



Know the Facts

Health



Making your own Face Cream

Parabens, phthalates, synthetic preservatives and other chemicals seem to be in almost every commercial face cream in the market. Studies increasingly report the many harmful effects that ingredients in our daily personal care products can have on our health. And there are few places on our earth that haven't been touched by pollution: land, waters and air. While there may be more important issues in our lives to worry about, making our own face cream and other skin care products ensures that the products we use are gentle on both our bodies as well as our environment.

[Here are some facts regarding making face cream at home:](#)

1. You control your ingredients so you can avoid chemicals and toxins used by many commercial cosmetic companies regardless of whether they declare them on the label. United States & European law require all ingredients used in cosmetics be validated for safety. If it isn't done, the product's label will usually read: "WARNING: The safety of this product has not been determined"
2. You create a cream that suits your skin's particular needs
3. Should contain mostly natural ingredients
4. Doesn't have animal fats or by-products that are used in many commercial face creams making it suitable for vegans and environmentally conscious people
5. Is often more affordable than buying brand-name products
6. Should have a gentle aroma (depending on the essential oil that you have used) as opposed to the commercial soaps that are overly scented chemically.
7. It's rare but possible to have an allergic reaction to the ingredients so always test your reaction by applying a small amount of the cream to a small area of your skin 48 hours before using it on your face
8. Remember that your homemade face cream has a shelf life just like your groceries, the expiration date of your final product will depend on the expiry date of your basic ingredients, so always use fresh raw material to ensure a longer shelf life

So go for a healthy, economical, lightly scented and vegan face cream. See how on the next page.





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Basic Ingredients

- 4 Tbs beeswax
- 3 Tbs almond oil
- 3 Tbs macadamia oil
- 4 Tbs coconut oil
- 2 Tbs shea butter
- 2 Tbs aloe vera oil
- 2 Tbs argon oil
- 2 Tbs avocado oil
- 2 Tbs jojoba oil
- 5 drops Vitamin E oil
- 5 drops tea tree oil
- Essential oils (optional)



Directions

1. Half melt the beeswax in a double boiler/bain marie.
2. Add the shea butter and continue melting the mixture.
3. Add the rest of the ingredients stirring thoroughly and gently.
4. Bring to a gentle boil. Pour the mixture into a bowl and let it cool off. It will begin to have a creamy consistency as it cools.
5. Pour into sanitized jars and close tightly.
6. Date and label the jars with the ingredients.

If you keep the jars refrigerated, they'll last for up to a year. Should you happen to notice that the contents smell a bit "off", or if you see any mold on the cream, discard it immediately.