



HOMEMADE SKIN CARE RECIPES

Thirty homemade recipes for clearer, calmer skin — made from everyday ingredients, with the safety rules on every page.

CPC Skin Care

DIGITAL SELF-HELP GUIDE



The Skin Recipe Book

Thirty homemade recipes for clearer, calmer skin — made from everyday ingredients, with the safety rules on every page.

CPC SKIN CARE

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WELCOME

Before You Begin

If your bathroom shelf is a graveyard of half-used bottles that promised the world and changed nothing, you are not alone — and it is not your fault. Skincare has been made to feel complicated on purpose, because complicated sells more bottles. Meanwhile, some of the gentlest and most reliable things you can put on your face have been sitting in the kitchen cupboard the whole time: oats, honey, plain yogurt, cooled green tea, clay, a good plain oil. The problem was never the ingredients. It was that nobody gave you the measurements, the order, or the rules. This book gives you all three. Inside you'll find thirty recipes you can make in your own kitchen in about ten minutes, organised by what your skin is asking for — cleansing, masking, toning, moisturising — plus the part most homemade skincare skips entirely: how to patch-test properly, how long each preparation actually keeps, and which popular internet recipes to refuse outright. Two honest notes before we begin. First, this is educational content, not medical advice; if you have a painful, persistent or worsening skin condition, please see a licensed dermatologist. Second, homemade preparations are not sterile cosmetics. They have no preservative system, they spoil, and they can cause reactions in people who are

sensitive or allergic to a perfectly ordinary food. Every recipe here carries a patch-test rule, a shelf life, and a plain note about who it isn't for. Read those lines as carefully as you read the ingredients — they are what makes the difference between a kind routine and an expensive lesson.

— *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.

CONTENTS

What's Inside

01 Before You Mix Anything

The rules of homemade skincare: patch-testing, hygiene, shelf life.

02 The Cleansing Recipes

Gentle, everyday cleansers you make in five minutes.

03 The Mask Recipes

Clay, oat and yogurt masks for oily, dry and congested skin.

04 The Toner & Mist Recipes

Cooling green tea, rice water and aloe preparations.

05 The Moisturising Recipes

Balms, oil blends and creams that seal everything in.

06 What Never to Put on Your Face

The popular recipes that burn, strip and scar — and safe swaps.

CHAPTER 1

Before You Mix **Anything**

The recipes in this book are simple, and that simplicity is exactly why the rules matter. A jar of homemade cleanser has no preservative, no laboratory behind it and no expiry date printed on the side. It is food that you are putting on your face. Treat it with the same respect you'd give food, and it will treat your skin well in return.

Homemade is not the same as harmless

There is a comfortable assumption that anything natural is automatically gentle. It isn't. Lemon juice is natural and far too acidic for facial skin. Cinnamon is natural and a common irritant. Undiluted essential oils are natural and can sensitise skin permanently. Natural describes where an ingredient came from, not what it does when it meets your face.

What actually makes a preparation gentle is its pH, its concentration, its texture and whether your own skin tolerates it. That is why every recipe in this book stays close to the middle of the pH scale, uses ingredients at sensible strengths, and comes with a note about who should skip it. Nothing here needs to sting to be working. If something stings, that is information, not progress.

Nothing in this book needs to sting to be working. If it stings, that is information — not progress.

The 24-hour patch test, done properly

Most reactions to homemade skincare are avoidable, and the thing that avoids them takes two minutes. Mix a small amount of the recipe, apply a coin-sized patch to the inner forearm or just behind the ear, leave it alone, and check it at intervals over a full day. Redness, itching, small bumps or a burning feeling all mean the same thing: this one is not for you.

Twenty-four hours matters because contact reactions are often delayed. A preparation can feel perfectly pleasant for ten minutes and produce an angry patch the following morning. Testing on your arm costs you a day. Testing on your face costs you a week of looking at the result, and sometimes considerably longer than that.

Hygiene, storage and knowing when to throw it out

Every jar you make is a small ecosystem. Water is what feeds it: anything containing water, milk, tea, aloe or fresh fruit will grow bacteria and mould within days, whatever the internet

says about a natural preservative. Anhydrous preparations — pure oils, balms, dry powders — are far more stable, which is why the moisturising chapter leans on them.

Work with clean hands, clean tools and clean jars scalded with boiling water and dried fully. Use a small spatula rather than fingers. Keep anything water-based in the fridge, label it with the date you made it, and throw it out at the first sign of a changed colour, a cloudy look, a fizz, or a smell that has moved even slightly from where it started. When in doubt, bin it. A batch costs pennies to replace.

