



Facial Care Tips & DIY Skincare Products

A thorough cleaning is the first step towards proper and effective skin care. The cleaning removes dirt, sebum, sweat and makeup, thus the skin itself is prepared for proper care. Use a gel or micellar water to clean. If the skin is not cleaned thoroughly, it cannot take in all the beneficial effects of the cream and serums.

Face cleaning with tonic

There are 2 key steps in a thorough cleaning routine: Use either milk or a cleansing gel to clean before you apply the tonic. If you have makeup on around your eyes, it is recommended that you add a separate remedy for removing the makeup around that area. The cleaning itself is very important for skin prone to acne because it helps maintain a natural balance as well as supporting the natural renewal process.

You will not keep your face clean with just water. A medium is needed that to bind to the dirt and gently removes that from your skin.

Pick a remedy that will not dry the skin but is also gentle on it, one that is right for your specific skin type and/or problem, dermatologically tested and suitable for sensitive skin.

To choose between milk or gel, the general rule of thumb is that the more the skin is prone to dry, the higher the chance that milk is more suited to be used for cleaning. Cleaning gels are more appropriate for normal and mixed skin types.

The application of tonic on the face is primarily to remove all impurities that were not removed with the skin care remedy. By using a tonic, the skin is also refreshed, fortified and PH-balanced.



If you are out of your favorite tonic or have not yet used one, here is one that you can make yourself at home!

Ingredients:

- 60 ml of strong green tea (best to use 3 tea bags)
- 30 ml of apple cider vinegar
- 15 ml of Witch Hazel extract
- 10 ml of lemon juice
- 1 - 2 drops of almond oil
- 1 - 3 drops of Melaleuca alternifolia oil (tea tree) oil
- A plastic bottle for storing the tonic

Preparation:

1. Into the brewed and chilled tea, add the apple cider vinegar (if you have dry skin, add more green tea, or the other way around if you have oily skin, use more cider).
2. Add the lemon juice and witch hazel extract.
3. Add the almond oil and "tea tree" oil (if your skin is prone to redness, use more of both).
4. Pour the liquid into the bottle and keep it in the fridge. Shake before you use it every time.

How to choose the proper remedy for your face skin care

It needs to be right for your specific skin type and should take care of any other issues that you may have with your skin. Your choice can also be seasonal (for example, some people use a lighter liquid remedy during warmer days and a richer remedy during the winter).

Day and Night Skin Care

Many skin care products can be used both in the morning and afternoon while others are more specific in their use for either day or night:

- Morning: some hydrating creams have sun block factors (SPF). That makes them of better use during the day but should not be used overnight. Other cleaning remedies that have pigments (for example, some that cure redness or acne) should only be used during the day.
- Evening: the skin regenerates overnight. Night creams hydrate the skin but also has ingredients that encourage cell renewal. They do not have SPFs or pigments.

Skin Care Around the Eyes

The skin around the eyes is particularly thin and is more sensitive than the rest of your face, therefore requires a special remedy for that targeted area and should be used with care.



DIY Facial Skincare Products

Banana Face Cream

Preserve the youthful look of your skin with this easy recipe:

Ingredients:

- 1 banana
- 2 tablespoons of whole cream
- 1 tablespoon of honey
- 1 tablespoon of flour
- water

Procedure:

Mix all the ingredients with some water. Apply the mask on your face and leave it on for 30 minutes. Clean the skin with water afterwards.

Miracle Pack for Skincare Around the Eyes

Ingredients:

- 2 teaspoons of finely chopped potato

Procedure:

Distribute the chopped potato on 2 eye gauzes (1 gauze per eye), and apply each on the skin around the eyes. Keep them on for 20 to 30 minutes.

Coconut Oil Face Peeling

Ingredients:

- 1 tablespoon of coconut oil
- 1 tablespoon of honey
- 1 tablespoon of sugar

Procedure:

Mix all ingredients together. Apply the mixture in circular motions on your face, then rinse it off with warm water. If you do not have sensitive or acne prone skin, you can just tap the water off your face with a clean towel.

Our recommendation: It is best to do this in evening, so your skin has enough time to regenerate and you can start the next day with radiant and refreshed skin.