



# Glow

WITH ESSENTIAL OILS

**Simple Steps for  
More Radiant Skin!**

**THE GLOW PLAN: YOUR  
ESSENTIAL OIL GUIDE TO  
AGELESS, LUMINOUS  
SKIN.**



SUSAN'S  
SOAPS  
& MORE





# Welcome to the World of Essential Oil Skin Care & More

Hello, beautiful! Welcome to a world where nature's treasures meet your skincare routine. If you're here, it's because you're curious about how to harness the power of plants to make your skin glow. We're thrilled to be your guide on this journey to radiant, healthy skin, naturally.

## Why Use Essential Oils?

Essential oils are nature's gift, distilled from plants to capture their purest essence. For centuries, cultures worldwide have relied on them for skincare, wellness, and rituals. Ancient Egyptians used them for beauty, while Greeks and Romans celebrated their ability to heal and uplift. These timeless treasures connect us to Mother Nature, bringing her nurturing power into our daily lives.

Today, essential oils offer a holistic approach to wellness, benefiting your skin, body, and spirit. From soothing the mind to enhancing self-care routines, their versatility makes them a perfect blend of ancient wisdom and modern well-being. Let essential oils help you glow inside and out!



SUSAN SVEC

*Maker of Natural Skin Care Products for 25 yrs.*



# WHAT'S INSIDE THE VIDEOS



## THE GLOW METHOD

### FACE CARE WITH ESSENTIAL OILS.

Learn what essential oils are safe for your face and why they help slow aging down. Find out Susan top 3 essential oils for face care.

VIDEO 1



## FULL BODY GLOW

### NOURISH YOUR SKIN FROM HEAD TO TOE

Learn about moisturizing your body's skin and essential oils good for that. Susan also talks about some her health issues turns to essential oils for help.

VIDEO 2



## GLOW INSIDE OUT

### BALANCE, WELLNESS AND ESSENTIAL OILS

Use of essential oils should be part of a holistic approach to improving your skin, your body & your life. Susan gives her thoughts & tips on all of the above.

VIDEO 3

# QUICK GLOW STARTER

## Video 1 – The Glow Method with Essential Oils.

### Face Care with Essential Oils.

Incorporating essential oils into your face care routine can not only help you achieve a glowing complexion but also help with issues such as adult acne and mature skin care.



[WATCH HERE](#)

## ACTION STEPS

- Review Susan's Top Three Essential Oils for Face Care
- Consider Your Own Face Care Needs & Pick the One that Best Suits You.
- Create a Face Serum with the EO of your choice following instructions below.
- Commit to a 2X daily routine of cleansing with a natural soap and moisturizing with your face serum for at least a month.
- Note how using your body oil blend makes your skin feel.

# QUICK GLOW STARTER

## Video 2 – Full Body Glow!

### Nourish Your Skin from Head to Toe.

Moisturizing our skin is always important and even more so as we age. Susan believes strongly that natural oils are better for that than lotions and talks about why. She uses essential oils for a variety of different benefits on her body and shares that with you here.



[WATCH HERE](#)

## ACTION STEPS

- Review Susan's Top Three Essential Oils for Body Care
- Picking the essential oil that calls to you create a body oil just for you.
- Review skin care products on your shelf and switch to using only non-toxic, fragrance-free skincare and body products
- Note how using your body oil blend makes your skin feel.

# QUICK GLOW STARTER

## Video 3 – Glow Inside Out!

### Balance, Wellness & Essential Oils.

Essential oils are a wonderful gift from nature but like everything else in nature they need to be treated with respect. More is not necessarily better. Susan touches on essential oil safety as well as a variety of ways to not only incorporate essential oils safely into your life for a happier, healthier life.



[WATCH HERE](#)

## ACTION STEPS

- List 5 ways you can bring Nature more into your life.
- Try to use products that contain essential oils instead of chemicals.
- Focus on doing one thing each day that brings you joy.
- Try to bring a more holistic approach for glowing skin - Get enough sleep.  
Move more. Eat healthy and drink plenty of water.

# GLOW UP ESSENTIAL OIL PROFILES

## TOP 3 ESSENTIAL OILS FOR FACE



### FRANKINCENSE

- Reduces fine lines and wrinkles.
- Promotes skin elasticity and an even tone



### CARROT SEED

- Brightens dull skin.
- Packed with antioxidants to fight free radicals.



