



HOMEMADE SKIN CARE RECIPES

*Find your true skin type, map your triggers,
and match the recipes that were written for
skin like yours.*

CPC Skin Care

DIGITAL SELF-HELP GUIDE



Which Recipes Fit Your Skin

*Find your true skin type, map your triggers, and
match the recipes that were written for skin like
yours.*

CPC SKIN CARE

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WELCOME

Before You Begin

A preparation that calms one person's face makes another's sting within a minute, and neither of them did anything wrong. Oily, dry, combination and reactive skin want genuinely different things from the same cupboard, and until you know which one you are working with, every recipe is a coin toss — and a bad result feels like a personal failure instead of what it actually is: a mismatch. This is the personalisation layer of the system. It does not add recipes; it tells you which of the ones you already have were written for skin like yours, and gives you permission to drop the rest without wondering what you are missing. Inside you'll find a simple evening test that settles what your skin actually is rather than what a quiz on a shop's website decided to sell you, a two-week trigger map that surfaces the pattern behind flare-ups you had assumed were random, matching tables that turn both of those into a short named list, and an honest account of how the answer changes with seasons, stress and hormones. Two notes before we begin. This is educational content, not medical advice — a skin type is a useful working description, not a diagnosis, and persistent or painful conditions belong with a dermatologist. And everything here assumes the rules from the rest of the

system still apply: patch-test anything new for a full 24 hours, respect the three-day fridge rule on anything water-based, and keep the never list in force regardless of what type you turn out to be. Knowing your skin type is not a licence to use something harsh that happens to suit it.

— *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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Name your recipes, drop the rest, revisit each season.

CHAPTER 1

Why The Same Recipe **Differs**

Before testing anything, it is worth understanding what actually varies between two faces. It is fewer things than the marketing suggests, and knowing which few makes the rest of this book straightforward.

Oil production and water retention are separate

This is the single most useful idea in the book. How much oil your skin produces and how well it holds water are two different variables, and confusing them is behind most bad product decisions. Skin can be oily and dehydrated at the same time — shiny by midday and tight after washing — and it is extremely common.

People with that combination usually treat the oil, strip the skin further, and produce more oil in response. Recognising it as two separate problems changes what you reach for: a light seal and a proper damp step, not a stronger cleanser.

A bad result feels like a personal failure when it is actually a mismatch.

Barrier condition is not skin type

Reactive skin is often not a type at all but a state — a barrier that has been through something, as described in the protection guide. It stings, flushes and rejects things it used to tolerate, and no amount of type-matching will fix it while it stays in that state.

That is why the test in the next chapter asks about stinging separately. If your skin is currently reactive, the honest answer is that you cannot type it accurately until it has calmed down. Repair first, test after.

Sensitivity is real, and it is specific

Beyond type and barrier state, some people simply do not tolerate particular ingredients: aloe, chamomile, oats, honey, a specific oil. This is not a defect and it is not correlated with type. An oily-skinned person can react to aloe and a dry-skinned person can be fine with everything.

The trigger map in chapter three is what surfaces those, and it is why the map is worth two weeks of two-minute notes. There is no shortcut to knowing which specific things your specific face dislikes.

Try This — Separate the Two Questions

Before any test, answer these separately rather than as one impression.

1. Question one: does your skin get shiny during the day? Yes or no.
2. Question two: does it feel tight after washing? Yes or no.
3. Two yeses means oily and dehydrated — the most commonly mistreated combination.
4. Write both answers down before doing the test in the next chapter.

KEY TAKEAWAYS

- Oil production and water retention are separate variables — skin can be oily and dehydrated at once.
- Reactive is usually a barrier state, not a type. Repair first, then test.
- Specific ingredient sensitivities are unrelated to type and only a trigger map finds them.

CHAPTER 2

The Bare-Face Test

One evening, no products, and an honest look in good light. This is the whole method, and it is more reliable than any quiz because it measures your skin rather than your assumptions about it.

