



HOMEMADE SKIN CARE RECIPES

Eight gentle emergency preparations for an active flare — and the plan for the first 24 hours.

CPC Skin Care

DIGITAL SELF-HELP GUIDE



The Breakout Rescue Recipes

Eight gentle emergency preparations for an active flare — and the plan for the first 24 hours.

CPC SKIN CARE

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WELCOME

Before You Begin

It shows up the night before something that matters. That is not bad luck or a conspiracy — it is usually a week of poor sleep, stress and a disrupted routine arriving on your face at the least convenient moment. What happens next is what decides how long you will be looking at it. The reflex is always the same: squeeze it, scrub it, pile something drying on top, and check the mirror every twenty minutes. By morning the spot is smaller and the angry red patch around it is twice the size, and that patch will outlast the spot by weeks. Almost all the lasting damage from a breakout comes from that panic hour, not from the breakout itself. This guide gives you something to do instead. Eight preparations you can make from the cupboard in under five minutes, an hour-by-hour plan for the first day, a clear line between what is safe to leave on overnight and what comes off after ten minutes, and a short list of the popular 'fixes' that turn a small spot into a mark you will be applying concealer to in November. One honest note before we begin: this is educational content, not medical advice. These recipes are for the ordinary spot that appears and goes. They are not treatment for cystic acne, for anything painful and deep under the skin, for a spreading rash, or for skin that is broken

and weeping. Homemade preparations are not sterile, so nothing here goes on open skin. If a breakout is severe, persistent, painful or scarring, see a licensed dermatologist — there are genuinely effective prescription options, and no kitchen recipe competes with them.

— *The CPC Skin Care Team*

HOW TO USE THIS GUIDE

Getting the Most From This Book

This is a practical book by design — but it isn't a race. The recipes work best when you make them one at a time and let each earn its place. Here's how to get the most from the pages ahead.

1

Read actively.

Every chapter ends with a *Try This* exercise and a set of *Key Takeaways*. The reading plants the idea; the exercise is what makes it yours.

2

Start small.

You don't need to make everything at once. Choose a single recipe, let it become genuinely easy, and only then add another.

3

Patch-test everything.

Skin is personal. A preparation that suits one face irritates another, so test on your arm for 24 hours before it ever touches your cheek.

4

Keep what works.

Some recipes will click for you and others won't — keep the ones your skin likes and quietly drop the rest.

Whenever you're ready, turn the page and let's begin.

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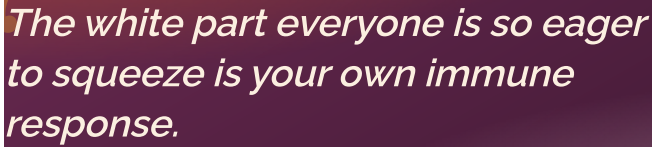
What's Actually Happening

You cannot make a good decision about a spot without knowing what one is. Two minutes of understanding here saves you from most of the mistakes in the rest of this book, because nearly every harmful reflex comes from thinking a breakout is dirt that needs removing.

A spot is not dirt

A pore is a small tube with an oil gland at the bottom. When the oil and dead skin cells inside it stop moving out smoothly, the tube blocks. Bacteria that live on everyone's skin quite happily suddenly have a sealed, oil-rich space to multiply in, and your immune system responds to that — which is what redness, swelling and tenderness actually are. The white part people are so eager to squeeze is your own immune response.

This matters because it explains why scrubbing does nothing useful. There is nothing on the surface to remove. The problem is inside a tube, under a plug, and the only thing scrubbing reaches is the healthy skin around it, which you are now also inflaming.



The white part everyone is so eager to squeeze is your own immune response.

Why gentleness wins the week

Inflammation is the part that leaves a mark. The spot itself resolves in a few days almost regardless of what you do; what determines whether you are still looking at a dark or red patch in six weeks is how much inflammation happened around it, and how much of the surrounding skin got damaged in the process.

So every recipe here is chosen to bring inflammation down rather than to attack the spot. Cool rather than hot, soothing rather than stripping, short contact rather than long. It is a less satisfying strategy than declaring war, and it produces visibly better skin a month later.

