
The **ULTIMATE ALL-NATURAL**

SKIN CARE GUIDE

5 STEPS TO PERFECT SKIN, PLUS TONS OF FREE RECIPES!



lalune
naturals

5 Simple Steps to Perfect Skin

Skin care can seem complicated & overwhelming. Here are **5 SIMPLE STEPS TO PERFECT, HEALTHY SKIN**, recommended by Dermatologists!

Action	What results will I see?	Special Instructions
<p>1. CLEANSE & EXFOLIATE A gentle, water-soluble cleanser removes debris, oil, and makeup. Exfoliants (such as a konjac sponge) gently remove built-up dead skin cells, revealing new skin.</p>	<p>Overnight your skin will look radiant, smoother, and younger! Daily exfoliation will unclog pores, reduce redness, blackheads and breakouts, diminish wrinkles, build collagen, and improve uneven skin tone.</p>	<p>✔ SKIN CARE TIP Try using La Lune Naturals Konjac Sponge to gently exfoliate your skin. Using our Konjac Sponge helps prevent blackheads & will pH balance your skin.</p>
<p>2. TONE Toners smooth, soften, and calm skin, while removing the last traces of makeup. They also add vital skin-repairing ingredients after cleansing.</p>	<p>Daily use will give your skin what it needs to function in a younger, healthier way.</p>	<p>✔ SKIN CARE TIP Use La Lune Naturals Seaweed Powder to create a mask to reduce redness and dry patches in your skin.</p>
<p>3. SERUM Serums are applied under moisturizer and should be paired with a complimentary facial moisturizer.</p>	<p>Immediately, your skin will feel smoother and look radiant. With twice-daily use, signs of damage will fade and your skin will look and behave healthier and younger.</p>	<p>✔ SKIN CARE TIP La Lune Naturals Bentonite Clay mask is proven to reduce the appearance of wrinkles and create healthier and younger looking skin.</p>
<p>4. MOISTURIZE All skin types will benefit from our moisturizers with an SPF of 15 or higher.</p>	<p>Protecting your skin from further sun damage allows it to generate younger, healthier skin cells. This is the critical step to having radiant skin. You will see fewer signs of aging!</p>	<p>✔ SKIN CARE TIP Mix La Lune Naturals Zinc Oxide powder with your favorite moisturizer provide an all-natural chemical free sunscreen!</p>
<p>5. MASK A good mask is truly a workhorse of any good skin care routine. They support and enhance the goals you are trying to achieve as well as the right mask will keep your pores clean.</p>	<p>Results depend on the targeted product you choose. For example, our Indian Healing Clay fights wrinkles and rejuvenates your skin the natural way.</p>	<p>✔ SKIN CARE TIP La Lune Naturals has everything you need for a variety of amazing skin care masks. Our all natural Seaweed Powder, Bentonite Clay and Peppermint Oil are must have starters in your mask routine. READ ON FOR OUR EXCLUSIVE RECIPES!</p>

Order our products online at: www.amazon.com/shops/lalunenaturals

Peppermint and Indian Clay Acne Mask

Combining the detoxifying effects of Indian Healing Clay and the oil eliminating properties of peppermint oil creates a powerful acne treatment!

Ingredients

2 scoops La Lune Naturals Indian Healing Clay
2 Tbsp Water
1-2 Drops La Lune Naturals Peppermint Oil

Directions

1. Mix together clay and water until it reaches a creamy consistency.
2. Add 1-2 drops of Peppermint oil
3. Apply to skin for 20-30 minutes, or until dry. Shorten time for sensitive skin.



Seaweed & Greek Yogurt Anti Aging Mask



TIP: Try using La Lune Naturals Konjac Sponge to gently exfoliate your skin. Using our Konjac Sponge helps prevent blackheads & will pH balance your skin.

La Lune Naturals Seaweed Powder is a fabulous natural product for your face! It helps with exfoliation, opens clogged pores and removes toxins from your skin. Want that dewy glow to your skin? Seaweed Powder contains high traces of key vitamins and minerals that nourish your skin.

Ingredients

3 tablespoon greek yogurt
1 teaspoon La Lune Naturals Seaweed Powder
1 teaspoon honey

Directions

1. Place 3 tablespoons of plain greek yogurt into a small dish. Add powdered Kelp, stir well.
2. Add honey and stir until all ingredients are blended into a smooth consistency.
3. Cleanse face, apply mask all over face, neck and shoulder area. Massage lightly.
4. Leave on for about 5 to 10 minutes. Remove with a warm washcloth. Use a toner on a cotton ball for complete removal. Apply moisturizer as usual.

