Your Botanical Skincare Journey Continues

A Special Thank You from Dr. Misty

Thank you for joining me for Create Botanical Skincare Products From Your Very Own Kitchen!

I hope today's masterclass opened your eyes to the wonderful possibilities of botanical skincare and inspired you to explore what you can create with your own hands.

Whether you're interested in creating products for yourself and your family, starting a skincare business, hosting Make & Take Parties, or pursuing certification, I want you to know that there are so many possibilities available to you.

And as we explored during our Deeper Than Skin conversation, sometimes the most meaningful thing we create isn't something we put into a jar or bottle. It's the way we see ourselves, the identity we agree with, and the decisions we make from that place.

That's why I've included three complimentary resources to help you continue your journey.

1. 10 Beginner-Friendly Botanical Ingredients Guide

Discover ten versatile botanical ingredients and explore their benefits and uses in handcrafted skincare formulations. This guide will help you continue learning about the wonderful ingredients available for creating products right from your kitchen.

2. Botanical Skincare Pathways Map

Your interest in botanical skincare can lead in several exciting directions!

Explore four pathways designed to help you discover your next step, whether you're creating for personal use, building a skincare line, hosting Make & Take Parties, or pursuing professional certification.

3. A.R.T. - Your Identity Reconstruction Tool

Because your journey is about more than what you create, I've also included A.R.T., the identity reconstruction tool from my book The Recreated Woman.

A.R.T. is a practical three-step process designed to help you recognize, reconstruct, and live from your identity:

A - Awareness: Recognize the beliefs, thoughts, and identity agreements influencing your life.

R - Recreate: Break agreement with an identity that no longer reflects who God created you to be, and intentionally establish agreement with your God-defined identity.

T - Take Action: Make decisions, speak, and move through life from the identity you've established.

You can use A.R.T. in your personal life, your business, your relationships, and every area where you're ready to live more intentionally.

Because awareness changes identity - and identity changes your life.

Your Next Step

You don't have to figure everything out today.

Start with what interests you. Explore what's possible. Use the resources I've provided, and take your next step with intention.

Whether you're creating your first botanical skincare product, exploring a new business opportunity, or applying A.R.T. to reconstruct the way you see yourself, remember that your next step begins with a decision.

What begins with skincare can open the door to something much deeper.

Keep creating. Keep exploring. Keep discovering what's possible.

With appreciation,

Dr. Misty Cassady

Author of The Recreated Woman
Founder, Natural Skincare Chick, Natural Skincare Association & Natural Skincare Academy

NSC® NATURAL SKINCARE Chick®

10 Beginner-Friendly Botanical Ingredients

YOUR GUIDE T A MORE NATURAL, BEAUTIFUL YOU



Welcome to Your BOTANICAL KITCHEN

You don't need a lab, a chemistry degree, or a cabinet full of exotic extracts to make beautiful skincare. Everything in this guide is plant-based, food-grade, and easy to find at your grocery store, health food store, or online.

This is your free companion resource for **Create Botanical Skincare Products From Your Kitchen**, a Natural Skincare Chick masterclass. Use it as your starter shopping list and your quick reference while you create.

HOW TO USE THIS GUIDE:

Each ingredient includes what it is, why skin loves it, who it's best for, how to use it, and one beginner tip. Start with two or three ingredients, master them, then add more.

THE 10 INGREDIENTS



1 ALOE VERA

The clear, cooling gel from inside the aloe leaf.

- Hydrates and soothes the look of redness.
- All skin types, including oily and sensitive skin.
- Face masks, gels, toners, after-sun spritzes.
- Choose pure aloe gel with no added fragrance. Fresh gel must be refrigerated and used within a few days.



2 OATS (COLLOIDAL OATMEAL)

Whole oats ground into a fine, silky powder.

- Calms dry, itchy, or irritated skin and helps skin hold moisture.
- Dry, sensitive, and easily irritated skin.
- Face masks, cleansing grains, bath soaks.
- Blend plain rolled oats until powdery. If it turns water milky, it's ready.



3 COCONUT OIL

A rich oil pressed from coconut meat.

- Deeply moisturizing and softening, with a light, natural scent.
- Dry skin on the body, hands, feet, and lips.
- Body butters, scrubs, lip balms, cuticle care.
- Choose virgin or unrefined for scent, or refined for none. Use on the body rather than acne-prone skin.



4 SHEA BUTTER

A creamy butter from the nut of the African shea tree.

- Rich in fatty acids and vitamins A and E. Softens and protects very dry skin.
- Dry, mature, and rough skin, including elbows, knees, and heels.
- Body butters, lotion bars, balms, and lip care.
- Melt shea gently and cool it quickly in the fridge to avoid a grainy texture.



5 EXTRA VIRGIN OLIVE OIL

Cold-pressed from olives.

- Rich in antioxidants and squalene. Nourishes and softens dry skin.
- Dry and mature skin; body and hands.
- Herbal-infused oils, balms, and scrubs.
- It's heavier, so start with small amounts on the face. Excellent for infusing dried herbs like calendula.



6 GREEN TEA

Brewed leaves of the Camellia sinensis plant.

- Powerful antioxidants, helps reduce puffiness, and gently tones.
- Oily, combination, and tired-looking skin.
- Toners, face pops, masks, and compresses.
- Brew strong, let it cool completely, and refrigerate. Use within 1–2 days.



7 CHAMOMILE

Dried flowers of the chamomile plant.

- Calms and comforts. Soothes the look of redness.
- Sensitive, reactive, and dry skin.
- Toners, infused oils, compresses, and bath teas.
- Chamomile is in the daisy family. If allergic to ragweed, patch test first.



8 TURMERIC

A golden spice ground from the turmeric root.

