



HOMEMADE SKIN CARE RECIPES

*The homemade recipes that damage skin,
the safe swaps, and how to repair a stressed
barrier.*

CPC Skin Care

DIGITAL SELF-HELP GUIDE



The Never-On-Your-Face List

The homemade recipes that damage skin, the safe swaps, and how to repair a stressed barrier.

CPC SKIN CARE

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WELCOME

Before You Begin

Every other guide in this system is about what to make. This one is about what to refuse, and it is the one that protects everything else you are building. Almost every story of homemade skincare going badly wrong involves a small handful of ingredients, applied enthusiastically, on the advice of a video with a great many views and nobody accountable for the result. Not exotic substances — lemon juice, baking soda, toothpaste, sugar. Things already in your kitchen, recommended constantly, and genuinely harmful on facial skin. They spread because they appear to work immediately: an acid strips the surface and skin looks momentarily brighter, an abrasive leaves it feeling smooth, a drying paste shrinks a spot overnight. Each of those is a short-term visual result produced by damage that accumulates quietly underneath, and the bill arrives weeks later as skin that stings when you wash it and reacts to things it used to tolerate. By then nobody connects it to the lemon juice, because the lemon juice worked. Inside you'll find twelve entries: what each one does to the barrier in plain terms, the gentle preparation to use instead so nothing is taken away without a replacement, a short repair routine for skin that has already been through it, and the patch-testing

method that catches a reaction on your forearm instead of your face. One honest note: this is educational content, not medical advice. If your skin is currently stinging, weeping, blistered or worsening, stop everything and see a licensed dermatologist rather than working through a list.

— *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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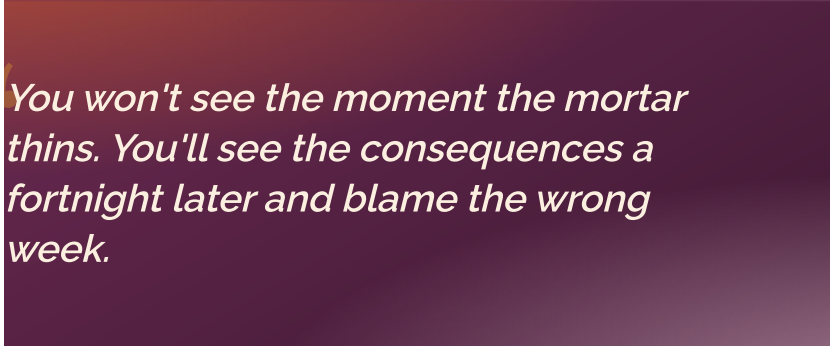
The Barrier You're Protecting

To understand why the list is a list, you need one idea: your skin has an outer layer whose entire job is to keep water in and irritants out. Nearly everything on the following pages works by damaging that layer, and nearly every symptom people complain about is what happens next.

What the barrier actually is

Picture the outermost layer of skin as a brick wall: flattened cells are the bricks, and a mixture of lipids fills the space between them like mortar. That mortar is what holds water in your skin and keeps irritants, allergens and microbes out. It is also slightly acidic, which is not a detail — that mild acidity is part of how it defends itself.

When the mortar is stripped, water escapes faster than it can be replaced and things that never used to bother you can now get in. That is dehydration and reactivity arriving together, from a single cause.



You won't see the moment the mortar thins. You'll see the consequences a fortnight later and blame the wrong week.

How it gets broken

Three ways, and the list uses all three. Chemically: something too acidic or too alkaline dissolves or destabilises the mortar. Physically: something with sharp edges tears the bricks. And by simple over-frequency: even gentle things done four times a day never let the barrier rebuild between insults.

The damage is invisible for a while. You will not see the moment the mortar thins — you will see the consequences a fortnight later and blame whatever you happened to be using that week.

What damaged skin looks like

Stinging when you apply a product you have used for years. Redness that comes and goes for no obvious reason. A tight feeling after washing that does not settle. Flaking alongside oiliness, which confuses people into treating it as oily skin and

stripping it further. And spots appearing in places you do not usually get them.

