

ANTI-AGING SERUM FOR WRINKLES & FINE LINES

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How to use anti-aging serum

First, do a small skin patch test to make sure you're not allergic or sensitive to any of the ingredients.

1. Gently shake roller bottle to mix essential oils.
2. Apply small amount around eyes using light, upward strokes so as not to pull or tug at the skin.
3. Be very careful to not get serum in eyes.
4. Apply morning and evening after cleansing face.
5. Can apply moisturizer over serum.
6. This serum can also be applied to other areas of the face (forehead, laugh lines around mouth), neck and décolletage.

Anti-Aging Serum for Wrinkles & Fine Lines

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step 1: add rosehip seed oil to a 10ml roller bottle

tip: **fill to about 1 inch below the top** of the roller bottle so that you have room to add the vitamin e oil and essential oils in the next steps

[Here's the rosehip seed oil I use.](#) I love that it's **organic, cold pressed, and unrefined.**

Don't want to use rosehip seed oil? Here are **some good substitutes**: jojoba, sweet almond oil, apricot kernel oil, avocado oil, sunflower oil, and tamanu oil

step 2: add 1/2 teaspoon vitamin e oil

[Here's the vitamin e oil I use.](#) I love that's 100% natural and organic. Plus, it's absolutely loaded with vitamin e- 15,000 IU in only .5 oz of oil.

step 3: add the following essential oils

- 5 drops frankincense essential oil
- 3 drops lavender essential oil
- 3 drops rose essential oil
- 2 drops sandalwood essential oil
- 2 drops helichrysum essential oil

This is a 7% dilution.

Don't want to use one of these essential oils? Here are **some good substitutes**: myrrh, geranium, patchouli, cypress, jasmine, rosemary, and ylang ylang

What's in this homemade wrinkle serum?

frankincense- Frankincense essential oil improves skin tone, promotes new cell growth, and improves elasticity.

lavender- Lavender essential oil is an antioxidant that fights free radicals contributing to skin damage. It's great for circulation; lavender increases blood flow to skin allowing oxygen and nutrients to reach skin for renewal and healing. And it helps replace old skin cells with new ones which leads to smoother skin texture and a more radiant complexion.

rose- Rose essential oil is a powerhouse of anti-aging goodness! It's both an antioxidant and an anti-inflammatory that can help lessen redness, puffiness, and stressed-looking skin. Rose essential oil also improves blood flow which makes skin look smoother and gives your complexion a youthful, pinkish glow. And it helps keep skin moisturized and improves skin elasticity to lessen the appearance of fine lines and wrinkles.

sandalwood- Sandalwood essential oil helps retain moisture which makes skin look plumper and more taught. It has astringent properties to help get rid of dull-looking skin and increase cell turnover so that there's less dead-skin cell buildup. And sandalwood also promotes the development of fresh skin cells.

helichrysum- Helichrysum essential oil is one of the most potent and trustworthy essential oils when it comes to fighting the signs of aging. It's soothing and healing, reduces inflammation, reduces age spots, scars and wrinkles by increasing cell turnover.

rosehip seed oil- Rosehip seed oil is a rich source of essential fatty acids that are wonderful at fighting dryness and the appearance of fine lines and wrinkles. It helps increase cell turnover and new growth, revealing new, more youthful-looking skin. It's one of the richest plant sources of vitamin c that supports collagen production and is great for skin elasticity!

vitamin e oil- Vitamin e oil is an antioxidant that helps fight the harmful effects of free radicals like wrinkles and brown age spots. It protects and nourishes skin. It also helps soften and moisturize skin which is great because well moisturized skin tends to look more youthful and less wrinkled.

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