



6 DIY natural skin care products step by step

e-book

Are you also worried about bad additives in skin care products?

In this e-book, you will read why making your own products is a good idea. Then, step by step, you will learn how to make 6 products yourself.

Essential.blue

6 DIY natural skin care products

step-by-step

Harmful additives in our daily care products are rightly under a magnifying glass.

They are often bad for your skin, but also for nature.

Many ingredients are potentially carcinogenic or hormone disruptive. The palm oil that is used also affects the habitat of the last orang-utans. And the jars and bottles disappear into the plastic soup.

Fortunately, there is a solution.

Make the switch to sustainable. Buy sustainable products. And if a label contains a jumble of incomprehensible words, leave it be. If you make your own personal care products, you know exactly what is in them.

And especially what it doesn't contain.

Say goodbye to harmful additives.

It is much better for you and for nature.

In this e-book, I explain step by step how you can make 6 skincare products.

If you have any questions or ideas, email me or comment on my blogs.

Good luck!



Mariette

Owner Essential.blue

NATURE PRODUCTS
Essential.blue
SELF MADE

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DIY skincare products that are good for you and for nature

In this e-book you can read:

- Why making your own products is a good way to take care of yourself and of nature
- How you can make your own soap, from very simple to slightly more difficult. And how you can avoid common mistakes.
- How to make a body scrub and bath salts in different scents.
- How to make (lavender) oil, by distillation or by soaking lavender in a base oil.



Disclaimer: This e-book has been compiled with the greatest care with the aim of inspiring people to make their own sustainable products.

The author is not liable for any negative consequences that may result from the use of this book. Take all necessary precautions when working with caustic soda and watch the shelf life of your products. Consult an expert if you have sensitive skin.

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Why should you make skin care products yourself?

Have you ever read a label on skincare products? It does not make you happy. If it is understandable at all, it is often not good for nature and often not even for your skin.

Many ingredients are carcinogenic and endocrine disruptors.

Skin-irritating skincare

Take SLS (sodium lauryl sulphate). Although it often causes skin irritation and is potentially carcinogenic, it is still found in many skin care products and toothpaste.

Why is it used? Because it is cheap and because it foams. It is the world upside down. Skin care products that do exactly the opposite of what you buy them for. Yet it is often the reality.

Deforestation for skin care

Palm oil is much in the news. It is not bad for your skin, but it is a major contributor to deforestation. And it is in everything.

Tropical rainforest is being cut down and exchanged for palm oil plantations.

Okay, so I will buy products without SLS and without palm oil from now on?

If only these were the only problem ingredients. Because you forgot about parabens, artificial fragrances, Triclosan, Phthalates, Polyethylene Glycol, Formaldehyde, Benzophenone, Aminophenol, Diaminobenzene, Phenylenediamine and the list goes on.

They are often ingredients that are added to make something last longer, prevent bacterial growth, make a product more spreadable or make it foam more. They are never added because they are good for your skin. They are often harmful to your skin and hormonal balance, harmful to nature and sometimes carcinogenic.

You really have to be an expert to read skin care product labels. If you know that palm oil and its derivatives are hidden under 200 different names*.

No way to keep track.

Benefits of making your own skin care products

- This way, you not only take care of yourself, but of nature as well.
- When you make skincare products yourself, you can be absolutely sure what is in them.
- You can choose to use only the very best ingredients for your skin.
- You can choose to omit all ingredients that are bad for nature and biodiversity.
- Making your own skin care products is often not difficult at all.
- It is fun to do and does not always take up a lot of time.
- It is often cheaper, because the profit goes to you and not to a company.
- You get rid of the plastic bottles and jars that might otherwise end up in the plastic soup.
- And you always have nice presents to give away.

*** Footnotes:**

- 10 Ingredients to Avoid in Skin Care Products: <https://impakter.com/10-ingredients-avoid-beauty-products/>
- The Orangutan Alliance lists over 200 names of products or ingredients derived from palm oil on their website: <https://www.orangutanalliance.org/whats-the-issue/alternative-names-for-palm-oil>
- WWF: The rapid expansion of palm oil threatens some of the planet's most important and sensitive habitats: <https://www.worldwildlife.org/pages/which-everyday-products-contain-palm-oil>

Picture page 4: [Stuart Jansen](#), Unsplash

The habitat of the orang utan is seriously threatened by the use of palm oil.



On the shelf life of home-made products

As there are usually no preservatives in home-made skincare products, they often have a shorter shelf life. This certainly applies to creams and liquid products. So pay attention to the expiry date yourself. Keep liquid products in the refrigerator.

