

simply earth®

7 Recipes for a Natural Glow Up

Skincare Guide





Letter from Summer

Hi there! I'm Summer Wittneben. I'm a Certified Aromatherapist and Essential Oil Product Manager at Simply Earth. My passion is to inspire others to love and use their essential oils as much as I do!

We've all been there-- feeling so frustrated with how our skin looks and feels, and trying to attain a beautiful glow. I get it! My skin makes it hard to find just the right combination of products to help up my skincare game.

I was tired of fixing one problem (acne) only to be met with another one (dryness). That's why I decided to use essential oils and other natural products in my skincare regimen and home. With a focus on overall wellness, I learned how to incorporate natural products into my skincare regimen, which really upped my skincare game! I'm now happy to say that I have found a routine that works well for me!

Have you ever thought:

- *I'm tired feeling like I can't go out in public.*
- *My skin is so dry it hurts.*
- *I just want skincare that works, it's so frustrating.*
- *My dermatologist-approved cleanser made my skin look worse!*
- *What am I supposed to do now?*

These obstacles can make it really challenging to thrive, especially when your skin is in pain, broken out, or if you don't feel confident in your skin.

With my knowledge of Essential Oils and my desire to help others feel their best, I can help you learn how to take charge of your daily life. My goal is to help you feel confident using essential oils and to create a skincare regimen that is personalized and works for you.

To learn more about how to incorporate essential oils into your skincare routine, make sure to stick around. If you're looking for a natural and safe approach to essential oils, you're in the right place! Keep reading to discover new ways to support yourself or your loved ones.



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What a Good Skincare Regimen Requires

You might be asking yourself, where should I even begin for my skin? That's a fair question! There are so many factors that come into play when it comes to discussing skincare. Keep in mind that what works for some may not work for others. Some factors that I have noticed are what I choose to eat, how much sleep I'm getting, the makeup I use, how much water I drink, and my face wash products as well. I strongly encourage you to explore all of these categories to see if there is something going on with your skin that you may be missing.



But enough about that! Let's talk skincare regimens and routines! Whether this is something that you're trying for the first time or something that is a tale as old as time for you, I look forward to embarking on this journey together!

My biggest piece of advice is to please be patient with yourself. Trying all the things for a few days or even a week may not yield the desired results, but if you have patience and give your skin time to adapt, you may be happy with the results!



Take Your Makeup Off!

I used to be the biggest offender of falling asleep with mascara on and my pillow would be streaked with black lines, just out of pure laziness and bad planning on my part. I would wait until the last second and then I would be too tired to take my makeup off. Let me tell you, sister, that was not a good plan! Now I make sure to give myself enough time to properly get ready for bed. I used to buy makeup remover from the store, but now I know how to make my own, and I can't wait to share it with you!



DIY Micellar Water

For those of you who are unfamiliar with Micellar Water, it is a water-based, gentle, all-in-one cleanser that requires NO RINSE. Talk about ease of use! It contains micelles, which are tiny special molecules that are both water and oil-loving. This unique molecular structure makes the product effective at helping clean off makeup, oil, grime, and other debris on the skin. I love using this DIY Micellar Water in my skincare routine, especially to take off makeup. As if that wasn't enough, it gently cleanses the skin, too! I love that it takes care of two tasks at once! In this recipe, we utilize Copaiba Essential Oil and Simply Earth's Sleepy Essential Oil Blend. These are both great for improving the appearance of your skin, but you can feel free to customize this recipe with another essential oil!

Benefits:



**Reduces the
Appearances of
Breakouts**



Calms



**Promotes a
Youthful Glow**



DIY Micellar Water

Ingredients



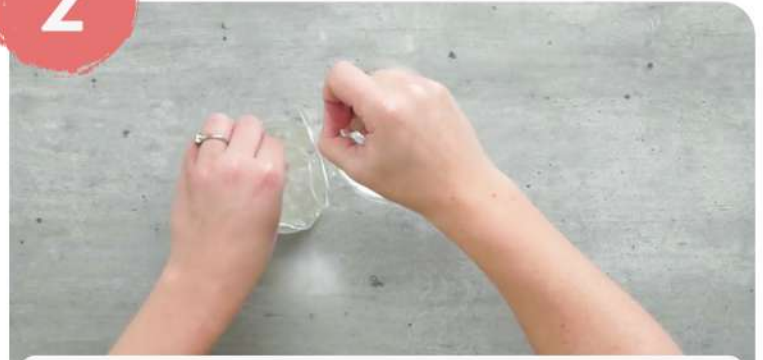
- 3 drops Sleepy Essential Oil Blend
- 5 drops Copaiba Essential Oil
- 2 drops Juniper Berry Essential Oil
- 30 drops solubilizer
- 1 cup distilled water
- ½ tsp vegetable glycerin (optional)
- Small, sealable jar

1



In a small bowl, add essential oils. Add solubilizer, pausing every 12 drops to stir thoroughly. This is called a pre-mix.

