

CLEANSER

GROUND OATS

BENEFITS - ALL SKIN TYPES.

- . Oatmeal soaks up excess oils in the skin.
- . Helps treat acne prone skin
- . Anti-inflammatory
- . Full of antioxidant properties.
- . Treats dry and sun-damaged skin
- . Removes dirt and oil that clog the skins pores
- . Helps to reduce wrinkles and fine lines.
- . Oats also contain a natural cleanser called saponins.

**DRIED OATS STORES 1 YEAR
WITH HONEY STORES 7 DAYS**

INGREDIENTS

4 tbsp Plain Ground Oats
1 tsp Distilled Water

INSTRUCTIONS

- . Rinse face with warm water.
- . Place ground oats in palm of hand.
- . Add the tsp water.
- . Mix well using fingertips to form a paste.
- . Gently apply to face using small upward circular motion.
- . Do so for 2-3 minutes.
- . Rinse off fully using warm water.

**To be used as part of
your morning routine.**

FACE MASK

CHIA SEEDS & LEMON

BENEFITS - ALL SKIN TYPES.

- . Antioxidant.
- . Contain Omega 3 fatty acids.
- . Anti-inflammatory.
- . Anti-aging.
- . Helps reduce acne scarring.
- . Lifts dull and dry looking skin.
- . Natural Vitamin C.
- . Antifungal.

INGREDIENTS

1 tbsp Ground Chia Seeds
1 tbsp Oil (Olive or Coconut)
1 tbsp Squeezed Lemon Juice

INSTRUCTIONS

- . Rinse face with warm water.
- . Mix all ingredients together to form a paste.
- . Gently apply to face using fingertips in small upward circular motion
- . Do so for 2-3 minutes.
- . Leave on for 10-15 minutes
- . Rinse off fully using warm water.

DOES NOT STORE

FOOT SCRUB

COFFEE & SUGAR

BENEFITS - ALL SKIN TYPES.

- . Improves blood circulation.
- . Reduces the appearance of cellulite.
- . Anti-inflammatory.
- . Prevents premature aging.
- . Antioxidant properties.
- . Exfoliates dead skin cells.
- . Improves texture of the skin.

INGREDIENTS

1/2 cup Used Ground Coffee
1/2 cup Sugar
1/2 cup Oil (Olive or Coconut)
1 tsp Vanilla Extract (optional)

INSTRUCTIONS

- . Mix all ingredients together.
- . Gently to foot with hands one at a time).
- . Massage into foot using upward motions for 3 minutes.
- . Leave and apply to second foot & repeat.
- . After 5 minutes, rinse off with warm water and pat dry.

**Repeat 2-3 times a week for
excellent results.**

STORES TWO MONTHS

WELCOME

DIY PAMPER PARTIES

The new way of indulging yourself with the company of your friends.

DIY skin care products are made from ingredients that are all natural, chemical free, ECO friendly, lots of fun to make and which all come directly from your kitchen cupboards.

Thank you for attending the **DIY at Home with IVY** Pamper Party, I hope you enjoy making these remedies as much as i did!

Rebekah X

DISCLAIMER

DIY at Home with IVY . . . is here to provide you with skin care ideas that can be taken away and made in your own home.

Rebekah is a registered Level 3 Beauty & Spa therapist, who has demonstrated how to safely make and use the DIY skin care remedies.

Rebekah does not claim to be a general practitioner,

Should you be taking any prescribed medication and/or are suffering with any skin conditions, before trying any of the these home-made remedies always consult with a medical professional first or use at One's own risk.



**REBEKAH
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At Home
WITH
IVY
DIY HOMEMADE TIPS

EYEBROW TINTING

COFFEE, OIL & HONEY + COCO POWDER (optional)

Can you tint your eyebrows with coffee? YES you can!

Used ground coffee, coco, olive or coconut oil, and honey is a safe and more natural form of eyebrow tinting without any hidden chemicals, And not forgetting very effective!

INSTRUCTIONS

- . Clean both eyebrows with a warm cloth and pat dry.
- . Comb the eyebrow in an upward direction.
- . Mix all ingredients into a small bowl and apply to the eyebrows.
- . Leave for 15-20 minutes (longer for a darker finish)
- . Gently remove with a damp cotton pad or cloth (do not scrub).

Repeat every 2 weeks!

INGREDIENTS

DARK BROWS

- 3 tsp Used Ground Coffee
- 1 tsp Oil (Olive or Coconut)
- 1 tsp Natural Honey

LIGHTER BROWS

- 1 tsp Used Ground Coffee
- 2 tsp Coco Powder
- 1 tsp Oil (Olive or Coconut)
- 1 tsp Natural Honey

STORES 2 WEEKS

MOISTURISER CHAMOMILE OIL

BENEFITS - MOST SKIN TYPES.

- . Anti-inflammatory
- . Calming & soothing properties
- . Helps reduce skin irritation
- . Helps reduce acne and rosacea.
- . Hydrating
- . Kills bacteria.

INGREDIENTS

- 1 Chamomile Tea Bag
- 100 ml/4 tbsp Oil (Olive or Coconut)
- 2 drops Essential Oil (optional)

INSTRUCTIONS

- . Pour melted oil into a glass sealable jar.
- . Cut tea bag and put herbs into the oil.
- . Stir, leave to cool then seal.
- . Infuse for 2 weeks for better results.

Note: Use sparingly, over-use can make skin too oily.

STORES 6 MONTHS



T O N E R GREEN TEA

BENEFITS - ALL SKIN TYPES.

- . Antibacterial agent.
- . Unclogs pores.
- . Fights against infection.
- . Helps premature aging
- . Treats acne.
- . Reduces irritated skin.
- . Helps reduce inflammation.

INGREDIENTS

- 1 Green Tea Bag
- Half pack of Cotton Pads

INSTRUCTIONS

- . Boil the tea bag for 5 mins
- . Remove tea bag and allow water to cool down.
- . Pour cooled water into a sealed glass container.
- . Place cotton pads into the container to soak up the water.

STORES 2 WEEKS

S E R U M ORANGE VITAMIN C

BENEFITS - ALL SKIN TYPES.

- . Antioxidant
- . Lightens & repairs the skin.
- . Hydrating
- . Reduces skin redness and evens the skin tone.
- . Helps fade Hyperpigmentation.

INGREDIENTS

- 3 Whole Oranges - Peeled

INSTRUCTIONS

- . Peel all 3 oranges.
- . Place the orange peel into a pan.
- . Boil for 40 minutes.
- . Allow to cool.
- . Pour cooled water into a sealed container or spray bottle.

STORES UPTO 2 WEEKS

At Home
WITH
IVY
DIY HOMEMADE TIPS

AND THEN...

HOST A PARTY

If you really enjoyed the DIY experience, why not host your very own party, in-house, at IVY's home or at your own chalet!

Benefits for party host, minimum of six people. terms and conditions apply.

For further information contact IVY direct on;

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TO BOOK AN APPOINTMENT

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