

## ~ Sample Recipes ~

### Facial Serum Recipe Example by Skin Type:

#### Oily 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**

Calendula infused oil 14 ml/ 280 drops

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

Hazelnut Oil 2ml/ 40 drops

Rosehip Seed Oil 3 ml/ 60 drops

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

Chia Seed Oil 1 ml/ 20 drops

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

Rosemary 1 drop

Ylang ylang 2-3 drops

**Total = 20 ml facial oil serum**

## Other Suitable Ingredients for Oily Skin

**General Info:** Avoid using heavy oils. Refined oils (especially naturally refined ones) tend to be lighter. Some seed and nut oils have a light and dry texture without having been refined. It takes time to try out ingredients and see if you like them.

**Base Oils:** Light ones e.g. almond, sunflower (refined), grape seed etc.

**Herbal Infused Oils:** Calendula, rosemary, daisy, plantain.

**Enriching Oils:** Avoid the heavy ones. Evening primrose or borage seed oil can be fine in small amounts. Hazel nut and rosehip work well because they are so dry.

**Special Seed Oils:** Again, avoid any that have a heavy texture. Camellia and Camelina Oils are particularly good.

**Essential Oils:** Carrot seed, cedarwood (Atlas), chamomiles (German and/or Roman Chamomile), citronella, cyprus, geranium, juniper, lavender, lemongrass, may chang, palmarosa, patchouli, sandalwood, vetiver, yarrow, ylang ylang.



Natural Cosmetic-Making at Home with Herbs