If you recognise three or more of those, chapter five is the part of this book to read first. The rest of it exists so you never need chapter five again.

Try This — The Barrier Check

Five honest questions that tell you where your barrier currently stands.

- 1.** Does anything sting on application that did not use to?
Note yes or no.
- 2.** Does your face feel tight for more than a minute after washing?
- 3.** Are you flaking and oily at the same time?
- 4.** Count your yeses. Three or more means start with the repair routine, not with new recipes.

KEY TAKEAWAYS

- The barrier is bricks and mortar — the mortar holds water in and irritants out.
- It breaks chemically, physically, or through sheer frequency. The list uses all three.
- Stinging, random redness, tightness and flaky-oily skin are the signature of damage.

The List

Eight entries, each one common, each one recommended somewhere with great confidence. For every entry: what it does, why it looks like it is working, and what it costs you. The swaps come in chapter four — nothing here is taken away without a replacement.

The acids that are far too strong

Lemon juice sits at a pH of about two. Skin sits around five, on a scale where each step is a tenfold difference — so lemon juice is roughly a thousand times more acidic than the surface it is being applied to. It also contains compounds that react with sunlight and can produce a genuine burn, which is not a rare theoretical risk but a well-documented one with a name.

Apple cider vinegar is the same problem with better branding. Undiluted it is far too acidic; diluted to something safe it does approximately nothing, which leaves no useful window between the two.

The immediate smoothness is removed barrier. It is not clean skin.

The alkalis and the abrasives

Baking soda sits at around pH nine, in the other direction, and dissolves the barrier's mortar efficiently. Skin feels remarkably smooth immediately afterwards, which is the feeling of having removed part of it. It can take weeks for the acid mantle to recover, and people usually apply it again long before that.

Sugar and salt scrubs are fine on feet and harmful on faces: the crystals have sharp, irregular edges that tear the surface into micro-damage you cannot see but can definitely feel a week later. Coffee grounds and crushed nutshells belong in the same category.

The ones that are simply not skincare

Toothpaste contains detergents, abrasives and flavouring oils formulated for enamel. It dries a spot by irritating everything around it. Hydrogen peroxide damages the healing cells you need. Rubbing alcohol and high-alcohol witch hazel strip indiscriminately. And homemade sunscreen is the most dangerous item in this entire system — mineral filters need

industrial dispersion to protect evenly, and a home batch has no reliable protection factor whatever the recipe promises.

That last one deserves emphasis, because the failure is invisible. You do not find out your homemade sunscreen did not work until the damage is already done.

NEVER — AROUND A THOUSAND TIMES TOO ACIDIC FOR SKIN

Lemon and citrus juice

YOU NEED

- Claimed for: brightening and dark marks
- Actually does: barrier damage, sun-triggered burns

METHOD

1. Do not apply to the face at any dilution you can measure at home.
2. Especially never before sun exposure.
3. See chapter four for the green tea swap.

KEEPS N/A **PATCH-TEST** Not applicable — this one has no safe version

Everyone. There is no skin type this suits.

NEVER — STRONGLY ALKALINE, DISMANTLES THE ACID MANTLE

Baking soda

YOU NEED

- Claimed for: exfoliating and 'deep cleaning'
- Actually does: strips the mortar, causes lasting reactivity

METHOD

1. Do not use as a cleanser, scrub, mask or spot paste.
2. The immediate smoothness is removed barrier, not clean skin.
3. Use the fine oat paste from the foundation guide instead.

KEEPS N/A **PATCH-TEST** Not applicable

Everyone, including as an occasional treat.

NEVER — TOO ACIDIC DILUTED ENOUGH TO BE USELESS

Undiluted apple cider vinegar

YOU NEED

- Claimed for: toning and pH balancing
- Actually does: chemical burns at strength, nothing when safe

METHOD

1. Skip it entirely — there is no useful window between harmful and pointless.
2. Your skin manages its own pH when you stop interfering.
3. Use cooled green tea as your toner instead.

KEEPS N/A **PATCH-TEST** Not applicable

Everyone, and particularly anyone already reactive.

