



# Naturally Simple:

## STREAMLINING SUMMER SKIN CARE

BY KRISTY DOUBET HAARE

Filled with simmering heat and blazing sunrays, the summer months are one of the most trying times to keep your skin protected, soft, and glowing. The raging temperatures, excessive humidity, or desert dryness can steal your natural radiance, leaving you with dull, oily, blemished skin. The change from dry to humid weather often aggregates dryness and increases the activity of the sebaceous glands that produce oil. Additionally, seasonal heat enlarges your pores, increasing the chances for oil, dirt, and bacteria to become trapped. Summer can undoubtedly affect the appearance and health of your skin, but there are many things you can do to hold on to your glow. And exclusive, overpriced skin-care products need not be one of them. Instead, turn to these savvy techniques and tips to simplify your summer skin care.

### *Rethink Makeup*

Humidity and heat suppress the ability of the skin to breathe; meaning hot temperatures and thick foundation can quickly clog pores and create a happy abode for bacteria. To help you rethink makeup in the summertime, wear a powder foundation instead of liquid and try swapping lipstick for tinted lip balm. You could try a tinted moisturizer and skip foundation altogether or look for breathable mineral-based makeup. And trade plumping lip gloss for a plumping lip scrub.

### *Don't forget to cleanse*

If you haven't made it a habit yet to cleanse your skin before going to sleep, start now. Wearing makeup to bed is one of the worst things you can do to your skin. If the act of washing your face doesn't always fit into your summer agenda, opt for recyclable makeup remover wipes. Or use a toner with a reusable cotton round to remove dirt and buildup from makeup, oil, and sweat. No matter your choice, you'll be doing your skin a big favor by allowing your pores to breathe at night.

### *Stay Hydrated*

This may go without saying, but staying hydrated is the key to protect our skin's natural glow. You see, water is an essential ingredient in healthy skin tissue. It keeps your skin soft, supple, and radiant while flushing toxins through sweat and urination. Without proper hydration your skin will show signs of dryness, appearing dull and lackluster. To stay hydrated this summer, drink at least 64 ounces of water a day. The easiest way to stay on top of hydrating is filling up a 32-ounce water bottle twice a day. Take it with you everywhere you go and you'll have no problem staying hydrated. If you struggle with the bland taste of water, add slices of lemon, strawberries, or a few mint leaves for natural flavor. Another option to stay hydrated is consuming foods with high water content, like watermelon, cucumber, tomatoes, or grapefruit.

### *Start Regularly Exfoliating*

Exfoliating is important for brighter, smoother skin no matter the season. The body sheds skin cells rapidly, and if you don't exfoliate, these dead cells can clog the pores, congest the skin, and result in an overall dullness. Simple ingredients from the kitchen, like coffee grounds and sugar, will help smooth skin and stimulate elastin production. ❧



## Simple Coffee Body Scrub

### YOU WILL NEED

- Bowl: small
- ¼ cup coconut oil
- 1 cup sugar
- 1 TB. used coffee grounds

### TO MAKE

In a small bowl, combine the coconut oil, sugar, and used coffee grounds until a soft scrub forms. To exfoliate and tighten apply to the skin in circular motions two to three times a week.

## Reconsider Your Moisturizer

Your body loses a lot of moisture during the summer months, often causing your skin to feel dehydrated and itchy. Moisturizing is an essential step in summer skin care, but when summer rolls in, it's time to ditch heavy face creams for a light non-greasy option, like this easy glow serum. It will hydrate and moisturize your skin in warm weather, and it's so simple to make.

## Easy Summer Glow Serum

### YOU WILL NEED

- 1.75 oz. jojoba oil
- 10 drops frankincense essential oil
- 10 drops lemongrass essential oil
- 10 drops lavender essential oil
- Glass bottle: 2-oz.

### TO MAKE

Add the jojoba oil, frankincense essential oil, lemongrass essential oil, and lavender essential oil to a 2-ounce glass bottle. Secure the lid, and gently swirl to blend the oils. To use, apply the facial serum with your fingertips working upward, toward your hairline. For an added benefit, massage the serum into your skin with a jade roller. ( See page 54).

Summer can bring with it skin problems ranging from oily T-zones to hairline blemishes. Use these summer skin-care tips to simplify your routine, keeping your skin clear and clean in the warmest months of the year.

