(Not only)

Au Ra
Skin and Scale Care Guide

FFXIV Endwalker
Patch 6.25

V 1.0

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aka
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Disclaimer

The purpose of this document is to find in-game means to enhance personal headcanons and lore revolving around the skin and scale care of Au Ras. It reflects the aspects of shedding for this race and puts in-game items and means into context to support shedding and enhancing care. The skin care products mentioned in this document can also be used by any other race from Final Fantasy XIV. It is by no means an official document or affiliated with Square Enix in any way. This document is fan-made only.

At the time the document was written, the game's official release was patch 6.25. Every item available at this point will be taken into consideration. Proceed with caution about spoilers if you haven't played patch 6.25 yet. It is planned to update this document with each major release accordingly.

It is also not designed to be a general guide for reptile care. This document is based on no in-depth research and won't substitute a professional health care guide. If you are searching for shedding issues for your animal please contact a veterinarian or a professional.
The skin care mentioned in this document has been taken from several health and beauty pages for references. The recipes displayed and mentioned will be adjusted to items in game, so they're not meant to be used outside of the game. The links for the general recipes will be listed at the end of the document and it's up to your own volition to use them for your personal care.

For professional health care please consult a doctor or pharmacist!

I am no veterinarian, nor a dermatologist or biologist. All aspects of this document were researched within google and not necessarily scientific papers. While making sure and double checking many aspects to be vaguely true, I do not guarantee anything to be 100% correct. If you want to use anything stated in this document outside of the game you act on your own risk.

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Foreword

Have you ever thought about certain aspects for your Warrior of Light and realised that there was nearly no information around it, or you needed to really deeply dive into the game and find bits and pieces to make it *somehow* work?

That was me a few months ago.

May I present to you my Warrior of Light: Yerentai Kharliq, originating from the Azim Steppe in Othard, who really emphasises on his appearance, including skin and hair care. He also has some issues while shedding since his back scales are scarred, and he also has other scars that are not really visible anymore thanks to a quick and continued treatment.

And I was wondering: Is anything of this even possible in the context of the game?

So I started researching and talking with other Au Ra players on Twitter about shedding. And realised that there was nearly no real information about it besides that yes, Au Ras shed their scales.

And for the ingredients found in Othard? There was a lot actually (*I wrote a whole other document about it which will be shared soon as well)* and it gave me hope that my theory and lore could actually work.
But then I thought about other regions as well. Other Au Ras. Other possibilities. My train of thought went further and further and suddenly I had a small document of 20 pages.

From 20 pages it grew to over 100. I feel a bit insane, but I can now proudly answer my own question: *Yes, my lore works!*

Speaking publicly about it made other players aware and suddenly I realised that the whole effort and work I put into this research might be interesting for other players as well. Not necessarily only Au Ras, but every race actually since skin care is a very general topic.

And here we are now! I hope this document will support your Characters lore, make it somehow work or even enhance it! I hope this document will bring you as much joy as it brought me.

Blutkatze

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Reptile Scales and Scutes

Before diving into the care guide though we should maybe have a closer look on the scientific side of scales, scutes and shedding. We are mostly akin to what happens with our human skin - but what about reptilians?

Reptile skin is covered with scutes - a bony external plate covered with horn - or scales, a small, rigid plate growing out of the epidermis for protection. Scutes and scales help to distinguish reptiles from other animals and also is an indicator for various species.

Scales are made of alpha and beta-keratin. Alpha keratin is the main structure found in vertebrates and is the primary component of hairs, horns, (mammalian) claws, nails and the epidermis layer of skin. They can be hardened for lizards, or modified elaborately as in snakes.

Scutes are found in crocodilians, the shell of a turtle or the feet of birds. They serve the same function as scales, but are formed differently. They are formed in the living dermis, scutes produce a horny layer which is similar to scales. Yet they shed differently than lizards and snakes. Scutes regenerate piece by piece and not in a continuous layer of skin.

The Shedding of scales is called **ecdysis**, or moulting. It serves primarily to replace old, worn skin. Secondly it helps to get rid of parasites and allow growth of the animal. Lizards can shed in one piece (especially with longer bodies) but also shed in flakes. Snakes usually shed their outer layer of skin in one piece. Snakes *stop eating* before a moult - which might be useful information for those who like their Au Ras more akin to snakes than lizards. Some Geckos eat their own shed.

