

DIY GUIDE

The best of

pronounce

SKINCARE & HERBAL BOUTIQUE

...WITH INGREDIENTS YOU CAN PRONOUNCE!

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page numbers!*

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HELLO, FRIEND!

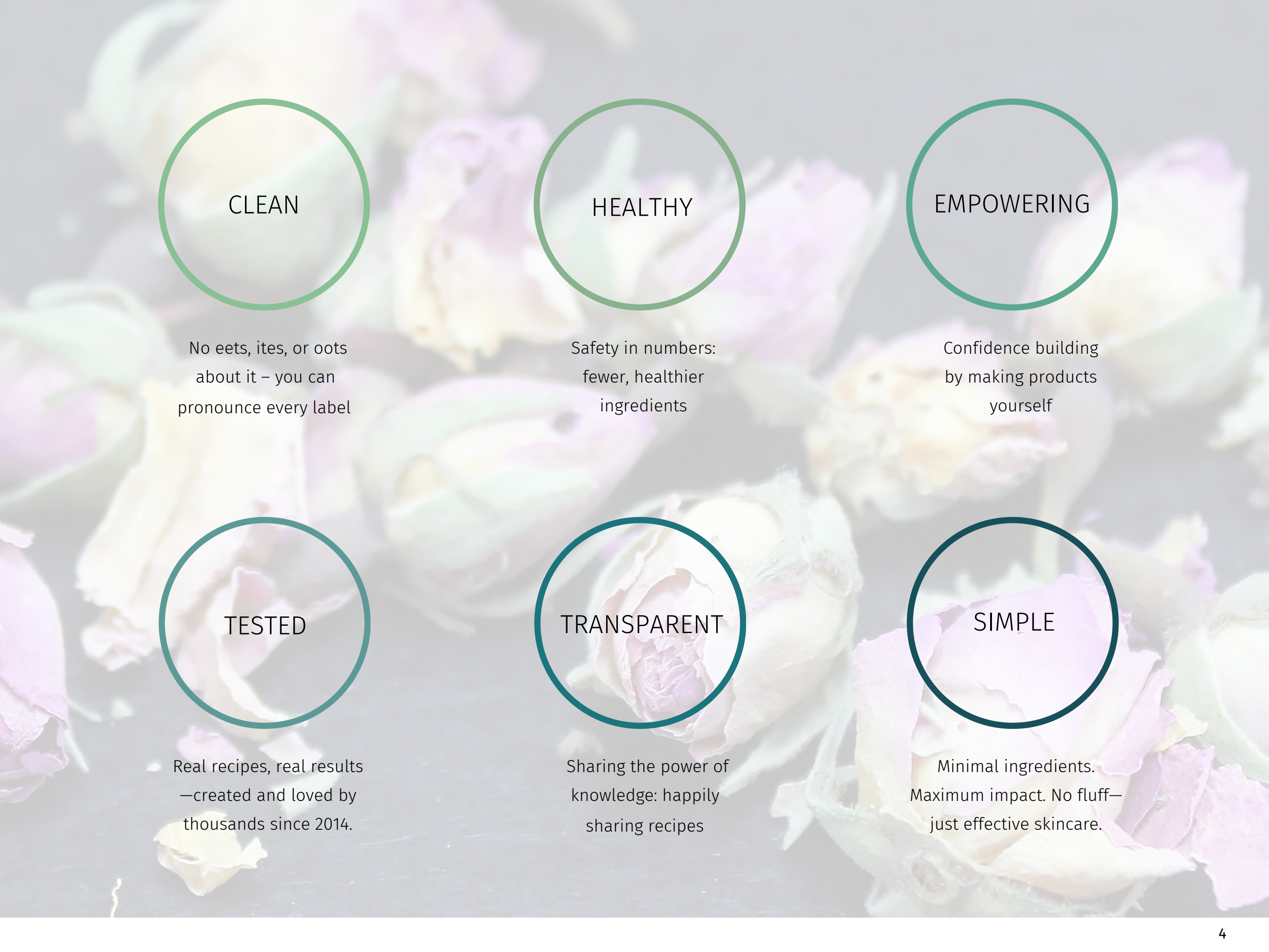
Ready to DIY your own Pronounce Skincare products?

This ebook includes the absolute essentials for creating pretty much any simple lotion, salve, butter, and more... right in your own home. From the correct spatula to basic carrier oils, this guide introduces you to the essentials you'll need to create beautiful and healthy organic skincare goods at home.



