



Herbal Skin Care

Radiantly beautiful ~ naturally

Presented by:

Spiraea Herbs

with

Correne Omland



Nourishing Your Skin

Be it the passage of time, the harshness of the elements or the stress we all endure from time to time, we could all use a little herbal pick-me-up when it comes to taking care of our skin.

However, we would be remiss to not at least mention the skin's importance beyond that of our physical appearance. The largest organ in our body, our skin plays vital roles in our immunity, general protection, regulating temperature and other metabolic functions in the body. These functions are only as good and strong as the skin is healthy.

So how can our herbal allies and friends help to nourish us both inside and out? Let us dive into the world of plant based wisdom and healing and wander through the potential remedies and recipes we can play with !

The information contained in this e-book is for education purposes only and is not meant to be or replace a diagnosis, nor treat any medical conditions of any kind.

Please consult your health care practitioner of choice for more serious skin concerns.



Herbal Cleansing Grains

Commercial cleansers, while successfully 'cleaning' our skin are unnecessarily harsh in their application. Stripping away vital oils, they leave our skin feeling dry and depleted.

Cleaning grains are perfect for washing your face and can be used as frequently as you choose. Completely safe for daily use, this recipe is excellent for all skin types.

Please note that you do not have to use the clays mentioned here. Feel free to substitute your favourites.

Ingredients

- 1/2 cup of green clay
- 1/2 cup of kaolin clay
- 1/2 cup of organic oats (or almonds)
- 1/4 cup of seaweed powder

- 2 tbsp each of lavender, marshmallow root, chamomile, rose petals and calendula flowers



Herbal Cleansing Grains

Instructions

- Using a high powered blend, food processor or coffee grinder, grind your oats/almonds and botanicals until they are powdered (but still have a touch of grit to them).
- Using a large bowl, mix your ground oats/almonds and botanicals with your clays and seaweed powder. Continue to mix until everything is well incorporated.
- Store in a container of your choosing. Label your jar/container.

How To Use Your Cleansing Grains

- Mix 1-2 tsp of your cleansing grains with water, floral water or toner of choice.
- Stir to form a paste and gently massage on your face and neck.
- Rinse off with warm water and finish off with toner, followed by a face oil/serum of choosing.



Herbal Face Wash

While my personal preference are the Herbal Cleansing Grains or washing my face with water, there are times when I need an actual face wash. After mucking out the chicken coop, hauling soil or stacking firewood, I crave a good face cleaning.

You can use a variety of herbal infused oils, but my favourites are rose, chamomile, rosehips and lavender.

Ingredients

- 1/2 cup of plain castile soap
- 2 cups of clean water
- 3 tbsp of herbal infused oil
- 2-3 tbsp of honey (optional)
- Optional: up to 10 drops of essential oil
 - lavender, rose, neroli, frankincense, palmrosa all make good options
- Pour all ingredients into a foaming soap dispenser
- Shake well before use



Herbal Toner

Toners are some of my favourite recipes to play with because they are so customizable! You can use what you have and what is growing in your garden and still have a beautiful end product.

Ingredients

- Jar size of your choosing (I tend to make at least a litre to last me the whole year)
- Organic witch hazel
 - You can use alcohol free if you wish, but it does not store quite as long
- Fresh or dried herbs of your choosing
 - Lilac blossoms, rose petals, lavender blossoms, chamomile flowers, calendula flowers and lemon balm all make wonderful options



Herbal Toner

Instructions

- If you are using fresh herbs
 - Fill your jar loosely with the fresh blooms
- If you are using dried herbs
 - Fill your jar approximately halfway with your herb of choice
- Fill the jar with witch hazel & use a piece of parchment paper as a barrier between the witch hazel and the lid
 - This is a very important step if you are using a jar with a metal lid
- Label your jar and store in a cool and dark location for at least 2-3 weeks (4 weeks for dried herbs)
- Strain out your herbs and pour your toner in a spray bottle of your choosing



Face Serum

Do you want in on a little secret? Serum is just another word for a herbal infused oil. In this case, a herbal infused oil that we use topically on the skin of our face.

Now I know some of you are not quite convinced that using an oil on your face is a good thing. Trust me, I completely understand. As someone plagued with oily skin for most of my life, this was something that I was not going to buy into easily.

The first problem are those harsh cleansers we talked about before! When we strip your skin of its natural oils, our body responds by producing more oil. So you can stop scrubbing your face raw in hopes of reducing oil production, because it will not work.

Instead our goal should be to balance oil production. By using a product that closely mimics the natural oils on our skin (called sebum) it actually works with your body to keep oil production balanced. The key here is balance ~ not too dry and not too oily.

Now let's learn how to make a nourishing face oil!

Face Serum

First, ensure you do some research on the best carrier oils for your skin type. People with fairer complexions tend to do better with lighter oils such as apricot kernel, almond and jojoba, whereas folks with a darker skin tone may prefer avocado and/or coconut oil.

Ingredients

- 1 part rosehips
- 1 part lavender blossoms
- 1 part elderflowers
- 150 ml carrier oil of choice



Optional

- Essential oils totaling 24 drops
- Beautiful options include:
 - Frankincense
 - Neroli
 - Rose
 - Lavender
 - Palmrosa



Face Serum

Instructions

- If you are using dried herbs, fill your jar approximately 1/2 of the way with the blend of elderflower, lavender and rosehips.
- If you are using fresh herbs, they will have to be made separately due to differences in blooming times.

