

DIY Skincare Basics

Carrie Perkins

1. Why DIY??
 - a. Skin is largest organ
 - b. The skincare industry is highly unregulated
 - i. THOUSANDS of chemicals used in conventional products
 - ii. Chemicals limit skin's natural healing processes; immune system can be damaged; many are skin irritants; some chemicals stay in the blood for weeks
 - c. Some of worst offenders in most market products:
 - i. Fragrance or parfum – associated with allergies and respiratory issues, endocrine disruption, linked to cancer, birth defects, central nervous system disorders
 - ii. Parabens – used as preservative; endocrine disruptor, linked to breast cancer, hormonal imbalance, infertility
 - iii. Phthalates – endocrine disruptor, causes hormonal and reproductive problems, birth defects
 - iv. Triclosan – in most antibacterial soaps, endocrine disruptor
 - v. Sodium Lauryl Sulfate – can cause kidney and respiratory damage
 - vi. Synthetic colors – derived from petroleum or coal tar sources, clog pores, inhibit skin's ability to expel toxins
 - vii. <https://wellnessmama.com/wm-toxic-ingredients/>
 - d. Pretty much all oils are anti-aging (antioxidant = anti-aging, reduce fine lines/wrinkles)
 - e. Cost effective, especially over time
 - f. Quality ingredients, nontoxic/healthier, know exactly what is in it
 - i. What do you not want in skincare?
 1. Water – dehydrating
 2. Ingredients you can't identify – similar to our food!
 3. Pthalates, sulfates, parabens, fragrances, etc.
 - g. Customize to needs; trial and error
 - h. Because you can! Useful skill set
 - i. Decide what is worth it to purchase from trusted brand vs. make on your own
 - j. Better for environment – can reuse glass containers rather than continuously purchasing plastic
2. Easiest & most commonly used products to DIY
 - a. Hand soap & body wash
 - b. Face wash
 - c. Face moisturizer & serum
 - d. Toothpowder
 - e. Chapstick
 - f. Face mask & exfoliator
 - g. Deodorant
3. Tools needed
 - a. Scale
 - b. Bowls
 - c. Pot & Stove
 - d. Funnel pitcher* optional
 - e. Spatula
 - f. Funnel
 - g. Paper towels
 - h. Spoon
 - i. Containers (amber – light damages many oils)
 - j. Ingredients
4. ADVICE: Start with simple and basic so it feels more achievable in terms of finances, time, and creativity. From there, research online and try adding new ingredients based on your specific needs. Make sure you write down your recipes! And always test new ingredients on small patches of skin before rubbing on your whole face, just in case you would have an allergic reaction/sensitivity to something unknown.

5. Quick overview of “best” ingredients

a. Oils

- i. Avocado Oil – antioxidant, high in vitamins (A, B, D, E) & minerals; helps protect from free radical damage; good for dry skin
- ii. Olive Oil – antioxidant, anti-inflammatory, good for dry skin, assists collagen production; not as great for acne
- iii. Jojoba Oil – holds moisture in, antibacterial, antioxidant, Vitamin E, good for acne
- iv. Tamanu Oil – very healing, good for dry skin, acne, eczema, sunburns, rashes; antibacterial, anti-inflammatory, antioxidant,
- v. Coconut Oil – antibacterial, antioxidant, antifungal, good for dry skin & acne, High in Vitamin E = heals & repairs damaged skin
- vi. Calendula Herbal Oil – anti-inflammatory, antioxidant, antiseptic, wound healing
- vii. Vitamin E Oil – promotes healing and repair of damaged skin
- viii. Pomegranate Seed Oil – dry skin, antioxidant, antimicrobial, anti-inflammatory, supports cell regeneration; high in vitamin K
- ix. Rosehip Seed Oil – high in Vitamin A, C, E, antioxidant, anti-inflammatory, healing, good for acne/oily skin
- x. Argan Oil – antioxidant, high in vitamin E, good for dry skin
- xi. Hemp Seed Oil – anti-inflammatory, anti-microbial, good for acne
- xii. Sweet Almond Oil – antioxidant, high in Vitamin A, B, E, good for dry skin, eczema

b. Essential Oils

- i. Tea tree – antibacterial, anti-inflammatory; good for acne, eczema, psoriasis, fungal infections; soothes itching
- ii. Lavender – antibacterial, antioxidant, anti-inflammatory, soothes itching/burns
- iii. Frankincense – antibacterial, antiseptic, astringent, promotes cell regeneration
- iv. Myrrh – anti-inflammatory, antioxidant, healing

6. Other easy DIY products

- a. Makeup remover
- b. Dry Shampoo
- c. Hand soap/body wash

7. Brands I like

- a. EWG app
- b. Bohemian Mama
- c. Pure Anada
- d. Rowe Casa Organics
- e. Primal Life Organics
- f. A’del Natural Cosmetics
- g. 100% Pure
- h. Smear Natural Skincare
- i. Indian Meadow Herbals
- j. Rustybelle Farms
- k. Hair Styling Products
 - i. Innersense Organic Beauty
 - ii. Shea Moisture
 - iii. 100% Pure or Pure Anada for shampoo/conditioner