NOT ON THE FACE — CRYSTALLINE EDGES TEAR THE SURFACE

Sugar and salt scrubs

YOU NEED

- Claimed for: smoothing and glow
- Actually does: invisible micro-tearing

METHOD

1. Keep them for feet, elbows and knees if you enjoy them.
2. Never use them on facial skin, and never on active breakouts anywhere.
3. Use a soft oat cleanse for the face instead.

KEEPS N/A for facial use

PATCH-TEST Not applicable

Any facial use, at any grain size.

NEVER — DETERGENTS AND FLAVOUR OILS, NOT SKINCARE

Toothpaste on spots

YOU NEED

- Claimed for: drying a spot overnight
- Actually does: irritates and marks the skin around it

METHOD

1. Do not apply to spots, however desperate the evening.
2. The spot shrinks because the area is inflamed and dehydrated.
3. Use the overnight honey dab from the rescue guide instead.

KEEPS N/A

PATCH-TEST Not applicable

Everyone. This one has no defenders among dermatologists.

NEVER UNDILUTED — PERMANENT SENSITISATION RISK

Neat essential oils

YOU NEED

- Claimed for: antibacterial spot treatment
- Actually does: sensitisation that does not reverse

METHOD

1. Dilute to about 1% — one drop per teaspoon of carrier.
2. Never apply neat to facial skin, not even 'just once'.
3. See the apothecary guide for the full dilution table.

KEEPS N/A neat

PATCH-TEST 24 hours in diluted form only

Neat use by anyone; the eye area at any dilution.

NEVER ON THE FACE — STRIPS INDISCRIMINATELY

Rubbing alcohol and high-alcohol witch hazel

YOU NEED

- Claimed for: degreasing and disinfecting
- Actually does: destroys the barrier, triggers more oil

METHOD

1. Check witch hazel labels — most supermarket versions are alcohol-heavy.
2. Keep isopropyl alcohol for sanitising jars, not skin.
3. Use the alcohol-free version sparingly on oily areas only, if at all.

KEEPS N/A for facial use

PATCH-TEST Not applicable

All facial use. Oily skin included — especially oily skin.

NEVER — THE FAILURE IS INVISIBLE UNTIL THE DAMAGE IS DONE

Homemade sunscreen

YOU NEED

- Claimed for: a natural SPF from zinc and oils
- Actually does: uneven, unmeasurable, unreliable protection

METHOD

1. Buy a tested, labelled sunscreen. This is not negotiable.
2. Apply generously every morning as the final step.
3. No oil has a meaningful SPF, whatever a chart on the internet says.

KEEPS N/A

PATCH-TEST Not applicable

Everyone. This is the most dangerous entry on the list.

Try This — The Bathroom Audit

Ten minutes with this list open does more for your skin than any new recipe.

1. Take everything off the shelf and lay it on a towel.
2. Remove anything on this list, plus anything that stings when you use it.
3. Keep only a gentle cleanser, a moisturiser, a sunscreen and your damp step.
4. Give the removed things away or bin them — do not keep them for a bad week.

KEY TAKEAWAYS

- Lemon, vinegar and baking soda attack the barrier chemically from opposite directions.
- Sugar, salt, grounds and shells tear it physically — keep them below the neck.
- Homemade sunscreen is the single most dangerous item, because its failure is invisible.

Why These Recipes Spread

It would be easy to assume the people sharing these are careless. Mostly they are not — they are describing something they genuinely saw. Understanding why the illusion is so convincing is what stops you falling for the next one, which will have a different ingredient and exactly the same shape.

The instant result is real, and it is the damage

When an acid strips the outer layer, skin genuinely does look brighter for a day — you have removed the top of it. When an abrasive tears the surface, it genuinely does feel smoother. When something drying is applied to a spot, the spot genuinely does shrink, because the surrounding tissue is dehydrated and inflamed.

Every one of those is a true observation with a false conclusion. The person filming is not lying. They are simply reporting hour one and never filming week six.

*They're not lying. They're reporting
hour one and never filming week six.*

Nobody films the bill

The damage from these recipes appears on a delay of two to six weeks, and it appears as something with a different name: sensitivity, sudden reactivity, an oily phase, unexplained redness. By then the connection is invisible, and the usual response is to treat the new symptom with another strong intervention.

