



# Full Moon:

A Beauty +  
Wellness Guide

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Full Moon: A Beauty + Wellness Guide by Joan Morais

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Disclaimer: This guide is for personal wellness, beauty rituals, and traditional moon wisdom. It is not medical advice. For health concerns, medical procedures, consult a qualified healthcare professional.

# A Full Moon Beauty + Wellness Guide

The moon has guided people for thousands of years. Ancient cultures watched its phases for planting, harvesting, gathering herbs, celebrations, rest, renewal, and release.

The moon influences the tides through its gravitational pull, and many people feel emotionally, energetically, and physically connected to its rhythm. While not every traditional lunar belief is scientifically proven, following the moon can be a beautiful way to return to nature, create ritual, and live with more awareness.

This guide focuses on the full moon as a time to nourish the body, care for the skin, strengthen the hair, reflect, receive, and bring more beauty into daily life.

## Return to Nature

When we live with the rhythms of nature, we often feel more grounded and connected. The moon gives us a simple monthly rhythm:

- A time to begin
- A time to grow
- A time to receive
- A time to release
- A time to rest

Just like plants, tides, seasons, and the body's natural cycles, life has movement. Living with the moon can help us stop forcing and start flowing.

## The Lunar Cycle

The moon orbits the Earth in about 29.5 days. This is called the lunar cycle.

During this cycle, the moon appears to grow brighter, become full, and then slowly fade into darkness before beginning again. The moon itself is not changing shape. What changes is how much sunlight is reflected from the moon's surface toward Earth.

There are four primary moon phases:

### New Moon

The moon appears dark.

**Theme:** Rest, reset, begin, dream, set intentions.

## **First Quarter Moon**

The moon is halfway between new and full.

**Theme:** Take action, make decisions, build momentum.

## **Full Moon**

The moon appears as a bright, full circle.

**Theme:** Receive, nourish, illuminate, celebrate, strengthen.

## **Last Quarter Moon**

The moon is halfway between full and new.

**Theme:** Clear, simplify, release, let go.

## **Waxing + Waning Moon**

### **Waxing Moon**

The waxing moon is the time from the new moon to the full moon. The light is increasing.

**Key words:** Build, nourish, grow, strengthen, absorb, create.

This is a beautiful time for:

- Nourishing body oils
- Hair masks
- Scalp massage
- Hydrating facial masks
- Planning projects
- Building strength
- Planting above-ground crops
- Taking in nutrients and inspiration

### **Waning Moon**

The waning moon is the time from the full moon to the new moon. The light is decreasing.

**Key words:** Release, simplify, clear, compost, cleanse, rest.

This is a beautiful time for:

- Decluttering
- Gentle exfoliation
- Letting go of habits
- Cleaning the home

- Releasing old thoughts
- Restorative baths
- Garden cleanup
- Preparing for a new beginning

## **The Full Moon**

The full moon is the brightest point of the lunar cycle. Traditionally, it is seen as a time of fullness, illumination, beauty, celebration, and receiving.

The days leading up to the full moon may feel more active, emotional, creative, or energized. Some people also notice changes in sleep, dreams, mood, appetite, or sensitivity.

Because sleep is deeply connected to the body, skin, and hair, the full moon is a beautiful time to slow down in the evening and create a nourishing ritual.

### **Full Moon Themes**

- Receive
- Nourish
- Restore
- Celebrate
- Illuminate
- Strengthen
- Reflect
- Give thanks

### **How the Full Moon May Affect the Body**

Many people feel more awake, sensitive, restless, emotional, or energized around the full moon. Some studies suggest people may go to sleep later or sleep for a shorter time in the nights leading up to the full moon.

This makes the full moon a good reminder to support the body with calming rituals.

### **Full Moon Body Care**

- Take a warm herbal bath.
- Massage the body with herbal body oil.
- Apply a soothing lip balm to the lips.
- Stretch gently.
- Walk outside in the moonlight.
- Drink water or herbal infusion.
- Eat mineral-rich, nourishing foods.
- Breathe deeply and slowly before bed.