How to run it

Cleanse in the evening with the gentlest thing you own — the plain oat paste is ideal — and then apply absolutely nothing. No toner, no oil, no balm, nothing. Wait two hours, then look at your face in daylight or the best light you have, and touch it.

Two hours is the important part. At twenty minutes almost everyone feels tight, because you have just washed. At two hours your skin has produced whatever it is going to produce and settled into its honest state.

At twenty minutes everyone feels tight. At two hours your skin has told you the truth.

Reading the result

Shine across forehead, nose and chin but not the cheeks is combination — the most common result by a wide margin. Shine everywhere including cheeks is oily. Tightness everywhere with no shine at all is dry. Comfortable, neither tight nor shiny, is normal — and yes, that exists.

If anything stung during the cleanse, or your face flushed and stayed red, note it separately. That is barrier state, not type, and it takes priority over whatever the shine test said.

Do it three times

Run the test on three different evenings within a fortnight, and take the answer that appears twice. A single reading can be thrown off by a hot day, a salty meal, a bad night's sleep or where you are in a hormonal cycle.

Then repeat the whole thing at the start of each season. This is not busywork — most people are genuinely a different type in February than in August, and treating winter skin with a summer routine is a large share of all skincare disappointment.

FINDING YOUR TRUE SKIN TYPE

The Bare-Face Test

YOU NEED

- Your gentlest cleanser
- Lukewarm water
- Good light and two hours

METHOD

1. Cleanse in the evening, then apply nothing at all.
2. Wait a full two hours — twenty minutes is too soon to read anything.
3. Look in daylight and touch your face: shine where, tightness where.
4. Note anything that stung separately. Repeat on three evenings.

KEEPS Repeat each season

PATCH-TEST Not applicable — nothing is being applied

Currently reactive skin — repair first, then test.

A FASTER READ WHEN TWO HOURS IS IMPOSSIBLE

The Blotting Paper Check

YOU NEED

- Blotting paper or plain tissue

METHOD

1. Four hours after cleansing, press a sheet to forehead, nose, chin and each cheek.
2. Hold each for five seconds and note where oil transfers.
3. T-zone only means combination; everywhere means oily; nowhere means dry.
4. Less accurate than the bare-face test — use it as a cross-check, not a replacement.

KEEPS Repeat monthly

PATCH-TEST Not applicable

Use it to confirm the bare-face test, not instead of it.

Try This — Book Three Evenings

One reading is an anecdote. Three is a result.

1. Pick three evenings across the next two weeks and put them in your phone.
2. Run the bare-face test on each, and write one line of notes each time.
3. Take whichever answer appears at least twice.
4. Add a calendar reminder to repeat the whole thing at the start of the next season.

KEY TAKEAWAYS

- Cleanse, apply nothing, wait two full hours, then read your face in good light.
- Combination is the most common result — shine on the T-zone, not the cheeks.
- Test three times, take the answer that appears twice, and repeat each season.

CHAPTER 3

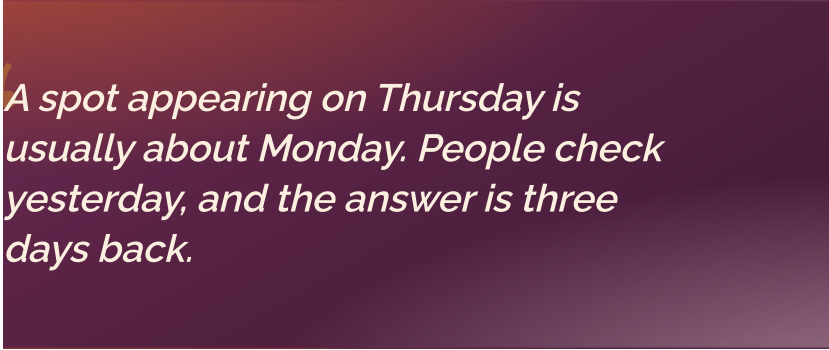
The Trigger Map

Type tells you what to reach for. Triggers tell you what to avoid, and they are far more personal. Two minutes of notes a day for two weeks will surface a pattern you have probably been missing for years.