That loop is the real mechanism. Not one bad recipe, but a strong recipe followed by a stronger correction, repeated until skin that was never fragile becomes skin that reacts to everything.

The tests that protect you

Three questions defeat almost all of it. Does this work by removing something? Does it produce a strong sensation? And would I know if it had harmed me within the hour — or would the effect be invisible for weeks?

Anything that removes, stings or fails invisibly deserves scepticism. That is not a rule against ever using anything active. It is a rule about who gets to make that decision — a video, or a measured formulation you can rely on.

NEVER — IRRITATION SOLD AS ACTIVITY

Cinnamon and chilli preparations

YOU NEED

- Claimed for: circulation and 'plumping'
- Actually does: deliberate inflammation

METHOD

1. Skip any recipe whose selling point is a tingle.
2. The warmth is irritation, and that is the entire mechanism.
3. Use a cool green tea compress if you want visible calm instead.

KEEPS N/A PATCH-TEST Not applicable

Everyone, especially anyone with reactive or rosacea-prone skin.

NOT WORTH MAKING — IT OXIDISES WITHIN HOURS

Homemade vitamin C serum

YOU NEED

- Claimed for: brightening on a budget
- Actually does: turns yellow-brown and stops working

METHOD

1. Ascorbic acid stirred into water degrades very quickly and unevenly.
2. At usable strengths it is also acidic enough to irritate.
3. Buy a formulated, stabilised product or skip vitamin C entirely.

KEEPS Hours, not days — which is the point

PATCH-TEST Not applicable

Anyone hoping to store it; it is already degraded by day two.

NEVER — THEY REMOVE SKIN ALONG WITH THE PLUG

Peel-off glue masks

YOU NEED

- Claimed for: pulling out blackheads
- Actually does: rips surface skin and fine hairs

METHOD

1. Do not make masks with PVA glue, gelatine or charcoal-and-glue mixtures.
2. What comes off on the mask is mostly normal skin structure.
3. Use a short kaolin mask on congested areas instead.

KEEPS N/A **PATCH-TEST** Not applicable

Everyone. The satisfying photo is the damage.

NEVER ON SKIN — IT HARMS THE CELLS THAT HEAL IT

Hydrogen peroxide

YOU NEED

- Claimed for: disinfecting spots
- Actually does: damages healing tissue, slows repair

METHOD

1. Do not apply to spots, cuts or broken skin on the face.
2. Even wound care has largely moved away from it for this reason.
3. Use a cold compress and leave the area alone.

KEEPS N/A **PATCH-TEST** Not applicable

Everyone, and particularly on any broken skin.

Try This — Three Questions

Run the next viral recipe you see through these before you make it.

1. Does it work by removing something from the skin?
2. Does it sting, tingle, burn or feel dramatic?
3. Would I know within an hour if it had harmed me, or only in six weeks?
4. Two yeses out of three means do not make it.

KEY TAKEAWAYS

- The instant result is real — it is the damage, reported honestly at hour one.
- Harm shows up two to six weeks later under a different name, so nobody connects it.
- Anything that removes, stings, or fails invisibly deserves scepticism.

CHAPTER 4

The Safe Swaps

Nothing is taken away without a replacement. For each thing you wanted from the list — brightness, smoothness, a spot handled, less oil — there is a preparation here that gives you a version of it without spending your barrier to get there.

You wanted brightness

What people mean by brightness is usually evenness and a bit of light reflecting off a smooth, well-hydrated surface. Stripping the top layer fakes that for a day. Hydration and consistent sun protection produce it properly, and they hold.

Cooled green tea as the damp step, an oil pressed over it, and daily sunscreen will do more for evenness across two months than any acid you can mix at home. The sunscreen in particular is doing most of the work, because most unevenness is sun-driven.

Stripping the top layer fakes brightness for a day. Hydration and sunscreen produce it properly, and it holds.