2



While stirring, slowly add the water to the pre-mix.

3



Once the oils and water are combined, stir in the vegetable glycerin (optional).

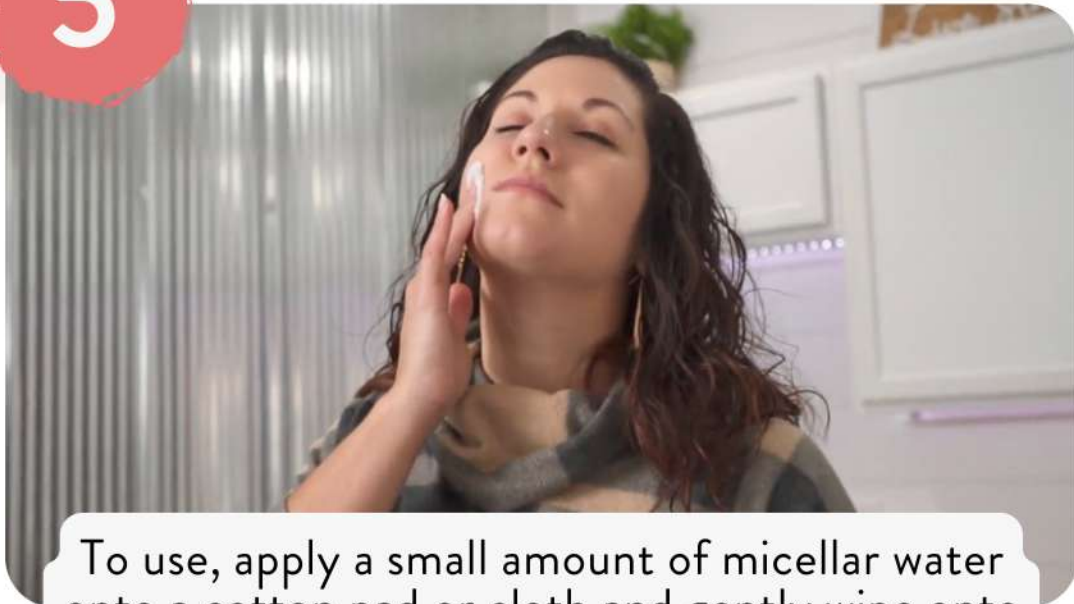
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4



Pour mixture into a jar and add a label.

5



To use, apply a small amount of micellar water onto a cotton pad or cloth and gently wipe onto the skin. Use this cleansing water to remove makeup or to lightly cleanse your face.

7

Open Up Those Pores

There have been many a time that I've had a very angry blemish stuck under my skin that just did not want to open up. Clogged pores can be a result of the environment you live in, not washing your face enough to remove the dirt and grime, or if you tend to have oily skin. Sadly, people with oily skin tend to deal more with clogged pores. A gentle cleansing routine can help with unclogging! But, I also like to give myself a luxurious at-home steam treatment to help cleanse and open those pores right up!



At-Home Facial Steaming With Rosemary Essential Oil

What I love about this recipe is that it's super easy to make! It only takes a few minutes and my skin always feels opened up and refreshed afterwards. The steam from the hot water will help open up your pores and the Rosemary Essential Oil will help penetrate the pores for a deep clean. One of the things I love about Rosemary Essential Oil is its ability to act as a cleaning agent, which helps cleanse your pores. It may also help boost circulation, a double win! Rosemary Essential Oil also helps promote awareness, so this recipe should not be used right before bed. I don't use this daily, but if I notice that my pores aren't getting the attention they deserve, I whip up this simple recipe quickly and it makes all the difference in the world!

Benefits:



**Reduces the
Appearances of
Breakouts**



Cleans



**Promotes
Circulation**

At-Home Facial Steaming With Rosemary Essential Oil

Ingredients



- 2 cups hot water
- 1 drop Rosemary Essential Oil
- Towel

1



Pour hot water into a bowl and add a drop of Rosemary Essential Oil.

