

Avocado oil

The beta carotene, protein, lecithin, fatty acids, and vitamins A, D, and E found in avocado oil may help moisturize and protect your skin from damaging UV rays and also increase collagen metabolism. Avocado oil may also help heal wounds. A study found that the linoleic acid, oleic acid, and other monosaturated fatty acids in avocado oil can speed up wound healing.

Calendula

Contains five compounds—these effective compounds have been discovered to provide antioxidant protection, soothe skin and reduce discomfort. These compounds may help skin resist early signs of aging over time including dull skin, dry fine lines, and uneven skin tone and texture.

Cane Sugar

A wonderful exfoliator, which helps to remove dead skin cells from your face, lips, and even your body to restore and refresh tired, clogged pores, it's also a natural humectant. Meaning, it doesn't strip skin of moisture and ensures your skin is left beautifully hydrated.

Chamomile

Known to help calm the mind and body and may have a similar effect on the skin. Chamomile has anti-inflammatory and antioxidant properties that may help soothe the skin, reduce redness and blemishes. It may also relieve skin irritations like eczema, psoriasis, and rosacea. The antioxidants may also help boost skin health to bring out an inner glow and can even fade dark spots and under-eye circles.

Cinnamon

The anti-fungal, antioxidant and antibacterial properties of cinnamon may make it useful in helping remove acne and skin blemishes. Cinnamon may also help remove acne by drying out the skin and by supporting blood flow to the skin. Thanks to the anti-fungal and antibacterial properties, cinnamon may help in enhancing skin complexion. Also, cinnamon may help remove dead skin cells and reinstate the softness of your skin.

Cucumber

Has silica, a compound that may help lightening of dark circles. Cucumber's excellent anti-inflammatory properties may help soothe the skin and give you a glowing and blemish-free skin.

Citric Acid

Is a protective antioxidant, and may have corrective anti-aging effects helping to reverse visible signs of photo damage. Citric Acid works by exfoliating the upper layer of dead skin cells to help clean pores, even skin tone and soften and smooth the skin.

Distilled Water

May improve the overall condition of your skin. The chlorine in tap water can strip moisture out of your skin, making your skin lose its elasticity. Distilled water is better than normal tap water at dissolving impurities on our skin, even soap residue from facial cleanser.

Dried lavender

May works to kill bacteria and can prevent and heal acne breakouts. It also may unclog pores and reduces inflammation when you put it on your skin. Since bacteria and fungus on the skin often result in inflammation, the anti-fungal properties of lavender oil may have anti-itch and anti-inflammatory effects.

Dried lemon

May kill harmful bacteria that can grow on your skin. Lemon oil's effect against infection causing bacteria and may prevent skin inflammation. It also has protective properties, such as antioxidants, that may brighten and preserve your skin tone.

Eucalyptus oil

Has anti-inflammatory and antibacterial properties make this powerful element a natural healer. When used topically, eucalyptus oil can provide the ideal environment and elements to repair and strengthen your complexion.

Eucalyptus Oil may help cleanse the epidermis, ridding the pores of harmful impurities that can contribute to breakouts, pigmentation and dull skin. The result is a complexion that is purer and healthier. Eucalyptus Oil is known to moisturize the skin. Not only does it deliver an intense dose of hydration, but it can also lock in moisture to help your complexion glow.

Grapeseed oil

Is full of vitamin E. This vitamin works to build, protect, and correct. Grape seeds are abundant in polyphenols and oligomeric proanthocyanidins (OPCs) – powerful antioxidants found in nature! Polyphenols and OPCs complement the work of vitamins. Grapeseed oil is rich in linoleic acid, a polyunsaturated omega-6 fatty acid. Essential fatty acids are the building blocks of healthy cells.

Himalayan salt

May help to maintain proper fluid/oil balance and prevent dehydration. It also may help to draw out dirt, bacteria, and pollution from deep within the pores. The 80-something natural-occurring minerals and elements in this pink salt penetrate your skin on a cellular level, leaving your skin feeling rejuvenated, nourished and so soft. The larger crystals found in Himalayan salt remove dead skin cells more aggressively than a sugar scrub. This salt is renowned for its detoxifying qualities which largely contribute to drawing out heavy metals and toxins from the body. Bathing with Himalayan Salt has the added benefit of absorbing minerals important to the healthy functioning of the body and restoring the depleted mineral content.

Jojoba oil

Has an oily composition, so it can be used as a moisturizer. It can also be added to hair conditioners to give you additional protection against dryness, breakage, and split ends. Jojoba is rich in vitamins and minerals that nourish hair, including vitamin C, B, E, copper, and zinc. Jojoba oil contains natural forms of vitamin E. This vitamin works with your skin as an antioxidant. This means that jojoba oil may help your skin fight oxidative stress caused by everyday exposure to pollutants and other toxins. Jojoba oil may regulate sebum production because it's so similar to the sebum that your body produces naturally. When you put jojoba oil on your skin, your skin is soothed and moisturized. This may send a signal to your hair and sweat follicles that your skin doesn't need additional sebum for hydration.

