



Natural
Ethnic Skin
Care



Natural Ethnic Skin Care

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Table of Contents

Why Skin Care Routine Is Required ?

2 in 1 Soap

Coconut Milk Soap Base

Scrubbing

Ohh...That Smells Good

Base Two

Soap Is Ready

Moisturizer

Emulsification

Blend

Look at the Texture

Application

Storing

Let's Fight Acne

Oils

Mix Well

Gel Is Ready !!

Facial Oil/ Serum

So Easy to Make

Peppermint Foot Soak

Labeling

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Natural Ethnic Skin Care

Hi Everybody,

Do you know what is the best kind of love ?? where it starts and how it spreads its wings making others happy. It all starts from YOU, yes you !! Let me tell you straight Self love is the best kind of love because it's the first piece of the puzzle for happiness. If you love yourself, you'll be grateful for the things around you, one of the ways to boost self love is by having a happy skin. Obviously it takes two ways in taking care of your skin, internally - food intake and externally - skin care routine. Here you are about to see how to take care externally by following a simple yet efficient skin care routine, which makes your skin healthy and vibrant. Do you believe a simple skincare routine can give you that ?? Yes Indeed. A skin care routine can keep your skin soft and supple, which in turn makes you more confident and happy and

emotionally quite strong about self !!

Skin care routine is like a precautionary measure before your skin starts having break outs or dehydrated leading you to be stressed and worried. There is no perfect skin colour, there is no perfect body shape. It all lies in you, how you see yourself, how you let others see you and how you see others !!

So this instructable is about self caring by following a skin care routine.

Supplies:

Ingredients with quantity will be listed in each topic separately



Step 1: Why Skin Care Routine Is Required ?

Of course you are beautiful the way you are, there is no questioning that. Skin care routine enhances your beauty by providing external care required for your skin caused due unexpected circumstances of climate and pollution. These are very simple to make and doesn't burn a hole in your pocket. By making your own skin care routine you'll have very good knowledge about what goes into your skin.

These are basic steps of daily skin care routine

1) Soap - Not exactly skincare routine, but more important part in cleansing your body

2) Moisturizer - Its can applied for face as well to body after bathing to keep your skin hydrated

3) Lip care routine posted in detail in another instructable

4) Moisturizer in evening (Gel application)

5) Facial oil at night

6) Foot soak (can be done daily or alternate days also)



Step 2: 2 in 1 Soap

Ingredients

- 1) Coconut milk soap base - 400 g
- 2) Charcoal soap base - 400 g
- 3) Walnut shell granules - 1 Tbsp + as required as fill the bottom of soap base
- 4) Ubtan powder - 1 Tbsp

5) Lavendar Essential oil - 30 drops

Cut the charcoal and coconut milk soap base into small chunks



Step 3: Coconut Milk Soap Base

Put the walnut shell granules (coarse) in the silicone mold.

Using double boiler method melt your coconut milk soap base, all the chunks will melt down and become watery after few minutes



Step 4: Scrubbing Part

Once fully melted, add 1 tbsp of walnut shell granules to soap base and mix well





Step 5: Ohh.. That Smells Good

Take out of the heat, let it cool down for minute or two and add your essential oil of your choice - 15 drops stir and pour into mold.

Use rubbing alcohol (Isopropyl alcohol) as spray to pop the bubbles on the top

An advertisement for 'The Age Reversal Technique'. The background is a light beige color. On the left, the text 'The Age Reversal Technique' is written in a black, cursive font. Below this text is a dark brown rectangular button with the white text 'CLICK HERE'. On the right side, there is a before-and-after comparison of a woman's face. The top image shows her with a serious expression and some wrinkles, while the bottom image shows her smiling and looking younger. A white speech bubble with the text 'In Just 4 Weeks' and a white arrow pointing from the top image to the bottom image is overlaid on the comparison.