Knowing what you are looking at

A surface spot with a visible white or dark centre is the ordinary kind these recipes are for. A small red bump with no head is an early one — treat it the same way and leave it alone. A deep, hard, painful lump under the skin that does not

come to a head is a different thing entirely, and nothing in this book will reach it.

That last kind, and any breakout that covers large areas, keeps coming back in the same places, or leaves marks that last for months, is worth a dermatologist's time. Not because you have failed at home care, but because there are treatments that genuinely work for it and none of them live in a kitchen.

HAVING THE KIT BEFORE YOU NEED IT

The Emergency Shelf

YOU NEED

- Raw honey
- Chamomile and green tea bags
- Kaolin clay and aloe vera gel
- Cotton buds and a soft cloth

METHOD

1. Put all of it together in one box or one shelf, not scattered around the kitchen.
2. Check the box tonight, while nothing is wrong.
3. Replace anything that has been open more than six months.
4. Keep a clean, unused cloth in the box specifically for compresses.

KEEPS Check the box every few months

PATCH-TEST Patch-test each ingredient now, not during an emergency

Anything you are allergic to — leave it out of the box entirely.

Try This — Build the Box Tonight

The worst time to learn whether your skin tolerates an ingredient is at eleven at night with a spot on your chin.

1. Check you have honey, chamomile tea, green tea, clay and aloe in the house.
2. Patch-test honey and aloe on your inner arm this evening, and check at 24 hours.
3. Put everything that passes into one labelled box.
4. Add a fresh cotton cloth that you use only for compresses.

KEY TAKEAWAYS

- A spot is a blocked tube plus your own immune response — not dirt on the surface.
- Inflammation is what leaves the mark, so calming beats attacking every time.
- Deep, painful, recurring or scarring breakouts belong with a dermatologist.

The First 24 Hours

What you do in the first day decides most of what happens over the next three weeks. Here is the plan, hour by hour, and the first instruction is the hardest one: do nothing for the first ten minutes except decide to be gentle.

Hour zero — the ten minutes that matter

You have noticed it. Do not touch it, do not get closer to the mirror, and do not open anything. The single most useful action available to you right now is a cold compress, and the second most useful is walking out of the bathroom.

Cool the area for ten minutes with a cold chamomile compress. This takes heat and some swelling out of the tissue around the spot and — just as importantly — it gives you something constructive to do with the ten minutes in which you would otherwise have squeezed it.

The most useful action available to you right now is a cold compress. The second is walking out of the bathroom.

The evening — cleanse, calm, seal

Cleanse gently, once, with the mildest thing you own. This is not the night for exfoliation, for a scrub, for a strong active, or for anything you have not used before. Every one of those makes tomorrow worse in exchange for feeling productive tonight.

Then apply the overnight honey dab to the spot only, moisturise everywhere else as usual, and go to bed. Skin does its repair work overnight and the most helpful thing you can do is be asleep for it rather than in front of a mirror.

The morning after — resist the assessment

Rinse, moisturise, sunscreen — the same four-step evening and go-second morning as always. Look once, briefly, and get on with your day. The urge to inspect it in every reflective surface is normal and it is also the mechanism by which

people end up picking — nobody plans to pick, they simply find themselves near a mirror for the fourth time.

If it is still inflamed at midday, one ten-minute clay spot mask in the evening is reasonable. If it has calmed, do nothing else at all. Doing nothing is an active, correct choice here, not a lack of effort.

THE FIRST TEN MINUTES — HEAT, REDNESS AND SWELLING

The Cold Chamomile Compress

YOU NEED

- 1 chamomile tea bag
- 150ml just-boiled water
- A clean soft cloth

METHOD

- 1.** Brew strong and cool completely — in the fridge or over ice, never warm.
- 2.** Soak the cloth, wring it out, and hold it against the area for 10 minutes.
- 3.** Re-cool the cloth if it warms up against your skin.
- 4.** Pat dry and moisturise the surrounding skin as usual.

KEEPS 2 days
refrigerated in a
scalded jar

PATCH-TEST 24 hours — chamomile reacts in
people sensitive to daisies and ragweed

Ragweed or daisy-family allergy. Never apply warm — cool only.

