

DIY Skin Care Recipes & Remedies for Summer

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Content

Who doesn't enjoy skin care treatments, especially when they're all natural and you have the ability to make them yourself? In the [summer](#), skin is prone to a variety of changes. From sweat acne to sunburn and peeling, our poor flesh is put through the ringer. Here are five recipes you can make in your own home that can help you beat the heat and give you that summer glow!

- **Brown Sugar and Coconut Body Scrub**

- **What You'll Need:** 1 tbsp raw honey, 2 tbsp coconut oil, 1 cup of brown sugar, 1/2 cup of sea salt, 2 tbsp fresh lemon juice, 1 tbsp essential oil of your choosing.
- **How To:** Simply mix coconut oil, [brown sugar](#), honey, salt, lemon, and essential oil into a bowl until a paste is formed. Apply to damp skin to help get rid of dead skin cells before rinsing with warm water.

- **Turmeric Face Mask**

- **What You'll Need:** 1 tbsp organic Greek yogurt, 1 tsp of honey, 1/2 teaspoon of turmeric, 1 tsp of aloe.
- **How To:** Combine honey, [turmeric](#), yogurt, and aloe and mix. Apply for 10 minutes to get luminous skin!

- **Himalayan Salt Scrub**

- **What You'll Need:** 1/2 cup finely ground Himalayan pink salt, 1/4 cup coconut oil, (optional) 10 drops of geranium oil.
- **How To:** Mix [salt](#) and oil together in a glass jar or small bowl. Massage into skin in circular motions and let rest for a minute or two before rinsing with warm water. After you're done, splash your skin with cold water to seal your pores and voila!

- **Cold Cucumber Compress**

- **What You'll Need:** 2 thin 1/4 of 1/2 inch slices from the ends of a cucumber.
- **How To:** Place [cucumber](#) slices in the refrigerator for fifteen minutes (or freezer for five) to chill. Sit or lie down so that the area of skin for the compress will be parallel to the floor and cucumbers will stick. Place the cold cucumbers on the spot in need of nourishment and relax for fifteen minutes.

- **Rosemary Toner**

- **What You'll Need:** 3/4 cup water, 1 fresh rosemary sprig, 1 tbsp black peppercorns, 2 tbsp apple cider vinegar.
- **How To:** Boil 3/4 cup of water in a small pot. Drop in [rosemary](#) and black peppercorns and let half of the water evaporate. Once that happens, turn off the burner and let the mix cool. Once

cool, pour mixture into a bottle and add in apple cider vinegar. Dab mixture onto your skin with a cotton swab in the evenings.

The options seem endless when it comes to DIY treatments to pamper and protect our skin. For a festive bonus, you can even make extra goodies in decorative jars or bottles to give to loved ones as a gift. Have fun, be creative, and let your friends and family join in to have a spa day!