TESTING ANY NEW RECIPE SAFELY

The Patch-Test Batch

YOU NEED

- A teaspoon of the recipe you want to try
- A clean small dish
- A plaster or micropore tape (optional)

METHOD

1. Mix a teaspoon-sized amount of the recipe exactly as written.
2. Apply a coin-sized patch to the inner forearm or behind the ear.
3. Leave it in place for as long as the recipe would sit on your face, then rinse.
4. Check the spot at 1 hour, at 12 hours and at 24 hours before using it anywhere else.

KEEPS Make fresh each time

PATCH-TEST This is the patch test — always the first recipe you make

If you know you are allergic to an ingredient, do not test it at all — simply skip that recipe.

PREPARING CONTAINERS SO A BATCH KEEPS AS LONG AS IT SHOULD

The Clean-Jar Routine

YOU NEED

- Small glass jars with lids
- Boiling water
- A clean tea towel and a small spatula

METHOD

1. Wash jars and lids in hot soapy water and rinse thoroughly.
2. Scald them with freshly boiled water and stand them upside down to drain.
3. Let them dry completely — trapped water shortens the life of everything you put in.
4. Label each jar with the recipe name and the date you made it.

KEEPS Prepare jars the same day you fill them

PATCH-TEST Not applicable

Plastic tubs that have held food before — they hold onto residue and smell.

THE STAPLE MOST RECIPES IN THIS BOOK START FROM

The Base Oat Powder

YOU NEED

- Plain rolled oats, unflavoured
- A clean coffee grinder or blender

METHOD

1. Blitz the oats until they are a fine, soft flour with no coarse flakes left.
2. Sieve out anything gritty — grit is what scratches skin.
3. Store in a dry, airtight jar away from the hob and any steam.
4. Take out what you need with a dry spoon, never a damp one.

KEEPS Dry; 3 months in an airtight jar

PATCH-TEST 24 hours, mixed with water into a paste

Anyone with a known oat or gluten sensitivity — use fine rice flour instead.

Try This — Your Ingredient Audit

Before you make anything, find out what you already own and what your skin has reacted to before.

1. Check the kitchen for the five staples: plain oats, honey, plain yogurt, green tea, a plain oil.
2. Write down any food you know you react to — on skin or eaten. Those ingredients are off the list.
3. Scald two small jars and leave them to dry fully overnight.
4. Make the Base Oat Powder and patch-test it as a simple paste tonight.

KEY TAKEAWAYS

- Natural describes where an ingredient came from, not how it behaves on skin.
- A 24-hour patch test on the arm is the cheapest insurance in this entire book.
- Water feeds bacteria: anything water-based lives in the fridge and gets a date on the lid.

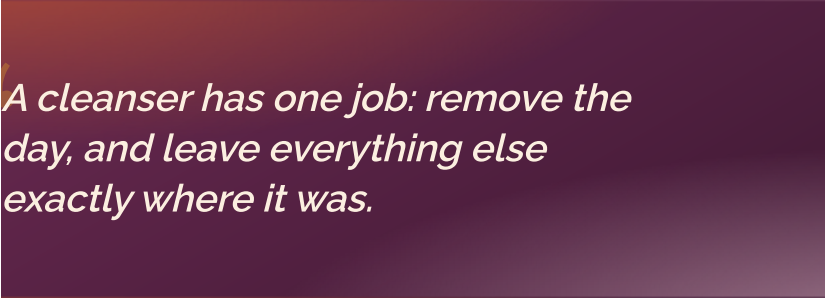
The Cleansing Recipes

Cleansing is where most skin gets damaged, and it happens so gradually that nobody connects the two. The squeaky-clean feeling people were taught to chase is the feeling of a barrier that has just been stripped. A good cleanse removes the day and leaves everything else where it was.

What a cleanser is actually for

A cleanser has one job: lift off sunscreen, sweat, city grime and excess oil without taking the skin's own protective film with it. That's it. It does not need to foam dramatically, it does not need to tingle, and it certainly does not need to leave your face feeling tight.

That tight feeling is worth taking seriously, because it is the single most common self-inflicted skin problem there is. Skin that has been stripped tends to respond by producing more oil, which gets read as oily skin, which leads to harsher cleansing, and the loop tightens from there. Gentleness breaks the loop faster than any product.



A cleanser has one job: remove the day, and leave everything else exactly where it was.

Oats, honey and oil — the three gentle routes

Finely ground oats make a soft paste that lifts dirt mechanically without the sharp edges of a scrub. Honey is mildly humectant and naturally sticky, so it takes grime with it as it rinses. Plain oils dissolve the things water can't touch, particularly sunscreen and long-wear makeup, and rinse away with a warm cloth.

Between them these three cover almost every cleansing need in a normal week. Which one suits you depends less on your skin type than on what has been on your face that day: an oil cleanse after sunscreen, an oat paste on an ordinary morning, honey on a day when everything feels a bit raw.