2



Lean over the bowl. Place a towel over your head to create a steam tent. If the heat makes you uncomfortable, remove the tent or wait for the water to cool so that the steam is a comfortable temperature.

3



Rest, and enjoy the steam for 5-10 minutes.

Draw Out Impurities

I don't use facial masks often as they can be a little harsh on the skin at times, especially when there's an exfoliant included with the mask. I personally like my masks to have a little bit of exfoliation in them because it helps to scrub the dead skin away. I only will use these about once a month as I don't want my skin to be scrubbed raw. So, use caution when using face masks, and if you them fairly often make sure that you switch between exfoliating and non-exfoliating masks. If you have sensitive skin, exercise caution before using an exfoliant.



DIY Sheet Mask With Aloe Vera & Essential Oils

I love this DIY Sheet Mask Recipe because not only is it really easy to make, but it's really soothing for my skin. All you need is a cotton sheet or t-shirt, Aloe Vera, Clear Skin Essential Oil Blend, and distilled water. We chose Aloe Vera specifically because it is cooling, known to accelerate the healing of burns, promotes a youthful glow, and helps to regenerate your skin cells. We also chose Clear Skin Essential Oil Blend as it's a synergistic blend of Tea Tree, Sandalwood, Juniper Berry, and Lemon Essential Oils. All of these products together will create a wonderful mask that is soothing to your skin!

Benefits:



Reduces the
Appearances of
Breakouts



Soothes Skin



Promotes a
Youthful Glow

DIY Sheet Mask With Aloe Vera and Essential Oils

Ingredients



- 2 tsp aloe vera gel (or liquid aloe vera)
- 1 drop Clear Skin Essential Oil Blend
- 1 Tbsp distilled water (or try one of our hydrosols!)
- Reusable sheet mask

1



Soak the sheet masks in water to let them expand.

2



Take them out of the water and add the aloe vera.

3



Next, add the essential oil.

4



Place reusable sheet mask over face. Relax, and let the mask sit for 10-15 minutes. Do not allow the mask to dry on your face as this will pull moisture out of your skin. Handwash the mask with castile soap to reuse.

Wash Your Face

I stressed earlier how important it is to wash your face daily. It's important to remove the build up of dirt and grime, but it's also important to exfoliate as that can help get rid of dead skin cells that can cause your pores to clog. I personally do not exfoliate more than 2 times a week as I don't want to over-exfoliate my skin.



Exfoliating Facial Scrub With Frankincense Essential Oil

This recipe is one of my favorites for exfoliation! It has gentle ingredients like oatmeal, brown sugar, honey, and Almond Oil that will help exfoliate but it won't be too harsh on your skin. Oatmeal and brown sugar will help to exfoliate your skin, but they will still be gentle on your skin. We also included honey as it's moisturizing, soothing, and helps give your skin a glow! The best part of this recipe, however, is easily the Frankincense Essential Oil. Known for its amazing effect on skincare, this oil is always in my lineup! Frankincense may promote youthful skin, healing, and reduce the appearance of fine lines. Given the powerhouse of ingredients in this face wash, I make sure to utilize this recipe as part of my exfoliation routine.

Benefits:



Promotes Skin
Rejuvenation



Soothes Skin



Promotes a
Youthful Glow

Exfoliating Facial Scrub With Frankincense Essential Oil



Frankincense
Face Scrub
simply earth.

Ingredients



- 1 Tbsp oatmeal
- 1 Tbsp brown sugar
- 2 drops Frankincense Essential Oil
- 1 Tbsp honey
- 1 Tbsp almond oil

1



In a small food processor or coffee grinder, grind oatmeal and brown sugar into a fine powder.

2



Once they are ground, put them in a small sealable container, add in honey, and stir.

3



In a separate small bowl, mix the essential oil and almond oil.

4



Add oils to oatmeal mixture, and stir.

5



To use, wet face with warm water. Apply a small amount of facial scrub in circular motions to your face. Rinse with warm water, and pat dry.

Tone It Up!

My favorite part of my skincare routine is using a toner! My skin feels so refreshed and clean after I use a toner on my face. Toners may help give your face a secondary cleanse and restore your skin, resulting in a more balanced complexion. Finally, using a toner may help prepare your skin for the rest of your routine. Overall, toners that don't dry or strip your skin are your friend! You may be wondering, what would cause a toner to strip your skin? I'm glad you asked! Usually toners that dry your skin have harmful fragrances, alcohol as a base, or other chemicals that your skin may not love.