THE EVENING OF DAY ONE

The Gentle Emergency Cleanse

YOU NEED

- 1 tsp Base Oat Powder
- Warm water

METHOD

1. Mix into a soft paste with no grit whatsoever.
2. Smooth it over the whole face with no pressure at all — do not massage the spot.
3. Leave 30 seconds, then rinse with lukewarm water.
4. Pat dry. Do not rub the towel over the area.

KEEPS Make fresh

PATCH-TEST 24 hours before first facial use

Oat sensitivity — use fine rice flour instead.

Try This — The Ten-Minute Rule

The rule that prevents most breakout damage is a timer, not a product.

1. The moment you notice a spot, set a ten-minute timer.
2. For those ten minutes, apply a cold compress and touch nothing else.
3. When the timer goes, leave the bathroom before deciding anything.
4. Do the full evening routine at your normal time, not immediately.

KEY TAKEAWAYS

- The first ten minutes decide most of the next three weeks.
- Cleanse once, gently. Day one is never the day for an exfoliant or a new active.
- Doing nothing on the morning after is a correct decision, not a failure to act.

The Overnight Recipes

Only two preparations in this book are safe to leave on your skin all night, and both go on the spot itself rather than the whole face. Overnight contact means eight hours of exposure, so the bar for what qualifies is much higher than for something you rinse off in ten minutes.

Why honey and not something stronger

Raw honey is mildly antibacterial, it holds water against the skin rather than pulling it out, and it is gentle enough that eight hours of contact is not a problem for most people. That combination is rare. Most things people leave on spots overnight are drying agents, and eight hours of a drying agent produces a flaky, irritated patch that is more noticeable than the spot was.

The point of an overnight application is not to attack anything. It is to keep the area calm and slightly protected while your immune system does the actual work, and to stop you touching it while you sleep.

Eight hours of a drying agent gives you a flaky, irritated patch that's more noticeable than the spot was.

Tea tree, in the right amount

Tea tree oil has genuine evidence behind it for mild spots, and it is also one of the most common causes of contact reactions in homemade skincare — because people use it neat. Undiluted essential oil on facial skin can sensitise you permanently, meaning you react to it forever after.

One drop of tea tree in a teaspoon of honey is roughly the right order of magnitude. That is a dilution of about one per cent, which is where the evidence sits and where the risk is manageable. More is not stronger; more is just an irritated patch around a spot.

The rules for anything left on overnight

Spot only, never the whole face. Never on broken, bleeding or weeping skin — homemade preparations are not sterile and open skin is an entry point. Never two overnight preparations at once. And never on a spot you have squeezed, which is now a small open wound however tidy it looks.

If you wake up with redness, itching or stinging around the spot that was not there when you went to bed, wash it off and do not use that preparation again. That is a reaction, not the recipe working.

A SINGLE SPOT WITH A VISIBLE HEAD

The Overnight Honey Spot Dab

YOU NEED

- 1 tsp raw honey
- 1 drop tea tree oil (optional)
- A clean cotton bud

METHOD

- 1.** Stir the honey and, if using, the single drop of tea tree in a clean dish.
- 2.** Apply a small dab to the spot only, with a fresh cotton bud.
- 3.** Cover with a spot plaster if it will rub off on the pillow.
- 4.** Rinse in the morning and continue the normal routine.

KEEPS Make fresh each time

PATCH-TEST 24 hours, including the tea tree, before first use

Bee allergy, broken or squeezed skin, and never neat tea tree.

SEVERAL SMALL SPOTS, OR SKIN TOO REACTIVE FOR HONEY

The Aloe Overnight Layer

YOU NEED

- 1 tsp pure aloe vera gel
- A clean cotton bud

METHOD

1. Apply a thin layer to the affected areas only.
2. Let it settle for a minute before your pillow touches it.
3. Leave overnight and rinse in the morning.
4. Use for a maximum of three nights in a row.

KEEPS Follow the pack once opened; refrigerate

PATCH-TEST 24 hours — aloe irritates more people than expected

Anyone reactive to aloe; never on broken skin.

Try This — Dilute It Properly, Once

Do this measurement once and you will never be tempted to use tea tree neat.

1. Put one teaspoon of honey in a dish and add exactly one drop of tea tree oil.
2. Stir it thoroughly — the drop should disappear completely into the honey.
3. Patch-test that mixture on your inner arm and check it at 24 hours.
4. That ratio is the only one you ever use. Write it on the tea tree bottle.