Skincare is a big deal. Let's not forget the fact that our skin is the largest organ of our body, so using skin and body care products that are full of TOXIC chemicals you can't pronounce is both scary and risky! Have you taken a questioning look at the ingredient lists in products you've recently purchased? In many cases there are 15-20 ingredients you don't recognize, and likely can't pronounce. Even products claiming to be natural may contain numerous synthetic additives. Unfortunately, a quick search will reveal many studies indicating that commercially produced skincare products often contain carcinogens, neurotoxins, and DNA damaging chemicals.

I LOVE CREATING HEALTHY NEW SKINCARE RECIPES AND I ALWAYS KEEP AN ARSENAL
OF NATURAL INGREDIENTS RIGHT ON HAND SO I HAVE NO EXCUSES!



CLEAN

No eets, ites, or oots
about it – you can
pronounce every label

HEALTHY

Safety in numbers:
fewer, healthier
ingredients

EMPOWERING

Confidence building
by making products
yourself

TESTED

Real recipes, real results
—created and loved by
thousands since 2014.

TRANSPARENT

Sharing the power of
knowledge: happily
sharing recipes

SIMPLE

Minimal ingredients.
Maximum impact. No fluff—
just effective skincare.

BUILDING YOUR DIY SKINCARE TOOLBOX

Most of the tools you need to start creating your own natural skincare treatments are found right in your kitchen. You may think about eventually designating separate gear just for creating homemade items, but as you get started some simple staples are all you need.



SET OF WHISKS

Many times in DIY skincare you use solid and dense ingredients (like a butter) with carrier oils, so a whisk **helps combine things very well** in a double boiler. Also, anytime you add in powders a whisk will ensure that your raw materials are evenly combined. [A good set of whisks](#) is crucial for our sunscreen and foundation recipes.

WOODEN OR BAMBOO SPOON (SUSTAINABLY SOURCED)

Very helpful when you are trying to **spoon a solid butter into a double boiler or scoop a finished product into a container**. Another plus for using [wooden spoons](#) for DIY skincare is that they're super easy to clean. Plastic is not a good option because when working with very hot ingredients you run the risk of chemicals in the plastic being leached into the product. Plus, bamboo spoons last forever (and are better for the environment)!

SPATULA

[Spatulas](#) serve a different purpose than wooden spoons. Often ingredients will solidify before you've finished a recipe, so **using a spatula to scrape off hardened product is a must**. But don't toss the excess product! Put it back in your pyrex bowl to remelt, so you don't waste any of the product you worked so hard to create!



PYREX® BOWLS

You'll use a Pyrex® bowl from the beginning of your product to the very end. Thick solid glass, hard to break (although don't try it at home), and very affordable, a couple of [Pyrex® bowls](#) are a must have! Plus, [a large glass Pyrex® measuring cup](#) fits perfectly on top of a pot to be used as a double boiler. Always wipe down condensation on glass bowls before pouring.



SCALE

A lot of people ask for specific measurements in teaspoons or tablespoons but I prefer to measure by weight. **Using a scale makes measuring much more accurate**. A good scale should be all glass (easier to clean) and it's nice to have the whole top plate as the measuring surface.



GLASS DROPPERS

Super handy and sometimes not thought of, [glass droppers](#) help you accurately count your essential oil drops. They're also important for measuring vitamin E into your products.

CONTAINERS

Whether you're storing raw ingredients or storing a finished product, clean and sanitized containers are necessary. You can use simple Ball jars or [small, thick walled glass containers like these](#) for your butters and lotions. For something more durable and light weight, [metal tins](#) make perfect containers for products like deodorant, sunscreen, foundation, or salves.



SOURCE NATURAL INGREDIENTS TO STOCK YOUR PANTRY

Below are the ingredients that I suggest for someone who wants to get started making DIY skincare products. Please try to secure ingredients that are organic, raw, unrefined, GMO-free, and sustainably sourced!



BEESWAX

Beeswax gives products a “sticking” power to help them adhere to your skin (and it has a great waterproofing ability). It also helps as a thickening agent. If you plan **to make ointments or salves, beeswax is a must. You want a nice golden beeswax** that smells faintly of honey. Light yellow or white coloring indicates that the beeswax has undergone processing, possibly chemically; looking for sustainable sources is important. [This beeswax](#) is excellent.

