

Small Batch Custom Skin Care

www.smallbatchcustomskincare.com
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ABOUT THE PRODUCTS

Several of the facial products work together. The witch hazel removes excess oils, then the peels remove dead skin cells and prepare the skin. The vitamin C serum can then penetrate into the skin to protect the collagen layer as well as surface skin and the replenishing oils and cream moisturizers provide vital nutrients and protect the skin from further damage.

It takes a little more time to find the right mix for your needs because I make small batches of most of the products that are customized for your skin. When we have found the right mix, I note it, which provides a history of your preferences and makes it easier to reorder.

I am making products that I've done research on and am using myself, so I don't skimp on ingredients and pack in as many "powerhouse" additives in as I can. If you are interested in a specific ingredient that you don't see, let me know so I can research it and tell you if it really works or is hype. If you have questions, please contact me.

Christa Marks (714) 871-5525

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Pam's Vitamin C Serum with Sea Kelp Bioferment

Vitamin C (ascorbic acid) penetrates the skin and supports the collagen layer, which is what breaks down as we age and causes wrinkles. The base C serum contains 15% l-ascorbic acid but can be modified up to 20%. Other powerhouse ingredients include hyaluronic acid, which smooths surface wrinkles, sea kelp bioferment, which is an oil-free moisturizer, dl-panthenol, which decreases inflammation, and ferulic acid, which is an antioxidant that helps neutralize free radicals which cause our skin to age faster.

The serum does not need to be refrigerated but it does need to be kept in an amber or opaque bottle because it oxidizes in the light.

Vitamin C serum magnifies the effects of the sun, so you **MUST** use a good sunscreen if you use the serum.

Directions: wash your face, then leave it wet. Use a dime sized dollop and apply it over your face, neck and upper chest. Do **NOT** get it close to your eyes, as it will burn. Then continue your regular regimen, making sure you apply sunscreen under makeup. Use once or twice a day.

Ingredients: distilled water (aqua), ethoxydiglycol, l-ascorbic acid, propylene glycol, sea kelp bioferment, laureth-23, dl-panthenol, ferulic acid, mixed tocopherols, triethanolamine, leuconostoc/radish root ferment filtrate, potassium sorbate, sodium hyaluronate.

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Henny's Peels: Lactic Acid/Glycolic Acid Peel

Chemical peels work better than facial scrubs, cleaning off the dead skin cells so new ones can regenerate. I generally suggest starting with a 15%/7% lactic/glycolic solution but can mix many other strengths.

I use Lactic Acid and Glycolic Acid. I do not make peels with Trichloroacetic Acid (TCA), which should be done by a professional, or Salicylic Acid.

When you are in your 20s, your skin cells regenerate themselves about once a month and the old, dead ones are scrubbed away when you wash your face. As we age, new skin cells don't regenerate as quickly and the old ones accumulate, causing skin to look dull.

The purpose of a peel is to break down the dead cells on the skin's surface, encourage new cell growth and to stimulate collagen production. Facial scrubs, with abrasives, can help slough off the old skin but they don't encourage collagen. If you use a chemical peel you do not need to also do a facial scrub.

Lactic and Glycolic acids are Alpha Hydroxy Acids. In addition to helping to regenerate new skin cells, they also help make fine lines and wrinkles less obvious, reduce redness and inflammation, help prevent acne breakouts and minimize the appearance of large pores and blackheads. Alpha Hydroxy Acids are stronger than Beta Hydroxy Acids (like Salicylic)

You can start with a lactic, or use a lactic/glycolic combination. I can make it to whatever your comfort levels are, then, over time, you can increase the percent of lactic and glycolic acids.

Lactic Acid

Lactic Acid is derived from milk and are fairly mild.

Lactic acid peels help to eliminate germs, toxins and dead cells on skin's surface and help fade hyperpigmentation. This rejuvenates skin by encouraging the shedding of old, sun-damaged surface skin cells. It stimulates new growth of skin cells and collagen by decreasing the bond that holds dead skin cells on the surface. This allows dead cells to be removed gradually, leaving behind a layer of smoother and softer skin.

A Lactic Acid peel is ideal for people first-time peel users who don't want any "down" time.