KEY TAKEAWAYS

- Only honey and aloe belong on skin for eight hours — drying agents do not.
- One drop of tea tree per teaspoon of honey. Never neat, ever.
- Nothing goes on broken, weeping, or squeezed skin overnight.

The Ten-Minute Recipes

These are the short-contact preparations: on, timed, off. Ten minutes is long enough to do something useful and short enough that a slightly-too-strong ingredient never gets the chance to become a problem. Three of them cover almost every situation.

Clay, but only on the spot

A clay spot mask absorbs oil from the area and cools the skin while it sits. Applied to a single congested spot or cluster it is genuinely useful. Applied to a whole inflamed face it dehydrates skin that is already struggling and often produces a fresh crop the following week.

Take it off while it is still slightly tacky, at eight to ten minutes. The moment clay dries to a hard, cracking shell it stops absorbing oil and starts pulling water out of the tissue underneath, which is the opposite of what an inflamed area needs.

The recipe most people skip is the one that most decides whether there's still a mark in six weeks.

Green tea for heat and redness

Cooled green tea is the most reliably soothing thing in this entire kit, and the cheapest. Used as a cold compress on a hot, angry area it visibly reduces redness within the ten minutes, and unlike almost everything else here it can be used as often as you like.

Brew it strong and cool it completely. A warm compress on an inflamed spot increases blood flow to an area that already has too much of it, which is why every compress in this book is a cold one.

The soothing mask for the surrounding skin

The area around a breakout is usually the part that has taken the most damage — from touching, from harsh cleansing, from whatever was applied in a hurry. An oat and honey mask on the whole face, avoiding the spot itself, calms that skin down and stops the collateral damage that keeps the cycle going.

This is the recipe most people skip, because it does nothing visible to the spot. It is also the one that most affects whether you are looking at a mark in six weeks, because it protects the skin that decides how that mark heals.

A CONGESTED SPOT OR A SMALL CLUSTER

The Ten-Minute Clay Spot Mask

YOU NEED

- 1 tsp kaolin clay
- Cooled green tea, a few drops
- 1/4 tsp aloe vera gel

METHOD

- 1.** Mix in a non-metal dish to a smooth, spreadable paste.
- 2.** Apply to the spot and the immediate area only — not the whole face.
- 3.** Set a timer for 8 minutes and remove while still slightly tacky.
- 4.** Soften with a warm damp cloth, wipe gently, then moisturise the whole face.

KEEPS Make fresh each time

PATCH-TEST 24 hours before first facial use

Reactive or broken skin. Never let it dry to a hard shell.

HOT, RED, ANGRY AREAS — AS OFTEN AS NEEDED

The Cold Green Tea Compress

YOU NEED

- 1 green tea bag
- 150ml just-boiled water
- A clean soft cloth

METHOD

1. Brew strong for five minutes and cool completely in the fridge.
2. Soak the cloth, wring it out, and hold against the area for 10 minutes.
3. Repeat as often as you like — this one has no limit.
4. Moisturise afterwards while the skin is still damp.

KEEPS 3 days refrigerated in a scalded jar

PATCH-TEST 24 hours before first facial use

Anyone who reacts to tea. Cold only — never a warm compress.

THE DAMAGED SKIN AROUND THE BREAKOUT

The Oat & Honey Soothing Mask

YOU NEED

- 1 tbsp finely ground oats
- 1 tbsp raw honey
- A splash of warm water

METHOD

1. Stir into a thick, spreadable paste.
2. Apply to the whole face, going around the active spot rather than over it.
3. Leave 10-15 minutes and rinse with lukewarm water.
4. Moisturise while the skin is still damp.

KEEPS Make fresh each time

PATCH-TEST 24 hours before first facial use

Oat sensitivity or bee allergy.

Try This — Always Set the Timer

Every short-contact recipe in this chapter is safe because of the timer, not despite it.

1. Before applying anything, set a timer on your phone for the stated minutes.
2. Put the phone where you can hear it and leave the bathroom.
3. Remove at the alarm even if it 'feels like it could do more'.
4. Moisturise immediately afterwards, on damp skin, every time.

