. sea buckthorn) have a very strong smell, colour and texture. While this is very beneficial for the skin, these properties can over-power other ingredients so keep this in mind when you are choosing what you'd like to use. For example there is no point using essential oils that have a delicate aroma e.g. rose, jasmine or neroli if you want to use sea buckthorn oil because you won't be able to smell their floral scent at all. Use more robust essential oils such as geranium and/or lavender.

**Avoid:** very drying oils such as hazelnut.

**Base Oils:** Any should be suitable and unrefined ones are likely to be fine too.

**Herbal Infused Oils:** Marshmallow, rose, plantain, liquorice.

**Enriching Oils:** Use the heavy ones. Jojoba, avocado, wheatgerm, evening primrose, borage seed oil. Rosehip is lighter and drier but still is of benefit to dry skin because of rosehip's regenerative properties.

### **Special Seed Oils:**

Raspberry seed, sea buckthorn, milk thistle and many more.

**Essential Oils:** Carrot seed, chamomiles (German and/or Roman Chamomile), frankincense, Helichrysum, jasmine, lavender, neroli, rose, sandalwood.

