

SKIN BEAUTY – HOW TO GET THAT RADIANT LOOK



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AN EASY GUIDE TO A HEALTHY AND VIBRANT SKIN

ALSO INCLUDES EASY-TO-MAKE RECIPES

AND A BRAND NEW FACIAL CREAM RECIPE

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INTRODUCTION



I wish I could tell you there is a fountain of youth. That there is a secret to "*look forever young, and I will now share it with you*". Unfortunately, the truth is that we all age and nothing will ever change that. Sorry.

But! Nevertheless, it's *really* important to know this, you can do something to slow down the aging of your skin, and you can with small changes get a much more vibrant and healthy looking skin. Believe it or not, *that's* the truth.

I've always loved the skincare routine, and started in my early teens using lotions and creams I believed was good for me. It was then I realized that not every cream goes

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with everyone, I've (*most of the time*) been blessed with good skin, and suddenly my face was covered in spots and redness due to a new lotions. That's when I learned to check the ingredients. I also learned not to believe everything advertisement says about their products.

Since I've always loved skincare, I decided after completing my bachelor in Arts, to study natural skincare at a medical school. And I'm so happy I did! We know the skin is our biggest organ, but do we know how important it really is?

Well, I should've known. Our skin is one way to communicate with our body, and protect us -every day. However, when we think about "healthy looking skin" we think about having gorgeous skin. Not being healthy on the inside, am I right? Not to worry, I think the same. I'm like you, I want that beautiful skin as well.

This e-book is free; it's a collection of several previous posts on my blog Soldrom, concerning skincare, combined with some new information, a couple of my popular recipes and *a brand new recipe* you won't find on the blog. All this to guide you to a vibrant and healthy looking skin.

I hope you enjoy this e-book and if you have any question, please contact me on [mail](#) or go to my [Facebook page](#).

-Marie Antoinette

5 (EASY) TIPS FOR A HEALTHY AND BEAUTIFUL SKIN

When you're about to change a habit, I always love to start slow and make it easy for myself. That's why I want you to do the same.

So these tips might seem "pretty obvious", but I really want you to think about it. Do you follow every one of them? Because they really make a huge impact on your skin.

1. Use the right skincare products

Does this look simple? Because it really isn't, finding the perfect skincare products require either luck or knowledge. Mostly luck, if you haven't talked to a dermatologist.

You must know what skin type you have. By that I mean if your skin actually is dry and you use products for oily skin, if you do it'll most likely rash out. Please say hello to pimples and black heads... Therefore, using the products suitable for your skin is alpha and omega.

2. Read the ingredients

Yeah, so another thing you most think of when you buy a product, what's in it? I always recommend people to start "googling" all the ingredients in your day cream. Personally, I always stay away from products with mineral oil and alcohol.

3. Drink more water

Our skin contains a lot of water and needs refill. It's not enough drinking soda or other supplements that contains a lot of water. We need pure H₂O. Just after a couple of weeks, you'll see a huge difference in your skin.

4. Be careful of the sun

People who don't use sun protection or sun block must be crazy! Do you know how damaging and at times how dangerous the sun can be to your skin? Skin cancer is one very important reason to start using this, another is *-you'll age faster*. Much faster. Enjoy the sun and be outside, but with precaution.



5. Get enough sleep

Most people need 7-8 hours of sleep every night. Some might even need more. When we don't get enough sleep, it's very visible on our skin. The colour fades more away, some get bags under the eyes (hemorrhoid cream works wonders for baggy eyes). and you just miss that special glow. Also, make sure you're not stressed; body and mind are linked more than you'll think.

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MINERAL OIL – WHY STAY AWAY FROM IT?

When you first read the word "mineral oil", it doesn't seem so bad? We have mineral makeup, and just plain old minerals, which are good for us. So what makes this oil so bad? Is it just a hype?



What is mineral oil?

Mineral oil is a distillate of petroleum. Yes, petroleum. MO (mineral oil) is used instead of animal- and vegetable oils, MO is much cheaper than other oils, also in this sense, it's a transparent, colorless oil composed mainly of alkanes and cyclic paraffins (related to petroleum jelly).

The chemical ingredients is hydrogen and carbon, therefore it doesn't interfere with the other ingredients in the product.

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Where do you find mineral oil?

