



# DIY Exfoliating Face Wash

## Detailed Shopping List for a 16 oz Glass Spray Bottle

### Ingredients (Double the Recipe)

1. **Baking Soda** – 1/2 cup
  - **Benefit:** Acts as a gentle exfoliant to remove dead skin cells and unclog pores.
2. **Honey** – 4 tablespoons
  - **Benefit:** Natural humectant that retains moisture and provides antibacterial properties.
3. **Aloe Vera Gel** – 4 tablespoons
  - **Benefit:** Soothes the skin and reduces inflammation.
4. **Tea Tree Essential Oil** – 20 drops
  - **Benefit:** Known for its antibacterial and anti-inflammatory properties, effective against acne.
5. **Lavender Essential Oil** – 10 drops
  - **Benefit:** Calms the skin and reduces redness and inflammation.
6. **Distilled Water** – 2 cups
  - **Benefit:** Helps create a sprayable consistency and dilutes the solution for gentle application.

### Tools and Containers

1. **Large Mixing Bowl**
2. **Measuring Cups and Spoons**
3. **Large Mixing Spoon**
4. **16 oz Glass Spray Bottle**
  - **Note:** Use a dark-colored bottle to protect essential oils from light degradation.
5. **Small Funnel**

## Step-by-Step Instructions

### 1. Prepare Your Workspace

- Ensure your hands, utensils, and surfaces are clean to maintain hygiene and prevent contamination.



## 2. Mix Dry Ingredients

- In a large mixing bowl, combine 1/2 cup of baking soda, which will act as a gentle exfoliant to remove dead skin cells.

## 3. Add Liquid Ingredients

- Add 4 tablespoons of honey and 4 tablespoons of aloe vera gel to the bowl, mixing thoroughly to combine.

## 4. Incorporate Essential Oils

- Add 20 drops of tea tree essential oil and 10 drops of lavender essential oil for their antibacterial and calming effects. Stir well to ensure even distribution.

## 5. Create a Sprayable Consistency

- Gradually add 2 cups of distilled water to the mixture, stirring continuously to achieve a smooth, liquid consistency suitable for a spray bottle.

## 6. Transfer to Spray Bottle

- Use the funnel to pour the mixture into the 16 oz glass spray bottle. Make sure the bottle is clean and dry before use.

## 7. Label and Store

- Label the bottle with the date and contents. Store in a cool, dry place away from direct sunlight to preserve the essential oils.

See also [Energizing Morning Body Wash](#)

## How to Use

1. **Shake the Bottle:** Shake well before each use to ensure all ingredients are mixed.
2. **Apply:** Spray a generous amount onto your face and neck, avoiding eyes.
3. **Massage:** Gently massage in circular motions with your fingertips for about a minute.
4. **Rinse:** Rinse thoroughly with lukewarm water and pat your face dry with a clean towel.
5. **Frequency:** Use this face wash once a day, preferably in the morning or evening.



## **Tips and Precautions**

### **Patch Test**

- Always perform a patch test on a small area of your skin to check for any allergic reactions.

### **Avoid Overuse**

- Over-exfoliating can lead to irritation. Stick to once daily and adjust based on your skin's response.

### **Storage**

- Keep away from heat and light to maintain the potency of the essential oils.

### **Use of Distilled Water**

- Opt for distilled water to avoid impurities that can be found in tap water.

## **Variations and Options**

### **Gentler Exfoliant**

- Substitute baking soda with finely ground oats if you have sensitive skin.

### **Additional Hydration**

- Add 1 teaspoon of jojoba oil for extra moisturizing benefits.