

\*\*\*\* HOMEMADE SKIN CARE FOR TEENS \*\*\*\*

Suzy Homesteader of the Rockies

1) TEEN CLEAN: Mix all /apply to face/wash off

1/3 Cup Baby-Mild Castile Soap	2 Drops Lemon EO
2/3 Cup Distilled Water	2 Drops Lavender EO
1 TBS. Grapeseed Oil	20 Drops Tea Tree Oil EO

2) TEEN TONER: Mix all /shake/apply with pad

1 Part Apple Cider Vinegar to 1 Part WitchHazel

Lemon Juice (as desired)

3) TEEN COVER: (Daily) 1 TSP. Aloe Vera Gel

1 TBS. Carnuba wax 1 Drop Rose EO

1 TBS. Water with 1 TBS. Jojoba Oil 1 Drop Orange EO

Mix Wax, Water, & Oil over double boiler until melted

Remove from heat, let cool and add remaining ingredients

4) TEEN MASK: Mix all /Apply to face for 15 min./remove

1 TBS. Honey

1/2 to 1 TSP. Cinnamon

1 TSP. Baking Soda

5) TEEN SPOT TREATMENT: Mix together/shake when used

Calamine Lotion - 1/3 of Bottle

2 Parts Tea Tree Oil to 1 Part Water - 2/3 of bottle

6) TEEN PEEL: Create paste/apply to face 10 min./remove

6-12 Aspirin (uncoated)/ground up

Lemon juice (preferably real lemon)

GSE (Grapefruit Seed Extract)-optional/ a few drops