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Dulton*



FACE

**NATURAL COSMETICS DIY
TO PRESERVE YOUR
BEAUTY AND YOUTH**

BOOK 1

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DIY

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Dakota Dulton

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Written by Dakota Dulton

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Introduction

This book is for all those ladies: young and not so young / +25, +30, +40, +50, +60/, who would to take care properly of their face skin, to improve it, to keep and maintain their beauty and youth as long as possible! In this book you will find many recipes and tips which will help you to achieve exactly that! The natural recipes have many advantages, first of all is that natural, maximum useful products/ingredients are being used. In certain situations the natural recipes can help your skin much more and better than bought from shop cosmetics.

Book 1: Face will help you to determine what kind of skin you have, what type of natural ingredients are the best for it, your personal food nutrition. There are many recipes of DIY natural cosmetics for each type of skin : day or night creams, face masks, scrubs, tonics, serums, lotions - all done from natural products only! The recipes are proven and almost impossible to find them anywhere else! Learn the secrets of beauty and youth from the ancient beauties as Cleopatra and others. Be young and beautiful!

Dakota Dulton

P. S. Book #1 : Face will be followed by Book #2 : Hair, Book #3: Body, Book #4 : Hands and Nails

How to determine the type of skin and to take care of it properly

There are four main types of skin: dry, normal, oily and combined. Each of them depends on how actively sebum is secreted. This indicator is associated with the appearance of the skin, the number and visibility of pores, the rate of aging and the formation of wrinkles.

To find out what type of skin you have, do a simple experiment. Clean your face with a familiar cleanser (preferably a gentle gel or a soft foam). Blot your face with a towel and do not apply any creams afterwards. After two hours, apply a thin paper napkin to the skin and lightly press it in the area of the forehead, nose, cheeks and chin.

Now evaluate the napkin in the light.

- If there are no traces of sebum/oily spots on the napkin at all, you have dry skin.
- If there are faint traces all over the napkin, you have normal skin.
- If pronounced marks are visible, you have oily skin.
- If there are pronounced traces only in the area of the forehead, nose and chin, you have a combined skin.

How to care for dry skin

Dry skin always looks matte, delicate and thin. Pimples and inflammations rarely appear on it, but wrinkles can spoil the mood already in youth. Such skin does not react well to sudden climate change, adverse weather conditions (strong wind or frost). Due to incorrectly selected cosmetics, irritation and peeling may occur.

The skin becomes dry for various reasons: it may be due to genetics or a lack of fats and vitamins A, C and P.

People with dry skin should carefully consider the choice of cosmetics and especially take care of themselves in the cold season.

Cleansing

- Be sure to use a moisturizer after each cleansing of the skin: it creates a protective barrier.
- Make sure that your cosmetics do not contain alcohol. It dries the skin.
- In the cold season, choose creams with a dense texture.
- In summer, do not forget to use moisturizing emulsions and lotions.
- Masks should be done no more than 2-3 times a week. Cleansing, pore-shrinking or greasy-fighting masks will not suit you.
- When making homemade masks, give preference to moisturizing ingredients such as cottage cheese, sour cream, milk or honey.

Recipes of homemade masks for dry skin:

- **Honey mask:** Rub 1 teaspoon of honey with 1 teaspoon of fat milk until white.
- **Berry mask:** Chop 3-4 strawberries or raspberries and mix with 1 teaspoon of sour cream.
- **Cottage cheese mask:** Mix 1 tablespoon of cottage cheese and 1 teaspoon of vegetable oil until smooth.

Keep each mask on the skin for 10-20 minutes. Wash off with lukewarm water or cosmetic milk for the face.

Decorative cosmetics

- Choose creamy foundation tones. The powder tone will emphasize dryness and peeling.
- Cream shadows will be good for thin eyelid skin.
- Apply a moisturizing makeup base or cream to match the tone.
- In sunny weather, use cosmetics with an SPF of at least 10.

How to care for normal skin

Normal skin is characterized by moderate sebaceous glands. It looks fresh and clean, pores do not stand out, inflammation and peeling appear rarely, mainly due to the influence of external factors. If you have normal skin, you are lucky! This is extremely rare.

For owners of normal skin, there is one advice: do not overdo it. Wash your face regularly, moisturize your skin and do masks or peels 2-3 times a week. Depending on the current condition of the face and climatic conditions, use masks for dry or oily skin. Remember: in the cold season, additional nutrition will be useful, and in the heat — a deeper cleansing. But do not overuse too greasy creams or alcohol-based lotions.