General Shedding Care for Reptiles

Reptiles like Lizards and Snakes regenerate their skin in periodic times. Unlike human skin though they shed their scales in one, continuous batch - like shedding their complete 'hull'. It varies from species and age of the animal when and how often they shed, typically younger animals shed more often than adults. A rough estimate is a timespan between weeks and several months depending on the species, with hatchlings and younger animals shedding much more often (between days and weeks). To make sure the shed will be successful and won't stuck on the animal - which can lead to infections and further issues up to scaring, toe or tail loss - several factors need to be checked:

- **High Humidity** for the time of shedding. For drier living animals there can be a Hydration Box with Sphagnum Moss added to the enclosure
- **Rough surface** to rub off shed. This could be a rock or some kind of bark or wood
- **Nutrients**. In general Reptiles don't need supplements, but it is vital (in general) to feed to right kind of food with needed nutrients (vitamins), and freshwater

In case shed is stuck and won't come of on it's own there are some things to help them:

- give a warm bath for 10-15 minutes. The water level shouldn't be too high so the animal can still breathe and won't drown
- High Humidity. For this either gently spray the area with warm water or close the lid of the bath where the animal is in - BUT make sure there is still enough ventilation!
- Warmth/Heat after the bath, so the animal won't cool down too much.
- If the stuck shed is within their eyes: artificial tear ointment can be applied gently to the affected eye
- If skin comes off easy it can be gently pulled off, but if there is some resistant leave it be
- If there is any bodily fluid visible (blood, pus) bring the animal to a vet

In general there are no additional substances needed for a healthy animal to shed, as long as the 3 main points - Humidity, Rough Surface and Nutrients - are given.
Supplements that *can be* used are plant oils like Jojoba Oil and Vitamin E in an Oil Base (as in found in a Shedding Spray).

For nutrients, it varies from animal to animal. It depends if they are mostly living carnivorous or are more an omnivorous animal. They have their specific kind of food they need, like insects, small rodents or plant based food like salads, herbs and fruits. A snake wouldn't eat vegetables and fruits while a lizard even benefits from having a more diverse diet. Though especially fruits shall only be fed in consideration to your reptile.

Some fruits and vegetables beneficial for reptiles are:

- Apples
- Dark Green Lettuce
- Honeydew Melon
- Celery
- Strawberry
- Yellow Squash
- Blueberry
- Collard Greens
- Grape
- Turnip Greens

Keep in mind to finely chop the leaves and stems, and remove any rinds or seeds since they can be even toxic for your lizard. As every diet it should be a balanced one, so your animal can have a broad variety of nutrients. A good ratio to keep in mind is 5% fruit and 20% vegetables. The rest would be proteins from insects, eggs or small rodents - or even pelleted food.

Important vitamins and minerals needed for reptiles are:

- Calcium
- Phosphorus
- Vitamin A
- Vitamin D_3
- Vitamin B (especially for shedding!)
- Vitamin E

Malnutrition can be caused by an incorrect diet, and can cause mouth rot, eye infections, kidney failures or bone diseases. If you realise your reptile is showing signs of malnutrition, change their diet and maybe add multivitamin powder to their food. Especially during growth, breeding and shedding lizards and snakes do need additional nutrients and more food and nutrients.

During shedding the animal can be more easily agitated and stressed due to discomfort or - in case of snakes - no visibility since their eyes are clouded over. They can be handled, but are most likely to be more wiggly and tend to be more aggressive and moody.

Skin and Scale Care for Au Ra

Basically everyone can decide this on their own, but for those who want to be closer to the narrative we can try and find means in the game world to give Raen and Xaela shedding headcanons. Since it would only apply to various proportions of their skin since they're not fully scaled, we also need to look into general skin care as well.

Human skin regenerates itself every **28 days,** so this might be a timespan to orientate along. Either if you want to put your Au Ra through a monthly shedding time or will adjust to a longer one for the scale proportions only is up to you!

For scale care in general we can take the information directly from the scale care for reptiles, since this is very similar among scaled animals in general. So an Au Ra in shed would need:

High Humidity. This can be achieved by either bathing, or visiting a Sauna or Hot Spring. Since this might not always be possible, temporary humidity can be achieved with ointments or peelings.
Rough Surface. Gently rubbing with hands or nails is often enough to make shed scales lose and fall off, but too much force could lead to irritation. See it on your own skin when you scratch yourself: Gentle scratches will only loosen up some skin particles (also some kind of scales), rougher scratches can break the skin and make wounds.
Nutrients. Good and healthy food is broadly available, and it is possible to imagine that Au Ras in shed have a bigger appetite to help the renewal of the scales.

