

VITAMIN C SERUM RECIPE

The following recipe is one of the single most important things you can use for vibrant, healthy skin. Vitamin C is one of the very best nutrients we can apply to our skin. But you don't have to *buy* an expensive Vitamin C serum to get all the benefits. In fact, you will get more benefits by making your own! Prolonged, consistent use of Vitamin C Serum will cause the body to produce more collagen. Collagen is the main structural protein found in the skin and is essential for skin repair after injury. When using this serum, skin will likely look plumper, more moisturized, tighter and less wrinkled. Vitamin C is also valuable for lightening dark spots on the skin and helping to heal acne and scars. Vitamin C is antioxidant, protecting the skin from free-radical damage. So, are you ready to make your own simple and effective serum, for literally a fraction of what it would cost at the store? I hope you enjoy this recipe, and remember, it isn't about how we look to the world, but rather how we experience this life in our own skin.

Elaine 

THE DETAILS

It can take 3–6 months to see results of collagen production, although some people report results much sooner. For the serum to be effective, the pH needs to be 3.5–3.0. Make sure it doesn't go below 3.0 as it can be irritating or damaging to the skin. To check acidity, use a pH strip.

Vitamin C can cause irritation, so start with a low dilution, such as 5%. Every two weeks, raise your vitamin C content an additional 5% in your serum until you get to between 10–20%. If the serum is stinging or causing redness, lower the dilution. If you have sensitive skin, test on your inner arm before applying to the face. Combining vitamin C with vitamin E (the water soluble form is best for this formula), and antioxidant herbs such as green tea will increase the effectiveness of the serum. Vitamin C oxidizes quickly so the serum should be made in frequent, small batches. For maximum freshness and bioavailability, make a new batch every three days or so. The serum will tend to last longer with other antioxidants such as green tea and vitamin E. If the serum begins to rise or turn yellow, or the pH rises over 3.5, discard it and make a new batch. Are you ready to make some Vitamin C Serum? Just flip this sheet over for the recipe!



THE RECIPE

Ingredients:

Measure by volume:

- Vitamin C powder: either ascorbic acid or L-ascorbic acid (see amounts on the Vitamin C Serum Solutions Chart below)
- 1/2 teaspoon vegetable glycerin
- 3/4 teaspoon vitamin E (optional, water soluble is preferable)
- 1 cup boiling water

Measure by weight:

- 1/4 ounce green tea leaves

You Will Need:

- Measuring spoons
- Strainer
- Dark glass jars with tight-fitting dropper lid or sprayer
- pH strips
- Label
- Tea pot or canning jar
- Small bowl
- Spoon

Directions:

1. Make a strong infusion of your green tea by first boiling the water.
2. Pour 1 cup of water over .25 ounce green tea leaves.
3. Let steep 2 hours and strain.
4. Let cool to room temperature before adding other ingredients.
5. You can freeze the excess green tea infusion in ice cube trays for later use.
6. Mix 1 ounce of green tea with vegetable glycerin and vitamin E (if desired) and store in a dark bottle. For simplicity, I call this the “antioxidant base blend”. Store this blend in the refrigerator to use as your carrier serum for the vitamin C.
7. You can play with the amount of vegetable glycerin that you prefer. The more glycerin, the more moisturizing the formula is. In excess, glycerin can leave a tacky feeling to the skin.
8. In a smaller bottle (I like to use a dark glass spray bottle), add your exact amounts of the antioxidant base blend and the vitamin C. Shake well until the vitamin C has dissolved completely.

9. Check your pH to make sure it is 3.5–If your blend is too acidic (lower than 3.0), add a pinch of baking soda. If it is too alkaline (above 3.5), add a pinch of citric acid.
10. Shake well before applying, as the vitamin E will not dissolve in the formula.
11. Apply this serum at night after cleansing and toning and before you apply a moisturizer. If desired, you can use it all over your body, focusing on problem areas such as dark spots, acne, scars, and the face and hands.
12. Store in a cool dark location such as the medicine cabinet.

VITAMIN C SERUM SOLUTIONS:



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5% Solution:	3/8 teaspoons antioxidant base blend 1/8 teaspoon ascorbic acid
10% Solution:	1/4 teaspoon antioxidant base blend 1/4 teaspoon ascorbic acid
15% Solution:	2 1/2 teaspoons antioxidant base blend 3/8 teaspoon ascorbic acid
20% Solution:	2 1/2 teaspoons antioxidant base blend 1/2 teaspoon ascorbic acid

Need ingredients? If you purchase products through the links here, a small amount of the proceeds help support Green Path Herb School.
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