

Gentle Radiance Coconut Cleanser

Ingredients

- ¼ cup organic coconut oil
- 1 tablespoon almond oil
- 1 tablespoon liquid castile soap
- 5-10 drops of essential oil (optional)



Directions

- 1. Melt the coconut oil** - If solid, gently warm the coconut oil in a small saucepan over low heat until it melts. Do not overheat; just warm enough to melt.
- 2. Mix the oils** - In a mixing bowl, combine the melted coconut oil, almond oil, and liquid castile soap. Stir until well combined.
- 3. Add essential oils** - Add your chosen essential oils. These not only add a pleasant scent but also bring additional skin benefits. Lavender and chamomile are great for calming irritation, while frankincense is known for its ability to help rejuvenate aging skin and improve skin tone.
- 4. Transfer to a container** - Pour the mixture into a bottle or jar with a tight-sealing lid. Shake well before each use as the ingredients can separate.
- 5. Usage** - To use, gently shake the bottle, then apply a small amount to a damp face. Massage in circular motions over your face for about a minute to lift and remove dirt and makeup. Rinse thoroughly with warm water and pat dry.

About the Ingredients

- Coconut oil - Rich in fatty acids, it's excellent for moisturizing and has antibacterial properties
- Almond oil - Packed with vitamin E, almond oil nourishes and softens the skin, reducing the appearance of aging.
- Castile soap - A gentle, natural soap that cleans without stripping natural oils.
- Essential oil (optional) - Lavender or chamomile for soothing properties, or frankincense for its anti-aging benefits.

Tips

- Always perform a patch test with homemade products to ensure you do not have a reaction to any ingredients.
- Store your DIY cleanser in a cool, dry place, and consider making small batches to maintain freshness, as homemade products do not contain preservatives.
- This cleanser is especially good in cooler months or for those with naturally dry or mature skin, given its moisturizing properties.