

DIY FACE SERUM



Just 3 simple steps:

add 2 oz. of carrier oil to glass bottle

add 20 drops essential oil

gently roll bottle in your hand to mix

Suggested Recipes – The next couple of pages have a suggested recipe for each skin type. Don't have an oil or essential oil? Or don't care for the scent of a particular oil or essential oil. That's no problem. It's easy to substitute. Simply refer to the charts on the last three pages and find another carrier oil or essential oil that also works well for your skin type and substitute it in the recipe.

How to Use Face Serum

Step 1: cleanse face

Step 2: apply a drop of serum to forehead, each cheek, and chin

Step 3: gently massage in using small, soft upward strokes

store bottle in a cool, dark place

DIY Face Serum with Essential Oil for Normal Skin

To a 2 ounce or larger glass bottle, add...

2 oz. apricot kernel oil

8 drops lavender essential oil

8 drops geranium essential oil

4 drops frankincense essential oil

Put lid on bottle and gently roll the bottle in the palm of your hand for about 30 seconds to mix the essential oils in with carrier oil.

To use: cleanse face then apply drop of serum to forehead, each cheek, and chin. gently massage in using small, soft upward strokes.

DIY Face Serum with Essential Oil for Dry Skin

To a 2 ounce or larger glass bottle, add...

2 oz. rose hip seed oil

5 drops rose essential oil

5 drops jasmine essential oil

5 drops frankincense essential oil

5 drops geranium essential oil

Put lid on bottle and gently roll the bottle in the palm of your hand for about 30 seconds to mix the essential oils in with carrier oil.

To use: cleanse face then apply drop of serum to forehead, each cheek, and chin. gently massage in using small, soft upward strokes.

DIY Face Serum with Essential Oil for Skin with Non-Cystic Acne

To a 2 ounce or larger glass bottle, add...

2 oz. jojoba

5 drops tea tree essential oil

5 drops lemongrass essential oil

10 drops lavender essential oil

Put lid on bottle and gently roll the bottle in the palm of your hand for about 30 seconds to mix the essential oils in with carrier oil.

To use: cleanse face then apply drop of serum to forehead, each cheek, and chin. gently massage in using small, soft upward strokes.

DIY Face Serum with Essential Oil for Sensitive Skin

To a 2 ounce or larger glass bottle, add...

1 oz. jojoba

1 oz. sweet almond oil

5 drops helichrysum essential oil

5 drops sandalwood essential oil

5 drops frankincense essential oil

5 drops lavender essential oil

Put lid on bottle and gently roll the bottle in the palm of your hand for about 30 seconds to mix the essential oils in with carrier oil.

To use: cleanse face then apply drop of serum to forehead, each cheek, and chin. gently massage in using small, soft upward strokes.

DIY Face Serum with Essential Oil for Oily Skin

To a 2 ounce or larger glass bottle, add...

1 oz. jojoba

1 oz. grapeseed oil

10 drops cypress essential oil

5 drops peppermint essential oil

5 drops rosemary essential oil

Put lid on bottle and gently roll the bottle in the palm of your hand for about 30 seconds to mix the essential oils in with carrier oil.

To use: cleanse face then apply drop of serum to forehead, each cheek, and chin. gently massage in using small, soft upward strokes.

DIY Face Serum with Essential Oil for Mature Skin

To a 2 ounce or larger glass bottle, add...

2 oz. rose hip seed oil

5 drops rose essential oil

5 drops helichrysum essential oil

5 drops frankincense essential oil

5 drops geranium essential oil

Put lid on bottle and gently roll the bottle in the palm of your hand for about 30 seconds to mix the essential oils in with carrier oil.

To use: cleanse face then apply drop of serum to forehead, each cheek, and chin. gently massage in using small, soft upward strokes.

DIY Face Serum with Essential Oil for Combination Skin

To a 2 ounce or larger glass bottle, add...

1 oz. jojoba

1 oz. rose hip seed oil

5 drops frankincense essential oil

5 drops geranium essential oil

5 drops lavender essential oil

5 drops Hawaiian sandalwood essential oil

Put lid on bottle and gently roll the bottle in the palm of your hand for about 30 seconds to mix the essential oils in with carrier oil.

To use: cleanse face then apply drop of serum to forehead, each cheek, and chin. gently massage in using small, soft upward strokes.

What are the best carrier oils for your skin type?