And as the same with reptiles, if anything goes awry, a doctor/chirurgeon or pharmacist should be consulted, to make sure the stuck shed/inflamed area can be treated accordingly.

Since not every region Au Ra grew up in had access to baths, hot springs or saunas, and especially for adventurers and travellers a stationary option wasn't always available, a different means for shedding is needed. Therefore peelings are very useful, since they are also great for skin care in general and widely known. And with some knowledge they can be done easily at home with 2 or 3 ingredients. Since they are so useful, handy and easy to reproduce in the game they seem to be a key part in scale and skin care.

In a later chapter we will look into peelings and possible recipes per region in depth.

Nutrients and Food

Under General Shedding Care for Reptiles I've listed some fruits and vegetables that are beneficial for reptiles, and would support a good and healthy animal. Since these are also consumable by humans you can take these as some good baseline for shedding feasts and create good and healthy meals out of them.

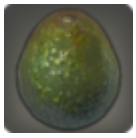
Obviously there are also foods that are beneficial for human skin. These provide many nutrients, fatty acids and vitamins to provide a healthy skin.

Nutrients needed for Healthy skin are:

- Healthy Fats (Omega 3 and Omega 6)
- Proteins
- Vitamin A
- Vitamin C
- Vitamin E
- Zinc
- Selenium

Following is a list of ingredients that provide these nutrients:

❖ **Fatty fish**	**Protein, Omega-3s, Selenium**	
	• Bluebell Salmon	Upper La Noscea, La Noscea
	• Alnairan Salmon	Ilsabard, Thavnair
	• Othardian Salmon	The One River (east), Yanxia
	• Greengill Salmon	Labyrinthos, The Northern Empty
	• Velodyna Salmon	The Fringes, Gyr Abania
	• Yugr'am Salmon	Eastern Thanalan, Thanalan
	• King Salmon	Purchasable for White Crafter's Scripts
	• Lordly Salmon	Yanixa (Region), Yanxia
	• Fullmoon Sardine	Eastern La Noscea, La Noscea
	• Saber Sardine	Western La Noscea, La Noscea
	• Shadowdart Sardine	Ilsabard, Thavnair
	• Akyaali Sardine	Ilsabard, Thavnair (Spearfishing)
	• Ash Tuna	Eastern La Noscea, La Noscea
	• Flood Tuna	The Lochs, Gyr Abania
	• Glass Tuna	The Ruby Sea (Region), The Ruby Sea
	• Shark Tuna	Eastern La Noscea, La Noscea

❖ **Leafy Dark Greens**	**Vitamins A, C, and E; Omega-3s; Protein - Plus Selenium in Spinach**	
	• Cieldalaes Spinach	Moraby Bay, La Noscea & Cooking Vendor
	• Young Cieldalaes Spinach	Cedarwood, Lower La Noscea
	• Mist Spinach	Bowrest, The Rak'tika Greatwood
	• Midland Cabbage	Alder Springs, North Shroud & Gardening
	• Island Cabbage	Island Sanctuary
	• Sun Cabbage	Nhaama's Retreat, The Azim Steppe
	• Highland Cabbage	Purchasable for White Crafter's Scripts
❖ **Flaxseeds**	**Omega-3s, Selenium**	
	• Flax (seeds) • Linseed	Lower Path, South Shroud & Gardening
❖ **Legumes**	**Protein, Zinc**	
	• Eblan Lentils	Liminal Station IV, Garlemald
	• Lalafellin Lentil	Quarterstone, Western La Noscea
❖ **Avocados**	**Healthy Fats, Vitamins C and E**	
	• Alligator Pear	Silent Arbor, South Shroud
❖ **Olive Oil**	**Healthy Fats, Vitamin E**	
	• Olive Oil	Craftable from Cinderfoot Olive & Purchasable from Sahagin Vendor

Every one of these ingredients can be found within the game. Their location as well as further information is linked above. Furthermore there are other foods that are beneficial for your skin. I won't go into detail as above, but list them up here:

- Nuts and Seeds like Walnuts, Almonds and Sunflower Seeds
- Sunflower Seed Oil
- Milk
- Eggs
- Sweet Potatoes
- Red or yellow pepper
- Tomatoes
- Carrots
- Soy
- Dark Chocolate
- Green Tea
- Red Grapes
- Watermelon
- Oranges
- Berries (Blueberries, Raspberries and Cherries)

With every single one of the above ingredients you can make tasty meals or snack them on their own. Especially during shedding times their diet should contain a majority of the ingredients above.