As described above, this oil is cheap. That is the main reason why so many products include MO. You'll find it your skincare, makeup, lotions, mascara and shave foam. It's not only the more reasonable brands that use MO, also exclusive brands, for instance *La Mer* use this oil.



I've said it before, and will say it again, always read the ingredients subscription. You'll be in for a big surprise. Sometimes (many times) MO isn't listed as "Mineral Oil", other names for MO is *petrolatum*, *paraffinum liquidum*, *paraffin oil*, *polyisobutene*, *vasilin oil*, *oleum* etc.



What are the downsides with mineral oil?

My first problem with MO, wasn't all the stories about how bad it was for your health. It was the fact that when a product (especially) lotions have MO it didn't absorb into my skin. In other words *-it didn't work.*

In high concentration of MO it can block up to 60% of your pores. This might be the reason why you're bad skin. MO works as cellophane, the bad can't get out and the good don't get in. It's a vicious circle.

It also makes it harder for the skin cells to renew themselves. Some experts think that too much use of MO will cause diseases. I'm not a doctor, I don't know if it's true all the bad things they say about MO.

What I do know, is that it doesn't do anything good for my skin, so why use it?

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HOW TO REPAIR BAD SKIN AND FACE MAPPING

Bad skin can really do something to our self-esteem. After my studies in natural medicine and skincare, I really want to share some interesting knowledge I've learned.

Bad skin can happen to anyone at any time; therefore it's important to learn what our skin is telling us. This discovery of face mapping has roots from the Eastern traditions of face mapping.

Your skin is the largest organ and can tell us a lot about what's happening on the inside –as I mentioned in the introduction. Therefore, always pay attention to what's happening on your skin, it's your body's way to communicate with you.



What is face mapping?



This simple face mapping can tell you what is happening in the inside and why you have different reactions in. In other words, it can help you with your bad skin. I also know that some of you that have breakouts has different issues; this face mapping is only true in some cases.

NB! If you experience any pain, scratching or odd breakouts, I would recommend that you get in touch with a dermatologist or a doctor. Sooner rather than later.

I find this map of breakout areas very useful, and hope you'll like it too.

Areas you'll get bad skin

1. On your forehead

Breakout on your forehead are often telling you need much more sleep. Or that you might feel stressed out.

2. Above the eyebrows

This area is affected by your immune system. When you feel better, this area will usually also look better.

3. Between the brows

Between the brows are very normal if you eat much unhealthy food, or if you have some food allergy. To cut back on sugar, fat, dairy and alcohol, might do the trick.

4. On your cheeks

It's linked to your respiratory system. Polluted air, smoking etc. can cause breakouts here.

5. The chin area

Your chin area is usually affected by hormones, which may occur around the time of your period.

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BUYING NEW SKINCARE PRODUCTS



Ever been confused which skincare products you should use? You are not the only one, there are so many options, and so many of them are good options as well!

Nevertheless, no matter what brand you'll end up using, always priorities your daily skincare routine.

Some advice before you buy a new skincare product

1. Age does matter

Young and older skin is not the same, and should therefore not use the same products. Some products are not age-related, but those anti-wrinkle creams for women over 40+, you should not use while in your 20s.

2. Skin type

What is your skin type? Is it dry? Oily? Normal? Big pores? Small pores? Do you have problems with your t-zone? If you're not sure what skin type you are, seek a professional.

3. Pay attention to the details

Notice what happens to your skin when you eat and drink. Are something making it worse? Better? A healthy diet will make your skin (and hair) better looking.

4. Check the ingredients.

Can't say this enough. Does your skincare include alcohol? Mineral oil? Lanolin? In addition, you would want to stay away from some types of parabens and too much perfume. All this ingredients can damage and irritate your skin.

5. High-priced products are always better?

Wrong! No, they are not. What makes a product good is the ingredients, not the name of the brand. Sometimes you'll have to try different skincare products before finding the one you like.

6. Is it tested on animals?

This is not something you *have* to do, but I wish more and more people was *aware* of this. Please do not support brands that conduct animal testing. Or buy ingredients that are tested on animals.

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YOUR DAILY SKINCARE ROUTINE



Facial cleanser

You need to wash your face. Normal soap will irritate and dry up your skin. You'll need to clean your the pores on your skin from oil and grease. Water isn't efficient enough. So yes, you will need a gentle facial cleanser.