Hard soap has a relatively long shelf life and does not need to be kept in the fridge. Epsom salt does not need to be kept in the fridge either, as long as there is no moisture. The salt can clump together, but you can just shake it out again. Essential oil does

not need to be kept in the fridge and can generally be kept for two years. Distillate does need to be kept in the fridge and is relatively short lived.

Your nose is usually a good yardstick. If something doesn't smell good, don't use it.

Work hygienically and clean and dry jars and bottles well

Clean and dry all jars well to avoid the formation of bacteria. And wash your hands well.





Epsom Salt
(magnesium sulfate)
with lavender
& flower

$\frac{1}{2}$ - 1 cup in water
(foot) bath

Bath salts lavender, very easy to make yourself

Epsom bath salts with a nice fragrance are not only good for relaxing in the bath, but also good for you. Epsom salt contains magnesium and that is an important mineral for your health. You don't have to have a bath for it, you can also use it for a foot bath.

The salt is named after the town of Epsom in England. In the seventeenth century, people discovered springs in Epsom that were rich in magnesium salt.

You can buy Epsom salt in large bags. Vary with different oils to make different kinds of bath salts.

Ingredients:

- Epsom salt
- Drops of essential oils
- Recycled bottles or jars

How to make it

Making lavender bath salts is very simple.

1. Fill a large bowl with Epsom bath salts and add drops of lavender oil or other essential oil.
2. Stir well and leave the salt and oil to stand for at least a day without a lid.

3. Add more drops of lavender oil, depending on your taste.

4. Stir again and leave to stand.

5. After a few days, the salt should be dry enough to put into jars or bottles.

Use recycled bottles and decorate them

The bottles in the photo are recycled juice bottles that I got from a local bar. Clean and dry the bottles or jars well and decorate them as you like. This way, you have a personalised gift to give away or a gift for yourself.

You can also add dried lavender flowers to the bath salts.



Make your own body scrub

It only takes 15 minutes.

Ingredients:

- 60 grams of coconut oil
- 30 grams of Epsom bath salts
- 5 grams of dried lavender angustifolia.
- Optional: 4 drops of lavender essential oil

How do you make it?

1. Grind the dried lavender with a mixer. Your whole house will be enveloped in the scent of lavender.
2. Then finely chop the Epsom salts with the mixer too.
3. Mix the Epsom salt and lavender and mix again.
4. Stir the salt with the lavender into the coconut oil. Mix well, if necessary with the mixer.
5. Add a few drops of oil if necessary.

Note: Do not use a mixer that you also use for your food and clean everything thoroughly after use. Epsom salts are not for ingestion, but they can be safely absorbed through the skin.

Sleep like a rose with this body scrub

Angustifolia lavender is soothing. If you do not want a calming scrub, add lavandin lavender instead of Angustifolia lavender.

Apply the body scrub generously to wet skin and massage gently. Then take a nice shower. Store the DIY body scrub in a sealed jar in the fridge. The body scrub will keep for about a month in the fridge.



Pouring soap, a very easy way to make soap

If you want to make your own soap, but do not like working with NaOH (sodium hydroxide), or do not want to wait long for your soap to be ready for use, then pouring soap is for you.

2 Hours later, your soap is ready for use.

Ingredients:

You will need for six pieces of soap:

- 500 grams of pouring soap, note like all prepared products it is hard to find soap without SLS and palm oil.
- Six moulds. You can use an empty packet of (soya) milk. However, you can then control the soaps a little less individually, because it will then be one piece of soap that you eventually cut into the desired pieces.
- Maximum 3% essential oil.
- Dried and pressed flowers in different colours to decorate the soaps.

This is how it works:

1. Cut the block of pouring soap into smaller cubes.
2. Then prepare the lavender flowers as you see fit, meanwhile cut

the stems to size or remove the lavender flowers from the stems. Put the lavender in the moulds.

Preferably not too much or it will get messy.

3. Heat the soap pouring blocks in a pan au bain marie (put a smaller pan in a pan of boiling water) or in the microwave. Au bain marie makes it a little easier to control your soap. In any case, make sure that the soap does not get hotter than 75 degrees Celsius, otherwise it may discolour.

The cubes melt relatively quickly, but a film will also quickly appear on the liquid soap. So keep stirring the soap slowly. Not too quickly, so that not too many air bubbles form. Unless that is what you want, as shown in the photo accompanying this article. If a film forms, stir again or heat a little more.

4. When the soap has completely dissolved, quickly add the essential oil. And keep stirring slowly.

5. Remove the pan from the boiling water - dry the bottom, because you don't want any water droplets with your soap - and very slowly pour the soap into the casts. Do not pour too quickly, because then the flowers will move. With a thin stream, you can adjust the direction. And this reduces the number of air bubbles.

6. While pouring the soap from one cast into another, check whether the liquid soap is still liquid. If not, put it back into the pan of hot water and, if necessary, heat it again and stir until the soap is liquid again.

