

# Natural DIY Skin Care Routine + Easy Recipes



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# Natural DIY Skin Care Routine

1

## Cleanse

Cleanse skin with running lukewarm water. Massage skin with your fingertips, as you are splashing water on your face. Do not dry. \*Note: If wearing makeup, double cleanse your skin.

2

## Tone & Exfoliate

While the skin is still wet, apply diluted apple cider vinegar to a cotton round and wipe over skin. Do not dry.

Apple cider vinegar works as one of Nature's best facial toners, brightening the skin and helping to give the appearance of more even skin tone. ACV is also an exfoliant, helping to remove debris, excess oil, and other impurities on the skin; it also restores the skin's pH.

3

## Treat & Hydrate

While the skin is still wet, add a dab of herbal olive oil & beeswax salve to various areas of the skin and massage in. (Isn't it neat how your face is no longer dripping wet but does feel hydrated?!)

In addition to its many benefits for the skin, olive oil is an emollient, meaning it seals moisture into your skin. Beeswax is a humectant, meaning it draws moisture from the environment and deeper layers of the skin to keep your skin hydrated for the long term. A variety of herbs can be beneficial for your skin, depending on your skin's needs and your desires. I love plantain leaf as my 'all purpose' skin herb & rose for an anti-aging herb.

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## Sun Protection

Before going outdoors, either apply mineral based sunscreen or a physical barrier (such as a hat) to minimize accelerated skin aging or skin damage from the sun.



# Natural DIY Skin Care Recipes

## Apple (Scrap) Cider Vinegar

Fill a jar halfway with apple scraps, including peels and cores. Add honey to jar: a quarter cup of honey for a quart jar, a half cup of honey for a half gallon, OR 1 whole cup for 1 whole gallon.

Cover with room temperature or cold water and stir. Cover with a breathable cloth & place out of direct sunlight. Stir daily for 1 week or until the apple pieces sink.

After 4 weeks of fermenting, strain out the apple pieces and bottle your vinegar

**To use on skin, dilute with water by half. Apply with cotton round.**



## Plantain Salve

4 cups olive oil  
1-1/4 cup plantain leaves, dried  
5 rounded Tbsp. comfrey leaves, dried  
2 Tbsp Calendula, dried  
3/4 cup beeswax pearls

Simmer olive oil and herbs on low heat for 20 minutes. Strain herbs from oil and set oil aside in pot; dispose of herbs in compost.

Use a double boiler to melt beeswax. Pour beeswax into herbal oil and mix well. Test consistency by dipping a spoon into the mixture and setting aside for 3-5 minutes. If it needs to be harder, add more beeswax. If it needs to be softer, add more oil.

Pour into desired jars and cover with lids. Allow to cool completely, and store.

**To use for daily skin care, apply a small amount to wet skin and massage in.**

## Rose Infused Olive Oil

Fill a jar halfway with organic or wild foraged dried rose petals and rosebuds. \*Fresh roses will mold.\*

Cover with olive oil or another oil of choice.  
(Infusing with olive oil will result in a final product with more of an olive oil aroma.)

Cover with a lid and set out of direct sunlight for at least 2 weeks, shaking/agitating occasionally, to allow the rose properties to infuse into the oil. (The longer you allow the roses to infuse, the more aromatic the rose scent becomes. I personally do a minimum 2 month infusion.)

After infusing, strain out the roses and bottle the oil.

The rose oil can be used as is, or it can be used as an ingredient in rose salve.

**To use on skin, drop a dot or two on desired areas and pat into skin.**



## Rose Salve

4cups Rose infused oil  
3/4cup beeswax pearls

Infuse roses into olive oil, or other oil of choice.

Use a double boiler to melt beeswax. Pour beeswax into herbal oil and mix well. Test consistency by dipping a spoon into the mixture and setting aside for 3–5 minutes. If it needs to be harder, add more beeswax. If it needs to be softer, add more oil.

Pour into desired jars and cover with lids. Allow to cool completely, and store.

**To use for daily skin care, apply a small amount to wet skin and massage in.**





## Psalm 104:1, 14-15

Bless YHVH, O my soul.

O YHVH my God, thou art very great;  
thou art clothed with honor and majesty....

He causeth the grass to grow for the cattle,  
and herb for the service of man:  
that he may bring forth food out of the earth;

And wine that maketh glad the heart of man,  
and oil to make his face to shine,  
and bread which strengtheneth man's heart.