Ingredients used in multiple products:				
Castile	Hand soap	Body Wash	Face Wash	
French Green Clay	Toothpowder	Face Mask	Face Wash	Sugar Scrub
White Kaolin Clay	Toothpowder	Face Mask	Sugar Scrub	
Bentonite Clay	Toothpowder	Face Mask		
Beeswax	Face Moisturizer	Chapstick	Deodorant	
Vitamin E Oil	Face Moisturizer	Chapstick	Deodorant	
Peppermint EO	Toothpowder	Chapstick		
Avocado Oil	Chapstick	Sugar Scrub	Face Serum	
Orange Peel Powder	Face Mask	Sugar Scrub		
Calendula Herbal Oil	Face Moisturizer	Face Wash		
Jojoba Oil	Face Moisturizer	Face Serum		
Shea Butter	Deodorant	Chapstick		
Coconut Oil	Deodorant	Chapstick		
Lavender Essential Oil	Face Serum	Deodorant		

*Please note that costs are very subject to variation based on sizes and quantities selected. Larger quantities will reduce cost per product, but can be overwhelming when first starting out.

*Most costs go down significantly after initial bulk purchase of ingredients. Most ingredients will last a very long time, and most can be used in multiple products.

*For example, purchasing a lip balm making kit is necessary the first time, but on consecutive batches, you would only need to replace the lip balm tubes, not the tray and scraper. Tubes are \$0.27 a piece on distribupack.com.

*All recipes are subject to modifications! You can adjust how many different ingredients are in each product based on skin needs and budget.

*Most containers can be reused for quite awhile. You don't need to repurchase containers every batch. Remember that when looking at the cost per product - you can deduct the cost of the bottle on consecutive batches for reusable containers.

- Other Quality Suppliers**
 New Directions Aromatics
 Starwest Botanicals
 Plant Therapy (Essential Oils)
 From Nature with Love
 Essential Wholesale

Super Ultra Bare Bones Recipes

Face Wash (2oz)	g
Castille	60

Face Moisturizer (1 oz)	g
Olive Oil	20
Beeswax	4

Moisturizer OR Serum (Choose one)

Face Serum (1 oz)	g
Avocado Oil	25

Toothpowder [2oz]	1
White Kaolin Clay	10
Bentonite Clay	11
Baking Soda	5
French Green Clay	1

Deodorant [0.5oz]	1
Coconut Oil	20
Arrowroot Powder	26.4
Beeswax WHITE	14.1
Shea butter	10.5

Chapstick [0.15oz]	1
Coconut Oil	1.35
Shea Butter	1.35
Beeswax	1.75

Total Investment	
Face Wash	\$31.31
Face Serum	\$7.47
Toothpowder	\$20.90
Deodorant	\$20.98
Chapstick	\$20.95
Total	\$101.61

Source	Container, Size	Estimated Cost
Specialty Bottle	2oz glass bottle*	\$1.31
Vermont Soap	64oz	\$30.00
Total		\$31.31
Est. cost per product		\$2.24

Specialty Bottle	0.85oz glass jar*	\$1.11
Aldi	20oz	\$6.39
Bulk Apothecary	1lb	\$15.95
Total		\$23.45
Est. cost per product		\$1.47

Specialty Bottle	1oz glass bottle*	\$1.22
Aldi	17oz	\$6.25
Total		\$7.47
Est. cost per product		\$1.55

Specialty Bottle	2oz Plastic jar*	\$0.85
Bulk Apothecary	1lb	\$4.69
Bulk Apothecary	1lb	\$2.95
Aldi	16oz	\$0.99
Bulk Apothecary	1lb	\$11.42
Total		\$20.90
Est. Cost per product		\$2.02

Distribupack	2.5oz Top Fill Oval	\$0.81
Aldi	14oz	\$5.75
Starwest Botanicals	1lb	\$4.92
Bulk Apothecary	1lb	\$15.95
Mountain Rose Herbs	8oz	\$9.50
Total		\$36.93
Est. Cost per product		\$2.43

Distribupack.com	0.15oz Lip Balm Tube	\$0.27
Aldi	14oz	\$5.75
Mountain Rose Herbs	8oz	\$9.50
Bulk Apothecary	1lb	\$15.95
Total		\$31.47
Est. Cost per product		\$0.21*

*Plus cost of tube

Other easy to make products	
Hand Soap & Body Wash	2 parts castile, 1 part water
Makeup Remover	2 parts coconut oil, 1 part olive oil
Dry Shampoo (light hair)	1 part bentonite, 2 part arrowroot
Dry Shampoo (dark hair)	1 part bentonite, 1-2 parts cocoa, 1 part arrowroot

*Duplicate ingredients were added only once.

*It would cost \$89+ (plus shipping) to purchase similar versions of these 5 products a single time.