Kalahari oil

Is super-rich in linolenic acid; which makes up between 50% and 70% of its entire content. Used on the face, it may unclog pores and remove excess sebum from the surface of your skin. It makes skin look firmer and the appearance of wrinkles are often reduced. Packed full of antioxidants, and Vitamins A, C and E, it has a hydrating and possibly tightening effect when applied.

Lavender oil

May works to kill bacteria, and this can prevent and heal acne breakouts. It may also unclog pores and reduce inflammation when you put it on your skin. Lavender oil can also be used to treat psoriasis. The lavender oil may help cleanse your skin and lessen redness and irritation. Painful inflammation can be treated with lavender oil. The oil's pain-relieving and numbing effects help soothe the inflammation, while the beta-caryophyllene in the oil also acts as a natural anti-inflammatory.

Magnesium chloride

Is known to be effective at treating muscle spasms. It may help relieve muscle tension, tightness and stiffness, aids working muscle tissue, allowing for quicker muscle recovery after strenuous exercise, enables calcium absorption in bones. Other benefits restful sleep and improves sleep quality, aids digestion and repairs and replenishes skin.

Mango butter

Has been called the king of fruit because they are rich in nutrients like: vitamin A, Calcium, vitamin C, folate, vitamin B6, iron, vitamin E, potassium, magnesium, zinc. The antioxidants mean that mangoes may help protect against certain cancers, and the high fiber content makes them good for your digestive tract.

Olive oil

Is naturally packed with anti-aging antioxidants and hydrating squalene, making it great for restoring health and luster. Olive oil is also rich in vitamins A and E, which may protect the keratin in hair and help to lock in moisture.

Peppermint leaves

Due to its antimicrobial properties, peppermint leaves may help reduce levels of acne causing bacteria on the skin to help treat pimples.

Red clover

May be used to treat irritating skin conditions like eczema, psoriasis and rashes. It boosts circulation which in turn speeds up the body's natural elimination process which helps to clear skin conditions by moving the waste that builds up beneath the skin's surface. This herb may also be applied externally to bring relief from these skin conditions. There is research showing that red clover can slow the process of skin aging due to its estrogen-like effects, helping to maintain youthful and vibrant skin.

Rose oil

Is an astringent toner, and that may make it excellent for reversing aging of the scalp. Use this oil to help heal scars that you may have gotten from old chemical relaxer burns. Rose oil may make your roots stronger when you massage it onto the scalp. This may make the follicle will be more likely to hold onto the root instead of shedding it. This antiseptic oil may combat dirt and bacteria on the scalp and unclogs hair follicles. Rose oil is excellent for an irritated scalp, and may be helpful for eczema.

Rosemary oil

Acts as a refreshing astringent that can balance and tone the skin. Topical application of rosemary oil helps decongest acne and oily skin types while maintaining balance within the skin. Rosemary oil's antimicrobial benefits give oily and acne prone skin an advantage in preventing future breakouts. Aging skin receives an invigorating stimulation that increases circulation, providing your skin with a youthful, radiant glow. Rosemary oil, a member of the mint family, may provide stimulation, oxygenation and overall reviving refreshment to skin. It's generally advised to avoid rosemary oil if you're pregnant, have epilepsy or high blood pressure.

Sea salt

May fight acne-causing bacteria. It may restore the skin's natural pH balance and detoxifies the body. It provides vitamins, minerals, and nutrients that the skin needs to stay clear and healthy. Sea salt exfoliates to remove impurities that clog pores and promote new skin growth. It may promote blood circulation. It may restore the skin's natural oil balance and prevent infections.

Shea butter

Has been shown to have extensive anti-inflammatory properties. The rich tree-nut oils in shea butter soak into your skin and create a smooth and soft barrier that may seal in moisture. It may help fade scars both from acne and non-acne-related causes in addition to healing sunburned, cracked, and peeling skin. It

may soothe skin allergies like poison ivy and insect bites, as well as skin conditions like contact dermatitis and psoriasis.

Sweet Almond oil

Is packed with Vitamin A which studies say has the ability to stimulate the production of new skin cells and smooth fine lines. The vitamin E in almond oil has antioxidant properties that may help prevent cell damage and help reduce ultraviolet (UV) damage to the skin caused by the sun. The Omega-3 fatty acids may help prevent premature aging and protect against sun damage as well.

Turbinado Sugar

The crystals, coarser than those of refined sugar, may help exfoliate dead skin cells without the damage that can result from heavy salts or pulverized nut shells or fruit pits, which can have sharp edges. The raw turbinado sugar also adds the vitamins and minerals present in natural sugar cane juice, such as calcium, magnesium, potassium, and iron.

Zinc

Is an essential nutrient that may heal acne and fade facial scars.