Glycolic Acid

Glycolic Acid is a non-toxic acid that is found in sugar beets, unripe grapes and sugarcane. It is generally safe for most skin types. Glycolic Acid is stronger than Lactic Acid. It breaks the bonds that hold the dead skin cells together and makes it easier to help slough them off the skin. It helps your face look younger, with fewer lines and wrinkles. It also helps improve acne, eliminate blackheads, clean pores, stimulate natural collagen production and even out skin tone.

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General Tips:

Before you determine the appropriate strength and combination of acids to purchase, please read the general information about them below. Also, make sure to include the non-alcoholic witch hazel and a brush if you don't already have them.

If you use any of the acids, make sure you always use a sunscreen because the acids will make you sun sensitive, even if you're using it in night cream. It is better to perform the peels at night, when you know you won't be going out into the sun right away.

If you use a good moisturizer you may not peel at all. It may take a day or two to see the effects, but your skin should feel smoother soon after the peel is done.

Do not use a chemical peel if you:

- already have thinned or highly sensitive skin
- are or have been in the last 6 months using Accutane or similar medication
- have recently had dermabrasion treatment
- get a lot of sun exposure - normal protection may not be adequate if you see a lot of the sun daily (this includes mountain skiing!)
- have an auto immune disease, are going through radiation treatment, or have diabetes
- are pregnant

Also:

- If you have recently been sunburnt
- Have waxed, exfoliated or been in a sauna in the previous 48 hours
- Don't apply it to broken skin - it will sting like crazy and you don't want the acid to react with the exposed layers. This includes open, active breakouts, cysts and pimples.
- Glycolic acid can cause patches of lighter skin on darker ethnic skin tones.
- If you're not comfortable using active ingredients. Please see a professional if you have any doubts
- Do not use a retinol or retinA product or the vitamin C serum on the same day you do a peel. Start with one peel per week. As you perform more of the peels you will know how your skin responds and can increase the strength of the peel and the number of days per week you use it. I don't recommend doing more than 2 times per week.

Sagging skin and deep wrinkles will not respond to chemical peels. Other treatments may be needed. If you are pregnant, have a condition such as acne, Rosacea or active skin cancers, are taking Trentinoin, Renova, Tazorac, EpiDuo, Retin-A, Differin, Avage or Ziana, talk to your dermatologist before using a chemical peel. Chemical peels may activate a herpes reaction if you have the virus. Medications used to treat herpes outbreaks can be prescribed by your doctor.

Ingredients: Distilled Water, Lactic and/or Glycolic Acid, and/or Salicylic Acid Glycerin, Propylene Glycol (and) Diazolidinyl Urea (and) Iodopropynyl Butylcarbamate.

If you and your friends are interested, I am happy to come to a group peel and show you how to do the peel safely. If you have questions, please contact me. Christa Marks 714 871-5525. cmarks43@gmail.com.

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Susan's Facial Cleanser with Charcoal

This cleanser has several good cleaning agents, including activated charcoal, which deep cleans and pulls the impurities out of your skin, and also moisturizes to avoid destruction of the protective lipid barrier that is naturally on your skin. Charcoal can absorb 100 to 200 times its weight in impurities, making it an excellent natural ingredient to help purify and deep-clean skin. Activated charcoal draws bacteria, poisons, chemicals, dirt and other micro-particles to the surface of skin, helping you to achieve a flawless complexion and fight acne. Charcoal is not metabolized or absorbed by the body. It draws out oil, dirt and other harmful substances from clogged pores.

It cleans deeply without drying your skin. Other significant ingredients are Rooibos, a powerful antioxidant, some alpha hydroxy acids and fruit acids, which help slough off dead skin cells and serve as antiseptics, Dimethylaminoethanol (DMAE) and Hyaluronic Acid help eliminate wrinkles and oils which help soften and rejuvenate the skin.

Jojoba beads can be added to the cleanser as an exfoliant. Jojoba beads are produced from the Jojoba wax. They are a crystalline form of Jojoba wax ester, produced by the pressurized addition of hydrogen to the oil. They are gentler than other ingredients often used as exfoliants, such as nut shells, and do not irritate or damage the skin or leave it open to bacteria. They are biodegradable in the environment. Jojoba beads are beneficial for all skin types. The recommended usage is 2-3 times per week.

