



Beauty Inspiration from
Integrative Nutrition

Daily Beauty Serum

This is a fast, natural, and affordable at-home facial. Helichrysum is the standout oil. Its name comes from the Greek meaning “gold of the sun.” It’s widely known for supporting skin repair and is considered one of the most powerful anti-aging essential oils available.

The Serum

1 oz dark glass bottle with a lid, stopper, or dropper

7/8 oz apricot kernel oil or carrot seed oil (this is your carrier oil)

1 drop each of frankincense, pink grapefruit, helichrysum, and vetiver essential oils, and 2 drops lavender essential oil

Place the drops of essential oil at the bottom of your bottle. Fill the remaining space with your carrier oil and shake (make sure you shake the bottle every time you use it). Gently blend two drops at a time over your face. Once applied, allow to absorb for about five minutes. Then apply your regular moisturizer and sunblock. Storage: 1 year if refrigerated.

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First Aid: If you get essential oils in your eye(s), immediately flush the eye(s) with milk until the burning stops. At that point, you can flush the eyes with fresh water to remove the milk. Seek medical if needed. Warning: Never ingest any essential oil.

If you spill an essential oil, put a few drops of carrier oil on top of it and wipe it up. It will not clean up with water.

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