How often, and how gently

Once at night is the rule that suits most faces, with a plain water rinse in the morning. If you wear sunscreen daily — and the routine is far better with it — an oil cleanse followed by a

gentle second cleanse is the one evening ritual worth keeping.

Use lukewarm water, never hot. Apply with fingertips and no pressure at all; the paste is doing the work, not your hands. Sixty seconds is plenty. Pat dry with a clean towel rather than rubbing, and put your moisturiser on while the skin is still slightly damp.

DAILY GENTLE CLEANSING, MOST SKIN TYPES

The Oat & Honey Cleansing Paste

YOU NEED

- 1 tbsp Base Oat Powder
- 1 tsp raw honey
- Warm water, a little at a time

METHOD

1. Mix the oat powder and honey in a clean dish.
2. Add warm water drop by drop until it forms a soft, spreadable paste.
3. Massage onto damp skin with fingertips for 60 seconds, using no pressure.
4. Rinse with lukewarm water and pat dry.

KEEPS Make fresh each time

PATCH-TEST 24 hours before first facial use

Anyone allergic to oats or bee products. Not for infants under one year.

RAW, TIGHT OR OVER-TREATED SKIN

The Plain Honey Cleanse

YOU NEED

- 1 tsp raw honey
- A few drops of warm water

METHOD

1. Warm the honey between clean fingertips with a drop of water until it loosens.
2. Spread over damp skin and leave for 60 seconds without massaging.
3. Rinse thoroughly with lukewarm water.
4. Pat dry and moisturise straight away.

KEEPS Make fresh each time

PATCH-TEST 24 hours before first facial use

Anyone allergic to bee products; avoid on broken or weeping skin.

REMOVING SUNSCREEN AND LONG-WEAR MAKEUP

The Evening Oil Cleanse

YOU NEED

- 1 tsp jojoba or plain sunflower oil
- A soft cotton cloth
- Warm water

METHOD

1. Massage the oil over dry skin for about 45 seconds, eyes included if comfortable.
2. Soak the cloth in warm water, wring it out and press it to the face for a few seconds.
3. Wipe gently — never scrub — and rinse the cloth as you go.
4. Follow with the oat or honey cleanse if you wore heavy sunscreen.

KEEPS Oil: as printed on the bottle

PATCH-TEST 24 hours on the inner arm

Skip nut-derived oils if you have a nut allergy; use a fresh cloth every night.

DULL, DRY OR FLAKY SKIN

The Yogurt & Oat Soothing Cleanse

YOU NEED

- 1 tbsp plain unsweetened yogurt
- 1 tsp Base Oat Powder

METHOD

1. Stir the yogurt and oat powder into a loose cream.
2. Smooth over damp skin and leave for 2 minutes — no longer.
3. Rinse with lukewarm water using light circular movements.
4. Pat dry and moisturise while the skin is still damp.

KEEPS Make fresh; never reuse a mixed batch

PATCH-TEST 24 hours before first facial use

Dairy sensitivity, or any active, broken or weeping skin.

OILIER SKIN, MORNINGS

The Chickpea Flour Morning Wash

YOU NEED

- 1 tbsp fine chickpea (gram) flour
- Water or plain yogurt to mix

METHOD

1. Mix to a thin paste — thinner than you think you need.
2. Apply to damp skin and leave for 60 seconds.
3. Rinse thoroughly with lukewarm water before it dries and tightens.
4. Follow with a light moisturiser.

KEEPS Dry flour: as packaged · Mixed: fresh only

PATCH-TEST 24 hours before first facial use

Legume allergy. Never let it dry hard on the face.

Try This — The One-Week Gentle Cleanse

Change nothing else. For seven days, cleanse only at night, only gently, and watch what happens.

1. Tonight: make the Oat & Honey Cleansing Paste and use it as your only cleanser.
2. Mornings: rinse with lukewarm water alone, then moisturise.
3. Note on day three and day seven whether the tight feeling after washing has gone.
4. If your skin felt oilier by mid-afternoon before, check whether that has shifted too.

KEY TAKEAWAYS

- The squeaky-clean feeling is a stripped barrier, not a cleaned face.
- Once at night, gently, with lukewarm water suits most skin better than twice a day.
- Match the cleanse to the day: oil after sunscreen, oats on an ordinary morning, honey when raw.

The Mask Recipes

Masks are where homemade skincare genuinely competes with anything sold in a jar, because a mask is short-contact, made fresh, and asks nothing of a preservative system. Fifteen minutes, once or twice a week, is the whole commitment.

Clay, oat and fruit — three different jobs

Clay masks absorb oil and lift congestion, which makes them useful on a T-zone and rarely useful on dry cheeks. Oat and honey masks soothe and soften without taking anything away, and can go anywhere. Fruit-based masks bring mild natural enzymes that loosen dead surface cells, and they need the most caution and the shortest contact time.

