

Foaming Facial Cleanser With Essential Oils And Honey

If you're looking for a gentle face wash that doubles as a makeup remover, I've got you covered! My all-natural Foaming Facial Cleanser With Essential Oils gets your skin clean without any harsh chemicals. This DIY is a fantastic option for those who have sensitive skin.

Many people prefer using a foaming cleanser because it lathers better than a lotion or cream. Foaming cleansers usually contain multiple toxins, but this one has lots of bubbles and no harmful ingredients. I know you're going to love it as much as I do!

Table of Contents

1. The Best Essential Oils For Skin Care
2. The Toxin Responsible for Creating Foam
3. Create An Amazing Skincare Routine In 3 Steps
4. Foaming Facial Cleanser With Essential Oils
5. Cut-Out Recipe Card

The Best Essential Oils For Skin Care



You'll notice that this recipe uses essential oils to treat several skin issues. Essential oils are a toxin-free way to get to the root of a problem! They are powerful, and many members of our Natural Living Family have seen miraculous results by incorporating them in skincare. When considering what essential oils to add to this recipe, don't forget that maximum benefits begin with a carrier oil!



Using a carrier oil is vital in recipes because it helps the essential oils disperse evenly. This means that your system has time to process the EOs, and they're less likely to cause a skin reaction. In addition, carrier oils help EOs to stretch further. In this DIY, we use [jojoba oil](#).

Jojoba is one of the best carrier oils for anti-aging, restorative effects. In a 2013 review, researchers summarized that "jojoba has anti-inflammatory effects and it can be used on a variety of skin conditions including skin infections, skin aging, as well as wound healing."

You can try any combination of essential oils to suit your personalized needs. Here are a few options.

- **Tea Tree:** Great for blemish control
- **Geranium:** A good choice for sensitive skin
- **Helichrysum:** Can help repair skin damage
- **Neroli:** An excellent addition for women in the menopause season of life
- **Lavender:** Soothing to the skin, especially on sunburns, minor cuts, etc.
- **Rosemary:** Anti-septic, can help clear skin infection

- **Ylang Ylang:** Very calming, can protect against bacteria
- **Frankincense:** One of the best skin EOs. It has terrific healing properties.

Note: Be sure to respect dermal recommendations! Some essential oils, like ylang ylang, may require less than 1% to be used to avoid skin complications. Experiment with your favorite fragrances and blends to create a one-of-a-kind essential oil application with an anti-aging, pampering result.

The Toxin Responsible for Creating Foam

There's something satisfying about using a product that foams. Kids and adults alike find it fun, and it creates a rich lather that seeps into the skin. These mounds of foamy bubbles are created by a toxin called *sodium lauryl sulfate*, or SLS. SLS can cause severe eye infections and has been linked to blindness. If you've ever used face wash or shampoo, you know just how easy it is to get the product in your eyes!

These sulfates are added to products to help break up oil on the hair and skin, but they can weaken the epidermis, allowing more infections and bacteria to come in. These sulfates cause skin reactions ranging from mild spots to heavy eczema in many people. Most people would never guess that the product they use to cleanse their skin is actually making it worse!

Instead of turning to SLS for foam, you can use natural ingredients to create a rich lather. For example, [glycerine](#) is a plant-based substance that we employ in many DIYs, such as our Kids Body Wash. No worries if you don't want to add another ingredient to your cart! If you purchase a [foaming pump](#), you can turn almost any natural soap into foam. No toxins needed!

Create An Amazing Skincare Routine In 3 Steps

Creating a great skincare routine doesn't take much money or even time. All you need is a few minutes, and you've got a pattern that will nourish your skin from the inside out.

STEP ONE: CLEANSE YOUR SKIN

Cleaning the skin is essential because it helps purify your epidermis from a busy day. Our skin is exposed to pollution, toxins, and dirt daily. Clearing off this layer of gunk helps our skin to breathe! This DIY enables you to cleanse your skin in a way that won't strip it of its natural oils.

