SKINCARE FORMULATION THROUGH THE SEASONS GUIDE



CUSTOMIZING SKINCARE RECIPES FOR EVERY SEASON

BY ABI FANIRAN

TABLE OF CONTENTS

DISCLAIMER 03

INTRODUCTION 06

SPRING – RENEWAL AND HYDRATION 07

SUMMER – COOLING AND SUN PROTECTION 10

FALL – REPAIR AND TRANSITION 13

WINTER – DEEP HYDRATION AND PROTECTION 16

SHARE YOUR FEEDBACK 22

All rights reserved. No part of this guide may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system without permission in writing from the publisher.

This guide is part of the Exclusive Resource Vault included in the **Skincare Lab: A DIY Tracker for Custom Skincare Recipes** notebook subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the publisher's prior consent in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

Visit www.adeorihaircare.com for more tools and resources.

Copyright © 2025 Abi Faniran. All Rights Reserved.

- DISCLAIMER -

The information provided in this guide, including ingredient suggestions, formulation techniques, and troubleshooting tips, is for personal use and informational purposes only. It does not replace professional skinmcare, dermatological, or cosmetic chemistry advice.

Allergy & Patch Testing

Always conduct a patch test before applying any new product to a larger skin area. If irritation occurs, discontinue use immediately.

Safe Handling & Preservation

Users are responsible for ensuring their formulations are made in a clean, sanitized environment and properly preserved when necessary.

Failure to use appropriate preservation methods in formulations may result in bacterial or fungal contamination, which could harm the skin.

Personal Use vs. Commercial Sale

If you plan to sell skincare products, ensure compliance with local cosmetic laws, including safety assessments, labeling, and testing. Many regions require cosmetic safety assessments, proper labeling, and product testing before selling to the public.

By using this tracker, you acknowledge that the author and publisher are not responsible for any outcomes resulting from

using DIY skincare formulations. This includes, but is not limited to:

- Skin reactions or sensitivities.
- Improper preservation leading to contamination.
- Misuse of essential oils or active ingredients.
- Failure to comply with local cosmetic regulations.

Using DIY skincare formulations is a personal choice, and users assume full responsibility for their creations.

Always research, test your formulations properly, and prioritize skin safety.

Happy formulating!

INTRODUCTON

This guide provides excellent suggestions for skincare formulations that align with the changing seasons.

Just as the seasons change, so do the needs of your skin. Temperature shifts, humidity levels, and environmental factors all affect how your skin reacts throughout the year.

Seasonal formulations allow you to tailor your products for maximum effectiveness. Use this guide as a reference to choose the best ingredients and techniques for each season, ensuring healthy, radiant skin all year long.









Spring - Renewal and Hydration

As winter fades and the temperatures rise, the skin transitions from the harsh cold to milder, more humid conditions.

This shift often requires lighter hydration, gentle exfoliation, and protection from seasonal changes like increased pollen exposure and humidity.

Spring is a time to refresh and rejuvenate the skin, shed dullness from the colder months, and prepare for the warmer days ahead.



- BEST INGREDIENTS -



ROSEWATER - HYDRATING & SOOTHING

A natural humectant that hydrates, soothes, and balances skin tone while providing a refreshing floral scent.



ALOE VERA - CALMS IRRITATION & REFRESHES SKIN

Aloe vera is perfect for soothing irritation and maintaining moisture levels without clogging pores.



CUCUMBER EXTRACT - COOLING & DEPUFFING

Packed with antioxidants and vitamins, cucumber extract reduces puffiness, hydrates the skin, and provides a refreshing cooling effect.



FRUIT ENZYMES - GENTLE EXFOLIATION

Gentle natural exfoliants that help remove dead skin cells, unclog pores, and brighten dull winter skin without irritation.



HYALURONIC ACID - LOCKS IN MOISTURE

Another powerful humectant that locks in hydration, keeping the skin plump, soft, and youthful.

SUGGESTED FORMULATIONS FOR SPRING

- Refreshing floral facial mists infused with rose water, aloe vera, and cucumber extract
- Lightweight gel moisturizers with hyaluronic acid to keep the skin dewy and fresh without feeling greasy.
- Vitamin C serums protect against environmental damage, fade dark spots, and enhance the skin's natural glow.
- Exfoliating fruit enzyme masks gently slough off winter dryness and dissolve dead skin cells for a smoother complexion.

Summer - Cooling and Sun Protection

With the arrival of longer, sunnier days and increased humidity, summer skincare should focus on lightweight hydration, sun protection, and oil control.

The combination of heat, sweat, and UV exposure can lead to dehydration, excess oil production, and sensitivity, making it essential to use formulations that keep the skin refreshed, balanced, and protected.

And don’t neglect hydration either!



- BEST INGREDIENTS -



GREEN TEA EXTRACT - ANTIOXIDANTS & SKIN REPAIR

Green tea helps combat free radical damage caused by UV rays, reducing inflammation and supporting skin repair.



ALOE VERA - HYDRATION & SUNBURN RELIEF

Provides hydration and post-sun relief; soothes irritated skin and reduces redness caused by sun exposure.



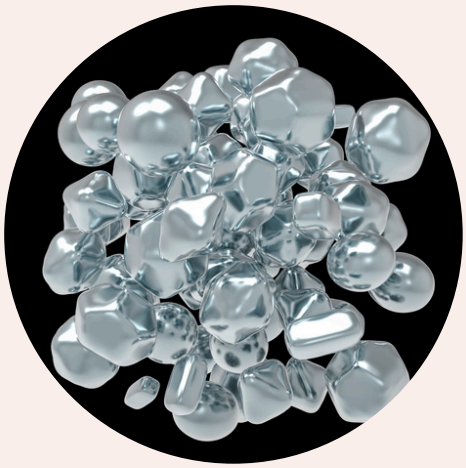
NIACINAMIDE - OIL CONTROL & BARRIER STRENGTHENING

Niacinamide (Vitamin B3) helps control excess sebum, reduces the appearance of pores, and strengthens the skin barrier against environmental stressors.