How to care for oily skin

The main characteristic of such skin: the sebaceous glands work too actively. Therefore, a few hours after washing, the face begins to shine. The pores, especially in the forehead, nose and chin, are enlarged. Pimples and black dots are not uncommon.

However, oily skin has a huge advantage: it is getting older slower. The secreted sebum creates a good protective film that prevents moisture from evaporating and blocks the penetration of harmful substances from the outside.

Cleansing

- Wash your face in the morning and evening. For deeper cleansing of the pores, you can use a special brush or sponge.
- Do not use super-strong facial cleansers often: there is a risk of drying out the skin. In response to aggressive exposure, the sebaceous glands will begin to work even more actively.
- Do not squeeze out pimples. Inflammation can be treated with alcohol, salicylic acid solution or tea tree oil.
- Exfoliating agents can be used once or twice a week. It is best to apply scrubs or peels in the evening after washing.
- At the end of washing, rinse your face with cool water. Under the influence of cold, the pores shrink, become less noticeable, and the

face shines less during the day.

Oily SkinCare

- Instead of dense creams, choose light moisturizing emulsions, gels or lotions.
- No more than three times a week, make masks to cleanse the skin, narrow the pores and relieve inflammation.
- Do not forget about moisturizing: softening masks are enough to apply once each one in two weeks.
- Weak acids (freshly squeezed lemon or berry juices) and antibacterial agents (honey, tea tree oil) will be good components of the mask for oily skin.

Recipes of homemade masks for oily skin:

- **Protein mask:** Whisk the egg white into a strong foam and mix it with $\frac{1}{2}$ teaspoon of lemon juice. Keep it on your face for 15-20 minutes. This will narrow the pores and remove the greasy shine.
- **Sour yogurt mask:** With a cotton swab, apply yogurt to the face, leave for 15-20 minutes. This will dry out oily skin.
- **Tea mask:** Grind 5 tablespoons of leafy green tea into fine powder and mix with 2-3 tablespoons of sour yogurt. Apply the mixture for 10-20 minutes, and then rinse with warm water.

How to care for combination skin

Combination skin occurs most often. At the same time, usually the T-zone (forehead, nose, chin) has all the signs of oily skin: pimples, enlarged pores, shine. And the skin around the eyes and on the cheeks is delicate, thin, prone to dryness.

Therefore, the methods of care will need to be combined. Choose soft cleansers: gels, hydrophilic oils, foams. They will gently clean the glossy areas of the face and will not dry out the cheeks. Get some creams and

foundation for the face. Apply tightening and cleansing masks only to the T-zone, choose nourishing masks for areas of dry skin.

Lifestyle and our skin



The following rules will help to preserve the beauty and health of your skin:

- When taking a shower or bath and washing, do not use hot or cold, but warm water: hot leads to expansion of pores and the development of dryness, and cold - to narrowing of blood vessels and impairment of blood micro-circulation.
- Never squeeze out black spots and pimples yourself - this can infect the skin and cause scarring.
- Regularly clean devices that come into contact with the skin of the face, such as a smartphone.
- Change pillowcases frequently to avoid skin contamination while sleeping.

- It is advisable to sleep on your back, on a low pillow - to avoid the appearance of a double chin, wrinkles on the neck.

Therefore, to achieve maximum results, you must adhere to the following recommendations:

1. Give up bad habits. Frequent alcohol consumption negatively affects the blood supply to the skin, which means that its hydration and nutrition suffer. Smoking has the same effect, in addition, tobacco smoke destroys collagen and elastin, which is fraught with the manifestation of premature signs of ageing.
2. Eat good food, including a large amount of vegetables and fruits in your diet, making sure that you get enough unsaturated fatty acids Omega-3 and limiting the use of fast carbohydrates, sugars (they can accelerate the ageing process of the skin). Vegetables and fruits contain antioxidants that slow down ageing. Also, these products improve complexion, moisturise and smooth the skin. Omega-3 fats, which contribute to skin elasticity, are found in oily fish (mackerel, sardines, salmon), walnuts, and beef.
3. Get at least 7-9 hours of sleep a day. Lack of sleep affects skin colour - it becomes earthy, and dark circles or bags under the eyes can also occur.
4. Try to avoid stress. We cannot influence the number of stressful situations in life, but the ways to change our response to them. Walking in the fresh air, breathing exercises can help you react more calmly to negative events.
5. Engage in physical activity at least a few days a week. It improves blood circulation, helps eliminate toxins, and helps to relieve stress.