VITAMIN E

Super healing and nourishing! While [vitamin E](#) is not a preservative, **it will help extend the life of a handmade skincare product** by decreasing oxidation. As long as the container is closed tightly and clean fingers are used, Vitamin E will act similarly to a preservative. Make sure it's derived from a non-GMO source - learn more about vitamin E and where to find it [here](#).

CARRIER OIL

A liquid carrier oil is necessary for pretty much all DIY skincare products.

Carrier oils help cut down the dense raw butter in recipes to give you the pretty finished product you want. Not to mention they're fabulous for your skin!

[Read more about carrier oils here.](#)

- **Coconut Oil** More solid at room temp than other carrier oils, you'll see this as a base in the majority of DIY skincare recipes. It's good for more than just skincare- you can even cook with it. You can likely find good quality coconut oil at your local grocery.
- **Almond Oil** (we love [this organic almond oil](#)) Other than for those who have an almond sensitivity, this is an excellent carrier oil with multiple applications.
- **Jojoba Oil** ([this jojoba oil](#) is divine) Again, another staple carrier oil in skincare DIYs.



BUTTER (SHEA OR COCOA)

Butters are necessary if you're making a lotion or body butter. Butters give your product a creamy texture, versus oily. While [cocoa butter](#) is more dense than [shea butter](#), both are excellent choices for moisturizing your skin. The scent of shea butter is much more mild than cocoa butter so sometimes it's just a matter of scent preference when deciding which butter to use. You can [read more about all things butter here](#).

ESSENTIAL OILS

Essential oils smell Oh-So-Good and **help create the scent or mood you want for your product.** So, if you want to create a sensual lotion you can add essential oils like Sandalwood, Patchouli (my favorite), or Frankincense. If you want to create an uplifting lotion to put on after your morning shower, you can use oils like Bergamot, Peppermint, and Cedarwood. [Plant Therapy](#) has top-notch essential oils we love and use! Just make sure your essential oils are sustainably sourced, wild harvested, and/or organic



IF YOU ARE LOOKING FOR 3 INGREDIENTS TO START OFF WITH I WOULD SUGGEST:



SHEA BUTTER



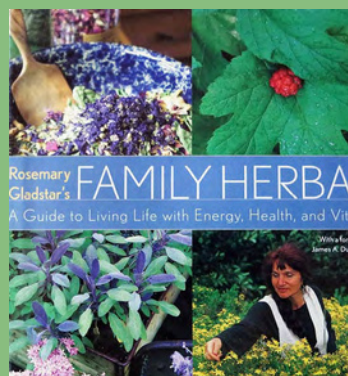
COCONUT OIL



BEESWAX

YOU CAN MAKE LOTS OF GREAT PRODUCTS WITH JUST THESE 3 THINGS.

A FEW GREAT BOOKS TO KEEP IN YOUR ARSENAL ARE:



GUIDE TO LIVING LIFE WITH ENERGY, HEALTH, AND VITALITY

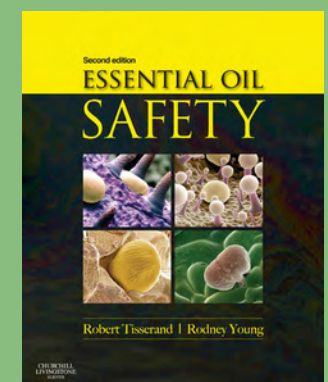
BY ROSEMARY GLADSTAR

An herbalist providing excellent info for anyone creating DIYs.

ESSENTIAL OIL SAFETY

BY ROBERT TISSERAND

Seriously, a MUST have book.



FIND NATURAL RECIPES

Probably much like you, I started browsing blogs just like this one for DIY skincare recipes that I could make on my own at home. The first thing I made was homemade deodorant, which is great for beginners. Pronounce has DIY deodorant recipes, one deodorant for regular sweaters and a [deodorant for heavy sweaters](#). Some other super simple recipes include: [lip balm](#), [homemade blush](#), [foundation makeup](#), [sunscreen](#), and [skin salve](#).



AFTER MAKING A FEW RECIPES YOU FIND ONLINE OR IN BOOKS, YOU CAN GET CREATIVE AND MAKE UP YOUR OWN “SCIENCE EXPERIMENTS.”

