



5 tablespoons aloe vera gel
2 tablespoons oil (I like to use carrot or calendula infused oil)
15 drops essential oil from the list below - don't be afraid to use several of the singles together to create your own unique blend.

Mix all the ingredients together well and pour into a bottle, I like the flip top plastic bottles. If you have more oily skin you may want to add a tablespoon of liquid castile soap.

To use, apply a small amount to the palm of the hands, rub together and massage onto face and neck. Rinse with warm water and finish up with herbal toner and face cream.

Essential Oils for skin care:

Melaleuca (good for acne), geranium, sandalwood, rose, myrrh, frankincense, vetiver, helichrysum, patchouli, lavender, German or Roman chamomile, cedarwood, lemon, orange, cypress, rosewood.