Choosing between them is a matter of asking what your skin is doing today rather than what type you decided it was three years ago. The same face can want clay on the nose and oats on the cheeks in the same fifteen minutes, and applying two different masks at once is entirely reasonable.

Ask what your skin is doing today, not what type you decided it was three years ago.

The rule nobody follows: don't let it dry hard

A clay mask that dries to a cracking, tight shell has stopped absorbing oil and started pulling water out of the skin underneath. That tight sensation people associate with a mask working is the exact moment it stops working and starts causing the problem you'll be soothing next week.

Take clay off while it is still slightly tacky — usually eight to ten minutes, not the twenty the internet suggests. If it starts to tighten early, mist it with a little water and remove it. Softening it with a warm damp cloth before wiping is gentler than rinsing hard at the sink.

How often, and what to do afterwards

Once a week is enough for a clay mask, twice at the absolute most, and never on consecutive days. Soothing oat masks can be used more freely — a few times a week is fine if your skin enjoys them. Enzyme masks with fruit sit at once a week for most people and once a fortnight for reactive skin.

Whatever the mask, the ten minutes after it comes off are the ones that matter. Skin is damp and receptive; that is the moment for a toner or mist and then a moisturiser, not the moment to leave it bare and go to bed.

CONGESTED, OILY AREAS

The Clay & Yogurt Weekly Mask

YOU NEED

- 1 tbsp kaolin clay
- 1 tbsp plain yogurt
- 1 tsp honey

METHOD

- 1.** Mix in a non-metal dish to a smooth, spreadable cream.
- 2.** Apply an even layer to the oilier areas, avoiding the eye area.
- 3.** Leave 8-10 minutes — remove while still slightly tacky, never bone dry.
- 4.** Soften with a warm damp cloth, wipe gently, then moisturise.

KEEPS Make fresh each time

PATCH-TEST 24 hours before first facial use

Dairy sensitivity, bee allergy, or actively irritated skin.

DRY, TIGHT OR REACTIVE SKIN

The Oat & Honey Calming Mask

YOU NEED

- 1 tbsp Base Oat Powder
- 1 tbsp raw honey
- A splash of warm water

METHOD

1. Stir into a thick, spreadable paste.
2. Apply generously to clean skin and leave 10-15 minutes.
3. Rinse with lukewarm water, no rubbing.
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.

HOT, RED, REACTIVE DAYS

The Green Tea & Aloe Cooling Mask

YOU NEED

- 1 tbsp pure aloe vera gel
- 1 tsp strongly brewed green tea, cooled
- 1 tsp Base Oat Powder to thicken

METHOD

1. Brew the tea strong, cool it completely, then stir everything together.
2. Apply a cool, even layer and lie still for 10 minutes.
3. Rinse with cool water.
4. Follow with a light moisturiser.

KEEPS Make fresh; discard any leftovers

PATCH-TEST 24 hours before first facial use

Anyone reactive to aloe — it is a more common irritant than people expect.

DULL, DEHYDRATED SKIN

The Banana & Honey Softening Mask

YOU NEED

- Half a ripe banana
- 1 tsp honey
- 1 tsp plain yogurt (optional)

METHOD

1. Mash the banana completely smooth — lumps simply fall off.
2. Stir in the honey and yogurt.
3. Apply for 10 minutes, then rinse with lukewarm water.
4. Moisturise straight afterwards.

KEEPS Make fresh each time

PATCH-TEST 24 hours before first facial use

Latex-fruit sensitivity, dairy sensitivity, or bee allergy.

ROUGH TEXTURE AND DULLNESS, ONCE A WEEK

The Papaya Enzyme Mask

YOU NEED

- 1 tbsp ripe papaya, mashed
- 1 tsp Base Oat Powder

METHOD

1. Mash the papaya thoroughly and stir in the oat powder.
2. Apply a thin layer, avoiding the eye area entirely.
3. Leave 5 minutes only for the first use — never longer than 10.
4. Rinse with cool water and moisturise.

KEEPS Make fresh each time

PATCH-TEST 24 hours, and start at 5 minutes

Reactive or broken skin, and anyone using prescription retinoids or acids.

UNEVEN-LOOKING TONE

The Rice Flour Brightening Mask

YOU NEED

- 1 tbsp fine rice flour
- 1 tbsp plain yogurt
- A few drops of honey

METHOD

1. Mix to a smooth paste with no grit.
2. Apply an even layer and leave for 10 minutes.
3. Soften with a warm damp cloth and wipe away — do not scrub.
4. Moisturise while damp.

KEEPS Make fresh each time

PATCH-TEST 24 hours before first facial use

Dairy sensitivity. Never use coarse rice flour on the face.

Try This — The Two-Zone Mask

Stop treating your whole face as one thing. Give each area what it is actually asking for.

