



Natural Ethnic Skin Care



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Natural Ethnic Skin Care

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Table of Contents

Why Skin Care Routine Is Required ?

2 in 1 Soap

Coconut Milk Soap Base

Scrubbing

Ohh...That Smells Good

Base Two

Soap Is Ready

Moisturizer

Emulsification

Blend

Look at the Texture

Application

Storing

Let's Fight Acne

Oils

Mix Well

Gel Is Ready !!

Facial Oil/ Serum

So Easy to Make

Peppermint Foot Soak

Labeling

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Natural Ethnic Skin Care

Hi Everybody,

Do you know what is the best kind of love ?? where is starts and how it spread its wings making others happy. It all start from YOU, yes you !! Let me tell you straight Self love is the best kind of love because its the first piece of puzzle for happiness. If you love yourself, you'll be grateful for the things around you, one of the way to boost self love is by having a happy skin. Obviously it takes two ways in taking care of your skin, internally - food intake and externally - skin care routine. Here you are about see how to take care externally by following a simple yet efficient skin care routine, which makes your skin healthy and vibrant. Do you believe a simple skincare routine can give you that ?? Yes Indeed. A skin care routine can keep your skin soft and supple, which in turn makes you more confident and happy and

emotionally quite strong about self !!

Skin care routine is like precautionary measure before your skin starts having break outs or dehydrated leading you to stressed and worried. There is no perfect skin colour, there is no perfect body shape. Its all lies in you, how you see yourself , how you let others see you and how you see others !!

So this instructable is about self caring by following a skin care routine.

Supplies:

Ingredients with quantity will be listed in each topic separately



Step 1: Why Skin Care Routine Is Required ?

Of course you are beautiful the way you are, there is no questioning that. Skin care routine enhances your beauty by providing external care required for your skin caused due unexpected circumstances of climate and pollution. These are very simple to make and doesn't burn a hole in your pocket. By making your own skin care routine you'll have very good knowledge about what goes into your skin.

These are basic steps of daily skin care routine

1) Soap - Not exactly skincare routine, but more important part in cleansing your body



2) Moisturizer - Its can applied for face as well to body after bathing to keep your skin hydrated

3) Lip care routine posted in detail in another instructable

4) Moisturizer in evening (Gel application)

5) Facial oil at night

6) Foot soak (can be done daily or alternate days also)



Step 2: 2 in 1 Soap

Ingredients

1) Coconut milk soap base - 400 g

2) Charcoal soap base - 400 g

3) Walnut shell granules - 1 Tbsp + as required as fill the bottom of soap base

4) Ubtan powder - 1 Tbsp

5) Lavendar Essential oil - 30 drops

Cut the charcoal and coconut milk soap base into small chunks



Step 3: Coconut Milk Soap Base

Put the walnut shell granules (coarse) in the silicone mold.

Using double boiler method melt your coconut milk soap base, all the chunks will melt down and become watery after few minutes



Step 4: Scrubbing Part

Once fully melted, add 1 tbsp of walnut shell granules to soap base and mix well





Step 5: Ohh.. That Smells Good

Take out of the heat, let it cool down for minute or two and add your essential oil of your choice - 15 drops stir and pour into mold.

Use rubbing alcohol (Isopropyl alcohol) as spray to pop the bubbles on the top

An advertisement for "The Age Reversal Technique". On the left, the text "The Age Reversal Technique" is written in a large, elegant script font. Below it is a brown rectangular button with the words "CLICK HERE" in white. On the right, there is a before-and-after comparison of a woman's face. The top image shows an older woman with grey hair looking slightly to the side. A speech bubble above her contains the text "In Just 4 Weeks". The bottom image shows the same woman much younger and more vibrant, smiling broadly with blonde hair. A large, stylized arrow points from the older woman's image towards the younger one.