Toner/tonic

This you'll apply after cleansing your skin. Why you do that is because you'll need to balance the PH level on your skin. Take my advice, don't buy the toners with alcohol, it will only make your skin more dry and give you pimples.

Serum

This is my favourite skincare product. Serum is amazing, and works wonders on the skin. It also helps your facial cream with the work. It brings out that inner glow everyone are talking about.

Day/Night Cream

Your skin needs lotion. Have you ever looked at dry leather after oiling it? The difference can be huge, and so can the difference be on our skin. Daily moisturizing is important, for not only the here and now, but will also benefit you later. The main difference between day and night creams are that the day cream isn't as oily as the night cream. However, you'll need both.

Eye cream

Even I used to buy eye cream for many years, but even famous dermatologists as Ellen Marmur says there is no need. Moisturizing like face cream can easily be used around the eye area. What some eye creams contains are caffeine to reduce baggy eyes, so if you have baggy eyes, this might do the trick.

1-2 times a week I'll also do this:

Peeling/scrub

Dead skin cells needs to be removed. It's important to exfoliate, but not too often. I wouldn't recommend it more than once a week.

Facemask

After the face scrub, I like to give my skin an extra treat. A facemask will give my skin much needed nourishing and moisturizing. I usually do this in Sundays, a perfect day to relax and taking care of yourself.

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With all the pollution, stress and bad eating and drinking habits we do, I really recommend to have a good skincare routine –every day! When you use products that are suitable and good for your skin, it really will do wonders, and that flawless skin we all dream about, is getting closer.

WHY YOU SHOULD NEVER USE SOAP



Nothing is more cringe worthy than to listen to people talking about how good plain, old, normal soap is for your face.

If you are guilty of doing this, please stop. Do you want to hurt your skin? Do you want to age faster? If no, please do not do this again! Here are three reasons why soap does not belong on your face.

1. Our skin is acidic

The pH level in our face is from between 5, 0-5,6, which means it's acidic, and closer to neutral (that's 7) on the pH scale. Soap on the other hand is a strong alkaline, with

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pH levels from 8-10. Soap removes too much from your skin, in other words, all the good natural oils.

2. Your skin will get dry

Because of the high-level pH, your skin will become very dry. Even if we wash our hands too much they will get dry, so just think of what it does to the delicate skin on your face. In addition, dry skin will make lines and wrinkles more visible, and who wants that?

3. You are damaging your skin

As you probably can tell by what's been said, this is damaging to your skin. Don't mess too much, with what nature has created. Therefore, use cleansing soap that are made for the face, look for the pH levels, and leave the soap bar to your body!

RECIPE: ANTI-WRINKLE BALM



This anti-wrinkle balm is something you can use in the entire face and around the eyes. The ingredients in it are helping to reduce wrinkles, amazing, right?

Who doesn't like the idea of getting those fine lines away? Even if you are in your twenties, you might like to get a hold in something like this. It's not botox, but it's a balm with the some of the finest and best ingredients for your skin.

A happy skin will show it's gratitude -fast. You will see a reduction of lines and wrinkles, in other words, your skin will look much better.

This product I am super happy with! It really smooths the area around the eyes and does an amazing job on the skin.

You can use this balm all over your body, if you want, but I would really recommend just using it on your face.

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Ingredients

Beeswax (or candelilla wax for vegan option) 2 tsp

Shea butter 1 tsp

Avocado oil 4 tsp

Apricot Kernel oil 4 tsp

Coconut oil 2 tsp

Jobba oil 2 tsp

Rose hip seed oil 1 tsp

Vitamin E oil 8 drops

Essential oil of your choice 6 drops (depends on what scent you want, personally I used lavender and rose)

Directions

Everything from the beeswax to the coconut oil, you must heat up. Nevertheless, do be careful it's not over heated.

Then add the other oils when it's removed from the heat. Once mixed together pour into the containers.

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RECIPE: BODY BUTTER WITH 3 INGREDIENTS



This delicious body butter is very luxurious and super easy to make. I always love it when I get to follow easy recipes. Just because sometimes we don't have the time to everything. You might add some essential oils if you like to have a stronger scent than the coconut. Personally, I like to use peppermint and citrus fruit.

Ingredients

2/3 cups shea butter

¼ cups Coconut oil

¼ cups Olive oil

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Directions

Melt the shea butter in a water bath (low heat, if not a lot of good ingredients will go away).