What to record, and what not to

Five things, every evening, in under two minutes: what you put on your face, how your skin looks, how it feels, anything unusual you ate or drank, and how you slept. That is it. Not a diary, not a paragraph — a line.

Resist the urge to record everything. A map with forty variables shows you nothing; a map with five shows you a pattern within a fortnight. And resist changing your routine while you map, because the whole point is to observe what you already do.



A spot appearing on Thursday is usually about Monday. People check yesterday, and the answer is three days back.

The delay that hides the pattern

Skin responds on a delay of one to three days. A spot appearing on Thursday is usually about Monday or Tuesday, not about Wednesday night. This single fact is why people so consistently blame the wrong thing — they look at yesterday, and the answer is three days back.

So when you review the map, always look two to three days before any flare-up. That shift alone reveals patterns that were invisible while you were checking the previous evening.

Reading the map honestly

After two weeks, look for repeats rather than dramatic events. The same ingredient appearing two or three days before redness. Poor sleep preceding a flare-up more often than not. A particular food or a stressful week showing up ahead of a bad patch.

One coincidence is nothing. Two is worth noticing. Three of the same pattern in a fortnight is a trigger, and the correct response is to remove that one thing for a fortnight and see what changes — one thing, not five.

FINDING WHAT ACTUALLY SETS YOUR SKIN OFF

The Two-Week Trigger Map

YOU NEED

- A notebook or a phone note
- Two minutes each evening
- Two weeks of not changing anything

METHOD

1. Each evening write five short items: applied, looks, feels, ate, slept.
2. Change nothing about your routine during the two weeks.
3. On day fifteen, read it backwards, looking two to three days before each flare-up.
4. Circle anything that repeats three times. That is a trigger, not a coincidence.

KEEPS Two weeks per round; repeat seasonally

PATCH-TEST Not applicable

Anyone who changes their routine mid-map — the data becomes meaningless.

CONFIRMING A SUSPECTED TRIGGER

The Elimination Fortnight

YOU NEED

- One suspected trigger
- Two more weeks of notes

METHOD

1. Remove exactly one suspected trigger — not several.
2. Keep everything else identical, including the notes.
3. After two weeks, compare the two maps side by side.
4. If nothing changed, put it back and test the next candidate.

KEEPS Two weeks per candidate

PATCH-TEST Not applicable

Removing three things at once — you learn nothing that way.

Try This — Start the Map Tonight

The map is only useful if it is boring enough to actually keep.

1. Make a note on your phone called 'Skin map' and pin it.
2. Set an alarm for the same time each evening for fourteen days.
3. Write five short items and nothing more. One line total is fine.
4. Do not change a single thing about your routine until day fifteen.

KEY TAKEAWAYS

- Five items, one line, two minutes — a bigger map shows you less, not more.
- Skin responds on a one-to-three-day delay, so always look backwards from a flare-up.
- Three repeats in a fortnight is a trigger. Then remove one thing, not five.

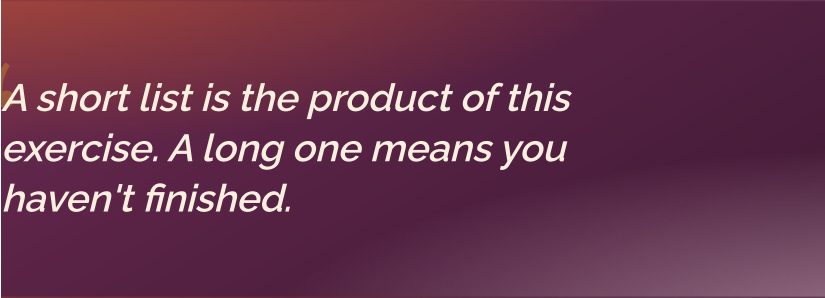
Matching Recipes To Types

Now the payoff: turning a type and a trigger list into a short, named set of preparations. The tables below are not rules — they are starting points that save you from testing thirty recipes to find the five that suit you.