All-Natural Lavender Hydrosol Facial Toner

Toners are some of my favorite products as they're so nourishing and helpful to the skin! This recipe uses Simply Earth's Lavender Hydrosol along with apple cider vinegar. I love hydrosols as they are a natural by-product of creating essential oils. They have many of the same benefits of the essential oil, but at a much lower concentration. Hello, sustainability! This also makes hydrosols safer to use on the skin and with children, win-win-win! I also love apple cider vinegar, whether I use it in a toner or to clarify my scalp from the hard Wisconsin water. Apple cider vinegar is great because it helps balance the pH of your skin and may help prevent acne. Now, it does have a pretty strong aroma, so if you don't like apple cider vinegar, you can always omit this from the recipe and use the hydrosol by itself.

Benefits:



Promotes Skin Rejuvenation



Reduces the Appearance of Breakouts



Promotes a Youthful Glow

All-Natural Lavender Hydrosol Facial Toner



Ingredients



- 2 Tbsp Lavender Hydrosol
- ¼ cup distilled water
- 1 Tbsp apple cider vinegar (optional)
- 2oz container

1



In a 2oz container, add the Lavender Hydrosol.

2



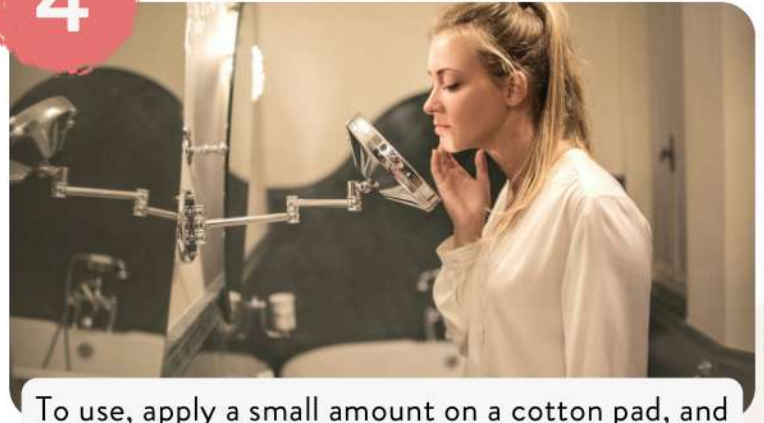
Add distilled water.

3



Add the apple cider vinegar (optional).

4



To use, apply a small amount on a cotton pad, and apply it to your face.

Soothe Your Skin

After a rigorous skincare routine, especially if you choose to exfoliate your routine, it's important to give your skin a chance to recover and give your skin a much needed break from the heaviness of makeup, grime, or oiliness.



DIY Facial Soothing Essence

This recipe is filled with soothing and gentle ingredients, making it a great addition to your routine! It includes Vegetable Glycerin, distilled water, Almond Oil, Palmarosa Essential Oil and Beauty Within Essential Oil Blend. Vegetable Glycerin is popular in the cosmetic industry because of its amazing moisturizing properties, and as a humectant, it attracts and binds water to the skin to keep it hydrated, soft, and supple! Whenever a recipe calls for water, we always recommend using distilled water as it makes the recipe last just a little bit longer. I love using Almond Oil in my skincare routine because it's a great emollient and isn't too oily. It is also packed with Vitamins A, B, and E, along with Omega-3 fatty acids that are really helpful in promoting healthy skin! Palmarosa Essential Oil is a powerful oil to help reduce the appearances of breakouts on the skin. Furthermore, it may also help maintain skin hydration and help to balance sebum production. Finally, I love that Simply Earth's Beauty Within Essential Oil Blend is in this recipe, as it's a combination of Myrrh, Frankincense, Rosemary, and Lavender Essential Oils! This blend may help reduce the appearances of fine lines, and promote a youthful glow!

Benefits:



Promotes Skin
Rejuvenation



Reduces
Appearances of
Fine Lines



Promotes a
Youthful Glow



DIY Facial Soothing Essence

Ingredients



- ½ cup hot distilled water
- 3 drops Palmarosa Essential Oil
- 2 drops Beauty Within Essential Oil Blend
- Coffee filter
- 1 Tbsp almond oil
- ½ tsp vegetable glycerin
- Jar or spray bottle

1



Using a container with a lid, add hot water and essential oils. Place the lid onto the jar and let the water cool to room temperature (about 30 minutes).