Step 6: Base Two

Use can use the same vessel and melt your charcoal base, once melted add ubtan powder(my choice, as it contains many herbs for glowing skin), after taking from heat add 15 drops of lavender essential oil. You can add your favorite additives like any fruit or vegetable powder , but it has to be a powder with no moisture content in it. Combine well



Step 7: Soap Is Ready

While your first layer is resting, it takes approx 45mins - 1 hour for it to harden. Pour your second layer and leave it for an hour or two. Once completely harden your 2 in 1 soap is ready

Any guess why i have used scrub on only one side, coz scrubbing should done twice a week to remove the dead cells away and improves blood circulation. The other side of the soap without is to be used for daily cleansing.

Benefits*

Charcoal - Treats oily skin, reduces pore size, makes skin tighter and firmer

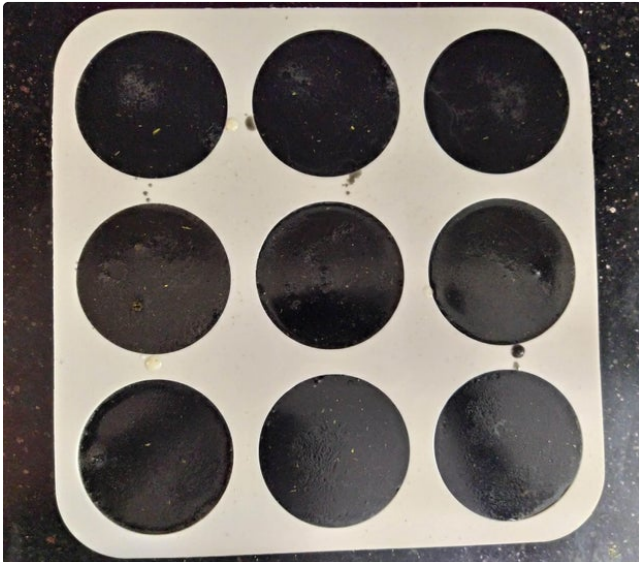
Coconut milk - Coconut Milk is rich in essential vitamins and minerals and has cooling properties that will relieve and soothe sunburned skin.

Walnut shell granules - Scrubbing agent, bio degradable

Ubtan powder - This powder is a mixture of natural ingredients like turmeric powder, sandalwood powder, milk powder and rose powder, best herbal care powder

Lavender essential oil - Relaxing, calm, soothes your skin

* Benefits of ingredient points are sourced from google



WARNING!

Your healthy lifestyle might be damaging your skin!

FIND OUT HOW

The advertisement features a woman with long brown hair, wearing a blue button-down shirt, smiling and eating a forkful of food. In front of her is a bowl of green salad. The background is a soft, out-of-focus indoor setting.