Stationary Humidity Possibilities per Region

Au Ras have been spreading throughout Eitherys, especially Raen. For them there is no real main region, and especially with the vast possibilities in-game your Au Ra Raen could originate from every region. For Xaela it's a bit different, since they're mostly common and originating from The Azim Steppe, with not many venturing outside the valleys and mountains of central Othard.

Following will be a list of potential stationary areas higher humidity for shedding could be achieved. This list will be ongoing and can be enhanced in the future if more options will be available.

Black Shroud

A rugged yet lush forest region on the eastern side of Aldenard.

Within the main city of Gridania are some smaller rivers and ponds scattered, with a big lake adjacent to the city. If these waters can be used for open bath and soakings though is doubtable.

The residential district has a huge open natural lake that can be used for bathing. The general area of the Black Shroud has some rivers and lakes, too, yet since the climate is more cold a bath shouldn't take too long.

La Noscea

The southern region of Vylbrand, an island floating in the western reaches of Eorzea. It is also the area that surrounds Limsa Lominsa and is characterised by its beautiful and vast grassy plains.

Limsa Lominsa is surrounded by the ocean, yet there are no open communal baths. The areas around the city offer beaches and baths, which are commonly available to everyone. Plus the general closeness to the sea gives a higher humidity already, making shedding in this region more easier.

Thanalan

A region on the southern side of the continent of Aldenard.

Thanalan is a dry desert region, with Ul'dah commonly known as the Jewel of the Desert. There are not many water sources, nor open bath possibilities besides the smaller ponds scattered around the areas, like near the Sagolii Desert or behind Horizon or the Black Brush Station. The Goblet, the housing district close to Ul'dah, has a public pool though, giving Au Ras the possibility to soak in water and heat themselves up in the hot sun afterwards.

Coerthas, Dravania and the Sea of Clouds

A region near the centre of the continent of Aldenard.

Ishgard and the Coerthan Highlands are cold and harsh climates, while Dravania and the Sea of Clouds have more arid climates. The Dragonsong War made it difficult for Au Ras to flourish in the region, but nonetheless there are possibilities for them to live and thrive. Public baths are only available in the Housing District after it has been rebuilt. In Dravania and the Sea of Clouds are some water sources available. Drakes and Dragons have tools that help with shedding, like crooks to loosen stuck sheds and scales, which can be used/interpreted as a shedding tool for Au Ras as well.

Gyr Abania

The highlands of Gyr Abania are the farthest northeast region of the continent of Aldenard, bordering Ilsabard. Gyr Abania was once home to the city-state of Ala Mhigo until it fell to the Garlean Empire in year 1557 of the Sixth Astral Era.

Gyr Abania is a rough mesa area with a drier, desert-like climate. Water sources are scarce, and the city of Ala Mhigo doesn't house a public bath for its inhabitants.

Othard

The Far East comprises the lands far, far to the east of Eorzea consisting of the continent of Othard, the island nation of Hingashi, and the Ruby Sea controlled by the Confederacy.

The region it is said Au Ras originated from, and within the continent of Othard are Au Ras most common besides Ilsabard and the Northern Empty. The reason might be the simple fact Au Ras were introduced with Heavensward and weren't present until then. Yet the Azim Steppe is also part of Othard where nearly all Xaela's live and originate from.

On Hingashi the city of Kugane is the port for this region, and is also one of the biggest cities in the Far East. It has a public Hot Spring which can be visited by anyone, as well as the possibilities for other bath houses. The residential district Shirogane has multiple Hidden Springs as well as a beachfront.

The Ruby Sea has multiple beaches available, as well as a Volcanic Island which can house hot water springs close by, or even underneath the water. The Village of Sui-no-Sato might

take advantage of these warmer streams, yet with them living under the sea there are plenty of possibilities to soak potential stuck shed.

Yanxia offers multiple water sources that are openly available yet no designated bathing spots. Besides the beach front of the One River it has the Plum Springs, a lush cove on top of a mountain with Plum and Sakura Trees, yet it is not evident that these springs are Hot Springs.