2



Once cool, filter the oil out of your water using a coffee filter. If necessary, repeat filtering your water until you don't see droplets of oil on the surface. This water and oil mixture is called a DIY hydrosol.

3



Pour your water into a sanitized jar or spray bottle.

4



Add the glycerin and stir to mix.

5



Add the almond oil.

6



To use, shake your mixture. Use a spoon or spray the mixture into the palms of your hands and gently press it into your skin to moisturize and prep your skin for a face serum or makeup.

Quick Skincare on The Go!

If you're like me and you lead a life where you're constantly on the go, then having a quick fix for a small problem is so important! I can't tell you how many times I've been out and about and I catch a glimpse of an impending zit in my reflection. Because of this, I started carrying a small remedy that I could keep with me while I'm out and about.



Clear Skin Roll-On

One of the best ways to use essential oils on the go is in the form of a roll-on! It's so nice to have a pre-diluted, ready-to-use Essential Oil Blend that I can easily store in my purse or my car. This recipe utilizes Simply Earth's Clear Skin Essential Oil Blend diluted with Almond Oil. The Clear Skin Blend is made up of Tea Tree, Sandalwood, Juniper Berry, and Lemon Essential Oils. It is likely to reduce the appearance of breakouts (I know it's been amazing for me!) Normally we recommend using a 1% dilution rate for facial recipes, but this recipe has a 5% dilution rate to really attack and conquer those blemishes. I love keeping this roll-on close by for quick and easy application.

Benefits:



Reduces
Appearances of
Breakouts &
Blemishes



Clear Skin Roll-On

Ingredients



- 8 drops Clear Skin Essential Oil Blend
- ~10mL almond oil
- 10mL roll-on bottle

1



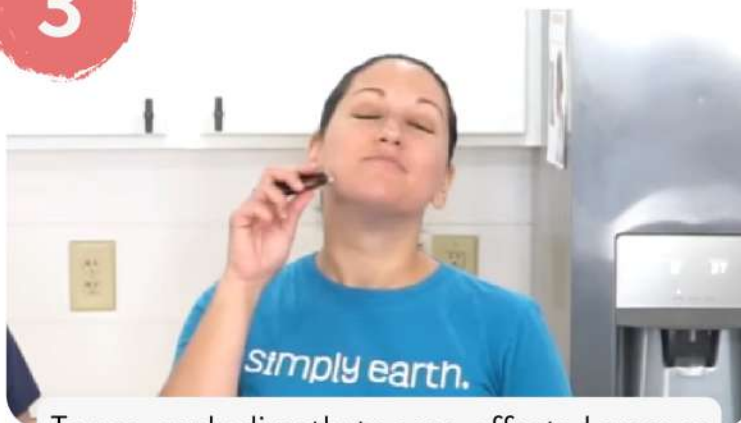
Add 8 drops of Clear Skin Essential Oil Blend to a roll-on bottle.

2



Fill the rest of the way with Almond Oil.

3



To use, apply directly to acne-affected areas as needed.

Best Essential Oils for Your Skincare Routine



CHAMOMILE (ROMAN)



CORIANDER



FRANKINCENSE



GERANIUM



HELICHRYSUM



HO WOOD



JASMINE



LAVENDER (BULGARIAN)



LEMON



MYRRH



PALMAROSA



PATCHOULI



SANDALWOOD



TEA TREE



YLANG YLANG

Best Essential Oil Blends for Your Skincare Routine



BEAUTY WITHIN



BUMPS & BOO BOOS



CLEAR SKIN



FAREWELL, SCARS!



TIMBER



Essential Oils Made Simple

The secret to mastering essential oils is knowing what information to trust.

You shouldn't have to waste your time searching the internet for what to do with essential oils and still feel confused.

Using essential oils should be fun and exciting. You should know that you are using them safely for yourself, your friends, and family.

That's why I created the Simply Earth Essential Oil Recipe Box.

Master Essential Oils in 3 Easy Steps!

The Essential Oil Recipe Box will give you all the ingredients you need, and we'll teach you step by step how to make your own products!



STEP 1

Get the Only Box With 4 Oils and 6 Recipes



STEP 2

Learn How to Use Your Essential Oils



STEP 3

Ditch the Toxins and Use the Products You Made



Over \$139+ value for only \$44.99!

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