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Organic Homemade Lotion Recipes: How To Make Your Own Body Lotions For All Skin Types



Synopsis

The first step in picking out the correct products and in making homemade creams and a lotion is to use something that's right for you. Depending on your age, diet and genetics you will primarily fall into one of the following 5 skin types: 1. Normal Skin The simplest to maintain normal skin has little to no oily spots, maintains regular circulation with little to no trouble spots. It's fairly elastic and looks healthy with very little make-up and attention. 2. Oily Skin Most prone to breakouts, the trouble zones are usually in the T zone of your face (forehead, nose and chin); oily skin tends to have oversized pores and can look greasy or shiny. With the right creams and proper diet its oil levels can be maintained. Oily skin tends not to have much wrinkling or aging. 3. Dry Skin Most people with dry skin feel tightness after washing their face and easily flake around the mouth and nose with dry spots. Dry skin is prone to aging and wrinkling and it's important to properly moisturize and nourish it regularly. 4. Sensitive Skin The sensitive skin type becomes irritated easily, gets red and dry spots and breaks out easily. This skin type is like a historical map " it tends to wear all of its battles for all to see. The type of creams and lotions applied on sensitive skin is extremely important as an irritation or reaction can occur with certain ingredients and chemicals. 5. Combination Skin The most common skin type in women, combination skin is both oily and dry. Combination skin tends to be dry on the cheeks and around the eyes and oily spots on the forehead and nose. IT requires more cleansing in the oily areas and sensitive creams without too much oil in the dry areas. In this guide we focus on the three extreme skin cases grouping normal, combination and sensitive into a Sensitive Category. Because combination and normal skin is the most adaptable to most products, anything created for sensitive skin will only promote health and the look of younger, suppler skin with a clear complexion. The other two are oily and dry skin types.

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Customer Reviews

This is a quick no-frills book on how to make homemade hand and facial creams. That will take care of dry or cracked hands feet and faces you will also learn that honey and beeswax are one of the most important parts of any hand cream, and why store-bought variations are so expensive (because it takes a fair amount of honey and natural beeswax to make a decent cream). I was very interested to learn the difference between a lotion and cream. The major difference is that lotion contains more water or other natural language, whereas the cream has far less water and is of a thicker consistency. I was interested in this book because I am outside a lot during the winter, and therefore end up with severely chapped lips and hands on a regular basis. And sadly, there aren't very many manly versions of protective hand creams available on the market that do not come with a fairly hefty price tag attached for what you get. So I decided to do some research and see if I could make my own natural-based creams to protect my hands and lips and save a little bit of money in the process. I stumbled across this book, and I must say I'm very pleased with the results. It explains the five major skin types and how to configure cream for let's say very dry skin versus skin and contains a lot of oil, as compared with what is considered to be normal skin. This one definitely has no-frills, and no gimmicks and his relatively short, but that is okay by me, because there is nothing in these pages that I don't absolutely need to know to make a usable. 100% natural, organic cream, when I need it. Of course there are creams in this book such as anti-aging and face creams.

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