



# SKIN RITUALS NATURAL SKINCARE

## YOUR GUIDE TO EVERYDAY SKINCARE WITH ESSENTIAL OILS

### Essential Oils For Healthy Skin

Essential oils are commonly used in all types of active and natural skincare both for the properties they bring and for their beautiful scents.

Ylang ylang, lavender, geranium - all are often found on the ingredient list, but in tiny amounts and sometimes in plastic pots - meaning their impact will be limited and their integrity shortlived.

The most effective way of adding essential oils to your skincare regime is to add them directly from their glass bottle right into a skincare product directly before applying it - which requires a modicum of understanding of properties of the oils and of their contraindications.

This e-book is designed to get you started on that journey, while also giving you rituals to follow to get you started enjoying essential oil Rituals right away.

You can blend your own perfect combinations of essential oils, or use our pre-blended Skin Rituals Blend. Either way, you are guaranteed to love the experience!

### Morning Ritual

I love this routine. I don't always have time, but when I do, I always have a better day.

**You will need:** a large porcelain bowl (use the sink if you like, I like to use a separate bowl. It just feels more luxurious), a large fluffy flannel (fluffiness is not mandatory, but again, it feels more luxurious), 4 - 6 drops of your chosen essential oils or blend & 3 - 5 minutes uninterrupted.

- 1) Half fill the bowl/basin with very warm water. [If you have broken capillaries or super sensitive skin, make this luke warm water].
- 2) Add 4 - 6 drops essential oils or blend (4 - 6 drops total).
- 3) Agitate the water to disperse oils.

- 4) Submerge flannel until soaked, wring well and apply to your face. Cover your skin with the flannel and press the water into your skin - your skin will feel flush & micro circulation will get an instant boost.

This is termed compressing. Inhale deeply through your nose while you compress your skin. Don't forget your neck & décolleté areas.

- 5) Repeat step 4 four or five times.

- 6) Pat dry with warm dry towel and apply serums and/or moisturiser.

Take care not to get essential oils in your eyes.

### Evening Ritual

In the evening, you should make time for this ritual as soon as the day's 'jobs' are finished - so that it becomes part of your evening relaxing routine. If you don't have one of those, you need this!

**You will need** the same items as for your morning ritual, but you might also consider adding a drop or two of our Deep Rest Blend if you need that wind down response, or even just some additional drops of Marjoram and Frankincense after a hectic day.

- 1) Half fill the bowl with very warm water. [If you have broken capillaries, make this luke warm water and add a drop of lemon essential oil.]
- 2) Add 4 - 6 drop essential oils or blend (4 - 6 drops total).
- 3) Agitate the water to disperse oils.

- 4) Submerge flannel until soaked, wring well and apply to your face. Compress just once as you did for the morning ritual.

- 5) Cleanse skin with a natural cleanser, using different water.

- 6) Repeat step 4 another three or four times.

- 7) Pat dry with warm dry towel and apply serums then moisturiser.

### Weekly Warm Oil Ritual

This is super-good once a week treatment for people with dry skin, people working in aircon or outdoors, and people with dull or pallid looking skin.

**You will need:** Warm Oil Rejuvenation Mask (warmed by placing the bottle in warm water in preparation). Two chamomile tea bags that have been steeped in boiling water and allowed to cool, a mask brush (foundation brush or pastry brush also work fine).

- 1) Cleanse and pat skin dry.

- 2) Using upward sweeps, lightly brush Warm Oil Rejuvenation Mask onto décolleté, neck, face and into your hairline. You will need 1 - 2 teaspoons per treatment. Brush some into your hair if it is dry or brittle.

- 3) Massage in briefly with light strokes - and add a little more if the oil absorbs immediately.

- 4) Squeeze any water/tea out your teabags and place them on your eyes while you relax for 10 minutes, ideally with your feet up.

- 5) Blot excess oil off with a tissue, then compress off with a warm, wet flannel.

- 6) Repeat weekly for 6 - 8 weeks for optimum results.