Step 6: Base Two

You can use the same vessel and melt your charcoal base, once melted add ubtan powder (my choice, as it contains many herbs for glowing skin), after taking from heat add 15 drops of lavender essential oil. You can add your favorite additives like any fruit or vegetable powder, but it has to be a powder with no moisture content in it. Combine well



Step 7: Soap Is Ready

While your first layer is resting, it takes approx 45mins - 1 hour for it to harden. Pour your second layer and leave it for an hour or two. Once completely harden your 2 in 1 soap is ready

Any guess why i have used scrub on only one side, coz scrubbing should done twice a week to remove the dead cells away and improves blood circulation. The other side of the soap without is to be used for daily cleansing.

Benefits*

Charcoal - Treats oily skin, reduces pore size, makes skin tighter and firmer

Coconut milk - Coconut Milk is rich in essential vitamins and minerals and has cooling properties that will relieve and soothe sunburned skin.

Walnut shell granules - Scrubbing agent, bio degradable

Ubtan powder - This powder is a mixture of natural ingredients like turmeric powder, sandalwood powder, milk powder and rose powder, best herbal care powder

Lavender essential oil - Relaxing, calm, soothes your skin

* Benefits of ingredient points are sourced from google





Step 8: Moisturizer

Ingredients

Phase A

- 1) Distilled or De-mineralized water - 50 gm
- 2) Geranium Hydrosol - 20 gm

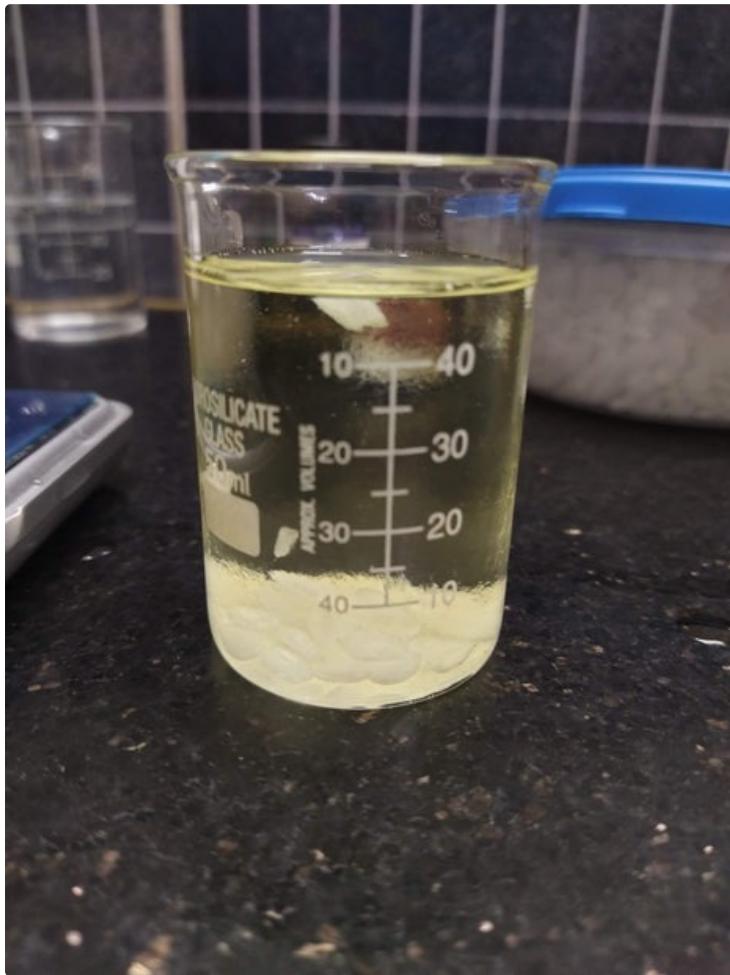
Phase B

- 3) Coconut oil - 30 gm
- 4) Soybean oil - 10 gm
- 5) Ricebran oil - 10 gm
- 6) Emulsifying wax - 6 gm

Phase C

7) Rose Essential oil - 15 drops

8) Preservative - 1gm (Broad spectrum preservative)