Peppermint Seaweed Cellulite Scrub

The anti-inflammatory and tightening properties of peppermint oil make it a natural fit for the perfect cellulite scrub! In addition, seaweed stimulates circulation and flushes toxins, which helps to reduce the appearance of cellulite. Use powdered seaweed for this make-at-home body scrub.

Ingredients

3 tbsp La Lune Naturals Seaweed Powder
3-4 drops of La Lune Naturals Peppermint Oil
1/4 cup sea salt
1/4 cup olive oil

Directions

Mix ingredients together and store in a mason jar. Massage onto cellulite before showering once daily. After showering, apply moisturizer.



Super Easy DIY Sunscreen



Making your own sunscreen doesn't have to be hard! This easy DIY sunscreen recipe can be made with your favorite lotion. Just remember, thorough mixing is essential to ensure that all the lotion gets sun-protective benefits.

Ingredients

2 oz La Lune Naturals Zinc Oxide Powder
8 oz lotion

Directions

1. Put on protective gloves and mask to avoid inhaling the zinc oxide powder.
2. Measure 8 oz. of lotion into your bowl.
3. Measure zinc oxide. For an SPF of 12 to 19, measure out 1.2 to 1.5 oz. of zinc oxide. For an SPF higher than 20, measure out 2 oz. of zinc oxide.
4. Add the zinc oxide to the lotion in the bowl. Use a spoon or a hand mixer to thoroughly incorporate the zinc oxide into the lotion.

Seaweed Wrap for Cellulite

Seaweed wraps are often used as expensive detoxifications and cellulite wraps in spas. But with La Lune Naturals, you can do a simple wrap at home, get the same results—but at a fraction of the price!

Ingredients

- 1/2 Cup La Lune Naturals Seaweed Powder
- 3-4 Tablespoons of Your Favorite Oil
- 2-4 Peppermint Essential Oil
- Warm Water
- Plastic Wrap
- Towels
- A shower curtain (Optional)

Directions

Mix together La Lune Naturals Seaweed Powder, Peppermint oil and water until your desired consistency. It should be mud like, but not watery. After mixing, you can add the essential oil if you would like.

Standing in the shower or over a towel will help avoid making a mess. Apply mixture to your entire body, from the waist down. Once applied, you can wrap areas of your skin with plastic wrap. Having someone help with this will make it easier, especially for the torso.

Once wrapped, lie down on a towel and apply another towel over the top of you to keep warm. If you have a blanket you don't care much about, feel free to get under the covers to encourage sweating. Sweating can help further detoxify your skin.

After 20 to 30 minutes, remove wrap and take a warm shower to rinse off any residue from the seaweed mud mixture.



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Peppermint and Zinc Oxide Acne Cream

Zinc oxide and peppermint oil are a powerful duo when it comes to acne. Use this a spot treatment for problem skin areas.

Ingredients

1-2 Scoops of La Lune Naturals Zinc Oxide Powder
1-2 Tablespoons of Aloe Vera gel
1-2 drops of La Lune Naturals Peppermint oil

Directions

Mix together zinc oxide powder and aloe vera gel until it reaches a creamy consistency.

Add 1-2 drops of peppermint oil. Apply to problem areas on skin.



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Peppermint Clay Insect Bite Treatment



Also good for abrasions, skin irritations, bruises, sprains, diaper rash, acne, and fungus.

Ingredients

La Lune Naturals Indian Healing Clay
1-2 drops La Lune Naturals Peppermint Essential Oil
Distilled Water

Directions

1. Make a thick paste of clay and distilled water. Add a few drops of peppermint oil.
2. Apply to skin. Re-apply as needed.

Peppermint Foot Facial

Create your own spa treatment at home with this refreshing foot facial. Peppermint adds a tingling sensation that will help you relax and enjoy.

Ingredients

La Lune Naturals Indian Healing Clay
Pau d'Arco Tea
La Lune Naturals Peppermint Oil

Directions

1. Mix equal parts of Indian Healing Clay with brewed Pau d'Arco Tea and 5 drops of Peppermint Oil.
2. Apply to feet, especially in between the toes, let dry 30 minutes
3. Rinse well in warm water.

You can substitute green tea for the ingredients listed above.



Thank You

For trying our recipes!

Questions or comments?

Contact us at leah@lalunenaturals.com
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