

Three-Ingredient DIY Olive Oil Moisturizer

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Good quality olive oil can do a lot more than [make marinade](#). It's also a tremendous asset for beautiful skin – from [preventing certain forms of skin cancer](#) to acting as one of the best moisturizers available.

Extra virgin olive oil keeps skin supple, soft, and protected in a layer of antioxidants – critical for feel-good skin in the dry summer months. This do-it-yourself olive oil based moisturizer costs a fraction of other high-quality products, and it can be prepared in under ten minutes — with no unpronounceable ingredients.

In a microwave-safe container, combine 1/2 cup of quality extra virgin olive oil with one teaspoon of vitamin E oil – a natural preservative that's good for your skin. Add one ounce of chopped or grated beeswax, available at health food stores or [online](#). This will help solidify your salve, making it easier to rub onto your skin, and naturally soften skin.

Microwave for three, 30-second intervals, stopping to stir each time. It should be heated just enough to melt the wax; try not to overheat. Simply pour the hot mixture into a six-ounce (or larger) heat-tolerant vessel with a mouth large enough to fit your hand – a canning jar works well. Cover and let the moisturizer set overnight and it's ready to use.

Want to fragrance your product? Infuse the oil with dried herbs or flowers, such as lavender and/or sage, for up to two weeks ahead of time to help impart their fragrance. Or, once heated, add a couple of teaspoons of natural rose water, orange water, or 10-20 drops of your favorite essential oil, such as lemon verbena or ylang ylang. No matter what you do, your skin will thank you!