

Convenient Essential Oil Recipe to Nourish and Hydrate Your Skin On-The-Go!

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Thank you for listening to The Nutrition Heretic Podcast with Adrienne Hew and myself, Pamela Richardson, Author of *Magical Essentials*. I'm grateful to Adrienne for the opportunity to talk with you about aging beautifully with Essential Oils through her podcast. Hope you found the conversation to be insightful and I also hope you walked away with something of value.



Magical Essentials

Available on Amazon
<http://amzn.com/B00NS4X1WO>

The beauty industry cleverly advertises in their ad campaigns that their products will smooth, firm and beautify your skin but what they don't tell you is that it's short-term, and over time, will cause premature aging. But the beauty industry certainly isn't going to disclose that fact, because if you

knew, you wouldn't buy their products. And don't think the FDA is looking out for your safety. Just take a look at our food supply. The same is true with personal care products; toxins, toxins, toxins.

Luckily, there is a healthy alternative; Organic Essential Oils and Carrier Oils. We can have beautiful skin by cleansing, toning, moisturizing, and firming, naturally, to reverse the aging process. The key is to stop overloading your system with over-the-counter toxic personal care products that cause premature aging and health issues; beauty creams, beauty serums, body lotions, body washes, shampoos, conditioners, etc.

The toxins referred to are Parabens, Phthalates, and Formaldehyde, to name a few, that are hidden in products under ingredient names such as 'fragrance', a class of hormone-disrupting chemicals that are the cause of serious health issues. Take a look at what you are currently using. If you see 'fragrance' listed you can guarantee that toxins are hidden within the term.

These toxins are absorbed into your bloodstream and overtax your organs and your immune system. Not only are you aging prematurely but you will, over time, have a host of health issues as a result. So, stopping the use of them stops premature aging and gives your body an opportunity to heal; and the use of non-toxic Organic Essential Oils and Carrier Oils will repair the damage. So let's get started!



The key to beauty and health is avoiding the toxins and giving your body what it needs ... nutrients and hydration. It really is that simple. Just to show you how simple, below is an Essential Oil recipe for a Purse Spritz to nourish and hydrate your skin throughout the day. Your face and body will love you for it.

All ingredients should be 100% Certified Organic Essential Oils and 100% Certified Organic, Cold Pressed Carrier Oils. And it's always a good idea to perform a Patch Test before use. Mix two drops Geranium Essential Oil with one teaspoon Vegetable Glycerin Carrier Oil for a 2% dilution. Place on the inside of your wrist or elbow and cover with a band-aid. Leave skin bandaged for 24 to 48 hours. Do not get the area wet until testing is complete.



If there is itchiness, redness, puffiness, blistering, burning, or any other adverse skin reaction; do not use this recipe. Select another Essential Oil for testing. If you do have a reaction, wash the skin gently with unperfumed soap to remove most of the oils that are on the surface of the skin. Expose the skin to air (but not strong sunlight) to encourage the evaporation of the Essential Oil. Essential Oils are powerful and were used as medicines to fight against and prevent disease prior to the invention of synthetic drugs. Be respectful and as cautious as you would with today's medications.



Geranium Essential Oil

Avoid use during pregnancy and breast feeding. Don't use undiluted.

Hydrating Misting Spray

- (1) 4oz blue tinted glass spray bottle
- (48) Drops of Geranium Essential Oil
- (1) Ounce of Vegetable Glycerin Carrier Oil
- (3) Ounces of Distilled Water

For normal/combination skin, I'd suggest replacing the Glycerin and Distilled Water with Lavender Water as it balances both dry and oily skin. Orange water is the best choice for oily and acne skin.

Directions: Place the Essential Oil in the bottle, add the Vegetable Glycerin, add the distilled water, then shake and spray your face and body after showering. Keep in your purse to give your face a refreshing, nourishing, hydrating mist throughout the day. Be sure to shake well before each use as the Essential Oil will separate. You can also lower the amount of Vegetable Glycerin if you live in a moist climate or if you get too much of the misting spray in your hair.

Please Note: The safe and effective dilution for basic skin care issues and for daily use is 2%. A 2% dilution is approximately 12 drops of Essential Oil per ounce of Carrier Oil. An ounce of Carrier Oil is 2 tablespoons. This is a general and basic guideline for dispensing Essential Oils by the drop which is appropriate for making small batches that won't go rancid as many Essential Oils and some Carrier Oils do not have a long shelf life. So if you want a smaller or larger Misting Spray then adjust the Essential Oil appropriately.

Geranium Essential Oil is for all skin types. It is antibacterial, anti-inflammatory, antiseptic, astringent, hydrating, regenerative, and an aphrodisiac. It can be used on dry, oily, and even sensitive skin. The properties of this oil help to increase blood circulation and skin elasticity. When added to a Carrier Oil, Geranium Essential Oil acts to reduce dryness and sagging by retaining moisture in the skin.

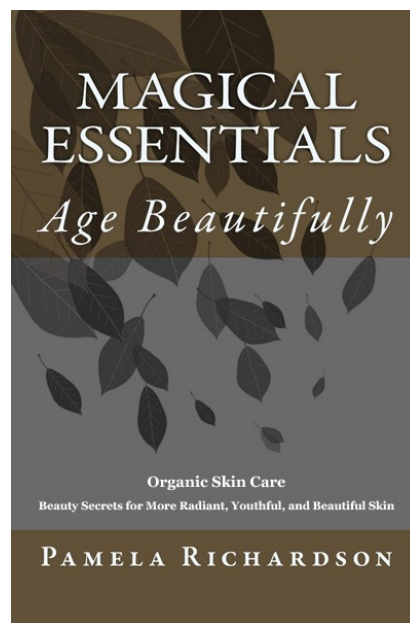
This oil is also great for treating scars and irritations. Its healing properties are great for acne-prone skin and for treating breakouts due to hormonal imbalances because it contains anti-inflammatory properties. Aside from helping scars and spots to fade, the application of Geranium Essential Oil will also help balance skin tone for even looking skin. Geranium Essential Oil also improves blood circulation for the regeneration of new skin cells.

Vegetable Glycerin is the non-fatty component of vegetable oils. It is a clear, odorless liquid with powerful moisture-attracting properties and is a common ingredient in creams and lotions.



If you would like to know more about the anti-aging beautifying properties of essential oils and their health benefits then check out my book, *Magical*

Essentials: The Magical Anti-Aging Beautifying Properties of Essential Oils on Amazon. Magical Essentials contains 100+ Essential Oil Anti-aging Recipes for your face, eyes, lips, neck, hair, breasts, arms, hands, body, bottom, legs, feet, fragrances, and more.



[Amazon.com](https://www.amazon.com)

To Your Health and Beauty,



Pamela Richardson, Author

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