You wanted smoothness

Smoothness comes from a barrier holding enough water, not from removing texture with grit. A soft oat paste cleanses without a single sharp edge, and a weekly enzyme mask at five to ten minutes does the mild exfoliating that scrubs pretend to do.

If your skin currently feels rough and you have been scrubbing, the fastest improvement available is to stop for two weeks. Roughness caused by barrier damage disappears when the barrier rebuilds.

You wanted the spot gone

Nothing makes a spot disappear overnight. What is available is calming it so it resolves faster and leaves less behind — a cold compress, a small honey dab, and not touching it. That is genuinely the whole toolkit, and it outperforms toothpaste by a wide margin over any timeframe longer than one evening.

The rescue guide covers the full first-24-hours plan. The important part here is simply that the alternative to a harmful spot treatment is not nothing — it is a better spot treatment.

EVENNESS, WITHOUT THE BURN RISK

Instead of lemon — green tea

YOU NEED

- Strongly brewed green tea, fully cooled
- 1 tsp glycerin per 150ml

METHOD

1. Brew strong, cool completely, bottle in a scalded container.
2. Use as the damp step morning and night, then seal with oil.
3. Wear sunscreen daily — that is what actually evens tone.

KEEPS 3 days refrigerated

PATCH-TEST 24 hours

Anyone who reacts to tea.

CLEANSING WITHOUT TOUCHING YOUR PH

Instead of baking soda — oat paste

YOU NEED

- 1 tbsp Base Oat Powder
- Warm water

METHOD

1. Mix to a soft paste with no grit.
2. Massage 60 seconds with no pressure, rinse lukewarm.
3. Use as your permanent cleanser, not an occasional one.

KEEPS Dry base: 3 months · Paste: single use

PATCH-TEST 24 hours

Oat sensitivity — use fine rice flour.

SMOOTHNESS WITHOUT MICRO-TEARING

Instead of a scrub — enzyme mask

YOU NEED

- 1 tbsp mashed ripe papaya or cooked pumpkin
- 1 tsp Base Oat Powder

METHOD

1. Mix and apply thinly, avoiding the eye area.
2. Five minutes on a first use, ten maximum, once a week.
3. Rinse cool and moisturise on damp skin.

KEEPS Single use

PATCH-TEST 24 hours, starting at 5 minutes

Reactive skin, or anyone on prescription retinoids or acids.

MANAGING OIL WITHOUT STRIPPING

Instead of alcohol toner — clay on the T-zone

YOU NEED

- 1 tsp kaolin clay
- Cooled green tea to mix

METHOD

1. Mix to a cream and apply to oily areas only.
2. Eight to ten minutes, removed while still tacky.
3. Once a week is plenty — more produces more oil, not less.

KEEPS Single use

PATCH-TEST 24 hours

Dry or currently reactive skin.

Try This — Swap One Thing This Week

Removing everything at once rarely lasts. Replacing one thing does.

1. Pick the single item from the list you use most often.
2. Make its swap tonight and patch-test it if it is new to you.
3. Use only the swap for a full week before changing anything else.
4. Then pick the next one.

KEY TAKEAWAYS

- Brightness is hydration plus sun protection, not a removed top layer.
- Smoothness comes from a barrier holding water, not from grit.
- The alternative to a harmful spot treatment is a better one, not nothing.

The Repair Routine

If your skin is currently stinging, red and reacting to things that never used to bother it, this is where to start — before any recipe, any mask and any plan. The routine is deliberately boring, because boring is what a damaged barrier needs.

Stop everything, all at once

Not tapering, not cutting back gradually — stop. No exfoliation, no clay, no enzymes, no actives, no essential oils, no new experiments. If you are using something a dermatologist prescribed, ask them before pausing it; everything else comes out today.

This feels like doing nothing, which is exactly why people abandon it around day four and reintroduce something 'gentle'. The doing-nothing is the treatment. There is no product that repairs a barrier faster than the absence of the things damaging it.

There is no product that repairs a barrier faster than the absence of the things damaging it.

The smallest possible routine

Morning: rinse with lukewarm water, damp step, two drops of oil, sunscreen. Evening: the gentlest cleanse you own, damp step, oil. That is the entire routine for two weeks. Three products, four steps, twice a day.