Please be aware that fresh herbs do contain water and can be trickier to work with. If this is your first time making a herbal infused oil, dried herbs are a safer option to start with.

- Once your herbs are infused well into your carrier oil (2-3 weeks for fresh herbs ~ 4 weeks for dried), strain out your herb material.
 - A fine mesh strainer or cheesecloth may be your preference to ensure that you remove all herb material from your end product.
- You should be left with approximately 100ml of face serum.
- Pour into a bottle of your choosing ~ dropper bottles make nice options.
- It is at this point where you would add your essential oils!

Petals Herbal Steam

Herbal steams are my favourite way to indulge and pamper my skin. Not only do they open the pores and deeply cleanse the skin, they feel fantastic.

The following is a general herbal steam that should work well for most skin types. Remember to explore with different blends that suit your skin type well!

Ingredients:

all of the botanicals are dried

- 1/2 cup of rose petals
- 1/2 cup of lavender blossoms
- 1/4 cup of jasmine blossoms
- 1/4 cup of chamomile flowers
- 1/2 cup of calendula flowers
- 1/4 cup of orange peel



Instructions:

- Use 1/2 cup of the above blend per 2-3 cups of water
- Bring to a low simmer, cover and take off the heat
- Allow to steep for 15 minutes
- Leaning over the pot, drape a large towel over your head and the pot
- Steam for 5-6 minutes

Lavender Dreams Body Butter

Whipped body butters are so much fun to make, although a bit messy (fair warning). Once you have a basic recipe down, you can just start to play with amazing botanical combinations!

This is my favourite blend to use before bed thanks to the sweet dreams energy that lavender offers.

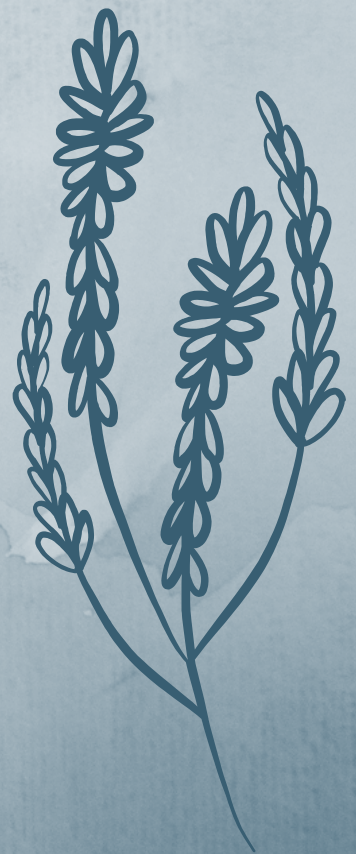
Play around with different butters and use what you have easy access to. This can be made with 100% Shea butter if that is the most accessible for you.

Ingredients:

- 120 grams of Shea butter
- 105 grams of coconut oil
- 55 grams of pumpkin butter
- 40 grams of mango butter
- 1/2 cup of lavender infused carrier oil
 - My favs are apricot kernel or almond

Optional

- 15 drops of lavender essential oil



Lavender Dreams Body Butter

Instructions:

- Using a double boiler melt all of your butters and coconut oil. Once melted add in your lavender herbal oil.
 - If you are using a stand mixer, pour the melted mixture into the bowl for the mixer.
 - If you are using a hand mixer, pour the melted mixture into a bowl of your choosing.
- Place your bowl in a cool location (fridge works but not the freezer) and wait until your mixture is almost completely solid. **Do not rush this part because it will not whip well if it is still in liquid form.**
- Once your butters and oils are ready start your mixer.
 - If you have ever made whipped cream before, you are simply following the same process.
- Start the speed on low and work your way up. It will whip up just like whipped cream.
 - If you choose to add essential oils, you want to do this during the whipping process.
- Using a spatula, transfer your whipped body butter into a container of your choosing.

Peppermint Foot Scrub

Here we are back to pampering myself after a long day on the homestead. On days where I am doing a lot of hauling, lifting and digging, my feet get sore!

There is nothing like a refreshing foot scrub to make you feel so much better after a hard days work.

Ingredients:

- 2 cups of epsom salts
- 3-4 - 1 cup of oil of choice
 - Coconut oil = 1 cup
 - you will have to melt it slightly
 - Liquid oils = 3/4 cup
 - To take this to the next level ~ use peppermint infused herbal oil
- 10 drops of peppermint essential oil
- 1 tbsp of chopped fresh peppermint
 - Rosemary is nice too!



Mix everything together and store in a container with a plastic lid because the salt will corrode the lid.

Rosehip Lip Balm

Who doesn't love a good lip balm? On top of that, who doesn't love a good lip balm that costs very little money to create? The bonus is that once you have this technique down, you can whip up these little babies for gifts for those you love.

For this recipe you will need rosehip infused herbal oil, but you can also substitute this with any herbal infused oil OR just simply use a carrier oil. Recipes like this are very adaptable.

Ingredients:

- 1 tsp of a wax or hard butter
 - beeswax, cocoa butter
- 4 tsp of rosehip infused oil

Optional

- 1 drop of essential oil
 - lavender would be nice

Instructions:

- Melt all of your ingredients in a double boiler and then pour into a container of your choosing