Step 9: Emulsification

Measure the Phase A and Phase B ingredients separately and put both in double boiling method. So that all the Phase B will combine together well, Phase A ingredients are heated too, so that both the phase can be mixed at almost same temperature. That's why its kept in the same double boiler

So once all the phase B ingredients are melted and combined well, pour both phase A and phase B, immediately you'll see a colour change this is your emulsification. Generally water is poured into oil



Step 10: Blend

Even though you add a emulsifying agent, you need combine them by blending them as naturally water and oil with not get together easily. So when you blend, they get combined and stay that way because of emulsifier, Still it be hot and watery consistency. Let it cool down to room temperature it will start to thicken up. Once it comes to that add your Essential oil and preservative.





Step 11: Look at the Texture

Its so soft and fluffy. Like you could eat it up :P



Step 12: Application

Take a pinch and apply on the skin, see how fast it got absorbed leaving a velvety feel on your skin. There is no trace of oily or greasy feel. Now that's what i call a perfect moisturizer





Step 13: Storing

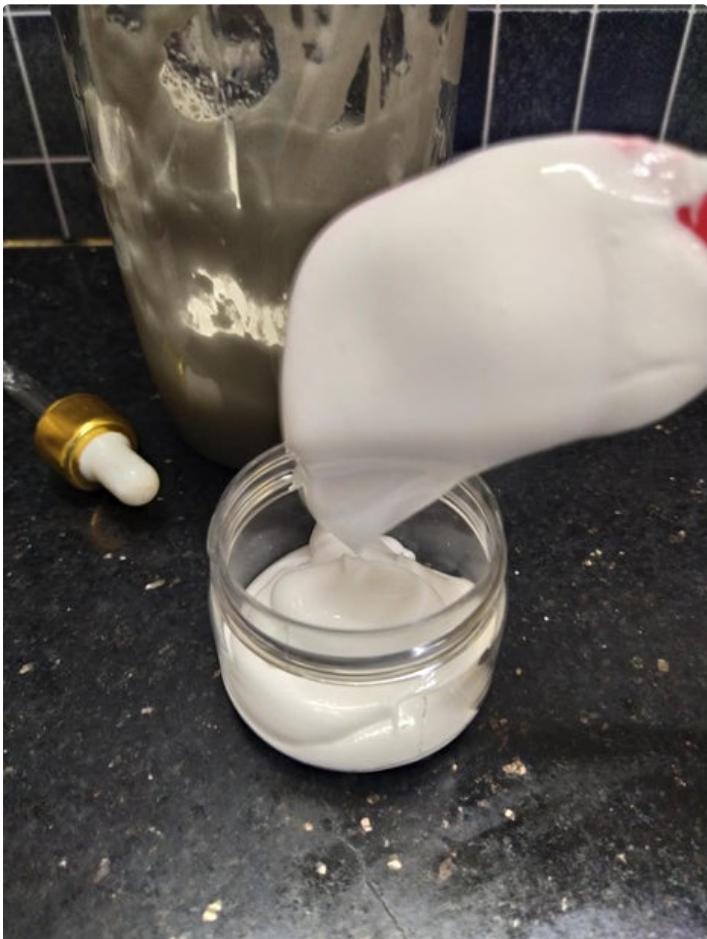
First and foremost important thing of skincare product containing water in it. It should stored in clean and sanitized container, second thing is preservative is must. Overcome the myth that preservative are bad for skincare, without the preservative (for water content products) you are setting up a welcoming party for bacteria, fungus and mould which are more scarier than preservative.

Benefits*

1) Geranium Hydrosol - Suitable for dehydrated skin and acne prone skin. Epic anti-inflammatory benefits for the start of breakouts. It is very soothing and calming for irritated or damaged skin.