The Azim Steppe has multiple rivers flowing through the plains, flowing or originating from the biggest known lake, Azim Khaat. Some smaller ponds are scattered around the area, making them a possibility to function as a communal bath. For Example the Dotharl are living around a small pond, it might act as a general source of water, but also maybe as a communal bath place for rituals or sheddings.
Apparently there is more to the Azim Steppe than the region we know from the game, since some tribes are living on the other side of the great divide, or as seen from the Frontlines Map. There are multiple possibilities of different climates available, from beach fronts to muddy swamps to incorporate into the home region of Xaela's.

Norvrandt

The only existing continent on the First, the Flood of Light made a necessity for several races to live together. There is no designated place where Au Ras came from, and from what we know from the game, there are no public bathing spaces. The Rak'tika Woods housing a swamp-like area might be the largest and most accessible water source on the continent. The Sea around Kholusia and Lakeland with their beaches offer a general higher humidity, yet there are rarely seen people swimming - which might be because of the general situation for the Shadowbringers MSQ. The Lake in Il Mheg becomes only available after a certain progression, but would certainly also classify as a soaking and bathing spot.

The Northern Empty

The region of Sharlayan lies further north than most regions, giving it a colder climate. The main city is built around the studium and constructed to be most efficient with learning and studying subjects, and less optimised for general welfare. The scholars are using most of their time for their research and not for other pleasantries, so it's highly unlikely bath houses or public bathing places exist. The best chance Au Ras from Sharlayan have might be baths in their Inn rooms.
Labyrinthos is handled as a research area, and even if it houses lakes, ponds and smaller rivers, it is not a public zone where everyone can get in, so using these as a public water source isn't suitable.

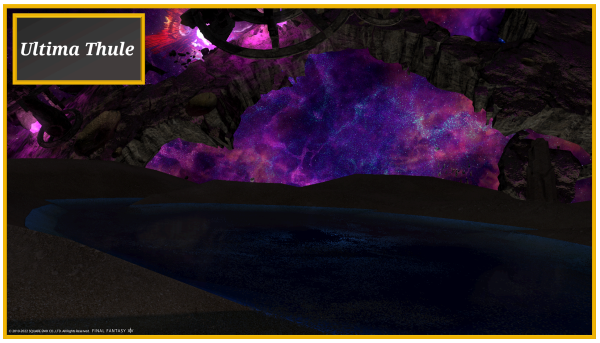
Maybe we will receive more additional information and regions with future updates.

Ilsabard

Ilsabard contains Thavnair, Corvo and the Empire of Garlemald and has therefore a vast climate range. While in Thavnair and Corvo the climate is more tropical and warm, Garlemald is icy and cold. Garlemald had the technology to maintain a warm, public bathhouse within their rough climate, yet it is unknown if it really existed.

Thavnair with Radz-at-Han as their capital is located in the southern seas, giving it a higher humidity and with their multiple beachfronts possibilities to bathe. Within the city is no public bath house, but since many Au Ra live and originate here the possibility of it's existence is given.

The Sea of Stars and Elpis



Both are not intended to have Au Ra inhabitants, and since the Loporrits had their building plans from the Ancients, it is unlikely they have constructed a public bathhouse.
Elpis is as Labyrinthos a research facility, yet it has some springs that might act as a bathing spot, yet is to be enjoyed with caution.
Ultima Thule is also not intended to house Au Ra either, yet it wasn't intended to house any living beings, so… you can make it work, but probably only for emergencies.

General possible Traditions

We now know what kind of stationary humidity possibilities each region houses. Some have more opportunities while others need to be found or created, but basically every region can offer some. Now Humidity is not everything, and there are some other important factors to guarantee a good and easy shedding.

The following traditions *can technically* be used without a region, but some might work better in specific areas or environments. Again it is your decision how to incorporate those. These can be a tribe, clan or family tradition, or something your Au Ra came up with themselves after some years and experiments.