Keep water lukewarm rather than hot, pat rather than rub, and put the oil on while the skin is still damp. Every one of those small mechanical things reduces water loss from an outer layer that is currently leaking.

Two weeks, then reintroduce one thing

Most barriers settle noticeably within two to four weeks of genuine gentleness. When the stinging has stopped and washing no longer leaves your face tight, add back exactly one thing and wait a week before adding another.

If after a fortnight of this your skin is still stinging, weeping, blistered or getting worse, that is the point to see a

dermatologist. Persisting with a home routine past that point is how a manageable problem becomes a long one.

DAMAGED, STINGING, REACTIVE SKIN

The Two-Week Repair Cleanse

YOU NEED

- 1 tsp Base Oat Powder
- Lukewarm water

METHOD

- 1.** Mix a thin paste — thinner than usual.
- 2.** Apply with fingertips using no pressure at all, for 30 seconds.
- 3.** Rinse lukewarm and pat dry. Never rub with the towel.
- 4.** Once a day, at night. Water only in the morning.

KEEPS Dry base: 3 months · Paste: single use

PATCH-TEST 24 hours if oats are new to you

Oat sensitivity — plain lukewarm water alone is a valid option.

SEALING A LEAKING BARRIER, TWICE A DAY

The Barrier Comfort Layer

YOU NEED

- Cooled boiled water or weak green tea
- 2-3 drops Two-Oil Daily Blend

METHOD

1. Splash or pat the water over freshly cleansed skin, exactly as in the daily ritual.
2. Warm the oil between palms and press it in while damp.
3. Add a single extra drop only where it still feels tight.
4. Sunscreen over the top every morning without fail.

KEEPS Water step: 3 days refrigerated
Oil: 6 months

PATCH-TEST 24 hours if the oil is new

Adding anything else during the two weeks.

Try This — The Fortnight of Nothing

The hardest routine in this system, because it asks you to stop rather than start.

1. Put everything except cleanser, oil and sunscreen in a box, out of the bathroom.
2. Mark a date two weeks from today on your calendar.
3. Run the four-step routine and change nothing until that date.
4. On the date, add back exactly one thing — and wait a week before the next.

KEY TAKEAWAYS

- Stop everything at once. The doing-nothing is the treatment.
- Four steps, twice a day, for two weeks: cleanse, damp, oil, sunscreen.
- Still stinging or worsening after a fortnight? That is a dermatologist's job.

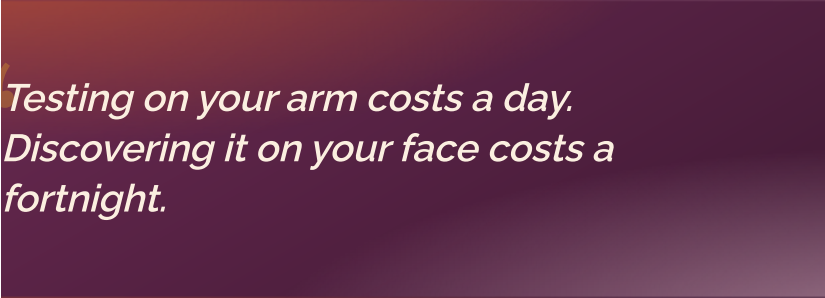
Patch-Testing Properly

The habit that would have prevented most of the damage in this book takes two minutes and costs nothing. Almost nobody does it properly, and the reason is that the correct version is boring and the incorrect version feels sufficient.

The 24-hour method

Mix a small amount of the preparation exactly as you would use it. Apply a coin-sized patch to the inner forearm or just behind the ear. Leave it on for as long as it would sit on your face, then rinse. Check the spot at one hour, at twelve hours and at twenty-four.

Twenty-four hours matters because contact reactions are frequently delayed. A preparation can feel completely pleasant for ten minutes and produce an angry patch the following morning. Testing on your arm costs you a day; discovering it on your face costs you a fortnight.