KEY TAKEAWAYS

- Clay goes on the spot only, for 8-10 minutes, and never dries to a hard shell.
- Compresses are always cold — warmth sends more blood to an inflamed area.
- Treating the skin around the spot is what decides the mark six weeks later.

What Makes It Worse

This chapter is the most valuable one in the book and it asks you to stop doing things rather than start. Every item here is common, every one feels productive in the moment, and every one reliably extends how long you will be looking at the result.

Squeezing, and why it costs weeks

Squeezing pushes some of the contents out and pushes the rest deeper into the surrounding tissue, spreading the inflammation sideways into skin that was previously fine. It also converts a closed spot into an open wound in a place you will keep touching. That is how a three-day spot becomes a three-week mark.

If it has a head and you genuinely cannot leave it, the least damaging version is: hot shower first, clean hands, gentle pressure from the sides with tissue, stop at the first sign of blood or resistance, then cold compress. Every part of that sentence is a compromise, and leaving it alone is still better.

A spot looks smaller because the tissue around it is dehydrated and inflamed. That's damage, not progress.

The named list

Toothpaste contains detergents and flavouring oils that were formulated for enamel, not skin — it dries the spot and burns the skin around it. Lemon juice is far too acidic and can cause a genuine reaction in sunlight. Baking soda destroys the skin's acid mantle. Rubbing alcohol strips everything. Sugar and salt scrubs tear inflamed skin with their crystalline edges. Neat essential oils sensitise. Hot compresses increase blood flow to an area that already has too much.

Every one of these has a huge amount of enthusiastic advice behind it, and every one produces a visible short-term result that is a form of damage: a spot looks smaller because the tissue around it is dehydrated and inflamed.

The subtler mistakes

Over-cleansing is the most common of all — washing four times a day to feel clean, which strips the barrier and reliably

produces more oil and more spots within a fortnight. Layering three different treatments on one spot is a close second; you cannot tell which one helped, and you have quadrupled the chance of a reaction.

And then there is the mirror. Checking it repeatedly is not neutral behaviour: it is the reliable precursor to touching, and touching is the precursor to picking. Look once a day. Set the routine, and then get out of the way of it.

THE OVERNIGHT SPOT FIX PEOPLE REACH FOR FIRST

Instead of toothpaste

YOU NEED

- A dab of raw honey
- A clean cotton bud

METHOD

1. Apply a small dab to the spot with a fresh cotton bud.
2. Cover with a spot plaster if needed.
3. Rinse in the morning.
4. Throw the toothpaste habit out permanently — it has no upside.

KEEPS Make fresh

PATCH-TEST 24 hours before first facial use

Bee allergy; broken or squeezed skin.

BRINGING A SPOT TO A HEAD

Instead of a hot compress

YOU NEED

- Cooled chamomile or green tea
- A clean soft cloth

METHOD

1. Use the cold compress for ten minutes instead.
2. If you want to soften the area first, do it in a warm shower rather than with heat applied directly.
3. Follow with the cold compress afterwards.
4. Accept that some spots take three days regardless of what you do.

KEEPS 2-3 days
refrigerated

PATCH-TEST 24 hours before first facial
use

Never apply heat directly to an inflamed spot.

Try This — Clear the Bathroom

The fastest improvement available to you takes ten minutes and involves no new purchases.

1. Take everything off the shelf and remove anything named in this chapter.
2. Remove anything that stings when you use it, whatever it promises.
3. Keep only: a gentle cleanser, a moisturiser, a sunscreen, and your emergency box.
4. Put the mirror somewhere less convenient than it currently is.

KEY TAKEAWAYS

- Squeezing spreads inflammation sideways and converts three days into three weeks.
- Toothpaste, lemon, baking soda, alcohol, scrubs, neat oils and heat all belong nowhere near a spot.
- Over-cleansing and repeated mirror checks are the two subtle habits that keep the cycle running.

The Week **After**

The spot has gone and there is a mark where it was. This is the part nobody plans for, and it is the part that actually determines how the breakout is remembered — as a bad few days, or as something you were still covering up two months later.

What the mark actually is

Most post-breakout marks are not scars. A flat red or brown patch where a spot used to be is discolouration — the skin's normal response to inflammation, and it fades on its own over weeks to months. A true scar has changed texture: a dent, a raised area, something you can feel with a fingertip.