HYDROSOLS - SOOTHING & COOLING

Cucumber and peppermint hydrosols provide instant cooling and hydration, reducing puffiness and soothing sun-stressed skin.



NON-NANO ZINC OXIDE - NATURAL SPF PROTECTION

A natural mineral sunscreen filter that provides broad-spectrum UV protection without clogging pores or irritating sensitive skin.

SUGGESTED FORMULATIONS FOR SUMMER

- Lightweight, water-based gels enriched with aloe vera, hyaluronic acid, and niacinamide to hydrate without leaving a greasy feel.
- Refreshing sprays with cucumber, peppermint, and green tea extract cool down overheated skin and provide an instant hydration boost.
- Niacinamide-infused serums helps control oil production while keeping skin hydrated and balanced.
- Aloe and cucumber face masks are ideal for post-sun recovery; calm irritation, reduce redness, and refresh tired skin.

Fall - Repair and Transition

As temperatures drop and humidity levels decline, the skin begins to experience dryness, increased sensitivity, and barrier damage from the seasonal transition.

Fall is the perfect time to repair and replenish the skin after summer's sun exposure while preparing it for the colder months ahead.

Skincare should focus on deep hydration, barrier strengthening, and soothing irritation caused by changing weather conditions.



- BEST INGREDIENTS -



PUMPKIN SEED OIL - NOURISHES AND FIRMS SKIN

Pumpkin seed oil helps firm, nourish, and rejuvenate post-summer skin while supporting collagen production with antioxidants, fatty acids, and vitamins.



CERAMIDES - STRENGTHENS SKIN BARRIER

These essential lipids help restore the skin barrier, preventing moisture loss and protecting against environmental aggressors.



COLLOIDAL OATMEAL - SOOTHES IRRITATION

With its anti-inflammatory and soothing properties, oats help calm red, irritated, or sensitive skin, making it an excellent ingredient for fall repair.



ARGAN OIL - LIGHTWEIGHT HYDRATION

Lightweight and deeply nourishing oil which hydrates the skin without clogging pores and is rich in essential fatty acids and vitamin E.



SHEA BUTTER - DEEP NOURISHMENT FOR DRIER WEATHER

A deeply moisturizing butter that softens dry patches, strengthens the skin's protective barrier, and locks in hydration for the colder months ahead.

SUGGESTED FORMULATIONS FOR FALL

- Creamy, non-stripping formulations infused with oat extract, ceramides, and pumpkin seed oil to maintain skin moisture.
- Nourishing facial oils like argan and pumpkin seed oil replenish the skin, boost elasticity, and prevent seasonal dryness.
- Oat-based masks calm redness, irritation, and dryness, while shea butter restores skin balance.
- A ceramide-rich night cream strengthens the skin's protective barrier, hydrates, heals, and prevents moisture loss overnight.

Winter - Deep Hydration and Protection

Winter brings cold, dry air, harsh winds, and indoor heating, all of which can strip the skin of its natural moisture, leaving it dry, irritated, and vulnerable.

Skincare formulations should focus on deep hydration, moisture retention, and protective barriers to combat these conditions and shield the skin from extreme weather.

Winter is the time to layer rich emollients, occlusives, and humectants to keep skin soft, supple, and nourished.



- BEST INGREDIENTS -



SHEA & COCOA BUTTER - LOCKS IN MOISTURE

Rich butters seal in moisture, repair dry patches, and provide long-lasting hydration, making them essential for winter skincare.



HONEY & GLYCERIN - FOR MOISTURE RETENTION

Powerful humectants that draw moisture into the skin, preventing dehydration and keeping skin plump and smooth.



SQUALANE - LIGHTWEIGHT YET DEEP HYDRATION

A lightweight yet deeply penetrating oil that mimics the skin’s natural sebum, helping to restore hydration without feeling greasy.



JOJOBA OIL - BALANCES DRY & SENSITIVE SKIN

A non-comedogenic oil that balances sebum production, helping to soothe and protect dry, irritated, or sensitive skin.



LANOLIN - EXTRA PROTECTION AGAINST HARSH WEATHER

A highly effective occlusive that locks in moisture, making it perfect for chapped lips, cracked hands, and rough patches in extreme winter conditions.

SUGGESTED FORMULATIONS FOR WINTER

- Ultra-nourishing body butters using shea butter, cocoa butter, and jojoba oil hydrate and protect dry skin from cold temperatures.
- A lanolin-based lip balm or overnight treatment helps repair chapped lips and prevent moisture loss.
- Lock in hydration with a squalane and glycerin-infused sleeping mask, allowing the skin to repair itself overnight.
- A shea butter-rich cream deeply moisturizes and shields hands from the drying elements.

By adapting formulations to match the seasons, you can create products that nourish, protect, and enhance skin health no matter the weather.



- NOTES -



I hope you enjoyed Skincare Lab: A DIY Tracker for Custom Skincare Recipes. Your experience matters, and I'd love to hear your thoughts. Would you take a moment to leave a review?

Your reviews help independent publishers like me reach more people and improve future editions. Leave a review wherever you ordered the book! Thanks.

You will be notified whenever a new resource is added to the DIY Crafting Series. Thank you for your support.

ADEORIHAIRCARE.COM