



NATUROPATHIC BEAUTY'S BEST ANTI-AGING SERUM EVER!

So many anti-aging serums out there are extremely over-priced and the quality and quantity of beneficial ingredients is questionable. That is why I was determined to make my own skin serum.

After tons of research and experimentation I have come up with an anti-aging serum that is incredibly nourishing, plumping and will leave your skin clear and smooth.

I am so happy to share this recipe with you.

Ingredient #1: Aloe Vera gel

1. Aloe Vera gel is a natural humectant, moisturizer and it also prevents and treats hyper-pigmentation and the signs of aging.
2. Using Aloe Vera gel directly from the plant is best, but if that is not possible find the most natural Aloe Vera gel available. I use one from Lily of the Desert.
3. Put a dime-sized amount in the palm of your hand.

Ingredient #2: Beauty oil (Argan oil / Jojoba oil / Rosehip oil)

1. Natural beauty oils are incredibly nourishing and moisturizing for the skin. They provide the skin with an abundance of essential vitamins and fatty acids that contribute to the health and vitality of the skin.
2. Choose a beauty oil that works well for your skin. My preference is a mixture of argan oil and rosehip oil, but many people love using just a single oil. Try jojoba oil, argan oil, rosehip oil, or sea buckthorn oil. These oils tend to be light and do not clog the pores.
3. Add a dime-sized amount of your chosen beauty oil to your palm, along with the Aloe Vera gel.

Ingredient #3: Essential Oils

1. Essential oils penetrate deep into the dermal layer of the skin and are amazing at rejuvenating the skin.
2. You can choose to use a combination of essential oils or just a single essential oil.
3. My favorite essential oils to combat the signs of aging include Immortelle (Everlasting), Frankincense, Myrrh, Chamomile, Rose Otto, Neroli, Carrot Seed, Geranium, and Sandalwood).
4. Add 5 drops total of essential oil into your palm, along with the beauty oil and aloe vera gel. You can use either a single essential oil or a combination of oils listed above.

Mix Everything Together

Using the fingers of your opposite hand, mix all the ingredients in the palm of your hand together. This may take a few seconds, but you will end up with a light lotion. Apply this lotion to your face, neck and chest.

Using this beautiful serum on a regular basis will give you smooth, clear skin. It will nourish and repair your moisture barrier, plump and regenerate the dermal layer of your skin and reverse / prevent hyperpigmentation.

Best of all, it is pure, affordable and the best possible quality! Enjoy. xoxo

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