1. Make a small batch of the Clay & Yogurt mask and a small batch of the Oat & Honey mask.
2. Apply the clay to the nose, chin and any congested area only.
3. Apply the oat mask to the cheeks and anywhere that feels dry or tight.
4. Remove both at 8-10 minutes with a warm damp cloth, then moisturise.

KEY TAKEAWAYS

- A clay mask that dries hard has stopped helping and started dehydrating.
- Eight to ten minutes, once a week, is the honest dose for clay.
- The ten minutes after the mask comes off matter more than the mask itself.

The Toner & Mist Recipes

Toners have a bad reputation earned entirely by the alcohol-heavy versions of decades past. What a modern toner does is far simpler: it puts a light layer of water and humectant on damp skin so the moisturiser that follows has something to seal in.

Why the damp step matters

Moisturiser does not create moisture. It slows the rate at which water leaves your skin. Applying it to a bone-dry face is sealing in very little; applying it over a damp one is sealing in a great deal. That is the entire mechanism, and it is why a toner earns its place in a homemade routine.

This is also why every recipe in this chapter is applied and immediately followed. A mist that dries fully on its own can leave skin marginally drier than it started, because evaporating water takes a little more with it as it goes. Mist, then moisturise while it still feels cool.

Make enough for three days, not three weeks. A batch costs pennies; an infected jar costs far more.

Tea, rice water and glycerin

Cooled green tea is the workhorse: soothing, cheap, and something you can brew a cup of in the time it takes the kettle to boil. Rice water — the cloudy water left from rinsing rice — is the traditional preparation people find most immediately pleasant. Vegetable glycerin is the humectant that makes any of them hold onto water for longer.

A little glycerin goes a long way. More than about five per cent of the bottle turns tacky and, in very dry air, can actually pull water out of the skin rather than into it. A teaspoon in a small bottle of tea is the right order of magnitude.

The short shelf life you cannot argue with

Everything in this chapter is water. Water with no preservative grows things, and it starts within days regardless of how clean you were. This is the chapter where the fridge and the date label stop being good practice and start being the whole safety system.

Make small batches — enough for three days, not three weeks. Keep them in the fridge in a scalded bottle. Throw them out at three days, or sooner at any hint of cloudiness, a change of colour or a slightly off smell. A batch costs almost nothing; an infected preparation on your face costs a great deal more.

REDNESS AND EVERYDAY USE

The Green Tea Calming Toner

YOU NEED

- 1 green tea bag
- 150ml just-boiled water
- 1 tsp vegetable glycerin (optional)

METHOD

- 1.** Brew the tea for 5 minutes and let it cool completely.
- 2.** Stir in the glycerin if using, and pour into a scalded bottle.
- 3.** Apply to damp skin with clean hands or a cotton pad.
- 4.** Follow with moisturiser while the skin still feels cool.

KEEPS 3 days, refrigerated

PATCH-TEST 24 hours before first facial use

Anyone who reacts to tea; discard at any change in smell or clarity.

DULL, TIGHT-FEELING SKIN

The Rice Water Rinse

YOU NEED

- 2 tbsp plain white rice
- 200ml cool water

METHOD

1. Rinse the rice once, discard that water, then soak in fresh water for 20 minutes.
2. Strain the cloudy water into a scalded bottle and refrigerate.
3. Apply to damp skin after cleansing.
4. Follow with moisturiser immediately.

KEEPS 3 days, refrigerated — do not ferment it

PATCH-TEST 24 hours before first facial use

Do not use a batch older than three days, whatever it looks like.

HOT, IRRITATED SKIN

The Chamomile Cooling Mist

YOU NEED

- 1 chamomile tea bag
- 150ml just-boiled water

METHOD

1. Brew strong, cool completely, and strain into a scalded spray bottle.
2. Keep in the fridge and mist onto clean skin.
3. Do not let it dry on its own — moisturise while damp.
4. Discard after three days.

KEEPS 3 days, refrigerated

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

Anyone with a ragweed or daisy-family allergy.

DRY DAYS AND DRY ROOMS

The Aloe & Glycerin Hydrating Mist

YOU NEED

- 2 tbsp pure aloe vera gel
- 100ml cooled boiled water
- 1 tsp vegetable glycerin

METHOD

1. Whisk the aloe into the water until fully dispersed.
2. Add the glycerin and shake well in a scalded bottle.
3. Shake before each use and mist onto clean, damp skin.
4. Moisturise straight away.

KEEPS 3 days, refrigerated

PATCH-TEST 24 hours before first facial use

Anyone reactive to aloe. Reduce glycerin if it feels tacky.

WARM AFTERNOONS

The Cucumber Fresh Mist

YOU NEED

- A 5cm piece of cucumber
- 100ml cooled boiled water

METHOD

1. Blend the cucumber with the water and strain through a fine sieve or muslin.
2. Pour into a scalded bottle and refrigerate immediately.
3. Mist onto clean skin and follow with moisturiser.
4. Discard after two days — fresh produce spoils faster than tea.

