

# **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 DIY Foaming Hand Soap

### **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.



 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.