## **Full Moon Body Ritual**

After bathing, massage the body with oil. Move slowly from the feet upward toward the heart. As you massage, breathe in and silently say:

**I receive nourishment.**

**I receive beauty.**

**I receive peace.**

## **How the Full Moon May Affect the Skin**

The full moon does not directly “fix” or “damage” the skin, but the skin is connected to sleep, stress, hydration, hormones, and the circadian rhythm. If sleep is lighter around the full moon, the skin may appear more tired, dry, puffy, dull, or sensitive.

Use the full moon as a monthly reminder to deeply nourish the skin and support nighttime repair.

## **Full Moon Skin Care**

- Cleanse gently.
- Mist with rosewater or hydrosol.
- Apply a hydrating mask with ground oats, aloe, or plant milks.
- Massage the face with a nourishing face oil.
- Use calming ingredients such as calendula, chamomile, lavender, rose, oat, marshmallow root, or bisabolol.
- Avoid over-exfoliating if the skin feels sensitive.
- Go to bed early when possible.

## **Full Moon Facial Ritual**

Cleanse the face. Apply a soft hydrating mask. After rinsing, mist the skin and massage with face oil for 2-3 minutes.

Move upward and outward with gentle pressure.

As you massage, silently say:

**My skin is nourished.**

**My skin is beautiful.**

**My skin is intelligent and knows how to renew.**

## How the Full Moon May Affect the Hair

Hair and scalp health are connected to nourishment, sleep, hormones, circulation, stress, and the body's internal timing. The full moon is a wonderful monthly cue to care for the scalp and hair with extra attention.

This is not because the full moon magically makes hair grow faster, but because rituals create consistency, and consistency supports healthy hair care.

### Full Moon Hair Care

- Massage the scalp with warm herbal oil.
- Apply a nourishing hair mask.
- Use a gentle shampoo and conditioner.
- Detangle slowly and carefully.
- Trim dry ends if needed.
- Sleep on a soft pillowcase.
- Avoid tight hairstyles if the scalp feels sensitive.
- Drink water and eat nourishing plant-based foods.

### Full Moon Hair Ritual

Warm a small amount of herbal hair oil. Massage into the scalp using slow circular motions for 5-10 minutes. Apply a hair mask to the lengths and ends.

As you massage, silently say:

**My roots are nourished.**  
**My hair is strong.**  
**My body knows how to renew.**

## Moon in the Zodiac Signs

The moon moves through each zodiac sign for about 2-3 days. Traditional moon wisdom connects each sign with an element and certain areas of the body.

Use this as a gentle wellness guide, not as medical advice.

### Air Signs

#### Aquarius, Gemini, Libra

Air days may feel social, light, bright, and creative.

- **Aquarius:** Lower legs, calves, ankles  
Massage the calves and stretch the legs.
- **Gemini:** Hands, arms, shoulders  
Massage the hands, arms, and shoulders. Stretch and breathe.
- **Libra:** Kidneys, bladder, hips  
Drink water, stretch the hips, and move gently.

### Earth Signs

#### Capricorn, Taurus, Virgo

Earth days may feel grounded, practical, and steady.

- **Capricorn:** Bones, knees, skin  
Take a nature walk. Massage the knees. Do a gentle body polish.
- **Taurus:** Neck, jaw, throat, ears  
Stretch the neck. Relax the jaw. Sing, hum, or listen to beautiful music.
- **Virgo:** Digestion  
Eat slowly, chew well, and choose simple nourishing meals.

### Fire Signs

#### Aries, Leo, Sagittarius

Fire days may feel active, dry, warm, and energizing.

- **Aries:** Head, eyes, sinuses  
Try a gentle herbal facial steam. Massage the temples.
- **Leo:** Heart, upper back  
Massage the heart area with rose body oil. Practice gratitude.
- **Sagittarius:** Thighs, hips  
Massage the thighs. Walk, stretch, or dance.

## Water Signs

### Cancer, Scorpio, Pisces

Water days may feel emotional, intuitive, and fluid.

- **Cancer:** Chest, stomach, lungs  
Breathe deeply. Massage the stomach. Cook a comforting meal.
- **Scorpio:** Reproductive area, hormones, transformation  
Rest, journal, and care for yourself with tenderness.
- **Pisces:** Feet  
Soak the feet. Use a foot scrub. Massage with rich foot butter.