DEODORANT (4OZ)

SUPPLIES/INGREDIENTS

- Double-boiler (For me this is a pot with shallow water and a glass bowl)
 - 4oz+ jar or tin
 - Bowls
 - Kitchen scale
 - Whisk
-
- 30g Coconut Oil
 - 20g Shea Butter
 - 10g Carrier Oil
 - 10g Beeswax
 - 15g Arrowroot Powder
 - 15g Diatomaceous Earth (DE) - Food Grade!
 - 5 drops of Vitamin E
 - 20-25 drops of Essential Oils (EO, optional, but I love them)

MAKE IT

- 1.** Measure oils, shea butter, and beeswax into the upper part of your double-boiler.
- 2.** Melt on low heat over bottom part of double-boiler until everything is melted. The beeswax will be the last thing to melt. Just keep stirring.
- 3.** Turn off heat and allow to cool for a few minutes.
- 4.** Add arrowroot, DE, Vit E, and EO; whisk vigorously to fully combine. You might have to reheat at this point, then wipe bowl before pouring.
- 5.** Pour into container and place somewhere safe so it can set up (which actually doesn't take very long).



DEFUNKIFYING DEODORANT (6OZ)

SUPPLIES/INGREDIENTS

- Double-Boiler
- Deodorant Containers (standard size tubes)
- Bowls
- Kitchen scale
- Whisk and spatula
- 30g Coconut Oil
- 20g Shea Butter
- 20g Beeswax
- 22.5g Tamanu Oil
- 22.5g Neem Oil
- 3g Almond Oil
- 10-15 drops Vitamin E
- Essential Oils - 60 total drops: 30 frankincense, 20 bergamot, 10 patchouli
- 25g Arrowroot Powder
- 15g Diatomaceous Earth (DE) - Food Grade!
- 7.5g Kaolin Clay (or White Clay)

MAKE IT

1. Using an accurate digital scale, measure all ingredients (EXCEPT the 3 powder ingredients, EOs, & vitamin E) into the upper part of your double-boiler.
2. Melt on low heat over bottom part of double-boiler until everything is melted. The beeswax will be the last thing to melt. Just keep stirring.
3. Turn off heat and allow to cool for a few minutes.
4. Add arrowroot, DE, kaolin clay, Vit E and EO; whisk vigorously to fully combine. And then whisk some more! You might have to reheat at this point, then wipe bowl before pouring.
5. Pour into containers and place somewhere safe to set up (which doesn't take very long).
6. Scoop down on sides as necessary with spatula and continue to pour until all containers are full.



FACE FOUNDATION WITH SUNSCREEN (5OZ)

SUPPLIES/INGREDIENTS

- Double-boiler
- Container(s)
- Bowls
- Kitchen scale
- Whisk
- 1.5oz Almond Oil
- 1oz Shea Butter
- .5oz Cocoa Butter
- .5oz Beeswax
- 1/8t Vitamin E
- .5oz Non-Nano Zinc Oxide
- Cacao Powder
- Cinnamon
- 1/2T Cacao Powder is a light foundation
- 1/2T plus 1t is a medium foundation
- 1/2T plus 2t is a medium-dark foundation

* *T = tablespoon and t = teaspoon*

MAKE IT

1. Using your scale and the tare function, measure and combine the first five ingredients into the glass bowl into your double-boiler. DO NOT add the zinc oxide, cocoa powder, or cinnamon!
2. Completely melt the first five ingredients, stirring occasionally with your whisk.
3. Remove from heat and allow time to cool a bit (a few minutes). Wipe excess moisture off the outside of your bowl, too. Place your bowl back on the scale, hit tare, and add in spoonfuls of zinc oxide until you get to .5oz.
4. .5oz gives you approximately a 10 SPF coverage as it's approximately 10% of the total weight. Whisk to completely combine.
5. Add 1/8t cinnamon; whisk to combine.
6. Add cocoa powder a little at a time and whisk to get to the color you need.
7. Simply start with 1/2T of cocoa powder, whisk to combine, check on your wrist for a color match, and add more cocoa powder (1/2t at a time) until you reach your perfect color. Pour into your selected container and allow to cool.