Ingredients: Aloe Barbadensis (Organic Aloe) Leaf Juice, Aqua (Deionized Water), Extracts of Aspalathus Linearis (Organic Rooibos) (and) Vaccinium Myrtillus (Organic Bilberry) Fruit (and) Saccharum Officinarum (Organic Sugar Cane) (and) Acer Saccharinum (Organic Sugar Maple) (and) Citrus Aurantium Dulcis (Organic Orange) Peel (and) Citrus Medica Limonum (Organic Lemon) Peel (and) Vaccinium Macrocarpon (Organic Cranberry) Fruit, Olea Europaea (Organic Olive) Oil, Anthemis Nobilis (Roman Chamomile) Distillate, Cocamidopropyl Betaine, Decyl Glucoside, Emulsifying Wax NF, Glycerin, Methylsulfonylmethane (MSM), Simmondsia Chinensis (Organic Jojoba) Seed Oil, Dimethylaminoethanol (DMAE), Disodium Coco-Glucoside Citrate, Phenoxyethanol, Sodium Hyaluronate (Hyaluronic Acid), Calophyllum Inophyllum (Tamanu) Oil, Camellia Sinensis (Organic Green Tea) Leaf Extract, Camellia Sinensis (Organic White Tea) Leaf Extract, Usnea spp. (Lichen) Extract, Hydrolyzed Wheat Protein, Hydrogen Peroxide, Lavendula Angustifolia (Organic Lavender) Distillate, Melaleuca Alternifolia (Tea Tree) Leaf Essential Oil, Salix Alba (Organic White Willow) Bark Extract, Activated Charcoal, Tocopherol (Vitamin E), Panthenol (Pro-Vitamin B5), Sodium Coco-Glucoside Tartrate, Ascorbyl Palmitate (Vitamin C Ester), Xanthan Gum, Tetrasodium EDTA.

Replenishing Facial Oils – Mature Skin Facial Oils or Challenged Skin Facial Oils – About The Oils:

These are custom blended, skin-identical oils that help create a natural barrier, keeping skin strong and firm, moisturizing and helping to prevent fine lines and wrinkles. Hydrating and replenishing skin oils becomes more important as we age. After cleansing and applying Vitamin C serum to help prevent fine lines and wrinkles, you also need to moisturize and help your skin form a barrier to protect it from exposure to sun, air and dirt.

As we age, we lose our skin's natural oils. The moisture barrier breaks down. The skin dries out. Creams contain a little oil but do not penetrate enough to plump, soften and protect. If you apply oils before you use your normal facial creams, the oils penetrate more deeply into the skin and allow the creams to work more efficiently too.

Even oily skin needs oils to combat and manage pore-clogging sebum. Oils deliver moisture, powerful antioxidants and antiaging ingredients better than creams do and help form a barrier for all-day protection.

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I have researched the oils I use to determine a good balance of a variety of oils that are non-pore-clogging, provide anti-oxidant, antibacterial and anti-inflammatory properties, help with skin tightening, anti-wrinkle, skin renewal, skin barrier protection and moisturization. The oils penetrate quickly, feel really good on your skin and don't leave any oily residue.

The shelf life is generally a year but I would recommend using them within 6-8 months.

The oils are naturally scented as I make them. If you prefer, I can add a specific scent of your choice or select essential oils, which have a scent of their own.

Essential Oils

About Essential Oils: Essential oils are highly concentrated liquids that have been distilled from the leaves, stems, flowers, bark, roots or other parts of plants. They retain many of the properties of the plants they are created from, including the scent. The scents are natural and organic. Essential oils provide many therapeutic benefits when applied to the skin in a base of carrier oils. Many essential oils have antibacterial, antimicrobial, antiviral, anti-inflammatory, antiseptic and antibiotic properties and help to "magnify" the effect of the carrier oils they are combined with. I have selected essential oils that are best for supporting facial skin, improving the complexion by stimulating cellular renewal and helping mature skin to age more gracefully. The mix of oils can be tailored to suit your preferences.

Allergic to Rose hips or nut oils? If you tell me, I can blend oils that will work specifically for you, modifying the formula until you find what works best for you. I keep a history of what you've ordered to note changes over time. Nut oils can be replaced with Sunflower, Grapeseed, Apricot Kernel, Ricebran and Camellia oils.

Directions: You only need a few drops. Dab on skin and then massage in. Avoid getting the oils in your eyes by spending a little extra time to make sure the oils have been massaged in completely.

