



# Natural Skin-Care

*Easily, cheaply and safely using ingredients from  
the house and garden:*

## **1. Oatmeal**

Gentle cleanser, healer. Chemical free. Suits all skin types

## **2. Cider Vinegar**

Natural anti-bacterial. Astringent. Skin toner.

## **3. Oil**

Moisturiser. Skin softener

## **4. Herbs**

Healing agents directly from the garden.

## **5. Honey/Beeswax**

Natural skin healing agents since ancient times.



***That's all you need to cleanse, tone and  
moisturise your skin cheaply and naturally.  
There's no need to purchase expensive skin  
care products again!***

*For more information: [www.theshoppe.com.au](http://www.theshoppe.com.au)*

## Natural Skin Care Recipes:



### Oatmeal-Honey Facial Scrub

Blend together: 4 teaspoons oatmeal, 1 tablespoon clear honey and juice of one lemon or water (for sensitive skin). Apply to the face. Massage in gentle circular motions for approximately 3- 5 minutes. Rinse off.

*From e-Booklet No. 30 Natural Skin Care and No. 58 Old-time Oatmeal*



### Herbal Infusion

Place 3 teaspoons fresh herbs in an earthenware or glass container. Gently crush the herbs with the back of a spoon (to aid release of essential oils). Add 250ml boiling water. Leave to steep for about 5 minutes or for a stronger infusion leave longer. Strain and use as required. (If using dried herbs blend one teaspoon herbs with one cup boiling water).

Use as a hair rinse, skin (facial) astringent or pour into spray bottle and use as a mild deodorant or body spray. Add to homemade skin creams and other products.

*From e-Booklet No. 61 - Harnessing Herbs*



### Oatmeal Bag

Place two tablespoons oatmeal into the centre of a handkerchief. Tie up the ends to form a bag. Use this bag to cleanse the skin (facial) or bath baby instead of a bar of soap or body washes (detergents) - both of which contain harsh chemicals. Use in place of soap and other skin cleansers. The bag will last about 3-4 washes - then replace the

oatmeal.

*From Booklet e-Booklet No. 30 Natural Skin Care and No. 58 Old-time Oatmeal*



### Simple Beeswax Cleansing Cream

Mix together the following: 100mls almond oil (or use cheaper options: safflower, olive, sunflower) with 30mls hot melted beeswax and 50ml rosewater or herbal infusion. Keep mixing until the mixture begins to set. Then beat until thick and creamy.

*(More skin creams and moisturisers are in e-Booklet No. 13 - Making Simple Salves & Creams).*



### Honey Lip Salve

Pour 2 teaspoons honey with 50mls olive or almond oil (or other oil of your choice) into a clean jar. Add 2 teaspoons hot melted beeswax. Apply lid and shake well. Store in fridge and use within 7-10 days. (A tablespoon coconut oil may be added to the mix if you have it) *(From e-Booklet 4 - Making Beeswax Products)*

All recipes from the **Natural Skin Care Booklet Set** containing e-booklets: No. 30 - Natural Skin Care, No. 13 - Making Simple Salves and Creams, No. 58 - Old-time Oatmeal, No. 26 - Beautiful Hands, No. 37 - Beautiful Baths. (\$39.00)

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