**DIY Anti-Aging Face Cream**

*Makes about ½ cup (lasts about 3 months)*

**Ingredients**

* ¼ cup almond oil
* 2 tablespoons coconut oil
* 2 tablespoons beeswax
* ½ teaspoon vitamin E oil
* 1 tablespoon [shea butter](http://carolynmaul.us3.list-manage1.com/track/click?u=8256b709272fcd4f1f4540047&id=7e87c83a70&e=384c9eedf0" \t "_blank)
* Essential oils of choice (optional)

**Directions**

Place all ingredients in a glass jar. Bring a pot filled about 3-4 inches with water to a simmer. Put the jar, without its lid, in the pot, and let it sit there until the ingredients have melted. Stir occasionally. Once the mixture has melted and all is evenly combined, pour it into a small glass jar. Let it sit at room temperature until the cream hardens, close the jar’s lid, and store in a cool place. Apply morning and night after washing.

We had a total fail when we attempted to add a sunscreen component, so this doesn't have SPF.  
However, check out these Natural Oils that act as sunscreen!!

**Carrot Seed Oil:** SPF 40 Carrot seed oil is a vegetable oil that has the maximum amount of SPF. It is also rich in antioxidants and has very good antiseptic properties.

**Raspberry Seed Oil**: SPF 30 Raspberry seed oil is an essential oil that is rich in both omega-3 and omega-6 fatty acids. Apart from providing sun protection, it also helps prevent stretch marks on your skin.

**Wheatgerm Oil:** SPF 20 Wheatgerm oil is the third best natural oil in terms of SPF. It gives the skin Vitamin E and a boost of natural antioxidants that repairs cell damage.

**Avocado Oil:** SPF 15 Avocado oil has a high proportion of mono-saturated fats in it. These fats form a protective layer over the skin to prevent sun tanning.

**Coconut Oil:** SPF 8 Coconut oil is one of the most versatile natural oils. You can cook with it, apply it on your skin and hair. Coconut oil provides sun protection to your skin and also protects your hair from suffering sun damage.  
  
 [Almond oil](http://carolynmaul.us3.list-manage.com/track/click?u=8256b709272fcd4f1f4540047&id=d17873d009&e=384c9eedf0" \t "_blank) is an emollient, which means it makes the skin softer, and less harsh and abrasive. It has historically been used to treat psoriasis, eczema, and scarring. It smoothes and rejuvenates skin and improves complexion and skin tone.

In one study, [virgin coconut oil](http://carolynmaul.us3.list-manage1.com/track/click?u=8256b709272fcd4f1f4540047&id=538d64f794&e=384c9eedf0" \t "_blank) had the strongest scavenging effect on free radicals and the highest antioxidant activity. In another study, the antioxidant activity of virgin coconut oil was found to result in an [increase of antioxidants](http://carolynmaul.us3.list-manage.com/track/click?u=8256b709272fcd4f1f4540047&id=182013563f&e=384c9eedf0" \t "_blank)and self-healing compounds of the body, resulting in rapid formation of cells and blood vessels in harmed areas. These studies are significant in that they indicate coconut oil’s antioxidant capacity and antioxidants are known to have considerable [anti-aging effects](http://carolynmaul.us3.list-manage.com/track/click?u=8256b709272fcd4f1f4540047&id=fa8a7237d0&e=384c9eedf0" \t "_blank).

[Beeswax](http://carolynmaul.us3.list-manage.com/track/click?u=8256b709272fcd4f1f4540047&id=a92147154f&e=384c9eedf0" \t "_blank) and [shea butter](http://carolynmaul.us3.list-manage.com/track/click?u=8256b709272fcd4f1f4540047&id=4ad42cfe17&e=384c9eedf0" \t "_blank) both hold anti-inflammatory properties, vitamin E provides a boost of [antioxidant power](http://carolynmaul.us3.list-manage.com/track/click?u=8256b709272fcd4f1f4540047&id=e0078ca61a&e=384c9eedf0" \t "_blank), and essential oils provide a pleasant aroma.