Cari's Mature Skin Facial Oils

(With or Without Nut Oils)

Base Ingredients: *Corylus americana* (Hazelnut) Oil, *Simmondsia Chinesis* (Jojoba) Oil, *Persea gratissima* (Avocado) Oil, *Cannabis sativa* (Hemp) Seed Oil, *Sesamum Indicum* (Sesame) Seed Oil, Squalane (Olive), *Argania Spinososa* (Argan) Oil, *Vaccinium corymbosum* (Blueberry) Seed Oil, *Rosa Canina/Rosa Rubiginosa* (Rose Hip) Seed Oil, *Limnanthes alba* (Meadowfoam) Seed Oil, *Salvia Hispanica* (Chia) Seed Oil, *Vaccinium Macrocarpon* (Cranberry) Seed Oil, *Punica granatum linn* (Pomegranate) Oil, *Hippophae Rhamnoides* (Sea Buckthorn) Oil, *Daucus carota* (Carrot) Seed Oil, Vitamin E, Essential or Fragrance Oil as requested.

Ingredients that may be added: Essential Oils of: Myrrh (*Commiphora myrrha*), Ylang Ylang (*Cananga odorata genuine*), Geranium (*Pelargonium Graveolens*), Lavender (*Lavandula angustifolia*), Frankincense (*Boswellia Carterii*), Carrot Seed (*Daucus carota*), Neroli (*Citrus aurantium*), Roman Chamomile (*Anthemis nobilis*), Rose (*Rosa damascene*), Cucumber Seed (*Cucumis sativus*) oil, Rosewood (*Aniba roseodora*), Palmarosa (*Cymbopogon martini var. motia*), Elemi (*Canarium iuzonicum*), Patchouli (*Pogostemon cablin*), Cocos Nucifera (Fractionated Coconut Oil).

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Lisa's Replenishing Facial Cream

Many people prefer a face cream to a face oil or are not accustomed to using oils, and as good as face oils are, there are some powerhouse ingredients that cannot be added to them, so I use both. (Always apply products from the lightest weight to the heaviest weight, so if you use all three, apply the Vitamin C first, oils second, creams third.)

Some of the powerhouse ingredients include Niacinimide (a B vitamin) that helps reduce wrinkles and the appearance of hyperpigmented spots and red blotchiness; Aloe, which has a soothing effect on the skin; Rooibus, which is a powerful antioxidant; and DMAE, which improves skin elasticity and helps decrease the look of fine lines and wrinkles and evening out imperfections.

The addition of Peptides and Ubiquinone adds cost to the creams because they are expensive. Peptides work to prevent wrinkles and Ubiquinone (COQ10) boosts skin repair and regeneration and reduces free radical damage. When we age collagen is destroyed but not replaced. As a result young, smooth becomes thin and wrinkled over time. One strategy to improve wrinkles and to make you look younger is to replace lost collagen. When collagen breaks down, it forms specific peptides. These peptides act as a signal to tell your skin it was damaged and to make new collagen.

However, I do not use copper peptides in the creams because you cannot use copper peptides and Vitamin C Serum at the same time because they cancel each other out. If you are using copper peptides and Vitamin C serum, use one in the morning and the other one at night.

INGREDIENTS: Aloe Barbadensis (Aloe) Leaf Juice, Simmondsia Chinensis (Jojoba) Seed Oil, Niacinamide (B3), Aspalathus Linearis (Rooibus) Ext., Punica Granatum (Pomegranate) Ext., Aqua, Butyrospermum Parkii (Shea) Butter, Acetyl Hexapeptide-8, ubiquinone (coq10), Pseudoalteromonas Ferment Ext., Hydrolyzed Soy Protein, Hydrolyzed Wheat Protein, Tripeptide-10 Citrulline, Tripeptide-1, Lavandula x Intermedia (Lavender) Ext., Camellia Sinensis (White Tea) Leaf Ext., Calendula Officinalis (Calendula) Flower Ext., Dimethylaminoethanol (DMAE), Olea Europaea (Olive) Oil, Emulsifying Wax NF, Glycerin, Oenothera Biennis (Evening Primrose) Oil, Rosa Canina (Rosehip) Fruit Oil, Borago Officinalis (Borage) Seed Oil, Allantoin, Daucus Carota (Carrot) Seed Oil, Methylsulfonylmethane (MSM), Tocopherol Sodium Hyaluronate (Hyaluronic Acid), Thioctic Acid (Alpha Lipoic Acid), Sodium Ascorbyl Phosphate (Vitamin C), Lecithin, Stearic Acid, Malic Acid, Xanthan Gum, Carbomer, Triethanolamine, Caprylyl Glycol.

