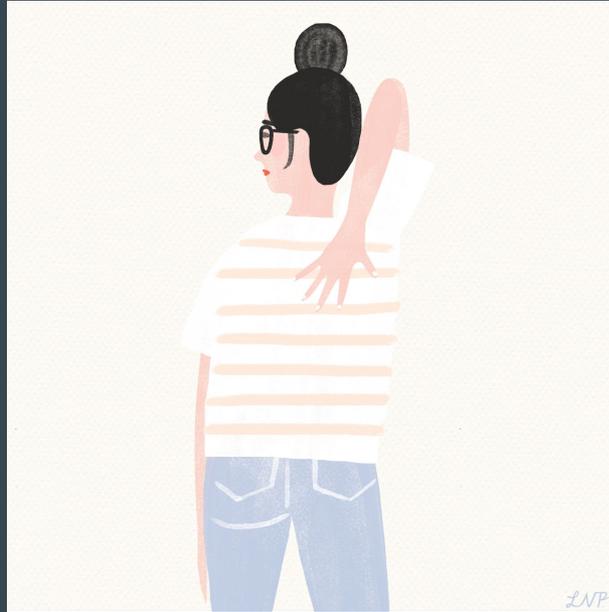


SELF CARE FOR THE SKIN

Making Your Own Healing Oils



Animation by the amazing Libby VanderPloeg

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Foundations + Ritual + Practice = Resilience



We cannot avoid suffering, but self-care is a way to strengthen ourselves, build resilience, and solidify our inner core, so that we can deal with the bad stuff when it comes at us.

Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.

—Audre Lorde, A Burst of Light (1988)

What We're Learning Tonight

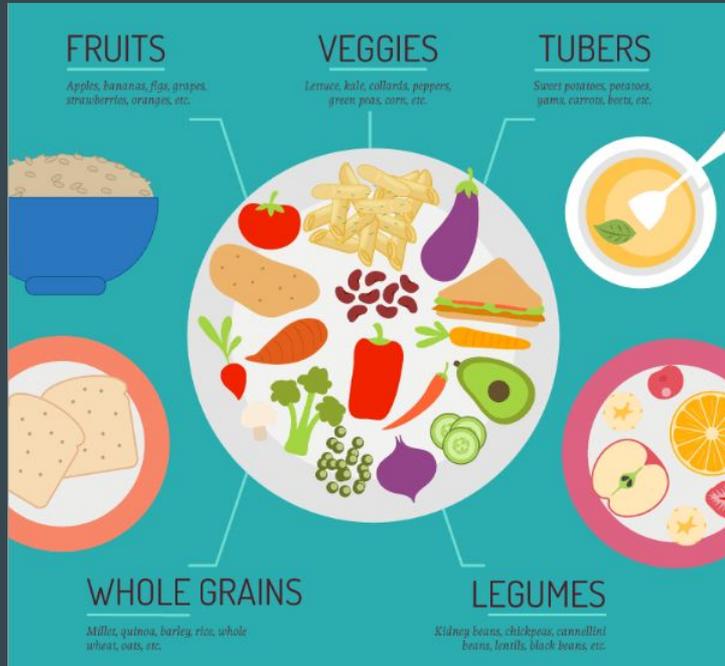
PART I :: FOUNDATIONS

1. **HERB INFUSED OILS**
Using herbs to balance hormones, improve skin - we'll make our own to take home
2. **ESSENTIAL OILS**
Safety, use, recipes for aromatherapy

PART II :: RITUALS

1. **DAILY RITUALS**
Using herbal oils to energize the skin and create rituals of care
2. **MEND ME MINUTES**
I'll share my basic ritual of massage, stretching, meditation
3. **MINDFULNESS POW-WOW**
We'll have the last few minutes or so to connect, ask questions and reflect

Foundation for healthy skin #1 - Food



1. **EAT PLANTS**
fruits, vegetables, tubers, whole grains, legumes
2. **HEALTHY FATS ARE GOOD**
shiny hair, glowing skin, digestion
avocado, coconut, fish (omega 3s), olive oil
3. **EAT FERMENTED FOOD**
enzymes, b-vitamins, Omega-3 fatty acids, probiotics
kimchi, kombucha, tempeh, miso, natto, yogurt
4. **BE YOUR OWN KITCHEN PHYSICIAN**
maintain health + fix common maladies with food

Foundation #2 Herbs

Target imbalances + Balance hormones
(sleep, thyroid, skin irruptions, digestion)

1. Inside
2. Outside

Herbs

1. INSIDE

3 ways to use -

TEA or INFUSION

Teas and infusions are made by steeping flower & leaf herbs in a covered vessel of hot freshly boiled water. So easy!