FACE POWDER

SUPPLIES/INGREDIENTS

- Airtight jar(s) for storage
- Coffee / Spice Grinder (Crucial for this recipe)

- Arrowroot Powder
- Cacao Powder (Not cocoa)
- Cinnamon
- Non-Nano Zinc Oxide
- Vitamin E

Light Powder

1. 2 T Arrowroot
2. 1 t Zinc
3. ¼ t Cacao
4. 1/16 t Cinnamon

Medium Powder

1. 3 T Arrowroot Powder
2. 1.5 T Cacao Powder
3. 1 T Zinc
4. ¼ t Cinnamon

Dark Powder

1. 2 T Arrowroot Powder
2. 2.5 T Cacao Powder
3. 1 T Zinc
4. ¼ t Cinnamon

* C = Cup, T = Tablespoon, t = Teaspoon; 4 T = ¼ C

MAKE IT

1. On the left are the ratios I use to create light, medium, and dark powders, BUT here's the beauty of this recipe; you can play with the ratios until you find your perfect match! Just keep notes as you go.
2. This powder could not be more easy to create! Carefully combine all ingredients into your spice grinder and pulse until evenly combined.
3. Be careful not to inhale powders, especially the zinc. Use a face mask (or hold your shirt over your face).
4. Use an application puff (or paper towel) to test as you create. Once happy with your shade, carefully pour into your container(s) and secure lid.



FOOT AND HEEL SKIN SALVE (7OZ)

SUPPLIES/INGREDIENTS

- Double-boiler
- Glass jar(s) and/or tins for salve
- Bowls
- Kitchen scale
- Wooden spoon

- 1oz Beeswax
- 1oz Cocoa Butter
- 1oz Avocado Oil
- 1oz Tamanu Oil
- 3oz Coconut Oil
- 1-2t Vitamin E Oil
- Essential Oils – 10 total drops. My favorite combination for this recipe (for both scent & healing effects) 2 drops German (blue) Chamomile, 3 drops Sandalwood and 5 drops Lavender

MAKE IT

1. Combine all ingredients in your lightly simmering double-boiler (EXCEPT the Vitamin E and essential oils).
2. Melt everything down; the beeswax will be the last to melt. You can encourage melting with a wooden spoon.
3. Remove glass bowl from heat and wipe down the hot outside to remove moisture. You don't ever want water getting into your DIY skincare creations, as this can contribute to and encourage bacterial growth. Now, add the Vitamin E and Essential Oils.
4. Carefully pour mixture into your clean, sanitized containers.
5. Let cool for a while (at least 30 minutes), but you'll be surprised at how quickly this actually cools (it's the beeswax).
6. Apply to your feet at bedtime and (if you can stand it) wear socks over the top. This salve works quickly, with only a treatment or two you should start to see improvement.



AFTERSHAVE SPRAY (2OZ)

SUPPLIES/INGREDIENTS

- 2oz Spray bottle
- A small funnel (not totally necessary, but very helpful)
- Dropper
- 1oz Distilled H2O
- 1oz Witch Hazel (Make sure the alcohol content is low)
- 1/4t Vegetable Glycerin
- 1/8t Jojoba Oil
- Essential Oils - 13 drops Cedarwood Atlas and 7 drops Bay West Indies
- 2-3 drops Vitamin E Oil (optional)

MAKE IT

1. Add vegetable glycerin, jojoba oil, essential oils and Vitamin E oil to your spray bottle.
2. Fill bottle almost halfway with water.
3. Fill almost to the top with witch hazel.
4. Shake, shake, shake!
5. Spray and enjoy (spray directly on the face or into the hand for application).



BUG SPRAY (3OZ)

SUPPLIES/INGREDIENTS

- 3oz Glass Bottle
- Dropper
- 30 drops of Tea Tree Essential Oil
- 10 drops of Geranium Essential Oil
- A little Neem Oil (optional)
- A bit of homemade or organic Vanilla Extract (It has been an amazing addition to our spray at home. Those crazy little flies that seem to have been running rampant, this year can't stand it.)
- 1 T Vegetable Glycerin

MAKE IT

1. Combine the ingredients in the bottle.
2. Fill almost to the top with distilled H2O.
3. Shake and apply as needed (at least every hour or so).
5. And before you ask... YES! There are other essential oils you can use to help stop bugs from biting you when you are outside. This just happens to be the recipe that I like to use (it smells great and I know that this formula works).