The distinction matters because discolouration responds well to patience, sun protection and gentleness, while textural scarring genuinely needs professional treatment. Knowing which you have stops you from either giving up too early or expecting a kitchen recipe to do something it cannot.

*Everything else here is support.
Sunscreen on a healing mark is the
actual lever.*

The one thing that changes the timeline

Sun exposure darkens post-inflammatory marks and makes them last considerably longer. Daily sunscreen on a healing mark is not a nice-to-have — it is the single most effective thing available to you, and it does more than every soothing recipe in this book combined.

This is also the least satisfying advice in the book, because it involves buying a product and applying it consistently rather than making something. Do it anyway. Everything else here is support; this is the actual lever.

Gentle weeks, then back to normal

For the week after, run the plainest version of your routine: gentle cleanse, moisturise, sunscreen. No masks on the healing area, no exfoliation, no new actives, no experiments. Healing skin has a job to do and every additional input is a distraction from it.

After that week, return to your ordinary routine and stop treating the area as special. Continuous attention to a healing mark tends to produce more touching, and the mark fades faster when it is simply protected and left alone.

CALMING SKIN WHILE A MARK FADES

The Healing-Week Green Tea Layer

YOU NEED

- Strongly brewed green tea, fully cooled
- 1 tsp aloe vera gel

METHOD

- 1.** Mix a little cooled tea into the aloe until it spreads easily.
- 2.** Pat over the healing area after cleansing, on damp skin.
- 3.** Seal with two drops of the Two-Oil Daily Blend.
- 4.** Sunscreen every morning without exception.

KEEPS 3 days refrigerated

PATCH-TEST 24 hours before first facial use

Anyone reactive to aloe or tea; never on broken skin.

Try This — Photograph the Mark

Marks fade so gradually that the mirror will convince you nothing is happening.

1. Take a photo in daylight, plain face, the day the spot resolves.
2. Take another in exactly the same light every two weeks.
3. Do not compare day to day — only fortnight to fortnight.
4. If there is no change across six weeks with daily sunscreen, ask a dermatologist.

KEY TAKEAWAYS

- Flat red or brown marks are discolouration and fade; changed texture is a scar and needs a professional.
- Daily sunscreen on a healing mark outperforms every soothing recipe combined.
- One plain week, then back to normal — continued special attention just means more touching.

PUT IT INTO PRACTICE

Your Action Plan

The emergency plan on one page. Most of it is preparation done before anything happens, which is exactly why it works.

- ☐ Build the emergency box tonight: honey, chamomile, green tea, clay, aloe, cotton buds, a clean cloth.

- ☐ Patch-test honey, aloe and the diluted tea tree now, while nothing is urgent.

- ☐ Write the dilution on the tea tree bottle: one drop per teaspoon of honey.

- ☐ Learn the ten-minute rule: notice a spot, set a timer, cold compress, leave the bathroom.

- ☐ Keep a fresh cloth in the box used only for compresses.

- ☐ Never apply anything to broken, bleeding or squeezed skin.

- ☐ Set a timer for every short-contact mask and remove at the alarm.

- ☐ Treat the skin around the spot, not just the spot — it decides the mark.

- ☐ Clear the bathroom of everything on the never list in Chapter 5.

- ☐ Look in the mirror once a day, not once an hour.

☐ Wear sunscreen daily while any mark is healing — this is the real lever.

☐ See a dermatologist for deep, painful, recurring or scarring breakouts.

FINAL WORDS

Where You Go From Here

The most important thing in this book is not any of the eight recipes. It is the ten minutes at the start, when the reflex says do something drastic and the plan says cool it down and walk away. Every mark you are still looking at weeks later began in one of those moments. So keep the box stocked, keep the timer handy, and make the calm choice while it is still cheap to make. Cleanse once and gently, cool rather than heat, treat the skin around the spot as carefully as the spot itself, and protect the mark from the sun while it fades. When the week is over, go back to your ordinary routine and stop giving the area special attention — it heals faster when it is simply left in peace. And if breakouts are deep, painful, frequent or leaving textural scars, please take that to a dermatologist. Wanting to handle it yourself is completely reasonable; so is using the treatments that work best. There is no failure in that.

Breathe. Begin. Return.

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