



HA 1%
Glycerine 2%,
Preservative 1.1%
Water 95.9 %



BEAUTY | DIY SKIN CARE

DIY Hyaluronic Acid Serum Recipe (super easy to make)

By Bianca

Making your own DIY hyaluronic acid serum recipe is easier than you might think. You only need 3 ingredients: hyaluronic acid powder (Sodium Hyaluronate), distilled water, and a preservative. I have added glycerine to the recipe but is totally optional.

Why make your own HA serum?

- Is cheaper. Most serums and skincare creams with HA will cost you more.
- Since it is homemade you know exactly what you are applying on your skin.
- The HA powder you buy is going to last for a long time as you only need a small amount to make the serum.



Below the recipe, you are going to find the benefits of using hyaluronic acid on the skin just in case you are interested.

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HOW TO MAKE HYALURONIC ACID SERUM [easy recipe]





Easy DIY hyaluronic acid serum recipe

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Disclaimer: The materials contained on this website are provided for general information purposes only and do not constitute medical or other professional advice on any subject matter. Even cosmetics that contain natural ingredients can cause skin reactions so make sure you understand what you are using on your skin. Ultimately all recipes are made and used at your own risk.



How to Make Hyaluronic Acid Serum (only topical application)

Ingredients

We need to use a preservative because the recipe contains water. Don't be tempted to skip the preservative if you want to

avoid the growth of *microbes* on your serum.

This amount is for 100 gr.

- 95.9 gr [distilled water](#)
- I'm using a mixture of high and low molecular weight. If you want to do the same mix 1gr [high molecular weight hyaluronic acid powder](#) and [low molecular weight hyaluronic acid powder](#).
- 2 gr [glycerin](#) (optional)
- 1.1 gr preservative (broad spectrum). This is the amount I have to use for the preservative I'm using. Check the guidelines of the preservative you are using to make sure you add the right amount. If you are looking for a broad spectrum preservative [check this one](#).

When making your own HA serum is recommended to add 1% and never more than [2% of hyaluronic acid](#) powder. Too much HA can dry the skin.





What is the difference between high molecular and low molecular hyaluronic acid and why should you care?

It's all to do with the size of the molecules. Low molecular weight is able to penetrate deep into the epidermis to hydrate, heal, and plump the skin.

On the other hand, high molecular weight stays on top of the skin, protecting the skin and attracting moisture from the air to keep it hydrated.



So, by using both weights you get the combined benefits of the two.

How to make it

The recipe is pretty straightforward.

1 – First disinfect the utensils you are going to use with 70% rubbing alcohol.

2 – Measure the distilled water and transfer it into a sterilized container.

3 – Now measure the HA powder on a digital scale like this one and pour it on top of the distilled water. Don't stir or shake! Cover with cling film and place it in the fridge for a few hours or overnight.



4 – After this time the hyaluronic acid powder will have absorbed the water and you will have a substance like gel.



5 – If you are using glycerin add it now and mix it well.



6 – The last thing you want to do is add the preservative. Stir.



7 – Transfer to a container with a lid. At this point, what I like to do is put the lid on and shake it to make sure the preservative is well incorporated.



If you use the correct amount of preservative it should last a few months (3 to 6). It is important to label the container with the name of the product and the date it was made.



And that's all.

The hyaluronic acid serum is ready to use.

I like to keep a small amount in my bathroom cabinet and the rest in the refrigerator.





Skin Benefits of Hyaluronic Acid

One of the main reasons HA is used in cosmetic products is because it has a great capacity to attract and retain moisture.

Topical application allows deep hydration of the skin, making its appearance smoother and plumper, increasing its thickness, which in turn helps to [minimize fine lines and wrinkles](#).

It is also a great skin healer, so it can be applied to wounds already closed, but not yet healed.

To use it apply on slightly damp skin morning and/or night. You could also add it to your existing skincare face creams to boost its benefits.

Other homemade skin care recipes you WILL LOVE:

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6 Comments

Shaylee says:

This is so easy to follow and understand! Thank you so much for sharing!can you add essential oils for a light fragrance?

Reply

Bianca says:

Hi, I have never added essential oils to homemade hyaluronic acid serum, but I have seen other recipes that do. Personally, I don't like to add essential oils because I like to use the serum around my eyes and it won't be good if it gets into the eyes. Having said that, you could add a few drops of the essential oil of your choice. Thanks for stopping by!



Reply

Temitope says:

Hi! Thanks for sharing this recipe. I'm not able to get the high molecular hyaluronic acid powder, how can I make the low molecular hyaluronic acid gel like? Your help will be very much appreciated. Please stay safe

Reply

Bianca says:

Hi,

Just follow the recipe in exactly the same way, but using the hyaluronic acid powder you have available. If you want to find out more about HA molecular weight check [this article](#). Thanks!



Reply

Sharon Phillips says:

Where do you get hyaluronic acid powder??

Reply

Bianca says:

Hi,

I usually get my supplies online from Making Cosmetics, eBay or Amazon. Follow the affiliate link (blue color) on the ingredients list if you are interested in buying the ingredients from Amazon.

Reply

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