Directions: Massage a dime-sized dollop of cream on your face, neck and chest after you've applied the facial oils.

Replenishing Body Oils

If you have dry skin, use an oil instead of a lotion. It will keep your skin softer and add more moisture than a lotion will. I have various oils that I use for body care, including sesame, sunflower, jojoba, avocado, carrot, hazelnut and more. I can mix them in any proportion. Apply them while your body is still damp.

Body oils are simpler than facial oils, but are still more effective than creams. When I went to my dermatologist to complain about dry skin she told me that oils hydrate dry skin better than lotions. I decided to try it and she was right. I never have problems with dry skin any more. The oils are naturally scented, but adding essential oils or scented fragrance oils helps personalize the product to your specifications.

Allergic to Rose hips or nut oils? I can blend oils that will work specifically for you, modifying the formula until you find what works best. I keep a history of what you've ordered to note changes over time. Nut oils can be replaced with Sunflower, Grapeseed, Apricot Kernel, Ricebran and Camellia oils.

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Cat's Body Oils

Ingredients: Prunus amygdalus dulcis (Sweet almond oil), Corylus Americana (Hazelnut) Seed Oil, Cannabis sativa (Hemp) Seed Oil, Persea gratissima (Avocado) Oil, Sesamum Indicum (Sesame) Seed Oil, Butyrospermum Parkii Seed (Shea) Oil, Simmondsia Chinensis (Jojoba) Oil, Limnanthes alba (Meadowfoam) Seed Oil, Vitamin E Oil, Essential or Fragrance Oils as Requested.

Directions: Apply about a tablespoon of oil and massage into your skin.

Sergio's Body Oils

This oil is formulated primarily for men because it glides more easily over arms and legs with hair.

Ingredients: Vitis vinifera (Grape) Seed Oil, Camellia Sinensis (Camelia) Seed Oil, Sesamum Indicum (Sesame) Seed Oil, Perilla Ocymoides (Perilla) Seed Oil, Cocos Nucifera (Fractionated Coconut) Oil, Squalane (Olive), Tocopherol (Vitamin E), Essential or Fragrance Oils as Requested.

Directions: Apply about a tablespoon of oil and massage into your skin.

Goode's Baby Oil

(no nut oils)

Commercial baby oil is made from mineral oil, which is a highly refined cosmetic-grade petroleum product, and perfume. The main functions of mineral oil are to decrease the amount of water that naturally escapes from our skin and to protect the skin's natural barrier. While it is safe, commonly used and does provide those benefits, it is not an eco-friendly product.

Natural plant oils contain active ingredients that help nourish the skin, like fatty acids, phytosterols, tocopherols, vitamins and antioxidants. There are many natural oils that do help to create a barrier and also deliver important nutrients to baby's skin. Selecting the right oils for babies. Some oils, used too early, can cause baby's skin to be more vulnerable to environmental stresses. I created the mix below by doing research on the oils that are best for baby's sensitive skin.

Ingredients: Vitus Vinifera (Grapeseed) Oil, Cocos Nucifera (Fractionated Coconut) Oil, Cannabis Sativa Seed (Hemp) Oil, Helianthus Annuus (Sunflower) Seed Oil, Oryza Sativa (Rice Bran) Oil, Perilla ocymoides (Perilla) Seed Oil, Limnanthes Alba (Meadowfoam) Seed Oil, Prunus Armeniaca (Apricot) Kernel Oil, Cucurbita Pepo (Pumpkin) Seed Oil, Tocopherol (Vitamin E) and Lavender (*Lavandula angustifolia*) essential oil.

Ingredients that may be added: Essential oils of Rosewood (*Aniba roseodora*), Palmarosa (*Cymbopogon martini var. motia*), Elemi (*Canarium iuzonicum*), Ylang Ylang Extra (*Cananga odorata genuina*), Geranium (*Pelargonium Graveolen*), Patchouli (*Pogostemon cablin*) and Rose (*Rosa damascene*).

Directions: Apply to baby's skin and massage gently.