For hard, woody herbs, a *decoction* is made by a prolonged cooking method resulting in what the Chinese call a tang or "soup." Heavier substances, including hard roots, branches and minerals are boiled (decocted) specifically to extract their deeper constituents.

POWDERS + PILLS

Powders are either made into a paste and mixed with water to make a tonic/tea; or put into pill capsules to consume. Pills are the least effective way to take herbs as they are harder to assimilate – best for bitter herbs.

TINCTURE

Soaking an herb in alcohol, vinegar, or glycerine yields extracts and this method is called "simpling." They're easy to make and to take!

Herbs

2. OUTSIDE

Infuse oils with herbs to create healing skin tonics, moisturize, reduce acne, scarring and age damage

Laena's Acne + Acne Scar Remedy:

Preparation: Make (or buy) a cleansing oil: 1 part castor oil to 3 parts carrier oil like sunflower -- infuse calendula flowers + witch hazel leaves in the oil for 2 weeks. Strain and use. [You can buy it on my website if you don't feel like making it].

Make or buy apple cider vinegar toner: 1 part apple cider vinegar to 4 parts water.

- A) Massage your face with the oil, which removes dead skin, reduces the production of acne-causing sebum, cures inflammation related to it, and keeps the acne-prone skin sufficiently moisturized (key to oil control)
- B) DIY sink facial: remove the oil with a steamy washcloth by soaking it in hot water, then hold it over face for a minute to steam open pores, then gently wipe clean; repeat this a few times (soak in hot water, steam face, wipe face)
- C) Finish by dabbing face with apple cider vinegar toner to balance the skin's pH and reduce inflammation.

My clients are usually acne free with major scar reduction in 6-weeks with this regimen.

cleaning up cleaning up

Cosmetics are not regulated in the US

European Union bans 1,300 ingredients from cosmetics :: USA bans only 11

Many “organic” products actually contain as little as 10% organic ingredients

Our skin is our body’s largest organ, and whatever we put on our skin is entering our bloodstream

Our skin absorbs 60% of any topical product we use

The average woman in America wears nearly 520 chemicals a day

You can clean up your beauty routine

LESS IS MORE :: less mess, less toxins leave more room for the good stuff in your life

Gameplan: buy toxin-free makeup, use a simple shampoo like Aubrey Organics, soaps like Dr. Bronner’s, use natural food grade oils and herb infused ACV toner to clean and moisturize.

Foundation #3 Aromatherapy

relieve stress, ease pain, relax

ESSENTIAL OILS

Essential oils are organic compounds extracted from plants using steam distillation.

Using essential oils for healing purposes is often called aromatherapy, a holistic treatment seeking to improve physical, mental and emotional health.

For over 5,000 years, many different cultures have used these healing plant oils for a variety of health conditions. They are often used for relaxation, beauty care, home cleaning and most often used as natural medicine.

Just adding some of the most common essential oils like lavender, frankincense, lemon, peppermint and tea tree oil to your natural medicine cabinet can:

- Fight cold and flu symptoms
- Relax and soothe sore muscles
- Heal skin conditions
- Alleviate pain
- Balance hormones
- Improve digestion
- Reduce cellulite and wrinkles
- Clean your home

Warning: Source is #1 essential
if they're cheap, they're fake >>>>
65 pounds of rose petals = 1 single 15ml bottle
of rose essential oils!
 $\frac{1}{4}$ OZ = \$112
(if it's \$12, it's counterfeit)

Best uses:

- Mood boosters
- Relaxation and sleep

Bug repellent

- Have kids? Tea tree oil = effective lice repellent
- LIKE TO HIKE OR BE OUTSIDE? Tick repellent = Tea tree oil + eucalyptus + lemon