### Foot Spa Ritual

This foot spa ritual is amazing for anyone experiencing overwhelm, fatigue, insomnia - or even just tired feet.

Follow the set up steps for the **morning ritual**, but put your warm water in a foot spa (or a large bowl). Your feet should be able to be flat on the bottom of the bowl. You will need two flannels, one towel, a small amount of any carrier oil and a Deep Rest Blend (or any preferred essential oil)

Add 6 - 8 drops of Deep Rest Blend & agitate the water before putting your feet in for at least 3 minutes. Try for 8 minutes. It will feel like a long time!

Bring your feet out and dry them with a warm dry towel.

Add one drop of Deep Rest Blend to about 10ml of any carrier oil and massage it into your feet, one at a time.

Wrap a warm, wet flannel around each of your feet, then your towel around the flannels, so you have your feet in a cocoon.

Rest for a further 3 minutes before towel drying any residual oil off your feet.

If you do this shortly before bed, you could use Sleep Support Blend in place of Deep Rest Blend and put cotton socks on straight after massaging the oil on and wear them to bed. Note: Avoid direct sun exposure after use.

## Essential Oils for Skincare

### Mandarin Essential Oil

Mandarin essential oil hydrates & tightens skin tone. It also has the universal effect of all citrus oils and helps with uplifting, calms a racing mind (and thus is excellent in both a morning and evening ritual). Add additional drops of Mandarin in the evening if you often wake and can't switch your brain off. Note: Avoid direct sun exposure after use.

### Lavender Essential Oil

Lavender essential oil is a cellular rejuvenator, an anti-inflammatory, antiseptic, healer and softener in skincare and is a very common ingredient. Lavender helps calm irritated skin, heal damaged skin and helps soften & rebuild cellular damage due to environmental & oxidative stress. It also helps calm the mind and the spirit. Lavender is used in almost every blend related to calm, rest, sleep, recovery - so it is not a surprise that it is also a key ingredient for skincare.

### Cedarwood Essential Oil

Along with Lavender, Cedarwood is used for cellular rejuvenation and inner cleansing. It is effective in restoring hair loss and in all skin conditions where flaking is present - including those itchy scalp conditions and mild eczema. Cedarwood is used as a diffused oil in cases of high stress and overwhelm, so it can be used in all of these rituals to ground you and help you feel calm & collected - even when stress levels are rising. Cedarwood is in our Warm Oil Rejuvenation Mask and is great for hair!

### Ylang Ylang Essential Oil

Ylang Ylang is the balancer for oily and combination skin. When applied topically in skincare, it balances your skin - and is often used in a spritz after cleansing. Unlike the citrus oils, it is not photosensitive so can be used in the morning. Ylang ylang is also commonly used to reduce feelings of anger, anxiety & hypertension, so is useful both morning and night and can be added to any ritual as required.

Do not use on inflamed or open skin.

### Bergamot Essential Oil

Bergamot helps tonify & cleanse. In general, Bergamot is a go-to for uplifting and is used in almost all blends designed to lift the spirits, recover from feelings of sadness or grief - or just stressful situations. In skincare it helps balance oily skin - just add a drop of Bergamot to your moisturiser at night time. Note: Avoid direct sun exposure after use.

### Geranium Essential Oil

Geranium is quite a common ingredient for healing and cellular repair. Geranium also functions as a sebum production normaliser, as an antiseptic and astringent, so can be used in oily and dry skin situations - teamed with citrus oils and ylang ylang in oily skin remedies, and with Lavender & Cedarwood for mature skin. In diffuser blends it lends emotional balance, in particular helping during emotional changes including menopause or times of high stress or distress.

Do not use on inflamed or open skin.

### Lemon Essential Oil

Another from the citrus family, Lemon essential oil is the one to add to your moisturiser at night if you have broken capillaries.

Use lukewarm water rather than warmer water during skincare rituals if capillaries are dilated or damaged and seek out a high level Vitamin C serum to use at night.

Note: Avoid direct sun exposure after use.