



**ECO.**  
Modern essentials

DIY  
SKINCARE

# Introduction

We are beginning to understand some of the negative health and environmental impacts of using synthetic chemicals in our beauty routine. Here at ECO, we have a range of skin care that is natural and cruelty free to help us lead a healthy life. Or, for the DIY enthusiast, this collection of essential oils can be used to create your own beauty products.

Skin can reflect our state of health. Feelings of stress, fatigue or even contentment readily show up on our faces. Essential oils are a part of a holistic skin care program because they not only have properties to improve and maintain skin they also support our emotional state.

ESSENTIAL OIL	SKIN TYPE	SKIN CONDITIONS
Jasmine	Dry	Irritation
Sandalwood	Oily, Combination	Dehydrated, Acne, Infection
Neroli	Normal, Dry, Combination, Sensitive	Couperose, Inflamed, Irritated, Broken Capillaries
Chamomile	Normal, Dry, Sensitive	Couperose, Redness, Irritated, Allergies, Dehydrated, Acne



# BASIC NATURAL SKIN CARE ROUTINE

## CLEANSE

Cleansing is a vital first step to remove dirt, debris and makeup. Cleansing morning and evening is recommended. Skin types also support our emotional state.

	OILY/ COMBINATION	DRY	SENSITIVE
INGREDIENTS	50ml Liquid Castile soap 5 drops Sandalwood 5 drops Chamomile	50ml either Liquid Castile Soap OR 50ml Carrier Oil 5 drops Jasmine 5 drops Neroli	50ml Carrier Oil 5 drops Chamomile 5 drops Neroli
USAGE	Combine ingredients in a bottle. To use, dispense a small amount into hands and lather with some water before applying to face. Wash off with water.	Combine ingredients in a bottle. See Oily/ Combination for soap base or Sensitive for oil base.	Combine ingredients in a bottle. To use, briefly massage onto the skin and remove by blotting with a tissue or rise with warm water.

## tone/ SPRITZER

Toners firm and refresh the face. Can be used all day as desired.

BLEMISHED/ OILY SKIN	NORMAL TO DRY SKIN
Brew enough medium strength green tea to fill a small spray bottle. Add 1 drop essential oil per 10ml of fluid. Shake well before use.	Add Rose or Neroli water to a spray bottle and spritz as required.

## MOISTURISE

Moisturisers lock in hydration and prevent the face from dehydrating, also, can help plump and firm the skin and prevent irritation. Moisturise morning and evening.

	OILY/ COMBINATION	NORMAL OR DRY SKIN
INGREDIENTS	10ml Fractionated Coconut Oil 1 drop Sandalwood 1 drop Chamomile	10ml Jojoba Oil 1 drop Neroli 1 drop Jasmine
USAGE	Combine ingredients and apply sparingly to face.	Combine ingredients and apply to face.

## MASK

Masks help improve the condition of the skin. Can be used up to 3 times per week and best to moisturise afterwards.

	SOOTHING	ACNE PRONE	HYDRATING
INGREDIENTS	1 tbsp Aloe Vera Gel 2 drops Chamomile	2 tbsp Green Clay Water 2 drops Sandalwood	1 tsp Honey 1 tbsp Coconut Oil 2 drops Neroli
USAGE	Combine ingredients and apply to face for 15 minutes. Wash off with cool water.	Add enough water to the clay to make a paste. Add Sandalwood and stir to combine. Apply to face for 10 minutes then wash off with water.	Combine ingredients and apply to face for 15 minutes. Wash off with warm water

## BODY WASH

Create your own specialised essential oil blend to make showering a deeply relaxing and restoring treat.

INSTRUCTION	Add 2 to 5 drops of essential oil per 10ml of unscented liquid castile soap.  Gently shake or stir to combine the ingredients before using.
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## BODY OIL

Body oil moisturises and perfumes your skin. Apply either before or after bathing depending on how much oil you like left on your skin.

INSTRUCTION	Add 2 to 5 drops of essential oil per 10ml of Jojoba oil.  Shake and massage into skin as required.
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Beautiful and healthy skin can be as simple as that.





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