- 2) Coconut oil - Best moisturizer of all time
- 3) Soybean oil - Soybean oil is rich in vitamin E, a nutrient that can help promote skin health. Applying it topically may protect against inflammation and help the skin retain moisture.
- 4) Rice bran oil - Lightweight linoleic rich oil makes it suitable for acne-prone skin. Softens and smooths the skin, evens out skin tone and texture.

* Benefits of ingredient points are sourced from google



Step 14: Let's Fight Acne

Ingredient

1) Aloe vera gel (store bought and preserved) - 45g

2) Neem oil - 5 drops

3) Basil Essential oil - 5 drops

4) Tea tree oil - 10 drops

5) Vitamin E oil - 3 drops or 1 capsule content



Step 15: Oils

Measure and the gel in the container. Add the essential oils and neem oil





Step 16: Mix Well

You need to give a very good stir for them to combine well.



Step 17: Gel Is Ready !!

Since the aloe vera gel is store bought, it already contains preservative in it. so no preservative from your end is required. If you have fresh aloe gel, like taken for plant and harvested, it would definitely require preservative to stay stable.

Benefits*

- 1) Tea tree, Basil, Neem acts a anti acne agents
- 2) If you smooth and soft skin you add rose, geranium

and lavender essential oils

3) For glowing skin add turmeric oil

Essential oils can be altered as per your skin type and requirement, but don't go overboard; it has to be added few drops only and as per the gel quantity only

Essential oils are not recommended for children



Step 18: Facial Oil/ Serum

Ingredients

- 1) Jojoba oil - 10 ml
- 2) Grapeseed oil - 20 ml
- 3) Geranium essential oil - 3 drops
- 4) Rosehip essential oil - 3 drops
- 5) Vitamin E oil - 3 drops



Measure the base oils and the essential oil one by one.





Step 19: So Easy to Make

Finally add vitamin E oil, as it has anti oxidant and rich properties for skin.

Store it in dark container and cool place, away from sunlight

Application: Take four to five drops and apply on the face, massage your face for a min and leave it over night, next morning wash your face

Benefits*

Jojoba oil - Moisturizing, antibacterial and its an antioxidant. It helps control sebum production. It may

help promote collagen synthesis.

Grapeseed oil - Very light oil, mainly used for oily skin type. It contains astringent which helps to tone and tighten your skin, leaving it looking smoother and more radiant. By toning the skin, it also closes pores, minimising the risk of skin breakouts and acne

You can also add or alter by adding sweet almond oil, Argan oil as base oils for specific skin type requirement and each have their own benefits

* Benefits of ingredient points are sourced from google





Step 20: Peppermint Foot Soak

Yes foot soak is a luxury, its soo darn easy to make and enjoy the luxury of happy feet

Ingredients

- 1) Epsom salt - 200 gm
- 2) Rock salt - 50 gm
- 3) Himalayan Pink salt (coarse) - 50 gm
- 4) Baking soda - 1 tsp
- 5) Borax - 1 tsp (optional)
- 6) Eucalyptus Essential oil - 10 drops
- 7) Peppermint Essential oil - 15 drops

Measure and add epsom salt and himalayan pink salt in the container





Step 21: One Step Away

Add rock salt, baking soda and borax (optional)





Step 22: Mix Well

Mix all the ingredients well after adding both essential oils.

Take scoop (20 - 30 gm) and put in a container with warm water, set your feet and keep for 15 to 20 mins. It gives a good relaxation feel and enlightens your mood





Step 23: Labeling

Last but not least, even though you made and you know what is what, labeling is an important step in finishing the homemade products. you can use anything simple white paper or fancy labeling stickers. anything of your choice





Step 24: Important Date

Always write down the manufacturing date when you make a products, especially for water based item like moisturizer. Its helps you in keeping a track



Step 25: Thank You !!

Thank you for coming this far !! Hope you like my instructable

Please post your thoughts and suggestions in comment section, would love to see your work if you are made by see this instructable

Stay tuned for more

Adios !!



Wow, this is great! I had never heard of ubtan powder but now I want some :D



Thank you , it's one of secret beauty ingredient used in India

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