SUNSCREEN (8OZ)

SUPPLIES/INGREDIENTS

- Double-boiler
- Container(s)
- Bowls
- Kitchen Scale
- Whisk
- Mask (you do not want to breathe in the zinc oxide)
- 90g Coconut Oil
- 65g Carrier Oil (I use Apricot Oil in this recipe, but you can use any other liquid Carrier Oil)
- 28.5g Beeswax
- 27.5g Shea Butter
- 40g Non-Nano Zinc Oxide
- 1/2t Vitamin E Oil



MAKE IT

1. Place your glass bowl on your scale, hit tare. Add all ingredients (one by one, hitting tare in between) EXCEPT the zinc oxide.

2. Place glass bowl over pot of shallow, slightly simmering H₂O. Melt ingredients completely (stir with a whisk to help it along).

3. Carefully remove from stove and wipe down condensation on bowl. Place bowl on scale, hit tare. You don't want H₂O near your product.

4. Add zinc oxide very slowly, until you get to 40g. As the zinc settles the amount will increase on your scale

5. Whisk, whisk, whisk (and whisk some more!) and then carefully pour into container of your choice.

6. This will take a few minutes to set up. Just walk away and leave it alone to quietly set up.

BEARD BALM (5.5OZ)

SUPPLIES/INGREDIENTS

- Double-boiler
- Container(s)
- Bowls
- Kitchen scale
- Whisk

- 2T Beeswax
- 3T Shea Butter
- 2T Cocoa Butter
- 2T Jojoba Oil
- 1T Kukui Nut Oil
- 1T Castor Oil
- Essential Oils - 4 to 8 drops (optional, feel free to omit if you have skin sensitivities to Essential Oils)

MAKE IT

1. Prepare container(s) on counter.
Ensure they're clean, dry, and open.
2. In a double boiler over medium heat, combine all ingredients except the essential oils.
3. Stir until the ingredients have melted, about 5-7 minutes.
4. Once melted, remove from stove and add essential oils (start with 2-4 drops and work up from there based on how strong you want the scent to be).
5. Pour the balm into the containers and allow to set until hard (30 min - 1 hour). Do not cover or seal the container until the balm has cooled completely.



HERB INFUSED WHIPPED BODY BUTTER (9OZ)

SUPPLIES/INGREDIENTS

- Double-boiler
 - Mixing Bowl
 - Container(s)
 - Kitchen Scale
 - Whisk
 - Mixer
-
- 2.2oz Coconut Oil
 - 3.8oz Grapeseed Oil
 - 2T Shea Butter
 - 2.4oz Cocoa Butter
 - 2T Lavender Flowers
 - 2T Calendula Flowers

MAKE IT

1. Make an herbal infusion with the coconut oil, grapeseed oil, lavender, and calendula. [Learn here how to infuse your oils.](#)
2. Measure you infused oil and make sure you have 3.8oz. Add more grapeseed oil if you're a little short.
3. In a saucepan over super low heat or a double boiler, add the cocoa butter, infused oil, and shea butter. Stir consistently just until melted.
4. Pour the mixture into a clean mixing bowl and transfer to the fridge until just solid. You should check and stir every now and then to ensure it is consistent throughout as it solidifies.
5. Using the whisk attachment on your mixer, beat the body butter until it's fluffy and increased in size. It will look like whipped cream.
6. Store in glass jars or metal tins and enjoy your silky smooth skin!



LIP LOTION (6.5OZ)

SUPPLIES/INGREDIENTS

- Double-boiler
- Container(s)
- Bowls
- Kitchen Scale
- Pipette

- 40 g Beeswax
- 34 g Cocoa Butter
- 90 g Almond Oil
- 20 g Coconut Oil
- 3 g Neem Oil
- 2 g Vitamin E Oil
- 8-10 drops of Essential Oils (Optional)

MAKE IT

1. Place cocoa butter & beeswax into a double-boiler on low heat.
2. Once melted add your oils (everything except essential oils).
3. Put glass bowl back onto pot & let everything melt.
3. Once oils, cocoa butter, and beeswax melt, remove from heat and add essential oils (optional).
4. Use a pipette to fill containers and leave at room temperature until lip lotions have solidified.





With just these simple ingredients, ideas, and supplies I have been able to create **a large variety of body products**. But remember, I didn't just decide one day that I would start making my own skincare products - and then order everything I needed to make them all at once. I started slow, bought supplies as I could (*I was a poor grad student living off of one income*), and ordered in bulk to cut costs. In the long run I saved a ton of money making my own products and had a ton of fun!



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