STEP TWO: USE A TONER

Using a toner on your face can help balance the skin's PH. Toners usually include a drying alcohol-based astringent, so I recommend using a little [Bragg's Apple Cider Vinegar](#) or [alcohol-free witch hazel](#) on a cotton round. Gently wipe over your skin and let air dry to tone your face. This can help tighten pores and keep dirt out.

STEP THREE: REPLENISH LOST MOISTURE

The last step of your skincare routine is to replace lost hydration with moisturizing. This is a fun step that can be as easy or complex as you like. For example, some people prefer using a little [coconut oil](#) to rehydrate their skin, while others prefer whipping up a batch of my Anti-Aging and Skin Healing Serum.

Remember, as with anything, the key to glowing skin is consistency! Great skin happens over time, and you don't need toxin-filled products to get it. Set your glass jar of foaming facial cleanser next to your bathroom sink to remind yourself to wash your face each morning and every night at bedtime to keep blemishes at bay. Once a week, you can follow up your daily face washing routine with my DIY Facial Mask.

Foaming Facial Cleanser With Essential Oils

This recipe comes together in minutes! If you can make a pitcher of tea, you can make this DIY. It's perfect for even the newest natural living guru. Skincare products have a shelf life, too! This DIY recipe will last about one month. Slight separation of the soap is normal; mix well before each use.

STEP ONE: ADD WATER

First, add filtered water to the jar to avoid suds from soap.





STEP TWO: ADD REMAINING INGREDIENTS

Add castile soap, jojoba oil, manuka honey, and essential oils. Slowly stir to mix. Put the lid on and shake slightly before using. To use, pump foaming cleanser on your hands, and rub on your damp face. Rinse well and enjoy your glowing skin!

References

<https://pubmed.ncbi.nlm.nih.gov/24442052/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3924999/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4651417/>
https://www.researchgate.net/publication/302244511_Sodium_Lauryl_Sulfate_Water_Soluble_Irritant_Dermatitis_Model



FOAMING FACIAL CLEANSER WITH ESSENTIAL OILS AND HONEY



Ingredients

- ✔ 1 cup distilled water
- ✔ ¼ Dr. Bronner's liquid castile soap
- ✔ 5 teaspoons jojoba oil
- ✔ 2 Tbls. of manuka honey
- ✔ 10 drops of tea tree oil
- ✔ 15 drops of lavender essential oil
- ✔ 10 drops of rosemary essential oil

Supplies:

- ✔ Glass foaming soap dispenser

Instructions

- First, add the filtered water to the jar to avoid soap suds.
- Add jojoba oil, honey, and essential oils.
- Slowly stir the facial cleanser, mixing everything together.
- Replace the foaming soap dispenser pump.
- Shake slightly before use.
- Pump foaming facial cleanser into hand and rub on damp face.
- Rinse and enjoy your clean skin!

Notes: Skin care products have a shelf life. This DIY recipe is recommended for one month. Slight separation of the soap is normal, mix well before each use.

Additional Resources

HEALING POWER OF ESSENTIAL OILS

Dr. Z's first book that became an instant bestseller. Now available in 9 languages across the globe, this national bestseller has been the #1 ranked, most read aromatherapy book since being published in 2018. Master the art and science of using essential oils safely & effectively with more 150+ science-backed recipes & natural remedies designed to help you experience the abundant life!

[Grab Your Copy Here](#)

THE ESSENTIAL OILS DIET

In their first co-authored book, Dr. Z & Mama Z tackle weight loss, food cravings and insulin sensitivity the aromatherapy way. Using essential oils while living a "fast food" lifestyle is like taking one step forward, but two steps back! This total body transformation program will teach you how to harness the proven power of essential oils, bioactive foods, exercise & detox strategies. Now is the time to regain control of your health & reach your health goals!

[Grab Your Copy Here](#)

THE ESSENTIAL OILS APOTHECARY

The latest installment in Dr. Z's & Mama Z's book series, get advanced strategies and protocols for the 25 most common, nagging chronic illnesses, including insomnia, libido, fibromyalgia, COPD, depression, diabetes, Alzheimer's, erectile dysfunction, arthritis, cancer and more. Learn how to finally combat the root causes of all disease: stress, anxiety, and systemic inflammation!

[Grab Your Copy Here](#)