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David's Beard Oil

For men who have beards and/or mustaches, this oil will help keep your face soft and smooth while keeping your facial hair healthy and well groomed. This oil was originally made as a request by my son, and has become popular with everyone else who has tried it. It helps facial hair to be more contained, less wiry-feeling, and also helps the skin below the beard to be less itchy, prickly, flaky or acne-prone. It has a natural scent as it is made but additional essential oils or fragrance oils can be added. Essential oils of Rosemary are a nice addition because the oil helps to strengthen hair follicles and encourage hair growth. The women in your life will also appreciate your using this beard oil.

Directions: After showering apply a dime-sized dollop and massage into your facial hair.

Base Ingredients: Vitus Vinifera (Grapeseed) Oil, Cocos Nucifera (Fractionated Coconut) Oil, Cannabis Sativa Seed (Hemp) Oil, Limnanthes Alba (Meadowfoam) Seed Oil, Cucurbita Pepo (Pumpkin) Seed Oil, Helianthus Annuus (Sunflower) Seed Oil, Oryza Sativa (Rice Bran) Oil, Argania Spinosa (Argan) Oil, Perilla Ocymoides (Perilla) Seed Oil Tocopherol (Vitamin E).

Lieb's Lip Oils

Perfect for dry conditions, this lip oil will make your lips nice and soft. Red Raspberry, Sesame, Rice Bran and Hemp Seed oils help protect lips from sun exposure. Use it as a conditioner before you apply lipstick, or as a stand-alone product. It does not contain sunblock.

Ingredients: Sesamum Indicum (Sesame) Seed Oil, Oryza Sativa (Rice Bran) Oil, Cannabis Sativa (Hemp) Seed Oil, Rubus Idaeus (Red Raspberry) Seed Oil, Tocopherol (Vitamin E), flavor.

Charcoal Face Masque

Activated charcoal deep cleans and pulls the impurities out of your skin, and also moisturizes to avoid destruction of the skin's protective lipid barrier. Charcoal can absorb 100 to 200 times its weight in impurities, making it an excellent natural ingredient to help purify and deep-clean skin. Activated charcoal draws bacteria, poisons, chemicals, dirt and other micro-particles to the surface of skin, helping you to achieve a flawless complexion and fight acne. Charcoal is not metabolized or absorbed by the body. It draws out oil, dirt and other harmful substances from clogged pores.

Rhassoul Clay is found in Morocco and is extraordinarily rich in minerals. It is unmatched in its ability to absorb impurities from the skin. It detoxifies, reduces dryness, improves skin clarity and elasticity and helps to unblock pores.

Turmeric is an excellent exfoliating agent. It also reduces inflammation, reduces oil secretion, helps reduce fine lines and wrinkles, is antiseptic and antibacterial, so it also helps with acne.

Willow Bark contains salicylic acid, a Beta Hydroxy Acid that is a natural exfoliant. It is anti-inflammatory, anti-aging and helps smooth fine lines and wrinkles.

Ingredients: hamamelis virginiana (witch hazel) distillate, aloe vera gel, distilled water (aqua), lactic acid, glycerin, rhassoul clay, glycolic acid, turmeric, activated charcoal, Salix alba (white willow) bark powder, dl-panthenol, ground calendula officinalis flower, lactobacillus/kelp ferment filtrate, glycerol, sodium pca, magnesium ascorbyl phosphate, hydrolyzed collagen, hyaluronic acid, carnosine (L-), frankincense (boswellia serrata) extract, niacinamide, acetyl glucosamine, centella asiatica extract, betula alba bark extract, epigallocatechin gallate, green tea, camellia sinensis leaf extract, glutathione, thioredoxin, citric acid, sh-Oligopeptide-1, EGF, phenoxyethanol (and) caprylyl glycol (and) sorbic acid, propylene glycol (and) diazolidinyl urea (and) iodopropynyl butylcarbamate.

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Judy's "Okie" Foot Scrub

My neighbor, Judy, and I love to garden and run around barefoot while we prune, plant and weed. As a result, we sometimes experience dry, cracked heels. This salt scrub is perfect for those times when you don't get a pedicure but want to make your feet nice and smooth again. It can also be used on elbows or knees. A little goes a long way. I use about half a teaspoon for each foot. Soak feet in warm water, pat dry, massage foot scrub into feet, rinse, apply body oil or lotion of your choice.