When it's melted, take it away from the heat and add coconut oil. This oil will melt very fast, so now add the olive oil.

Cover the bowl with plastic and put it in the refrigerator 10-15 minutes.

Use your mix master and see how it turns to something like whipped cream. Do not mix it for longer than 5 minutes at a time.

If it doesn't get that creamy look, put it back in the refrigerator for 15 minutes and try again.

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RECIPE: BODY OIL WITH OLIVE AND ALMOND OIL



Body oil - my new best friend. My skin gets super dry in the wintertime and I really need some moisturize that does the job. Therefore, an oil like this is the perfect solution.

The body oil I usually make is so, so, so easy to make, takes like 1 minute and voilà - it's finished. It also makes a perfect gift to give, but then I add some more oils with fragrance. If you want a calming scent, I would use vanilla or lavender. For a more fresh scent, I would recommend something with citrus.

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Ingredients

1/2 Almond Oil

1/2 Olive Oil

10-15 drops of essential oil (I chose Vanilla and Lavender)

Directions

Half-and-half with almond and olive oil. Then just add essential oils of your choice to give it a nice scent.

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RECIPE: SOAP WITH OLIVE OIL



Soap recipe with olive oil must be one of the oldest recipes for soap.

I don't know why, but I've always been super fascinated by soap. I used to collect soap as a kid, every shape, colour and scent I could get my hands on, I wanted. To use the soap was a different story...

Many people like to make their own soap; I see recipes everywhere on the web. So I thought why not give it a go? Here is a simple how-to make your own soap.

What is lye?

Remember when you are handling lye it can be dangerous, therefore it's important to follow the safety instructions, always use goggles and gloves. Lye is sodium hydroxide

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in other words a caustic alkali. Lye must be added to water, not the other way around. This is very important.

Can I make soap without lye? It is possible, but a bit more complicated. Lye makes the liquid and oil mix together well, also it creates the action that gives soap it's cleaning properties.

Important: Bars should be left in the mold at least 48 hours, and 6-8 weeks to cure, this to give the lye time to go away.

Ingredients

570 g olive oil

75 g lye (sodium hydroxide) mixes in 220 g distilled water

Directions

Measure olive oil and pour it in a plastic container, then place the container in a larger pot and pour in enough hot tap water that the container begins to float. Insert a thermometer into the oil.

Measure the water into a heat-safe container. Slowly add the lye to the water, stirring with your spatula as you do so. -Do not inhale directly above the container.

This mixture will heat up quickly. Monitor the temperatures of the two containers.

You need to heat up the oil while the lye cools down. You want both to reach 110°F (43-44 Celsius). Then you can pour the lye mixture with the oil. Blend until the mixture reaches medium trace, like thick gravy.

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Now you can pour into your wanted mold (milk carton?) and refrigerate (do not cover it).

Take it out of the refrigerator after 30 minutes and spray the top with isopropyl alcohol. Now you can cover loosely with plastic wrap, and refrigerate overnight.

Remove from the refrigerator and let sit at room temperature. Unmold 48 hours after pouring into the mold. Cut into bars and place in your curing area.

RECIPE: ANTI-AGE FACIAL CREAM



Nothing is better than a good facial cream, and this one does the job! The ingredients are only oils, which means no conservation needed. Not all conservation is bad, but I always try to avoid it as much as I can.

Also remember, when the oils are fresher, they last longer. Oils should last at least 6 months, so this cream is good to go for a long time.

The air-pump container is my favourite out of all containers. Mostly because it's very hygienic. You can buy this on eBay.

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Ingredients

¼ cup almond oil
2 tablespoons coconut oil
2 tablespoons beeswax
½ teaspoon vitamin E oil
1 tablespoon shea butter
Essential oils (optional)

Directions

Place all the ingredients in a glass jar. Bring a pot filled about 3-4 inches with water to a simmer. Put the glass, without its lid, in the pot, and let it sit there until the ingredients have melted.

Stir occasionally. Once the mixture has melted and all is evenly combined, pour it into a small air-pump or a container of choice. Let it sit at room temperature until the cream hardens, close the jar's lid, and store in a cool place.

Apply morning and night after your daily skincare routine.

AFTERWORD



Thank you so much for downloading my e-book. I hope you found it useful, and please try the recipes. They are really nurturing for your skin, and I'm so fond of homemade skincare.

For more recipes, information and contact, please visit my blog soldrom.com

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