Oily and combination skin

These do well with the lighter end of everything. A chickpea flour or oat cleanse in the morning, green tea as the damp step, a light oil such as squalane or jojoba at two drops, and kaolin clay on the T-zone once a week. The single most useful adjustment is using less oil rather than none — oily skin that is stripped produces more oil, not less.

Skip the rich balms on the face entirely, keep coconut and cocoa butter below the neck, and resist the temptation to cleanse three times a day, which is the most common self-inflicted problem in this group.



A short list is the product of this exercise. A long one means you haven't finished.

Dry and dehydrated skin

These want the humectant-and-seal approach at full strength. Honey cleanse or a very soft oat paste at night, water only in the morning, a glycerin-containing damp step, and a richer seal — jojoba with shea in a balm for the coldest months. Layer while damp, always.

The mistake here is exfoliating to remove flakiness. Flaking on dry skin is usually a barrier that cannot hold water; removing the flakes treats the symptom and worsens the cause. Hydrate and seal for two weeks before touching an exfoliant.

Reactive skin, and skin in a damaged state

The shortest list of all: oat paste or plain water, a weak green tea or plain cooled water damp step, and jojoba or squalane. No clay, no enzymes, no essential oils, no fragrance of any kind, and nothing new introduced faster than one thing a week.

If your skin is currently in a damaged state rather than genuinely reactive by nature, run the two-week repair routine from the protection guide first. Then come back and type it, because the answer may well be different once it has calmed.

TURNING YOUR TEST RESULT INTO A NAMED SHORTLIST

The Matching Table

YOU NEED

- Your bare-face test result
- Your circled triggers
- The recipe list from the foundation guide

METHOD

1. Write your type at the top of a page and your triggers underneath.
2. Go through the thirty recipes and cross out anything containing a trigger.
3. From what remains, pick one cleanser, one damp step, one seal and one weekly mask.
4. That short list is your routine. Ignore everything else without guilt.

KEEPS Revisit each season

PATCH-TEST Patch-test anything on the shortlist you have not used

Picking eight recipes because they all sound good.

SHINE ON THE T-ZONE OR ACROSS THE FACE

The Oily & Combination Shortlist

YOU NEED

- Chickpea flour or Base Oat Powder cleanse
- Green tea damp step
- Two-Oil Daily Blend, 2 drops
- Kaolin clay on the T-zone, weekly

METHOD

1. Cleanse once at night, water in the morning.
2. Damp step then two drops of the Two-Oil Daily Blend, morning and night.
3. Clay on the T-zone only, 8-10 minutes, once a week.
4. Sunscreen every morning.

KEEPS Per component

PATCH-TEST 24 hours for anything new

Rich balms on the face; cleansing more than twice a day.

TIGHTNESS, FLAKING, NO SHINE

The Dry & Dehydrated Shortlist

YOU NEED

- Honey cleanse or soft oat paste
- Glycerin-rich damp step
- Two-Oil Daily Blend, 3 drops, plus a shea balm at night
- Oat and honey mask, twice a week

METHOD

1. Cleanse at night only. Water in the morning.
2. Damp step, oil pressed in while wet, balm on dry patches over the top.
3. Soothing mask twice a week — no exfoliation for the first fortnight.
4. Sunscreen every morning.

KEEPS Per component

PATCH-TEST 24 hours for anything new

Exfoliating to remove flakes — that worsens the cause.

STINGING, FLUSHING, REJECTING FAMILIAR PRODUCTS

The Reactive Shortlist

YOU NEED

- Oat paste or plain lukewarm water
- Cooled boiled water or weak green tea
- Two-Oil Daily Blend, 2 drops

METHOD

1. Three products, four steps, twice a day. Nothing else.
2. No clay, enzymes, essential oils or fragrance of any kind.
3. Introduce at most one new thing per week, patch-tested.
4. Sunscreen every morning — a mineral one is often better tolerated.

KEEPS Per component

PATCH-TEST 24 hours, without exception

Any recipe with more than three ingredients, for now.