Ingredients: Salts, Vitis vinifera (Grape) Seed Oil, Cocos Nucifera (Fractionated Coconut) Oil, Cannabis Sativa (Hemp) Seed Oil, Limnanthes Alba (Meadowfoam) Seed Oil, Cucurbita Pepo (Pumpkin) Seed Oil, Helianthus Annuus (Sunflower) Seed Oil, Oryza Sativa (Rice Bran) Oil, Argania Spinsosa (Argan) Oil, Perilla Ocymoides (Perilla) Seed Oil, Salvia Hispanica (Chia) Seed Oil. Essential Oils or Scented Oils as requested.

John's "Rustic" Bar Soap

These face and body bar soaps are made with wonderful, rich oils that make your skin feel soft and smooth. They are natural soaps made the old fashioned way, with no synthetic detergents and surfactants that are contained in commercial "store-bought" soap. Real soap is made with lye (sodium hydroxide) and when the soap-making process is done, the lye is gone and what's left are oils and glycerin - excellent ingredients to cleanse your skin and to keep it healthy.

Ingredients: Persea Gratissima (Avocado) Oil, Oryza Sativa (Rice Bran) Oil, Cocos Nucifera (Coconut) Oil, Olea Europaea (Olive) Oil, Limnanthes Alba (Meadowfoam) Seed Oil, Cannabis Sativa (Hemp) Seed Oil, Sesamum Indicum (Sesame) Seed Oil, Corylus Americana (Hazelnut) Seed Oil, Prunus amygdalus dulcis (Sweet Almond) Oil, Ricinus Communis (Castor) Oil, Simmondsia Chinesis (Jojoba) Oil, Salvia Hispanica (Chia) Seed Oil, Assorted Flower Petals, Essential Oils.

Barb's Skin Toner (alcohol free)

This toner can be used by all skin types and can provide additional moisture for sensitive skin. It is used after cleansing the skin to remove excess oil and makeup, shrinks the appearance of pores, is hydrating and anti-inflammatory.

When preparing your face for a chemical peel, you need to get all the residual oils off your face after cleansing. Some people use rubbing alcohol. I do not recommend this because it is highly irritating, harms the skin's protective barrier, triggers free-radical damage and makes oily skin and redness worse. I recommend an alcohol-free Witch Hazel because it eliminates oils, is anti-inflammatory and does not harm your skin.

Ingredients: Aloe Barbadensis (Aloe Vera Juice), Hamamelis Virginiana (Witch Hazel), Floral Hydrosol, Distilled Water, Glycerin, Sea Kelp Bioferment, Niacinamide, Sodium Lactate, Panthenol, Potassium Sorbate, Ascorbic Acid, Leuconostoc (Radis Root Ferment Filtrate), Propylene Glycol (and) Diazolidinyl Urea (and) Iodopropynyl Butylcarbamate.

Christa's Scented Bath Salts

Add these salts to your bath and soak! These salts are made of a special blend to help sore muscles and dry skin.

Ingredients: Sodium chloride, Magnesium, Potassium, Calcium chloride, Bromides, Epsom Salt, Pacific Sea Salt, Utah Salt, Unrefined, Himalayan Pink Salt, Dendritic Salt, Celtic Sea Salt, Colloidal Oatmeal, Buttermilk Powder, Jojoba Beads, Lemon Peel Powder, Demerara Sugar, Vanilla Powder, Panthenol DL, Sumac Berry Powder, Frankincense Powder, Essential Oil Blend - Tangerine, Lemon, Sweet Orange and Lavender.

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Brushes for Chemical Peel, Makeup, Etc.

I have a variety of brushes that can be used for performing the chemical peel or applying makeup.

Fan Brush	Taklon	7.1 inch
Angled Blush Brush 1	Goat Hair, Aluminum, Wood	7.25 inches
Blush Brush 1	Taklon, Aluminum, Bamboo	6.5 inch
Angled Blending Brush	Nylon, Aluminum, Wood	6.5 inch
Angled Blush Brush 2	Goat Hair, Aluminum, Bamboo	6.75 inch
Blush Brush 2	Nylon, Aluminum	5.75 inch
Tapered Blush Brush	Pony and Sable Hair Aluminum, Wood	5.75 inch



Fan Brush



Angled Blush Brush 1



Blush Brush 1



Angled Blending Brush



Angled Blush Brush 2



Blush Brush 2



Tapered Blush Brush