Normal: apricot kernel oil, jojoba, grapeseed oil, sunflower oil, sweet almond oil

Dry: avocado oil, sweet almond oil, rose hip seed oil, apricot kernel oil, sunflower oil

Non-Cystic Acne: jojoba, sesame oil, argan oil, grapeseed oil, evening primrose

Sensitive: sunflower oil, jojoba, sweet almond oil, apricot kernel oil, rose hip seed oil, avocado oil, argan oil, grapeseed oil, evening primrose

Oily: jojoba, argan oil, grapeseed oil

Mature: rose hip seed oil, jojoba, sweet almond oil, apricot kernel oil, avocado oil, sunflower oil, tamanu oil

	Normal	Dry	Acne	Sensitive	Oily	Mature
Apricot kernel oil	✓	✓		✓		✓
Argan oil			✓	✓	✓	
Avocado oil		✓		✓		✓
Evening primrose oil			✓	✓		
Grapeseed oil	✓		✓	✓	✓	
Jojoba	✓		✓	✓	✓	✓
Rose hip seed oil		✓		✓		✓
Sesame oil			✓			
Sunflower oil	✓	✓		✓		✓
Sweet almond oil	✓	✓		✓		✓
Tamanu oil			✓			✓

What are the best essential oils for your skin type?

Normal: lavender, frankincense, geranium

Dry: geranium, lavender, myrrh, patchouli, rose, frankincense, ylang ylang, cedarwood, clary sage, Roman chamomile, sandalwood, jasmine

Non-Cystic Acne: geranium, cedarwood, lavender, patchouli, tea tree, rose, Roman chamomile, lemongrass, rosemary

Sensitive: helichrysum, lavender, rose, jasmine, geranium, frankincense, sandalwood

Oily: frankincense, geranium, lavender, patchouli, tea tree, ylang ylang, clary sage, Roman chamomile, cypress, peppermint, rosemary, sandalwood

Mature: rose, frankincense, myrrh, helichrysum, sandalwood, geranium, lavender, patchouli, cypress, jasmine, rosemary, ylang ylang

	Normal	Dry	Acne	Sensitive	Oily	Mature
Cedarwood		✓	✓			
Clary sage		✓			✓	
Cypress					✓	✓
Frankincense	✓	✓		✓	✓	✓
Geranium	✓	✓	✓	✓	✓	✓
Helichrysum				✓		✓
Jasmine		✓		✓		✓
Lavender	✓	✓	✓	✓	✓	✓
Lemongrass			✓			
Myrrh		✓				✓
Patchouli		✓	✓		✓	✓
Peppermint					✓	
Roman chamomile		✓	✓		✓	
Rose		✓	✓	✓		✓
Rosemary			✓		✓	✓
Sandalwood		✓		✓	✓	✓
Tea Tree			✓		✓	
Ylang ylang		✓			✓	✓

	Best Carrier Oils for Skin Type	Best Essential Oils for Skin Type	Face Serum for Skin Type
Normal	apricot kernel oil, jojoba, grapeseed oil, sunflower oil, sweet almond oil	lavender, frankincense, geranium	2 oz. apricot kernel oil 8 drops lavender 8 drops geranium 4 drops frankincense
Dry	avocado oil, sweet almond oil, rose hip seed oil, apricot kernel oil, sunflower oil	geranium, lavender, myrrh, patchouli, rose, frankincense, ylang ylang, cedarwood, clary sage, Roman chamomile, sandalwood, jasmine	2 oz. rose hip seed oil 5 drops rose 5 drops jasmine 5 drops frankincense 5 drops geranium
Acne	jojoba, sesame oil, argan oil, grapeseed oil, evening primrose	geranium, cedarwood, lavender, patchouli, tea tree, rose, Roman chamomile, lemongrass, rosemary	2 oz. jojoba 5 drops tea tree 5 drops lemongrass 10 drops lavender
Sensitive	sunflower oil, jojoba, sweet almond oil, apricot kernel oil, rose hip seed oil, avocado oil, argan oil, grapeseed oil, evening primrose	helichrysum, lavender, rose, jasmine, geranium, frankincense, sandalwood	1 oz. jojoba 1 oz. sweet almond oil 5 drops helichrysum 5 drops sandalwood 5 drops frankincense 5 drops lavender
Oily	jojoba, argan oil, grapeseed oil	frankincense, geranium, lavender, patchouli, tea tree, ylang ylang, clary sage, Roman chamomile, cypress, peppermint, rosemary, sandalwood	1 oz. jojoba 1 oz. grapeseed oil 10 drops cypress 5 drops peppermint 5 drops rosemary
Mature	rose hip seed oil, jojoba, sweet almond oil, apricot kernel oil, avocado oil, sunflower oil, tamanu oil	rose, frankincense, myrrh, helichrysum, sandalwood, geranium, lavender, patchouli, cypress, jasmine, rosemary, ylang ylang	2 oz. rose hip seed oil 5 drops rose 5 drops helichrysum 5 drops frankincense 5 drops geranium