## Full Moon Beauty Rituals

The full moon is a beautiful time to nourish, strengthen, and receive.

### Body

- Herbal body oil massage
- Calendula body balm
- Peppermint foot butter
- Sea salt bath
- Rose and lavender bath
- Gentle stretching
- Moonlight walk

### Skin

- Oat and plant milk facial mask
- Rosewater face mist
- Lavender face oil massage
- Aloe and calendula mask
- Restorative night cream
- Gentle gua sha or facial massage

### Hair

- Warm herbal scalp oil treatment
- Avocado or banana hair mask
- Rosemary scalp massage
- Deep conditioning treatment
- Gentle detangling
- Protective nighttime hair care

### Home

- Polish wood
- Fix what needs repair

- Freshen linens
- Clean the altar or sacred space
- Add flowers
- Light a candle
- Prepare the home for beauty and peace

## **Garden**

The full moon and waxing moon are traditionally used for growth, nourishment, and planting.

Best garden activities:

- Plant above-ground crops
- Water deeply
- Harvest herbs and flowers
- Tend fruiting plants
- Add compost
- Spend time observing the garden

Water signs, Cancer, Scorpio, and Pisces, are traditionally considered especially supportive for planting.

## **Full Moon Wellness Practice**

Use the full moon to receive what is good.

Ask yourself:

- What is growing in my life?
- What is ready to be celebrated?
- What beauty am I allowing in?
- What nourishment do I need?
- What am I grateful for?
- What truth has been illuminated?

Then choose one simple ritual:

- Take a bath
- Massage the body
- Oil the scalp
- Write in a journal
- Drink herbal tea
- Sit under the moon
- Pray or meditate
- Dance
- Rest

# Simple Full Moon Beauty Recipes

## Simple Lavender Massage Oil

A simple herbal body oil can be used for massage, body oil, bath oil, hair ends, or a light scalp massage.

### Ingredients

- 4 ounces safflower oil (or almond, sunflower, olive, or jojoba oil)
- 12 drops lavender essential oil

### Directions

1. Pour safflower oil into a 4 ounce / 120 mL bottle.
2. Add 12 drops lavender essential oil.
3. Cap and gently roll in your palms to mix the oil and essential oil.

### To Use

Massage onto damp skin after bathing or use as a calming body massage oil.

## Simple Lavender Infused Massage Oil

A simple herbal body oil can be used for massage, body oil, bath oil, hair ends, or a light scalp massage.

### Ingredients

- Fresh or dried lavender flowers
- Carrier oil: almond, sunflower, olive, or jojoba oil

### Directions

4. Add lavender flowers to a clean, sanitized glass jar until the jar is about  $\frac{3}{4}$  full.
5. Pour carrier oil over the lavender until the plant material is fully covered.
6. Cap the jar.
7. Store in a cool, dry place for 2-4 weeks.
8. Check the first few days to make sure the lavender stays fully covered with oil.
9. Strain through cheesecloth, muslin, or a coffee filter into a clean bottle.
10. Label with the date and ingredients.

### To Use

Massage onto damp skin after bathing or use as a calming body massage oil.

# Rose + Mint Skin + Hair Mist

## Rose + Mint Beauty Mist

This gentle mist refreshes the skin, lightly hydrates the hair, and adds a soft aromatherapy experience from botanical hydrosols. It can be used after cleansing, before face oil, or as a light hair mist.

Flower waters can be found at international grocery stores. They are usually sold as food-grade products. Look for **distilled flower waters**, without additives. Corta's is one brand that offers flower waters distilled from the plant, a hydrosol.

Makes

2 ounces

Ingredients

- 1 ounce rose hydrosol
- 1 ounce mint hydrosol
- ¼ teaspoon vegetable glycerin or aloe vera juice or gel

Instructions

1. Add the rose hydrosol and mint hydrosol to a clean 2-ounce spray bottle.
2. Add the vegetable glycerin or aloe vera juice or gel.
3. Cap the bottle and shake well.
4. Store in a cool place and use in 1-2 weeks. Refill as needed.

To Use

Mist lightly onto the face, neck, body, or hair. Keep eyes closed when misting the face. Use after cleansing, before applying face oil, or anytime the skin or hair needs a refreshing boost.