*Kristy Doubet Haare is a bestselling author, photographer, and columnist for Willow and Sage. To learn more, visit [lifenreflection.com](http://lifenreflection.com), a hands-on resource for natural living with creative ways to transform your everyday, and follow along on Pinterest and Instagram (@lifenreflection).*





# FROZEN CHAMOMILE

## Face Soother

As the summer months heat up, it's crucial to have a go-to treatment to balance your skin from sun exposure and impurities. From soothing sunburns and inflammation, to combating dryness and oily skin, ice cubes reap countless benefits when applied to your face. The cooling effect eases irritated skin and simply feels great when trying to beat the heat.

This frozen chamomile face soother couldn't be easier to make. All you need is hot water, organic chamomile flowers, and some sort of mold; a regular ice cube tray works well. The chamomile flowers steep in hot water before being poured into the mold and freezing — that's it! Chamomile contains anti-inflammatory benefits which help to soothe your skin and reduce redness and blemishes. Due to its antioxidant properties, it also lightens dark circles and helps your skin glow. The next time your skin feels rundown, treat yourself to an ice cube facial.

### *You Will Need*

- ◆ 1½ cups hot water
- ◆ Glass measuring cup
- ◆ 2 TB. dried organic chamomile flowers
- ◆ Mold

### *To Make*

Pour the hot water into a glass measuring cup. Add the chamomile flowers, and let steep for 30 minutes. Once the mixture is cool enough, pour it into the mold. Place the mold in the freezer until frozen. Either leave the ice cubes in the mold until ready to use, or pop them out of the mold and place them in a freezer-friendly container. To use, rub one ice cube on your face and neck. Dry your face and apply moisturizer.



# Aloe Vera

## SUNBURN SOOTHER

BY KARI PETERS



Whenever I've ended up getting a bit too much sun, aloe vera is always my go-to. It's refreshing and hydrating, not to mention it has wonderful properties to help restore your skin. A few years ago, I also discovered the soothing nature of witch hazel on sunburns, and I knew I had to combine these two together. The witch hazel thins out the aloe vera gel so it goes on easily, and I have to say the two ingredients together are exceptionally soothing.

### *You Will Need*

- ◆ 2 TB. aloe vera gel
- ◆ 1 TB. witch hazel

### *To Make*

Mix together the aloe vera gel and witch hazel. Apply the mixture to the sunburned area, and let it dry. Continue to apply the mixture every few hours for relief until the sunburn lessens.

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# COOLING LEG MASK FOR *Summer Days*

BY JESSICA HEALEY

I find myself poolside as much as possible during summer. Naturally, this often leads to dry legs, so this recipe was born out of the need to kick dry summer legs to the curb. When it's hot outside, there's nothing like a long dip in the pool or ocean to cool off, but the high concentration of chlorine in swimming pools and salt in the ocean can leave my legs dry and scaly. This cooling soft leg mask is exactly what I needed in my life.

This recipe is such a simple beauty hack, and it's easy to show your legs some love with these ingredients to even your skin tone, gently exfoliate, remove dead skin cells, and moisturize for a softness you can feel. Like many masks, this one starts with French green clay because it is the powerhouse of the clay world, containing magnesium, iron, silica, calcium, and sodium. Matcha powder is high in antioxidant levels and reduces inflammation, while Dead Sea salt was a no-brainer for gentle exfoliation and peppermint leaf for cooling. 🌿

## *You Will Need*

- 🌿 ½ cup French green clay
- 🌿 1 tsp. matcha powder
- 🌿 4 TB. Dead Sea salt
- 🌿 1 TB. dried peppermint leaf
- 🌿 Glass bowl: small
- 🌿 4 tsp. vegetable glycerin
- 🌿 8 drops lemon essential oil/1 TB. lemon juice
- 🌿 8 drops peppermint essential oil
- 🌿 Airtight jar



## To Make

Mix together the French green clay, matcha powder, Dead Sea salt, and dried peppermint leaf in a small glass bowl. Add the vegetable glycerin, and stir to combine. Add the lemon essential oil or lemon juice to brighten skin tone and help reduce sun spots caused by UV damage. Top it off with the peppermint essential oil. Store the mask in an airtight jar, and use within a week or so.

To use, start with clean skin. Combine half of the recipe with a small amount of water 1 teaspoon at a time, and stir until you reach a thick, spreadable paste. Apply the dark-green paste to your legs. Wash off the leg mask when the paste turns to light green and feels tight. To exfoliate, gently scrub the mask into your skin with a sea sponge, working in a circular motion, and thoroughly rinse. Apply moisturizer to your legs.

*Jessica Healey is the mastermind behind the blog [Scratch Mommy](http://Scratch Mommy.com). For more recipes, visit [scratchmommy.com](http://scratchmommy.com). To purchase raw ingredients and handcrafted skin-care goods, visit [pronounceskincare.com](http://pronounceskincare.com).*

