

Foreword by  
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MOSS

# Spoil Your Skin

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# Essential oils

## for each skin type

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### NORMAL

- Frankincense
- Geranium
- Jasmine
- Lavender
- Neroli
- Rose
- Lemon
- Ylang Ylang

### DRY

- Frankincense
- Geranium
- Jasmine
- Roman Chamomile
- Lavender
- Neroli
- Rose
- Sandalwood
- Ylang Ylang

### MIXED

- Bergamot
- Frankincense
- Geranium
- Jasmine
- Lavender
- Neroli
- Rosemary
- Rose
- Lemon
- Ylang Ylang
- Copaiba

### OILY

- Wild Orange
- Bergamot
- Frankincense
- Geranium
- Lavender
- Patchouli
- Rosemary
- Lemon
- Lemongrass
- Cypress
- Melaleuca / Tea Tree
- Copaiba



# Essential oils

## for special needs

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### SENSITIVE SKIN

- Blue Tansy
- Jasmine
- Roman Chamomile
- Lavender
- Rose
- Ylang Ylang

### AGING SKIN

- Frankincense
- Geranium
- Lavender
- Myrrh
- Neroli
- Patchouli
- Rose

## About

### DIY Recipes

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Choose essential oils according to your skin type or special needs.

Use clean glass bottles and jars.

Storage serum, toner and cleansing oil in dark place, protected from sunlight.

# Recipes

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## CLEANSING OIL

- 1,35 oz (40ml) Castor Oil
- 1,70 oz (50ml) Jojoba Oil
- 10 drops essential oil

Transfer all ingredients into a clean glass bottle with a dropper, and shake well.

## FACE SERUM

- 0,33 oz (10ml) Argan Oil
- 0,33 oz (10ml) Nightly Primrose Oil
- 0,33 oz (10ml) Apricot Kernel Oil
- 12 drops essential oil

Transfer all ingredients into a clean glass bottle with a dropper, and shake well.

## TONER

- 3,4 oz (100ml) Rose Water
- 4-8 drops essential oil

Transfer all ingredients into a clean glass bottle with a spray top, and shake well.