

Miss Amy's IBMS® Mini-Book Series

A GUIDE TO
MAKING THE
'HOLY GRAIL'
SERUM

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HOLY GRAIL SERUM

Do you hate what Winter Weather does to your skin? If you are anything like me, you will get really dry skin that makes you feel a little *dull*, and reminisce about those warm summer days when life was perfect. *Sigh*

I am not a fan of heavy face creams, toxic ingredients and fillers, and they usually make me break out- so now what?!

Do It Yourself! This serum I made is by far the *EASIEST* self made skincare item, ever.

With only 2 ingredients, the odds of something going wrong are very slim- whether you are acne prone, or have sensitive skin, this is worth a try!

Oh, and the best part- it is **CHEAP!**





WHAT YOU WILL NEED:

- ❖ *One 4 oz (118mL) dropper bottle. (I usually repurpose these, but if you need one, search Amazon)*
- ❖ *1/2 tsp Hyaluronic Acid powder*
- ❖ *3.75 oz (110mL) Distilled Water*

Optional:

Aloe Vera Juice

DermaTox

HOW TO MAKE IT

1. Get your clean dropper bottle and place the Hyaluronic Acid in the bottle. You may want to get a funnel to keep from spilling the powder everywhere (like I did-oops!)
 2. Pour your liquid into the bottle. Close the bottle and seal tightly. Shake the bottle. You will notice the powder will turn very clumpy, this is normal.
 3. Place in the refrigerator for at least 5 hours, but best is overnight.
 4. When you take it out of the refrigerator, the clumps should have dissolved and the product should have a serum like texture. That is it! You are Done!
- You will want to keep your serum refrigerated if you use no preservatives, which I do not. It should keep 2-3 weeks.
 - You can customize this base recipe with other skin loving ingredients- keep reading :)

Ok, so to take this up a notch, you could add some Aloe Vera Juice. You could cut the water in half and use the other half for Aloe. For example, instead of 3.75 oz of water, you could use 1.8 oz (I will round up to 2 for the sake of measuring), so 2 oz water, and 1.75oz Aloe, or Visa Versa.

You could also add in some DermaTox, another 'Holy Grail' product I use. More on that in a minute.

You may be wondering, 'What is hyaluronic acid in the first place and why should I put this on my skin?' Hyaluronic Acid (HA) is one of the best ingredients to really help moisturize the skin, and it also helps any other moisturizers work better as well. If you do have a night/day cream that you love, put this serum on before the cream, and your skin will thank you! For daytime for me, I find this serum is plenty in combination with the tinted moisturizer I wear. HA holds up to 1,000 times its' own weight in water, which gives it the wonderful properties of moisturizing. Next, it helps to plump the skin to give you a more youthful appearance. Who doesn't want that? It really makes my skin very smooth, also.

A quick breakdown for the benefits of HA:

- Provides lubrication for the connective tissues in your skin, which helps give you a youthful, plump look.
- Due to this, HA can also increase firmness and elasticity with consistent use.
- The HA molecule is too large to penetrate the skin, so it enables the water and other moisturizers to do their job better.
- Thus said, it also protects the skin's protective layer.
- Has healing and anti-inflammatory properties

Benefits of this Homemade Serum:

- *COST: The HA powder I used (link at end) cost about \$19, and this will last a while! A good HA Serum from the store will usually cost you a minimum of \$40 and up. So in the long run, this is a bargain!*
- *YOU HAVE CONTROL! You control what ingredients to use and you know what is in there.*
- *Plus you can reap all the benefits of HA!*



EXTRA TIPS

- ❖ *For optimal hydration, apply HA Serum, then wait 15 before your moisturizer cream.*
- ❖ *Be sure to apply to the lips to tackle those fine lines, and also around the eyes for crows feet.*
- ❖ *Apply to the neck and chest also!*
- ❖ *Keep refrigerated for optimal shelf life*
- ❖ *Since HA is a natural substance, it is also safe during pregnancy.*
- ❖ *These make great gifts!*

Extra, Extra

Now let me be clear, I do not want to take credit for this serum...it is on the back of the HA packet! BUT, I have tried it and it worked for me- I even smeared some on Dr. C's face just to see what he thought. I did not tell him what it was, I just said, 'Hey, let me put this on your face.' Five minutes later, he said, 'What is this stuff- look at my face! It looks so smooth! This is miracle Sh#!' Ok, so this is Dr. C approved- huge bonus! And I have done the guess work for you :)

Next up, I mentioned a Holy Grail product, DermaTox. Now, this really is a miracle in a bottle! To be honest, I have NO CLUE how this stuff works or why it works, but only results matter. It does work. For burns, this is a must! It can help just about any skin ailment- eczema, psoriasis, acne, cuts/scrapes, burns, rashes and prevents scarring. A DermaTox Customer Service agent even said some people use it as a mouth wash for gum health. She also said people can use it to soothe nasal passages. I spray on the DermaTox as a toner after cleansing. I then apply the serum to my face while the DermaTox is still on my face. I have even used it on the dogs too. When Dallas was a baby, Karma accidentally scratched her eye- really bad, and I sprayed this on and the wound healed and there was no scar!

Enjoy Your Serum!

Links to Products

Hyaluronic Acid Powder:

https://www.amazon.com/gp/product/B01DPW5C5W/ref=oh_aui_detailpage_001_s00?ie=UTF8&psc=1

DermaTox:

<https://www.healthyhabits.com/product/dermattox-combo-pack/>

*Be Sure to Stay in Touch! Let me know how your serum works for you!
ibms@startmail.com OR Directly via the Members Only Area.*