KEEPS 2 days, refrigerated

PATCH-TEST 24 hours before first facial use

Do not carry this one around in a warm bag all day.

A SIMPLE POST-CLEANSE STEP

The Honey & Water Humectant Splash

YOU NEED

- 1 tsp raw honey
- 100ml cooled boiled water

METHOD

1. Dissolve the honey fully in a little warm water, then top up and cool.
2. Store in a scalded bottle in the fridge.
3. Pat over damp skin after cleansing.
4. Follow with moisturiser while still damp.

KEEPS 3 days, refrigerated

PATCH-TEST 24 hours before first facial use

Anyone allergic to bee products.

Try This — The Damp-Skin Test

Prove the mechanism to yourself in one evening, on your own face.

1. Cleanse, then dry one side of your face completely and leave the other damp.
2. Mist the damp side with the Green Tea Toner.
3. Moisturise both sides with the same amount of the same product.
4. Compare how each side feels in an hour, and again in the morning.

KEY TAKEAWAYS

- Moisturiser seals in water; a toner is what gives it something to seal.
- Never let a mist dry on its own — mist, then moisturise while cool.
- Water-based means three days in the fridge with a date on the bottle. No exceptions.

The Moisturising Recipes

This is the chapter where homemade skincare has to be honest about its limits. A stable, water-based cream needs an emulsifier and a preservative system, and a kitchen has neither. What a kitchen does brilliantly is anhydrous preparations — oils, balms and butters — which need no preservative because there is no water for anything to grow in.

Why balms and oils, not creams

Every homemade face cream recipe that blends oil and water is, within a week or two, a small jar of bacteria you cannot see. The natural preservative usually suggested — vitamin E, grapefruit seed extract, a splash of alcohol — does not preserve at the concentrations used. Vitamin E slows oils from going rancid; it does nothing about microbes.

The way around this is simple and rather elegant: put the water on your skin and the oil over the top. That is what the previous chapter was for. Mist or splash first, then seal with an oil or balm that will keep for months on its own.

Vitamin E stops an oil going rancid. It does not preserve anything, and it never has.

Choosing an oil that suits your face

Jojoba is technically a wax and sits closest to skin's own sebum, which makes it the safest first choice for almost anyone. Squalane is light, odourless and exceptionally well tolerated. Sunflower oil is cheap, light and high in linoleic acid. Shea butter is rich and best in a balm rather than alone.

Heavier oils like coconut can clog some faces and suit others perfectly well, which is why the patch test exists. Avoid essential oils in leave-on preparations unless you have a specific reason and dilute properly — they are the single most common cause of the reactions people blame on the base oil.

Layering, and how much to use

Damp skin, then a humectant, then a seal. In practice: mist, wait a moment, then two or three drops of oil warmed between the palms and pressed — not rubbed — over the face. Pressing rather than rubbing means less product does more, and there is no tugging.

Two or three drops sounds like nothing until you try it. Most people use several times what they need, then conclude that oils feel greasy. Start with less than you think, add a drop at a time on drier areas, and give it two minutes before deciding it wasn't enough.

EVERYDAY SEALING, MOST SKIN TYPES

The Two-Oil Daily Blend

YOU NEED

- 2 tbsp jojoba oil
- 1 tbsp squalane or sunflower oil

METHOD

1. Combine in a small scalded dropper bottle and shake gently.
2. Warm 2-3 drops between clean palms.
3. Press over damp skin — press, do not rub.
4. Add a single extra drop only where the skin still feels tight.

KEEPS 6 months, cool and dark

PATCH-TEST 24 hours on the inner arm

Skip any oil you have reacted to before; avoid nut oils with a nut allergy.

DRY SKIN AND COLD WEATHER

The Shea & Oil Night Balm

YOU NEED

- 2 tbsp unrefined shea butter
- 2 tbsp jojoba or sunflower oil

METHOD

1. Melt the shea gently in a bowl over warm water — never directly on the heat.
2. Stir in the oil, then let it cool fully at room temperature.
3. Whip briefly with a clean fork as it thickens for a softer texture.
4. Use a pea-sized amount at night, over a mist.

KEEPS 3 months, cool and dark

PATCH-TEST 24 hours on the inner arm

Too rich for very oily or congestion-prone skin — use the Two-Oil Blend instead.

WARM WEATHER, LIGHTER FINISH

The Aloe & Oil Gel Layer

YOU NEED

- 1 tsp pure aloe vera gel
- 2 drops jojoba oil

METHOD

1. Smooth the aloe over damp skin first and let it settle for a minute.
2. Warm the oil drops between the palms.
3. Press over the top to seal.
4. Make it fresh each time rather than mixing a jar in advance.