### GERANIUM

- Balances oil production.
- Improves skin texture and hydration.

## TOP 3 ESSENTIAL OILS FOR BODY



### LAVENDER

- Soothes irritation and calms redness.
- Promotes overall relaxation



### PATCHOULI

- Hydrates and softens dry skin.
- Provides a grounding, earthy scent.



### MYRRH

- Benefits mature skin
- Non irritating or sensitizing

## TOP 3 ESSENTIAL OILS FOR YOUR SPIRIT



### ROSE

- Good for mature skin and wrinkles
- Supports self-love and emotional healing



### SANDALWOOD

- Benefits depression and insomnia
- Excellent moisturizer
- Good for stress-related issues



### CHAMOMILE

- Excellent for sensitive skin
- Promotes overall relaxation

# GLOW UP ESSENTIAL OIL CHEAT SHEET

## HOW TO USE ESSENTIAL OILS SAFELY

Dilution Ratio: 1–2 drops essential oil per 1 tsp carrier oil or 1.5 - 2% of essential oil weight to that of the carrier oil.

Patch Test: Always test on inner forearm before facial use.

Avoid Sun Sensitivity: Do not use citrus oils (e.g., lemon, bergamot) before sun exposure.

Sensitive Areas: Keep away from eyes, mouth, and broken skin.

Storage: Keep oils in dark glass bottles away from sunlight.

Shelf Life: Most essential oils last 1–2 years; citrus oils may expire sooner.

Consult a Professional: If pregnant, nursing, or using for medical purposes.

Pro Tip: Always start with one essential oil and observe how your skin responds before creating complex blends.



## Suggested Essential Oils by Skin Type

Skin Concern	Recommended Oils	Benefits
Dry Skin	Rose, Sandalwood, Patchouli	Deep hydration, smooth texture
Adult Acne	Geranium	Balance hormonal ups & downs
Mature Skin	Frankincense, Carrot Seed	Reduce wrinkles, boost elasticity
Sensitive Skin	Chamomile, Lavender, Rose	Soothing and moisturizing

## Suggested Carrier Oils for Face & Body

Skin Type	Suggested Carrier Oils	Benefits
Face Oil	Sweet Almond	Lightweight, won't block pores
Body Oil	Safflower	Moisturizes with no greasiness
Mature Skin	Evening Primrose	Anti-aging, improves elasticity

Questions? Please reach out: [mail@susansoaps.com](mailto:mail@susansoaps.com)





# Skin Care Formulas to Glow With

Please remember this is not meant to be used as medical advice. These are suggestions based on Susan's 25 years of work with essential oils and creating soaps and skincare products using them.

When creating these suggestions as well as her own products she has researched extensively to make sure she is providing accurate and safe suggested uses. She hopes you find this helpful but please make sure to follow the safety instructions as well as the formulation instructions precisely.

## FACE SERUM STEP-BY-STEP INSTRUCTIONS

**COMBINE**

1

In a small clean bottle, preferably amber, not clear combine 1 TB of sweet almond oil with 6 drops of your chosen face oil. Choose from frankincense, carrot seed or gernium.

**MIX**

2

Cap the bottle and shake gently to mix

**APPLY**

3

Apply a few drops to your face and neck after cleansing, both morning and night. Avoid eye area when applying! Note: If wearing make-up over serum is a problem only apply serum in the evening.

## BDOY OIL STEP-BY-STEP INSTRUCTIONS

**COMBINE**

1

In a small clean bottle, preferably amber, not clear combine 1 TB of safflower oil with 6 drops of your chosen body oil. Choose from lavender, patchouli or myrrh.

**MIX**

2

Cap the bottle and shake gently to mix

**APPLY**

3

Apply to body where needed. Ideal time to apply is after showering immediately after drying off. Apply before bed as well if desired. Safflower soaks in really quickly so as not get on clothes or sheets.

# NOT INTO DIY?



Don't want to take the time to find the ALL the Things to DIY? Check out my all natural skin care products.

[CHECK IT OUT](#)

WEBSITE LINK

[www.susansoaps.com](http://www.susansoaps.com)



# NOTES

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# NOTES

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