Note

Hydrosols can be sourced from international grocery stores. This recipe uses aromatic hydrosols instead of essential oils, so no solubilizer is needed. Use within 1-2 weeks. Store the remaining hydrosols in the refrigerator. For a product that will be sold or stored longer, a proper preservative system and microbial testing are needed.

# Simple Face Oil

A face oil helps soften, smooth, nourish, and protect the skin. Apply only a few drops to damp skin or after a hydrating mist.

## Most Skin Types Face Oil

- 6 teaspoons sweet almond oil
- Optional: 1-2 drops lavender essential oil

## Normal Skin Face Oil

- 5 teaspoons apricot oil or sweet almond oil
- 1 teaspoon sesame oil
- Optional: 1-2 drops lavender essential oil

## Oily Skin Face Oil

- 5 teaspoons safflower oil
- 1 teaspoon jojoba oil
- Optional: 1-2 drops lavender essential oil

## Dry Skin Face Oil

- 3 teaspoons sunflower oil
- 3 teaspoons avocado oil
- Optional: 1-2 drops lavender essential oil

## Sensitive Skin Face Oil

- 4 teaspoons avocado oil
- 2 teaspoons apricot oil

## Mature Skin Face Oil

- 4 teaspoons marula oil
- 2 teaspoons rosehip seed oil
- Optional: 1-2 drops lavender essential oil

## Directions

1. Combine the plant oils in a clean 1-ounce / 30 mL glass bottle.
2. Add essential oil if using.
3. Cap and shake well.

## To Use

After cleansing and misting the skin, apply a few drops to the face and neck. Smooth gently into the skin.

# Fresh Peach Skin Brightener Mask

This simple fresh fruit mask helps soften and refresh the skin. Peach pulp adds a gentle natural glow, while oats help soothe and calm the skin.

## Makes

1 fresh facial mask application

## Ingredients

- ½ fresh peach, mashed into pulp
- ¼ cup finely ground oats or oat flour
- Plant milk or coconut cream, as needed to moisten

## Instructions

1. Mash the peach pulp in a small bowl.
2. Add the finely ground oats or oat flour.
3. Mix together.
4. Add a small amount of plant milk or coconut cream, just enough to create a soft, spreadable mask.
5. Apply to clean skin, avoiding the eye area.
6. Leave on for 5–10 minutes.
7. Rinse well with warm water.
8. Follow with a face mist and face oil or moisturizer.

## Note

Use immediately after making. Do not store leftovers. Fresh fruit masks are best made in small amounts and used right away.

## Simple Lip Pots

This simple lip balm helps protect and moisturize the lips. Once you make your own lip balm, you may not want to go back to store-bought lip balm.

Candelilla wax is a plant-based wax from the *Euphorbia cerifera* shrub, native to Mexico. It helps protect the lips, gives structure to the balm, and adds a natural glossy finish.

Makes

Fills approximately **3 small lip balm pots**

Ingredients

- 2 tablespoons olive oil (or sunflower or apricot oil)
- 1 teaspoon candelilla wax
- 6-9 drops food flavor oil (strawberry, coconut, pineapple, vanilla)

Equipment

- Small heat-safe pot (1/4 cup stainless steel measuring cup or beaker)
- Stirring spoon
- Small lip balm pots or lip balm tubes

Instructions

1. Add the olive oil (or other oil) and candelilla wax to a small heat-safe pot or beaker.
2. Warm gently over low heat.
3. Stir until the candelilla wax is fully melted and mixture is transparent. Do not overheat.
4. Add food flavor oil and stir well.
5. Remove from heat.
6. Carefully pour the melted mixture into lip balm pots or lip balm tubes.
7. Let the lip balm cool and harden completely.
8. Cap containers.

To Use

Apply a small amount to the lips as needed.

# Simple Sea Salt Hair Mist

This mist gives hair a tousled, beachy texture.

## Ingredients

- 4 ounces distilled water
- ½ teaspoon sea salt
- Optional: 1 drop lavender essential oil
- Optional: 1 drop rosemary essential oil
- Optional: 2 drops glycerin or ¼ teaspoon aloe vera gel
- Optional: 4 drops seaweed extract

## Directions

1. Warm the distilled water.
2. Add sea salt and stir until dissolved.
3. Add optional glycerin, aloe vera gel, seaweed extract, and essential oils.
4. Mix well.
5. Pour into a spray bottle.