KEEPS Make fresh each time

PATCH-TEST 24 hours before first facial use

Anyone reactive to aloe.

DEHYDRATED SKIN, UNDER THE OIL

The Honey & Glycerin Hydrating Serum

YOU NEED

- 1 tsp raw honey
- 1 tsp vegetable glycerin
- 2 tbsp cooled boiled water

METHOD

1. Dissolve the honey in a little warm water, then add the glycerin and the rest.
2. Store in a scalded dropper bottle in the fridge.
3. Apply a few drops to damp skin.
4. Seal with the Two-Oil Daily Blend while still damp.

KEEPS 3 days, refrigerated

PATCH-TEST 24 hours before first facial use

Bee allergy. Reduce the glycerin if the finish feels tacky.

ITCHY, TIGHT, WEATHER-BEATEN SKIN

The Oat-Infused Comfort Oil

YOU NEED

- 3 tbsp sunflower oil
- 1 tbsp Base Oat Powder

METHOD

1. Stir the oat powder into the oil in a clean jar.
2. Leave somewhere cool and dark for 5 days, shaking once a day.
3. Strain thoroughly through muslin into a scalded bottle.
4. Use 2-3 drops over damp skin at night.

KEEPS 2 months, cool and dark

PATCH-TEST 24 hours on the inner arm

Oat sensitivity. Strain completely — any solids left behind will spoil.

LIPS, KNUCKLES, FLAKING PATCHES

The Lip & Dry-Patch Balm

YOU NEED

- 1 tbsp shea butter
- 1 tsp jojoba oil
- 1 tsp beeswax pastilles

METHOD

1. Melt the beeswax and shea together over warm water.
2. Stir in the jojoba and pour into a small scalded tin.
3. Leave to set fully at room temperature — do not refrigerate to rush it.
4. Apply with a clean fingertip as needed.

KEEPS 6 months, cool and dark

PATCH-TEST 24 hours on the inner arm

Bee allergy — substitute a plant wax such as candelilla.

Try This — Three Drops, Two Minutes

Most people who think oils feel greasy are simply using four times too much.

1. Mist your face with the Green Tea Toner and wait until it feels cool, not wet.
2. Warm exactly three drops of the Two-Oil Daily Blend between your palms.
3. Press it in — palms flat, no rubbing — and set a two-minute timer.
4. Only after those two minutes, add one more drop anywhere that still feels tight.

KEY TAKEAWAYS

- A kitchen cannot preserve a water-based cream — so put the water on first and seal it with oil.
- Jojoba and squalane are the safest starting oils for almost any face.
- Press, don't rub, and start with fewer drops than feels right.

CHAPTER 6

What Never to Put on Your Face

This is the most important chapter in the book, and the shortest to act on. Almost every story of homemade skincare going badly wrong involves one of a small handful of ingredients, applied enthusiastically, on the advice of a video with a great many views and no accountability.

The instant result that hides the slow damage

Harsh recipes spread because they appear to work immediately. An acid strips the surface and skin looks momentarily brighter. An abrasive scrub leaves it feeling smooth. A drying paste shrinks a spot overnight. Each of these is a short-term visual result produced by damage that accumulates quietly underneath.

The bill arrives weeks later, as skin that stings when you wash it, reacts to things it used to tolerate, and produces more oil than it ever did before. By then nobody connects it to the lemon juice, because the lemon juice worked.

*The bill arrives weeks later, and
nobody connects it to the lemon juice
— because the lemon juice worked.*

The list, and why each one is on it

Lemon and other citrus juices are far too acidic for facial skin, and can cause a genuine chemical burn reaction in sunlight. Baking soda is strongly alkaline and dismantles the acid mantle skin depends on. Toothpaste contains detergents and flavouring oils never intended to sit on a spot. Sugar and salt scrubs have sharp crystalline edges that tear the surface.

Undiluted essential oils cause sensitisation that can be permanent. Rubbing alcohol and witch hazel with a high alcohol content strip aggressively. Homemade vitamin C serums oxidise within hours into something that does nothing at best. Cinnamon and chilli preparations irritate by design, which is precisely the point of the tingle people mistake for efficacy.

What to do if you've been using one

Stop, and stop all at once rather than tapering. Then simplify to the smallest routine that exists: a gentle cleanse at night, a

mist, an oil. Nothing else. No masks, no exfoliation, no actives, and no new experiments, for two full weeks.

Skin repairs its barrier on its own timetable, generally over two to four weeks, and the single most helpful thing you can do is get out of its way. If it is still stinging, weeping or worsening after a fortnight of genuine gentleness, that is the point to see a dermatologist rather than to try one more recipe.