Try This — Cross Out More Than You Keep

A short list is the product of this exercise. A long one means you have not finished.

1. Write your type and your triggers at the top of a page.
2. Cross out every recipe containing a trigger, without hesitating.
3. From what is left, pick exactly four: cleanser, damp step, seal, weekly mask.
4. Put the page inside the bathroom cabinet next to your weekly calendar.

KEY TAKEAWAYS

- Oily skin needs less oil, not none — stripping it produces more.
- Flaking on dry skin is a barrier that cannot hold water; hydrate before exfoliating.
- Reactive skin gets the shortest list: three products, one new thing per week.

CHAPTER 5

When Your Skin **Changes**

Your type is not a permanent identity. It moves with the weather, with stress, with hormones and with age, and a routine that ignores that will be wrong for a few months every year without anyone noticing why.

Seasons move almost everyone

Cold air holds less water and indoor heating removes more, so most people are drier in winter — including people who consider themselves oily. Summer humidity and heat push oil production up, and a rich winter balm becomes congesting in July.

The practical response is small: change the seal, not the whole routine. A heavier balm from November, a lighter oil from May, and the same cleanser and damp step all year. Two adjustments a year covers most of it.

*No recipe in this system competes
with a fortnight of decent sleep.*

Stress and sleep are not a side note

Poor sleep and sustained stress show up on skin reliably, usually as flare-ups two or three days later. Your trigger map will almost certainly show it more clearly than any ingredient does, and it is the finding people most often ignore because the fix is not a product.

It is worth naming honestly: no recipe in this system competes with a fortnight of decent sleep. When the map points at sleep, the map is not malfunctioning.

Hormones, medication and age

Monthly cycles, pregnancy, contraception changes, menopause and many medications all shift oil production and reactivity, sometimes considerably. Tolerance changes too, which is why the apothecary guide asks you to re-test familiar ingredients after any significant change.

If your skin changes suddenly and substantially without an obvious cause, that is worth mentioning to a doctor rather than solving with a mask. Most of the time it is one of the above. Occasionally it is something worth knowing about.

CATCHING THE SHIFT BEFORE IT BECOMES A PROBLEM

The Seasonal Re-Test

YOU NEED

- The bare-face test
- Fifteen minutes, four times a year

METHOD

1. Run the bare-face test at the start of each season.
2. Compare with the last result and change only the seal if it has shifted.
3. Heavier balm for winter, lighter oil for summer.
4. Keep the cleanser and damp step the same all year.

KEEPS Four times a year

PATCH-TEST 24 hours on any seal you have not used recently

Rebuilding the whole routine every season.

Try This — Two Diary Entries a Year

Almost all seasonal mismatch is solved by remembering to look.

1. Put two reminders in your calendar: early November and early May.
2. Title them 'Re-test skin, change the seal'.
3. In November, switch to the richer balm. In May, back to the light oil.
4. Run the bare-face test on the same weekend, and write the result down.

KEY TAKEAWAYS

- Change the seal seasonally, not the whole routine — two adjustments a year.
- Sleep and stress show up on the map more reliably than most ingredients do.
- Re-test after hormonal or medication changes; tolerance genuinely shifts.

CHAPTER 6

Building Your Short List

The last chapter is about permission — to keep four things, to ignore twenty-six others, and to stop feeling that a recipe you are not using is an opportunity you are wasting.

Four is the right number

A cleanser, a damp step, a seal and one weekly extra. That is a complete routine for almost anyone, and it is short enough that you will still be doing it in six months. Everything beyond it is optional, and most of it is optional in the way a fifth pair of black shoes is optional.

There is an obvious temptation, having read a book of thirty recipes, to use twenty of them. Resist it for one specific reason: with four preparations you can always tell what caused a reaction. With twenty, you never can.

A recipe that works beautifully for someone else and nothing for you is simply not yours.

How to add something new, properly

One thing at a time, patch-tested for a full 24 hours, then used for two weeks before you judge it or add anything else. Keep the trigger map running for those two weeks so the judgement is based on notes rather than on the mirror and a mood.