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ESSENTIAL OIL BLENDS

for Aromatherapy Roll-ons

HELLONATURAL.CO



7 drops
Roman Chamomile

5 drops lavender

= GOOD NIGHT
SLEEP TIGHT



2 drops
Ginger

1 drop
Black Pepper

4 drops
Peppermint

5 drops
Eucalyptus

= SORE
MUSCLES
BLEND



6 drops
Clary Sage

4 drops
Lavender

2 drops
Lemon

= STRESS
BLEND



4 drops
peppermint

2 drops
frankincense

4 drops
lemon

= WAKE-ME-UP



6 drops
Rosemary

4 drops
lemon

2 drops
Peppermint

= CONCENTRATIO



8 drops
Orange

2 drops
Ylang ylang

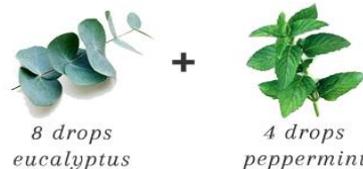
= WINTER
BLUES



8 drops
Sandalwood

2 drops
Jasmine

= APHRODISIAC
BLEND



8 drops
eucalyptus

4 drops
peppermint

= HEADCASE
& SINUS
RELIEF



5 drops
peppermint

4 drops
cypress

3 drops
lavender

= CRAMP
RELIEF



6 drops
lavender

6 drops
tea tree

= MINOR
BOO BOOS

Making Our Own

1. THE SKINNY

WHAT THEY ARE AND HOW WE USE THEM

- A great way to preserve the medicinal properties of herbs and plants
- A concentrated natural remedy
- Use on its own for face, hair or body or as a base for massage oils, salves, lip balms, facial serums, hair treatments, body creams, and soaps

WHAT YOU NEED TO GET STARTED

1. Pick a carrier or base oil: jojoba, sunflower, argan, or almond are the best as they are medium to light bodied and absorbent, and they have a long shelf life
2. Pick the herbs of your choice. My favorite? Arnica flowers (external use only), Calendula flowers, Cayenne peppers, Cedar leaf, Chamomile flowers, Chickweed, Comfrey root and leaf, Goldenseal leaf, Lavender flowers, Lemon balm, Marshmallow leaf or root, Mullein flowers, Oregon grape root, Peppermint leaf, Plantain leaf, Poke root, Rosemary leaf, St. John's Wort, Thyme leaf, Yarrow leaf and flower

Making Our Own

1. THE RECIPE

THE “FOLK” OR “SIMPLER’S” METHOD

1. Use dried herbs. If using fresh herbs, wilt them first for 12 hours to remove the moisture (too much water will cause your oil to go rancid), cut into small pieces, and crush with hands or a mortar and pestle before adding to the jar.
2. Place herbs in a clean, dry half-pint, pint, or quart glass jar. Fill $\frac{3}{4}$ of the jar.
3. Fill remaining space in jar with oil of choice, making sure to cover herbs by at least 1 inch. If your herbs soak up all of the oil, then pour more oil on top to ensure the herbs are well covered.
4. Stir well and cap jar tightly.
5. Place jar in a warm location (windowsill or a warm shelf) and shake once or more per day.
6. After 4 weeks, strain the herbs out of the oil using cheesecloth or a mesh strainer. Make sure and squeeze out every precious drop of oil!
7. Pour into glass bottles and store in a cool dark place. The oil should keep for at least a year. A few drops of Vitamin E Oil or Rosemary Antioxidant may also be added to prolong shelf life.

Part II :: Daily Rituals

TO FEEL GOOD AND FORTIFY YOUR INNER + OUTER SELF

- Yoga asana (including digestive series, sun salutes, restorative sequences or other practices)
- Stretching
- Self massage and oiling (whole body or just a focus area)
- Exercise/Activity
- Communing with nature (like, sitting outside on your stoop while drinking tea, listening to the birds)
- Journaling
- Taking daily herbs
- Meditating
- Visioning
- Praying
- Reading that builds awareness of self
- Pranayama (controlled breathing)
- Upashaya (drinking hot water with lemon and honey)
- Sipping on herbal tea
- Chanting
- Gratitude exercises
- Listening to guided meditation
- Sitting in silence and reflecting

Laena's Self-Care Rituals

Morning

- 13-minute yoga detox sequence (interrupted by toddler climbing on my back)
- Make a green drink
- Drink an ACV digestive
- Drink a coffee with coconut oil
- Spend 10 minutes journaling – daily aspirations and reflection

All the time

- 5-minute meditation “I breathe in, I breathe out”

Before Bed

- Self massage and oiling with my herbal-infused oils (whole body or just a focus area)
- Gratitude exercises
- Listening to guided meditation
- Sitting in silence and reflecting

15 Mend Me Minutes

5 minutes of self massage

feels good, boosts circulation, relaxes, eases stress and anxiety

5 minutes of stretching

Feels good, boosts circulation, strengthens, raises heart rate, relaxes, eases stress /anxiety

5 minutes of meditation

Retain brain-function/focus, build inner strength, ease stress +anxiety, be resilient