## To Use

Shake bottle and mist onto dry or damp hair. Scrunch with hands and allow hair to air dry. Use in 1-4 weeks.

## Note

For a more professional version, essential oils should be solubilized, and the formula should be preserved.

# Simple Pre-Shampoo Scalp Massage Oil

This simple scalp oil helps soften the scalp, add nourishment, and prepare the hair before shampooing. Use it as a relaxing full moon hair ritual or anytime the scalp and hair need extra care.

Makes

1 ounce

Ingredients

- 2 tablespoons safflower oil or (sunflower, or olive oil)
- Optional: 1 drop rosemary essential oil
- Optional: 1 drop lavender essential oil

Instructions

1. Add the safflower to a clean 1-ounce bottle.
2. Add the essential oils, if using.
3. Cap and shake gently to blend.

To Use

1. Before shampooing, apply a small amount of oil directly to the scalp.
2. Massage gently with fingertips in slow circular motions for 3-5 minutes.
3. Leave on for 5 minutes.
4. Shampoo well to remove the oil.
5. Condition as usual.

Note

Use only a small amount so the hair does not become too oily. For sensitive scalps omit the essential oils.

# Simple Avocado Hair Softening Mask

This easy hair mask helps soften dry hair and add nourishment using simple kitchen ingredients. Avocado adds richness, banana helps give slip and softness, and olive oil helps smooth the hair.

## Makes

1 hair mask application

## Ingredients

- ½ ripe avocado
- ½ ripe banana
- ½ to 1 teaspoon olive oil
- 1-2 teaspoons plant milk, as needed to blend

## Instructions

1. Mash the avocado and banana well in a small bowl.
2. Add the olive oil and mix until smooth.
3. Add a small amount of plant milk, if needed, to create a creamy mask.
4. Apply to damp hair, focusing on the mid-lengths and ends.
5. Leave on for 10-15 minutes.
6. Rinse well with warm water.
7. Shampoo and condition as usual.

## Note

Blend the mask until very smooth so it rinses out easily. For fine or oily hair, use less or no olive oil or apply only to the ends. Use immediately after making. Do not store leftovers.

# Full Moon Journal Page

Full Moon Month: \_\_\_\_\_

Day: \_\_\_\_\_

Year: \_\_\_\_\_

Zodiac Sign: \_\_\_\_\_

**What is illuminated for me right now?**

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**What do I want to receive more of in my life?**

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**What can I do right now to build more beauty, health, and joy?**

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**What does my body need?**

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**What does my skin need?**

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**What does my hair need?**

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# Resources

## Books

- *Astrological Gardening* by Louise Riotte
- *Moon Time: The Art of Harmony with Nature and Lunar Cycles*

## Moon Calendars

Look for a moon calendar that includes your time zone, and the zodiac sign the moon is in each day.

Helpful calendar types:

- Lunar ingress calendar
- Farmers' Almanac zodiac calendar
- Gardening by the moon calendar
- Moon phase calendar
- Zodiac body parts calendar

# Joan Morais Cosmetics School + The Formulators LAB

## Natural Skin and Hair Care Formulation Training Courses

### About Joan Morais

Joan Morais is a natural cosmetic formulator, instructor, herbalist, and certified aromatherapist with over 20 years of experience in natural beauty formulation. Through Joan Morais Cosmetics School + The Formulators LAB, she teaches online courses in natural, organic, and plant-based formulation for skin, hair, body, and wellness products.

Joan has helped thousands of students around the world learn the art and science of creating natural products. Her teaching blends traditional botanical wisdom with modern cosmetic formulation, making the process clear, inspiring, and empowering for both beginners and professionals.

Her formulas are created with high-quality plant-based, vegan ingredients, including effective skin and hair actives, natural and organic herbs, botanical extracts, pure plant butters, plant oils, and essential oils. Each formula is designed to support the skin and hair while honoring people, animals, and the earth.

Joan's mission is to help students gain the knowledge, confidence, and skills to create beautiful, effective, and sustainable natural products.

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