7. Do not touch the filled soap dish again. Also do not try to move

the lavender after it has been poured, because the result will not be pretty. And do not move the soap dish until the soap is really dry.

After 1 to 2 hours, your soaps are ready. Then you can start using them immediately.



Make your own soap

Picking out the ingredients for your own soap is, of course, the most fun and the best thing to do. Because only then do you know exactly what is in it.

I created this recipe using this soap calculator.

<http://soapee.com/calculator>

Use the calculator for your own recipe, or use my recipe below.

What you need:

- 276 grams olive oil
- 184 grams coconut oil
- 67,55 gram NaOH (sodium lye)*
- 151,8 gram water. You can use lavender hydrolate, tap water or distilled water.
- 13,8 gram essential lavender oil
- Dried lavender
- Soap moulds. A clean and cut up packet of soya milk will do just fine. This amount of soap fits into 1 soy pack and 3 separate soap dishes, or 1.5 packs.
- Cooking thermometer
- Mixer and 2 pans that you can put together to heat the soap au bain Marie.

***Careful with NaOH (sodium hydroxide)!**

NaOH is a natural product, but while processing it, it can burn a hole in your skin. So be careful. The NaOH with water (sodium hydroxide) is needed for the saponification, without it it will not work. If the saponification is going well and you leave the soap to dry for long enough (I keep it for at least 6 weeks), then - if you have done everything right - all the NaOH will have disappeared from the soap.

Before you start, read the following article: about problems that can occur.

How to work safely with NaOH?

Weigh the right amount of cold water and put it in a strong container. Then add the right amount of NaOH to the water. Never the other way round. Work with safety goggles, gloves and a face mask. And make sure nothing can fall over during the process. So work with sturdy pots and pans and a clean countertop. The NaOH can get quite hot (70 degrees C.) after it is added to the water and stirred. Use a sturdy plastic container or a heat-resistant glass. Then the heat does not dissipate too quickly and the material is not damaged. Do not use a wooden stirring spoon because it will be damaged. An ordinary spoon will do just fine.

This is how you make the soap:

1. Put the olive oil and coconut oil together in a pan au bain Marie and heat it to around 54 degrees C.
2. Add NaOH to the water at about the same time. Stir well until everything has dissolved.
3. Now you have to wait until the temperature of the sodium lye drops to about 54 degrees Celsius again. While the temperature of the oil mass rises to about 54 degrees. I have already mixed the oil a little. When both are about 54 degrees, you can carefully add the lye to the oil.
4. Mix it with the mixer until you can see a 'trace', i.e. you can draw a line in the mass. This may take 10 minutes or a little longer.
5. Then you can add the essential oil, mix briefly and then pour the mixture into the moulds. The mixture looks like a thick vanilla custard.
6. Add dried lavender flowers.
7. When the soap has hardened enough, after a few days or a week, you can stamp letters into it. You can also cut the soap into smaller pieces.
8. Leave the soap to mature for about six weeks, after which you can use it.



Making soap: first aid

What if, after 20 minutes of continuous mixing, you still cannot make out a trace in the soap mass?

Then most probably something has gone wrong in the soapmaking process.

What if the NaOH does not heat up by itself?

Then it is likely that the NaOH is no longer usable. Immediately after you have added the NaOH to the water, the temperature should rise considerably. Up to about 70 degrees C., in any case it should be well above 54 degrees C. If not, the NaOH is probably no longer good. So do not use it. Also check whether your NaOH is 100% NaOH.

What is the correct percentage of water in soap?

The soap calculator is often set by default to 38% water, but that is not the correct percentage if you are not working with palm oil. For oils other

than palm oil, use 33% water or even less.

How can I be sure that there is no NaOH left in the soap when I use it?

If the recipe is correct and everything has been done correctly, the NaOH will simply have disappeared after six weeks. When in doubt, you can 'taste' whether the NaOH has disappeared or not. If the NaOH is still in the soap, it will tingle. So you cannot use this soap for your skin.

It is safer to measure the pH.

It can happen that too much lye remains in the soap if there is not enough oil in a recipe to react with all the available lye. This leaves lye in the finished soap and makes it caustic and unsafe to use, even for washing or cleaning. If the soap still has a pH of 10 after a few days of curing, it contains too much lye. Therefore, check the result carefully, even after curing, because even then the soap may contain too much lye.



Making lavender oil

You can make lavender oil yourself, by distilling it or by encapsulating lavender in oil. Making your own lavender oil with dried lavender and a base oil is very easy.

What do you use homemade lavender oil for?

I use this homemade lavender oil to nourish my hair. I leave it in my hair for a few hours before washing it. There is no need for a bottle of conditioner.