How aloe vera fights wrinkles



Aloe juice is extremely useful for the face skin, neck, decollete area, and it is especially effective against wrinkles. But aloe juice is used not only in cosmetology as a remedy for wrinkles and for skin rejuvenation, but also for medical purposes. For example, it is useful for a number of diseases: psoriasis, eczema, pustular lesions.

What other wonderful properties does it have?

- Aloe juice contains many vitamins and nutrients that are extremely beneficial for the skin and hair. In particular, it contains B vitamins, ascorbic acid, retinol, iron, etc.
- It is able to nourish, saturate the deep layers of the skin with the necessary elements. This is possible thanks to allantoin, a substance that "delivers" all the necessary components to these layers, and it also regenerates and moisturises skin cells, helps restore their structure.

- Helps to cleanse the skin deeply. Aloe juice tightens and cleanses the pores well, so it is good to use it for problem skin care.
- The juice of the aloe plant helps to produce more collagen, which is the key to good elasticity for the skin of the face, which means it helps to reduce wrinkles. It helps to maintain the water balance in cells, regenerates tissues and accelerates metabolic processes.
- Aloe juice relieves inflammation and disinfects the skin. This plant is known as an excellent antibacterial, antifungal agent.
- Aloe can relieve and mitigate some allergic manifestations.

The miraculous juice of the amazing aloe plant can be a real gift for the skin of the face. After all, in addition to the rejuvenating effect and the effect of wrinkles, it generally improves the condition of the skin. For this reason, this natural remedy has an incredible number of reviews.

Contraindications and side effects

Despite the fact that aloe leaf juice helps fighting wrinkles and has many other remarkable healing properties, it has contraindications like any drug. It can not be used on the face and other parts of the body when there is an individual intolerance of aloe juice.

Aloe Vera Face Mask Recipes:

Aloe juice can be successfully used both in its pure form and as a component of a face mask. And it is better if you combine two ways of using the plant: for example, 1 time a week to make a mask from wrinkles, and 2-3 times to wet the problem areas with clean juice.

Below you can see and try the best recipes for face masks with aloe that work perfectly against wrinkles:

Mask that helps slow down the aging process:

Components:

- aloe juice (1 tsp.)
- honey (2 tsp.)
- oil - give preference to wheat germ oil (1 tbsp.)•
- salt (1 tsp.)
- egg (1 pc.)

Mix all the listed ingredients. The resulted mixture should be evenly applied to the face, not forgetting about the area around the eyes, leave for 15-20 minutes. Then remove the mixture with a cotton pad and rinse with warm water. The final step is the application of a cream with moisturizing ingredients.

This mask has not only an anti-aging, but also a refreshing effect, and also allows you to nourish the deep skin layers. This mask with aloe is effective against deep wrinkles.

Aloe + cottage cheese + honey:

Components:

- aloe leaf juice (2 tbsp.);
- cottage cheese — it is best to take home-made (1 tbsp.)
- honey (2 tsp.)

The mask should be kept on the face for 20 minutes. It needs to be washed off with warm water. After this mask, the skin will look taut and elastic, it will help to cope with fine wrinkles.

Aloe juice + base oil:

Components:

- aloe juice (2 tbsp.)
- vegetable oil (1 tbsp.)

The mask should be kept on the face for 30 minutes. It is great for age-related skin: it will make it softer, give hydration, and help to keep the skin

in good shape.

Aloe + yolk + milk:

Components:

- egg yolk (1 pc.)
- aloe vera gel (2 tbsp.)
- milk (2 tbsp.)

It is necessary to combine all the components. This mask should be kept for 20 minutes . If you have a dry skin type, you can replace milk with natural yogurt. This recipe is designed for any type of skin having small wrinkles.

Aloe + avocado + vegetable oil:

Components:

- smashed aloe leaves (1 tbsp.)
- puree made from avocado (1 tbsp.)
- oil - it is best to use olive oil (1 tbsp.)

This mask have to be applied to the face for 15-20 minutes. After this time, wash your face with warm water. The olive oil included in the composition is an essential component in fighting against age-related skin changes. It helps nutrients reach deep skin layers.

Aloe vera juice + honey:

Components:

- juice from aloe leaves (1 tbsp.)
- honey, preheated (2 tbsp.)

The mask should be applied on the face skin for 15 minutes. Then you need to wash it off thoroughly. This mask not only perfectly fights small

wrinkles, but also allows you to maintain a beautiful complexion. This is one of the most effective masks that helps fight the signs of aging skin.

All of these masks should be applied 2 times a week so that the result becomes noticeable. After all, homemade masks are no less useful than those bought in the store. In order for the skin to continue to maintain a healthy and blooming appearance, you need to take care of it constantly.

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