*Testing on your arm costs a day.
Discovering it on your face costs a
fortnight.*

What counts as a reaction

Redness that persists after rinsing, itching, small bumps, a burning feeling, or skin that is warm to the touch. Any of those means this preparation is not for you — not that you should try a weaker version next week.

A mild flush that fades within a few minutes of rinsing is usually just circulation and is not a reaction. If you are unsure, that uncertainty is itself an answer: skip it. There are thirty other recipes.

When to re-test something familiar

Re-test when you use a familiar ingredient in a new combination, when a bottle has been open a long time, when your skin has been through a damaged phase, and after pregnancy or any significant change in medication. Tolerance is not permanent in either direction.

And test one thing at a time, always. If you introduce three new preparations in a week and one of them reacts, you have learned nothing except that you now have to stop all three.

ANYTHING NEW, AND ANYTHING FAMILIAR IN A NEW COMBINATION

The Standard Patch Test

YOU NEED

- A teaspoon of the finished preparation
- A clean dish
- A plaster or micropore tape (optional)

METHOD

- 1.** Mix exactly as the recipe says — not a weaker version.
- 2.** Apply a coin-sized patch to the inner forearm or behind the ear.
- 3.** Leave it for the same contact time the recipe uses, then rinse.
- 4.** Check at 1, 12 and 24 hours before it goes anywhere near your face.

KEEPS Make fresh for each test

PATCH-TEST This is the patch test

Any ingredient you already know you react to — do not test it at all.

Try This — Make It Automatic

Patch-testing only happens if it is easier than not patch-testing.

1. Keep a small dish and a marker in the same drawer as your jars.
2. Test new things on a Sunday, so the 24 hours land on a calm Monday.
3. Write the date and the preparation on a note when you apply the patch.
4. Never test more than one preparation at a time.

KEY TAKEAWAYS

- Coin-sized patch, same contact time, checked at 1, 12 and 24 hours.
- Persistent redness, itching, bumps or burning means no — not 'try weaker'.
- Re-test familiar ingredients in new combinations. Tolerance is not permanent.

PUT IT INTO PRACTICE

Your Action Plan

The protective half of the system on one page. Most of it is subtraction, which is why it works so quickly.

- ☐ Do the bathroom audit tonight and remove everything named on the list.

- ☐ Remove anything that stings on application, whatever it promises.

- ☐ Bin any homemade sunscreen immediately and buy a tested, labelled product.

- ☐ Write '1 drop per 1 tsp' on every essential oil bottle you own.

- ☐ Move sugar and salt scrubs to the shower, for below the neck only.

- ☐ Run the three questions on the next viral recipe you see before making it.

- ☐ Swap one listed item for its replacement this week — not all of them at once.

- ☐ If three or more barrier-damage signs apply to you, start the two-week repair routine.

- ☐ During repair: cleanse, damp step, oil, sunscreen. Nothing else, for a fortnight.

- ☐ Keep water lukewarm, pat instead of rubbing, and apply oil to damp skin.

☐ Patch-test everything new for a full 24 hours, one preparation at a time.

☐ See a dermatologist if skin is stinging, weeping or worsening after two gentle weeks.

FINAL WORDS

Where You Go From Here

Half of homemade skincare is knowing what to make. This was the other half, and it is the half that protects everything else you build. If you take one thing from it, make it this: anything that works by removing, anything that stings, and anything whose harm would be invisible for weeks deserves your scepticism — no matter how confident the person recommending it sounds, and no matter how good the before-and-after looks. They saw something real. They just filmed hour one. Keep the list somewhere you will see it, because the temptation returns on the bad weeks, when something dramatic feels like the only reasonable response to skin that will not behave. On those weeks the correct move is almost always fewer inputs, not stronger ones. Be patient through the repair fortnight, patch-test everything even when you are sure, and add things back one at a time. Skin that has not been attacked for a month is calmer than skin that has been treated brilliantly for a month — and that is the whole argument of this book.

Breathe. Begin. Return.

This guide is for educational purposes only and is not medical or dermatological advice, a diagnosis or a treatment. Patch-test every homemade preparation before use, and for

persistent, painful or worsening skin conditions please consult a licensed dermatologist.
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