Lavandula angustifolia, the real lavender, makes your home-made oil soothing and disinfecting. A massage before bedtime helps you relax. Pamper your feet once in a while. This oil replaces body lotion, hair conditioner and massage oil.

How do you make it?

1. Fill a jar (with lid) almost to the brim with good quality dried lavender. Remember to clean and dry the jar thoroughly.

2. Add as much olive oil as will fit in the jar. Close the lid and that's it, really.

3. Shake every day. After about 4 days or a week, the smell of olive oil will be replaced by the smell of lavender.

4. After 7 days or more, pass the contents of the jar through the sieve. Pour the oil through cheesecloth or another clean cloth if you want it fully filtered.

Which base oil do you choose?

I chose Extra Virgin Olive Oil, simply because I am a fan of it, it comes from my region and it is always in the kitchen. And olive oil has a longer shelf life than, say, the more neutral almond oil.

Essential oils are also dissolved in a base oil (carrier oil) to be applied to the skin.

What is the difference between essential oil and this homemade lavender oil?

Essential oil is distilled and for this you need a distillation kettle. On the next page I will show you how to distil lavender oil. Essential oil is extracted from the dried lavender flowers by steam under high pressure.

Essential oil is expensive because many flowers go into the still and only a little oil and distillate come out. It is better not to apply essential oil directly to your skin, as it is far too concentrated for that.

The lavender oil you have made today can be used directly on your skin. If you soak ecological *lavandula angustifolia* in olive oil, you can also use this oil in the kitchen. Just make sure that the oil is still usable. Olive oil has a long shelf life, but only if you process the oil hygienically.



SACRED
MOUNTAIN

PINE

AROMA SIEZ

HERBES

LEMI

Distilling your own essential oil

If you use a lot of essential oils or like to make them yourself, it is interesting to buy a small distiller. I have a 12 litre distiller. And I tell you how I make my lavender oil for my own personal care products.



Distillery 12 litres

With a double increase in the pan - to make the contents smaller - you can also buy a smaller distiller - it barely holds 680 grams of dried lavender flowers.

That gives me 48.7 grams of lavender oil and about 1.5 litres of hydrolate. That's a yield of 7.1% oil.

In the essential oil makers handbook by Bettina Malle and Helge Schminckl, I read that flowers of *lavandula angustifolia* have a yield of 2.5 to 3% and *lavandin* 3 to 5%.

So the 7.1 is excessively high. Perhaps this is because my *lavandin* gets a lot of sun here in the south of Spain.

How do you distil lavender oil?

1. At the bottom of the still, a sort of sieve separates the plant material from the water. The steam from the boiling water pushes up through the sieve and the plant material, taking the oil from the flowers with it.
2. Fill the pan with water up to just below the sieve. The plant material must not stand in the water. Tip: measure the amount of water you put in, so you can calculate how much water is left in the pan while you are distilling.
3. Fill the pan from sieve to lid with lavender flowers, pressing very firmly.
4. Close the pot and connect the hoses for cooling.
5. While the kettle is heating up, keep an eye on the cooling. The cooling water should be lukewarm, but not too hot.
6. As soon as the temperature at the top of the kettle rises to about 97

degrees Celsius, hydrolate with oil will flow out of the kettle.

7. I prepare a row of well-cleaned bottles or glasses which I then fill one by one with the liquid coming out of the distiller. You can clearly see that the first batch contains the most oil. The oil lies in a yellow layer on top of the hydrolate.

8. After about an hour, you can go on for two hours, there will probably be little oil and hydrolate left and the smell will be less strong. This is a good time to stop.

9. One by one, pour the contents of the bottles into a Byzantine vase to separate the oil from the hydrolate. The oil floats on top of the hydrolate, as you can clearly see in this picture.

With thanks to Henk Ploeger and Catharina de Bruin, from whom I

learned to distil. Henk gives distilling workshops in Gilze, in the Netherlands.



Byzantine vase with oil (yellow) and still a little hydrolate underneath.



About me & Essential.blue

At 1200 metres in the mountains in Spain, I started a sustainable lavender farm in 2019.

Because lavender is good for biodiversity and for us.

Bouquets of dried lavender replace fresh bunches of flowers grown with pesticides for a year.

The oil and individual dried flowers of lavender are excellent for making your own personal care products. Real lavender' is also soothing.

Apart from lavender, I have also recently started working with **sheep's wool**. Lovely, soft and warm wool from the sheep here in the mountains. This wool is often thrown away. While these sheep are needed more than ever to prevent fires.

Inspired by the nature around me, I try to inspire you.

I blog about sustainable products and often these are products you can make yourself, like in this e-book.

Do you have any questions? Feel free to ask them by mail or comment on my blogs.

Have fun, good luck and see you soon!



Mariette, owner Essential.blue