<u>Product</u>	
Basic Face Wash [2oz]	1
Castile	55
French Green Clay	3
Calendula Herbal Oil	3

<u>Source</u>	<u>Container, Size</u>	<u>Estimated Cost</u>
Specialty Bottle	2oz glass bottle*	\$1.31
Vermont Soap	64oz	\$30.00
Bulk Apothecary	1lb	\$11.42
Mountain Rose Herbs	2oz	\$12.50
Total		\$55.23
Est. Cost per product		\$2.99

Basic Face Moisturizer [1oz]	1
Jojoba Oil	8
Calendula Herbal Oil	6
Sweet Almond Oil	3
Olive Oil	3
Beeswax	4
Vitamin E	1

Specialty Bottle	0.85oz glass jar*	\$1.11
Mountain Rose Herbs	4oz	\$14.75
Mountain Rose Herbs	2oz	\$12.50
Mountain Rose Herbs	4oz	\$13.75
Aldi	20oz	\$6.39
Bulk Apothecary	1lb	\$15.95
Mountain Rose Herbs	2oz	\$15.00
Total		\$79.45
Est. Cost per product		\$4.39

Face Serum [1oz]	1
Avocado Oil	6
Rosehip Seed Oil	4
Tamanu Oil	4
Jojoba Oil	8
Hemp Seed Oil	4
Lavender EO	10d
Frankincense EO	6d
Tea Tree EO	6d

Specialty Bottle	1oz glass bottle*	\$1.22
Aldi	17oz	\$6.25
Mountain Rose Herbs	2oz	\$15.00
Mountain Rose Herbs	4oz	\$17.25
Mountain Rose Herbs	4oz	\$14.75
Mountain Rose Herbs	8oz	\$11.50
Plant Therapy	10mL	\$9.49
Plant Therapy	10mL	\$10.99
Plant Therapy	10mL	\$10.49
Total		\$96.94
Est. Cost per product		\$4.90

Toothpowder [2oz]	1
White Kaolin Clay	10
Bentonite Clay	11
Baking Soda	5
French Green Clay	1
Peppermint EO	4d

Specialty Bottle	2oz Plastic jar*	\$0.85
Bulk Apothecary	1lb	\$4.69
Bulk Apothecary	1lb	\$2.95
Aldi	16oz	\$0.99
Bulk Apothecary	1lb	\$11.42
Mountain Rose Herbs	0.5oz	\$12.25
Total		\$33.15
Est. Cost per product		\$2.27

*Container can be reused

Sugar Scrub [4oz]	1
Pure Cane Sugar	95
Avocado Oil	39
French Green Clay	8.2
White Kaolin Clay	2.8
Orange Peel Powder	0.8
Grapefruit Peel Powder	0.8
Sweet Orange EO	0.5
Grapefruit EO	0.3

Specialty Bottle	4oz plastic jar*	\$1.16
Aldi	32oz	\$3.45
Aldi	17oz	\$6.25
Bulk Apothecary	1lb	\$11.42
Bulk Apothecary	1lb	\$4.69
Mountain Rose Herbs	4oz	\$10.50
Mountain Rose Herbs	4oz	\$9.75
Mountain Rose Herbs	0.5oz	\$6.50
Mountain Rose Herbs	0.5oz	\$6.99
Total		\$60.71
Est. Cost per product		\$2.87

Face Mask [2oz]	1
White Kaolin Clay	10
Bentonite Clay	7
French Green Clay	7
Rosehip Powder	1
Honey Powder	1
Orange Peel Powder	1

Specialty Bottle	2oz Plastic jar*	\$0.85
Bulk Apothecary	1lb	\$4.69
Bulk Apothecary	1lb	\$2.95
Bulk Apothecary	1lb	\$11.42
Mountain Rose Herbs	4oz	\$7.50
Starwest Botanicals	4oz	\$13.53
Mountain Rose Herbs	4oz	\$10.50
Total		\$51.44
Est. Cost per product		\$1.51

Deodorant [0.5oz]	1
Coconut Oil	20
Arrowroot Powder	26.4
Beeswax WHITE	14.1
Shea butter	10.5
Vitamin E Oil	3
Lavender EO	0.2
Lime Peel EO	0.4

Distribupack	2.5oz Top Fill Oval	\$0.81
Aldi	14oz	\$5.75
Starwest Botanicals	1lb	\$4.92
Bulk Apothecary	1lb	\$15.95
Mountain Rose Herbs	8oz	\$9.50
Mountain Rose Herbs	2oz	\$15.00
Plant Therapy	10mL	\$9.49
Mountain Rose Herbs	0.5oz	\$13.75
Total		\$75.17
Est. Cost per product		\$3.72

Chapstick [0.15oz]	1
Coconut Oil	1.25
Shea Butter	1.25
Beeswax	1.75
Pomegranate Seed Oil	0.25
Vitamin E Oil	0.5
Avocado Oil	0.75
Peppermint EO drops	2

Amazon	Lip Balm Container Tray Kit	\$20.95
Aldi	14oz	\$5.75
Mountain Rose Herbs	8oz	\$9.50
Bulk Apothecary	1lb	\$15.95
Mountain Rose Herbs	2oz	\$17.00
Mountain Rose Herbs	2 oz	\$15.00
Aldi	17oz	\$6.25
Mountain Rose Herbs	0.5oz	\$12.25
Total		\$102.65
Est. Cost per product		\$0.44

*Plus cost of Kit