MINI DIY NATURAL SKIN-CARE GUIDE

CONTENTS

DISCLAIMER

The information in this DIY Natural Skincare Guide eBook is provided for informational and educational purposes only. The recipes and recommendations are based on personal research and traditional uses of natural ingredients and are not intended to diagnose, treat, cure, or prevent any disease or medical condition.

Medical & Safety Disclaimer

- Always perform a patch test before using any DIY skincare product to check for allergic reactions or skin sensitivities.
- If you have allergies, a skin condition, or an underlying health issue, consult a qualified healthcare professional before using any of the products or ingredients mentioned in this eBook.
- Essential oils and botanical extracts can be potent; always dilute properly and follow recommended safety guidelines.
- Some ingredients may not be suitable for pregnant or nursing individuals, young children, or those with specific medical conditions consult a professional before use.
- External use only unless explicitly stated, these recipes are not intended for internal consumption.

Liability Disclaimer

Inspired Naturally and the author(s) of this eBook assume no responsibility or liability for any adverse reactions, injuries, or damages resulting from the use or misuse of the information provided. By using the recipes and products created from this eBook, you acknowledge that you do so at your own risk.

Regulatory Compliance

- The content in this eBook has not been evaluated by any regulatory body, including the FDA (U.S.), MHRA (UK), or any other health authority.
- This eBook does not replace professional medical or dermatological advice. If you require medical attention, consult a licensed professional.
- Inspired Naturally does not guarantee specific results from the use of these DIY skincare recipes.

Intellectual Property

This eBook and all its contents including text, recipes, and images are protected under copyright law. No part of this eBook may be copied, reproduced, or distributed without prior written consent from Naturally Inspired.

By reading this eBook, you acknowledge and agree to this disclaimer. If you do not agree with these terms, please refrain from using the information provided.

WELCOME

I'm so excited to share this mini guide with you.

Using simple, natural ingredients, you can make luxurious skincare products right at home.

These easy DIY recipes will nourish your skin and keep it glowing without any harsh chemicals!

Remember this Mini DIY Self-Care Guide is a basic introduction to natural skincare, giving you a sneak peek at how easy and effective DIY beauty can be!

For a more in-depth experience, the full DIY Natural Skin-Care Guide includes:
✓ 30+ detailed recipes for mists, lip balms, hair masks & more
✓ Comprehensive step-by-step instructions for perfect results
✓ Pro tips & ingredient benefits to customize your skincare

Want to unlock the full guide? Get access to the complete collection and take your self-care to the next level! Click Here

WHY GO NATURAL?

I know skincare can feel like just another task on your to-do list.

But what if it became something you looked forward to, a moment of calm in your day?

Blending rich butters and soothing oils isn't just about making products, it's about creating an experience that feels indulgent and restorative.

When you make your own skincare, it becomes an intentional act of self-care, something you do because it feels good, not just because you have to. Here's why DIY skincare is worth it:

🧡 No More Harsh Chemicals – Many commercial products contain synthetic additives that can irritate the skin. Natural ingredients work with your skin, not against it.

🧡 Tailored to Your Skin's Needs – Every skin is unique. DIY skincare lets you customize recipes to give your skin exactly what it needs.

🧡 Sustainable & Cost-Effective – DIY skincare reduces waste and saves money. A few key ingredients can be used in multiple ways.

🧡 A Ritual, Not a Routine – Skincare should feel like a treat, not a task. Using natural butters and oils transforms it into a soothing, nourishing ritual.

BRINGING IT ALL TOGETHER: HOW TO GET STARTED

Now that you know which ingredients to start with, it's time to put them to use. Below are simple, beginner-friendly recipes that allow you to explore natural skincare in a way that feels approachable and enjoyable.

💛 Whipped Body Butter – Hydrating and deeply nourishing.

Equipment Needed:
- Double boiler or heat-safe bowl over a pot
- Hand mixer or whisk
- Glass jar for storage

Ingredients:
- ½ cup shea butter (or cocoa/mango butter)
- 2 tbsp jojoba or almond oil
- 5 drops lavender essential oil

Instructions:
- Measure out all ingredients before starting.
- Set up a double boiler by placing a heat-safe bowl over a pot of simmering water. Add the shea butter and let it melt slowly, stirring occasionally to prevent overheating.
- Once fully melted, remove from heat and allow it to cool slightly but not solidify.
- Add the carrier oil and stir thoroughly to combine.
- Place the bowl in the refrigerator for about 10-15 minutes, until the mixture starts to firm up around the edges but is still soft in the center.
- Using a hand mixer or whisk, whip the mixture for about 3-5 minutes until it turns light and fluffy.
- Add the essential oil and mix again for an even distribution.
- Transfer the whipped body butter into a glass jar and store in a cool, dry place.
- To use, scoop out a small amount and massage into your skin for deep hydration.

💡 Pro Tips for the Best Whipped Body Butter:
✔ Want a less greasy feel? Add ½ tsp arrowroot powder when whipping.
✔ Prefer a firmer texture? Store in the fridge for a few extra minutes before whipping.
✔ Make it extra luxurious! Blend two carrier oils for a richer feel.

SELF-CARE & SKINCARE GO HAND IN HAND

Integrating Skincare into Your Self-Care Routine

For me, skincare has always been more than just a routine, it's a way to slow down and reconnect with myself. Taking a moment to nourish my skin reminds me to care for me, just like eating well, staying hydrated, and making time for mindfulness.

If you're using the Self-Care Habit Planner & Tracker, try making skincare part of your routine:
🧡 After a shower, massage in a rich body butter, it feels so soothing.
🧡 Take five minutes for a face mask and just breathe.
🧡 Create a calming night time ritual to unwind before bed.

With the 30-Day Self-Care Reset, you can pair self-care with DIY skincare:
🧡 Day 3 – Make your own body butter and enjoy soft, nourished skin.
🧡 Day 10 – Mix a calming body oil and give yourself a slow, intentional massage.
🧡 Day 17 – Apply a face mask while journaling or meditating.
🧡 Day 24 – Exfoliate with a sugar scrub and set an intention to let go of stress.

I love keeping a simple DIY Skincare Tracker to note which recipes I've tried and how they make my skin feel. It's a little way to stay mindful of what works best for me.

BONUS: SNEAK PEEK

Congratulations on completing this Mini DIY Self-Care Guide!

In the full DIY Natural Skin-Care Guide, you'll find 30+ skincare recipes, including mists, lip balms, cuticle care, hair masks, and more, all made with natural ingredients to nourish your skin.

As a special treat, I've included one exclusive recipe for you to try today.

Enjoy!

Hydrating Honey & Avocado Face Mask

Benefit: Nourishes and restores hydration for soft, supple skin.

Ingredients & Benefits:
- ½ ripe avocado – Deeply moisturizes and repairs dry skin
- 1 tbsp raw honey – Locks in moisture and soothes irritation
- 1 tsp jojoba oil – Strengthens the skin barrier and prevents flaking
-

Equipment Needed:
- Small bowl
- Fork for mashing
- Measuring spoons
- Spoon for mixing

Instructions:
1. Mash avocado in a bowl and mix with honey and jojoba oil.
2. Stir until smooth.
3. Apply to clean skin and leave for 15 minutes.
4. Rinse with warm water and follow with a moisturizer.

Ready to level up your self-care?
Get the full guide now and unlock all the recipes for glowing, healthy skin!

I am ready to start my journey!