Step 8: Moisturizer

Ingredients

Phase A

- 1) Distilled or De-mineralized water - 50 gm
- 2) Geranium Hydrosol - 20 gm

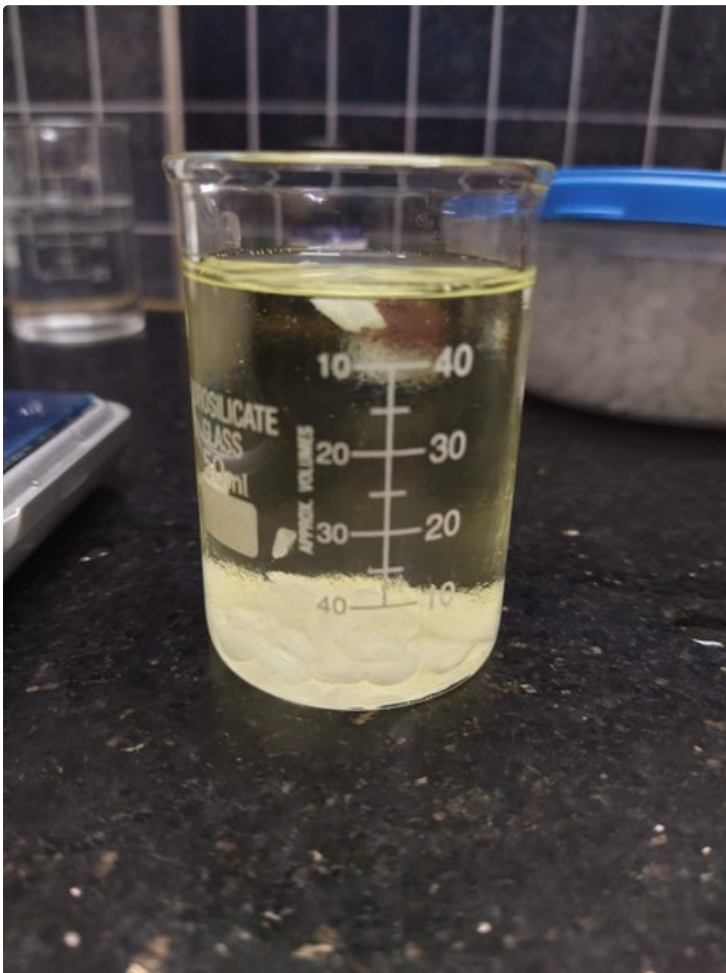
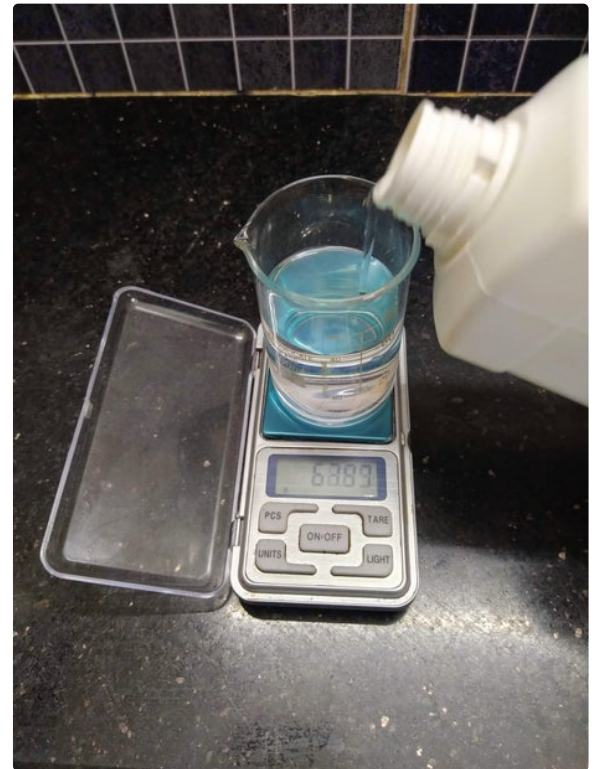
Phase B

- 3) Coconut oil - 30 gm
- 4) Soybean oil - 10 gm
- 5) Ricebran oil - 10 gm
- 6) Emulsifying wax - 6 gm

Phase C

7) Rose Essential oil - 15 drops

8) Preservative - 1gm (Broad spectrum preservative)



Step 9: Emulsification

Measure the Phase A and Phase B ingredients separately and put both in double boiling method. So that all the Phase B will combine together well, Phase A ingredients are heated too, so that both the phase can be mixed at almost same temperature. That's why its kept in the same double boiler

So once all the phase B ingredients are melted and combined well, pour both phase A and phase B, immediately you'll see a colour change this is your emulsification. Generally water is poured into oil



Step 10: Blend

Even though you add an emulsifying agent, you need to combine them by blending them as naturally water and oil do not get together easily. So when you blend, they get combined and stay that way because of the emulsifier. Still, it will be hot and watery consistency. Let it cool down to room temperature; it will start to thicken up. Once it comes to that, add your essential oil and preservative.





Step 11: Look at the Texture

Its so soft and fluffy. Like you could eat it up :P



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