- Known for its anti-inflammatory and antioxidant properties. Brightens the look of skin.
- Dull or uneven looking skin.
- Face masks, face pops, and brightening blends.
- A little goes a long way. Use 1/8 teaspoon or less per batch. Can stain skin, fabric, and countertops.



9 SUGAR (BROWN OR GRANULATED)

A natural exfoliant.

- Polishes away dry, flaky skin for a smoother, softer feel.
- Body, hands, feet, and elbows/knees.
- Sugar scrubs and exfoliating cleansers.
- Use fine or medium grinds for a gentler scrub. Always pair with oil or butter.



10 HONEY

A natural humectant from bees.

- Draws moisture to the skin and helps keep it soft and smooth.
- All skin types, especially dry or dehydrated skin.
- Soaps, masks, cleansers, and moisturizers.
- Use raw, unfiltered honey when possible. If allergic to bee products, choose an alternative humectant.

Simple Ingredients. Beautiful Possibilities.

NATURAL SKINCARE. REAL RESULTS. STARTS IN YOUR KITCHEN.

The Botanical Skincare Possibilities Map

ONE PASSION. FOUR PATHWAYS. SO MANY POSSIBILITIES.

Natural Ingredients. Real Products. Real Possibilities.

1 CREATE FOR YOURSELF AND YOUR FAMILY

NATURAL CARE. REAL RESULTS.

NATURAL SKINCARE ASSOCIATION

naturalskincareassociation.com

- Simple recipes
- Natural ingredients
- Healthy self-care
- A supportive community
- Ongoing learning

EXPLORE THIS PATHWAY →

2 BUILD A BOTANICAL SKINCARE LINE

TURN YOUR PASSION INTO A PURPOSE.

NATURAL SKINCARE CHICK

naturalskincarechick.com

- Create unique products
- Build your brand
- Package and sell
- Sell online or in person
- Make an impact

EXPLORE THIS PATHWAY →



IT ALL STARTS WITH YOU

A PASSION FOR BOTANICAL SKINCARE CAN OPEN DOORS TO CREATIVITY, CONFIDENCE, COMMUNITY, AND OPPORTUNITY.

3 HOST MAKE AND TAKE PARTIES

HANDS-ON FUN. LASTING IMPACT.

MAKE AND TAKE PARTIES

makeandtakeparties.com

- Bring people together
- Create memorable experiences
- Great for groups and events
- Perfect for friends, organizations and paying guests
- Additional income opportunity

EXPLORE THIS PATHWAY →

4 BECOME A CERTIFIED SKINCARE EDUCATOR

SHARE YOUR KNOWLEDGE. CREATE OPPORTUNITY.

NATURAL SKINCARE ACADEMY

naturalskincareacademy.com

- In-depth training
- Gain certification
- Teach classes and workshops
- Inspire and equip others
- Turn your expertise into opportunity

EXPLORE THIS PATHWAY →

Where Will Your Path Lead?

YOUR NEXT STEP STARTS HERE.

Choose the pathway that speaks to you.

You don't have to do it all. You simply have to begin.

THE RECREATED WOMAN™
recreatedwoman.com

DR. MISTY
drmistycassady.com



The ART Tool

AWARENESS
RECREATE
TAKE ACTION

A SIMPLE WAY TO SHIFT YOUR IDENTITY AND CHANGE YOUR LIFE.

A AWARENESS

TAKE AN UNBIASED LOOK AT WHAT IDENTITY IS. OPERATING IN YOUR LIFE.

Start with the result.

Look at what's happening in your life. That result is giving you a clue about the identity you've been agreeing with.

EXAMPLES:

Result: Broke
→ Identity: Scarcity

Result: Not enough money
→ Identity: Poverty

Result: Overwhelmed
→ Identity: Not capable

Result: Feeling stuck
→ Identity: Not qualified

R RECREATE

BREAK THE OLD AGREEMENT AND INSTALL A NEW IDENTITY.



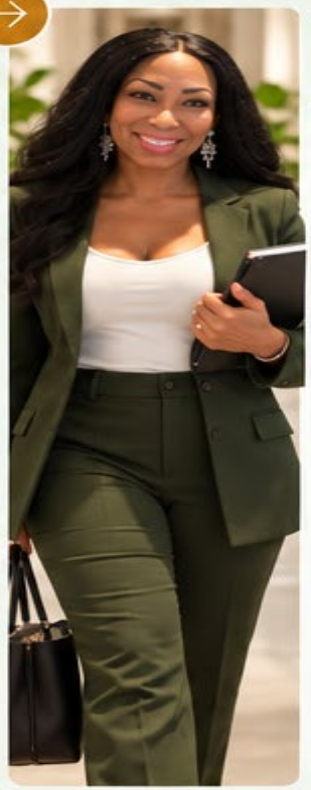
START WITH THIS VERSION OF ME.

Decide who you are now and write it out. This version of me:

- ☑ Believes this
- ☑ Does this
- ☑ Chooses this
- ☑ Speaks this
- ☑ Expects this

T TAKE ACTION

WALK LIKE HER. TALK LIKE HER. MAKE DECISIONS LIKE HER.



BRING YOUR NEW IDENTITY TO LIFE.

WALK LIKE HER
Show up in alignment with who you are now. Take consistent steps toward the life you want.

TALK LIKE HER
Use the language of your new identity. Speak it until it becomes natural.

MAKE DECISIONS LIKE HER
Choose what supports your new identity. Say yes to growth and no to what keeps you stuck.

Awareness shifts your perspective.
Recreate establishes your new identity.
Take Action makes it real.

CHANGE THE IDENTITY YOU AGREE WITH, AND YOU CHANGE YOUR LIFE.