BRIGHTENING WITHOUT THE BURN RISK

Instead of lemon juice

YOU NEED

- Strongly brewed green tea, fully cooled
- 1 tsp Base Oat Powder to thicken (optional)

METHOD

- 1.** Brew the tea strong and cool it completely.
- 2.** Use it as a toner on damp skin, or thicken it into a 10-minute mask.
- 3.** Follow with moisturiser while damp.
- 4.** Never apply citrus juice to the face, and never before sun exposure.

KEEPS 3 days, refrigerated

PATCH-TEST 24 hours before first facial use

Nobody should be substituting lemon back in — this is the replacement, not an option.

A GENTLE CLEAN WITHOUT WRECKING PH

Instead of baking soda

YOU NEED

- 1 tbsp Base Oat Powder
- Warm water

METHOD

1. Mix the oat powder with warm water into a soft paste.
2. Massage gently for 60 seconds with no pressure.
3. Rinse with lukewarm water.
4. Use in place of any alkaline paste, permanently.

KEEPS Make fresh each time

PATCH-TEST 24 hours before first facial use

Oat sensitivity — use fine rice flour instead.

SMOOTHING WITHOUT MICRO-TEARS

Instead of a sugar or salt scrub

YOU NEED

- 1 tbsp Base Oat Powder
- 1 tsp plain yogurt

METHOD

1. Mix into a soft cream with no grit whatsoever.
2. Apply with fingertips and leave for 2 minutes without rubbing.
3. Rinse with lukewarm water.
4. Keep granular scrubs for feet, never the face.

KEEPS Make fresh each time

PATCH-TEST 24 hours before first facial use

Dairy sensitivity; skip entirely on irritated skin.

CALMING A SINGLE SPOT OVERNIGHT

Instead of toothpaste on a spot

YOU NEED

- A dab of raw honey
- A clean cotton bud

METHOD

1. Apply a small dab directly to the spot with the cotton bud.
2. Leave overnight, or under a spot plaster if it will rub off.
3. Rinse in the morning and moisturise as usual.
4. Do not pick, squeeze or scrub the area at any point.

KEEPS Make fresh each time

PATCH-TEST 24 hours before first facial use

Bee allergy; broken or bleeding skin.

Try This — The Bathroom Audit

Ten minutes tonight will do more for your skin than any new recipe in this book.

1. Take everything off the shelf and put it on a towel.
2. Remove anything on the list in this chapter, plus anything that stings when you use it.
3. Keep only: a gentle cleanser, a mist, an oil or balm, and a sunscreen.
4. Give the removed items away or bin them — do not leave them within reach for a bad week.

KEY TAKEAWAYS

- Harsh recipes spread because the damage they cause arrives weeks after the result does.
- Lemon, baking soda, toothpaste, granular scrubs and neat essential oils never belong on a face.
- After a harsh phase, two weeks of doing almost nothing beats any repair product.

PUT IT INTO PRACTICE

Your Action Plan

Your whole recipe book on one page. Do not try to make everything at once — build the staples first, patch-test as you go, and let a small, consistent routine do the heavy lifting.

- ☐ Scald two small jars and a bottle, and let them dry fully overnight.

- ☐ Make the Base Oat Powder and store it dry and airtight — most recipes start here.

- ☐ Patch-test the Oat & Honey Cleansing Paste on your inner arm and check it at 24 hours.

- ☐ Tonight: cleanse gently once, with lukewarm water, and moisturise on damp skin.

- ☐ Brew the Green Tea Calming Toner, refrigerate it, and write the date on the bottle.

- ☐ Mix the Two-Oil Daily Blend and practise the three-drops, press-don't-rub method.

- ☐ Do the bathroom audit from Chapter 6 and remove everything on the never list.

- ☐ Choose one mask for the week — clay on congested areas, oats everywhere else.

- ☐ Set a phone reminder for day three to throw out any water-based batch.

- ☐ Take a plain, daylight photo of your face today so you have an honest starting point.
-

- ☐ Add sunscreen every morning — it is the one step no homemade recipe replaces.
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- ☐ Review in four weeks: keep what your skin liked, drop the rest without guilt.
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FINAL WORDS

Where You Go From Here

You now have something most people chasing skincare never get: a short list of things you understand completely. You know what goes into every preparation you put on your face, what each ingredient is doing there, how long it keeps and how to test it before it ever touches your cheek. That is a better position than a shelf of forty-dollar bottles with ingredient lists nobody can read. Start small. One cleanser, one toner, one oil, made properly and used consistently, will do more over three months than thirty recipes made once each in a burst of enthusiasm. Keep the jars clean, keep the dates on the lids, and keep the never list somewhere you will see it. Be patient through the weeks where nothing appears to change, because that is simply what skin does — it works on a cycle of weeks, and the photo you took today is the only honest way to see it. And keep wearing sunscreen. It is the one step no kitchen recipe can replace, and it protects everything else you are building.

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. Payments are processed securely by Digistore24. © 2026 CPC Skin Care.