If it earns its place, it stays. If it does nothing, drop it without ceremony — a recipe that works beautifully for someone else and nothing for you is simply not yours, and that is the whole thesis of this book.

What to write down and where to keep it

One card: your type, the date you last tested it, your circled triggers, and your four named preparations. Inside the bathroom cabinet door, next to the weekly calendar from the ritual guide. That card is the entire output of everything you have done here.

Update it four times a year, after each seasonal re-test. Nothing else about the system needs revisiting that often — and having it written down is what stops you rebuilding your routine from scratch every time you read something new.

THE ONE PAGE THAT HOLDS EVERYTHING YOU LEARNED

The Short List Card

YOU NEED

- An index card and a pen
- Your test result and trigger list

METHOD

1. Write: skin type, date tested, triggers to avoid.
2. Underneath: your four named preparations — cleanser, damp step, seal, weekly.
3. Tape it inside the bathroom cabinet door.
4. Update it after each seasonal re-test, and only then.

KEEPS Update quarterly

PATCH-TEST Anything joining the card gets a 24-hour test first

Listing more than four preparations. That is a wish list, not a routine.

DECIDING WHETHER A NEW PREPARATION EARNS A PLACE

The Two-Week Trial

YOU NEED

- One new preparation
- Two weeks of trigger-map notes

METHOD

1. Patch-test 24 hours first, without exception.
2. Add it to the routine and change nothing else at all.
3. Keep the daily notes running for the full fortnight.
4. Judge from the notes, not the mirror. Keep it or drop it, then stop.

KEEPS Two weeks per candidate

PATCH-TEST 24 hours before the trial begins

Trialling two things at once, or judging after three days.

Try This — Write the Card Tonight

Everything in this book collapses into one index card. Make it now.

1. Write your type and today's date at the top.
2. List your triggers underneath, however few you have so far.
3. Name your four preparations — and stop at four.
4. Tape it inside the cabinet door next to your weekly calendar.

KEY TAKEAWAYS

- Four preparations is a complete routine, and it is short enough to survive six months.
- With four things you can tell what caused a reaction. With twenty you cannot.
- One card, updated four times a year, replaces rebuilding your routine every month.

PUT IT INTO PRACTICE

Your Action Plan

From guessing to a named short list, in about four weeks of very small actions.

- ☐ Answer the two separate questions: does it shine, and does it feel tight?

- ☐ Book three evenings in the next fortnight for the bare-face test.

- ☐ Cleanse, apply nothing, wait two full hours, read your face in good light.

- ☐ Take whichever result appears at least twice across the three evenings.

- ☐ Start the trigger map tonight: five items, one line, same time each evening.

- ☐ Change nothing about your routine for the full fourteen days of mapping.

- ☐ On day fifteen, read the map backwards, looking two to three days before each flare-up.

- ☐ Circle anything that repeats three times — that is a trigger, not a coincidence.

- ☐ Cross out every recipe containing a trigger, without hesitating.

- ☐ Pick exactly four preparations: cleanser, damp step, seal, weekly extra.

☐ Write the short list card and tape it inside the bathroom cabinet door.

☐ Put two calendar reminders — November and May — to re-test and change the seal.

FINAL WORDS

Where You Go From Here

You started this guide with a book of recipes and no way to tell which were meant for you. You end it with a card: a type, a date, a few triggers, and four named preparations you can make without thinking. That card is worth more than the other twenty-six recipes combined, because it is the difference between a routine you follow and a routine that fits. Trust the notes over the mirror — the mirror sees you every day and is therefore the worst possible instrument for noticing gradual change, while a fortnight of one-line entries will show you a pattern you had missed for years. Add one thing at a time, give it two weeks, and drop it without regret if it does nothing. Re-test at the start of each season and change only the seal. And remember that knowing your type is not permission to use something harsh that happens to suit it — the never list applies to every skin type there is, and gentleness remains the strategy no matter what your two-hour test says.

Breathe. Begin. Return.

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