Shedding Feasts

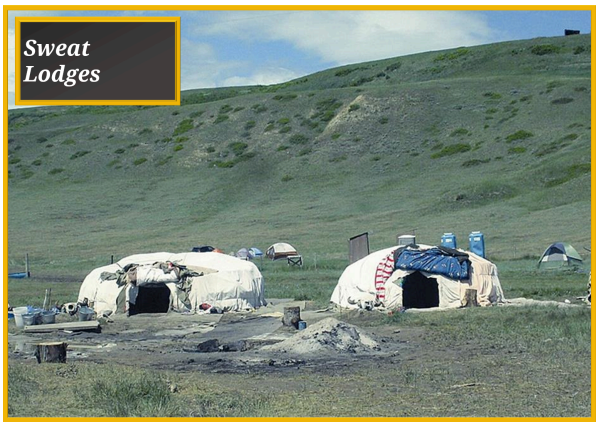
Since good nutrients are as vital as humidity for sheds a communal Shedding Feast can be held to help everyone in the family, tribe or clan to guarantee a healthy shed. These can be

held in specific intervals (every lunar cycle, every full/new moon, every season…) and would be a bigger social event, like a christmas or thanksgiving dinner.

Communal Baths

Not only can your Au Ra soak alone, but it could also be within their tribe, clan or family that there is a communal bath or specific bath days. These can be designated because of warm water currents, already heated water available or a general climate change. Those baths don't need water only though, they can also be mud baths or similar, depending on the region or tradition you want to follow. The mud or other substances can be rinsed off at a later point, or scraped down once it has dried.

Sweat Lodges



Something I was made aware of because of a friend. Nomadic tribes use so-called Sweat Lodges to warm themselves up, clean their bodies or just use it as a community event. It is akin to Scandinavian saunas, but instead they are within a tent or yurt. These Lodges can be used by Xaela's in the Azim Steppe to maintain humidity during sheds, but also as a communal event.

With different herbs and substances different effects can be achieved, which also *can* include hallucinogens.

Tools for Shedding

It has been mentioned before that especially in Dravania and Coerthas knowledge of shedding tools could be passed from the Drakes and Dragons through the Moogles, but in the end this could also be a handy invention from your skilled Au Ra. Especially male Au Ras with their back scales might need help to get rid of stuck shed, and if there is no family member nor rough surface to rub your back on present, a tool like a back scratcher might be your best chance to get it loose. If your Au Ra might not be the best crafter a softer twig would suffice as well.

Also items like a pumice stone or something similar can suffice to get stuck shed loose. Though especially with stones it is wise to not use too much pressure since it could also scrape off the newly formed scales.

A brush can also be helpful, especially if you're dealing with more sensitive skin that might need a softer and more gentler care. The brush can be made from different materials, depending on the roughness you'd like to achieve. Most common are animal hairs, either from hogs, horses or badgers. Plant based brushes could work, like dried grass or ferns, but might be single use only, or could even cause skin irritations.

Skin Care

Next to bathing, soaking and other potential traditions there is also the part with actual skin care products. Since Au Ra's skin is mostly akin to human skin, we can look into general skin care which is plant-based and doesn't require any other ingredients. A lot of natural ingredients are found in the real world, the realm of Etherys has a lot of similar plants and ingredients which are used in general skin care.
To add to the fact that some skin care products are specifically for dried skin and can also help with shedding.

In the setting of Final Fantasy XIV are not many skin care products present, in fact a lot of them need to be imagined with the ingredients within the game. The only exception would be soap for Ishgardian Restoration, but besides this one item there are no other classical skin care products available.

Luckily creating them isn't too difficult. The variety of DIY skin care recipes is immense, and for nearly every store bought skin care product exists a DIY recipe based on natural resources. Some need to be tweaked or still be imagined to be put into the game's context, but with identifying the recipes and the ingredients it is much easier to do.

The following chapters will handle some recipes for specific aspects of skin care. Note that I excluded Peelings from the list since this will be our main focus for Au Ra care.

- Carrier and Essential Oils
- Soap
- Skin and Massage Oils
- Lip Balm
- Lotions
- Hair Care
- Medical Salves

Obviously some of them need more ingredients that can be crafted even within the game as an alchemist or culinarian if needed. I won't go into depth for every product for now, but I will highlight some basic recipes so you can go on your own.

Carrier and Essential Oils

In order to create some of the recipes it is important to understand the base of natural skin care products. Some oils penetrate deeper into the various skin layers than others, making it possible to transport benefits and properties of specific oils and recipes deeper into the skin. These oils are called **Carrier Oils**. These are mostly the foundation of oil based skin care recipes. They also have some beneficial properties on their own, but mostly they're characterised by a huge amount of minerals and vitamins.

Following Carrier Oils are within the game either as crafted recipe, or by possibility:

- Safflower Oil
- Sunflower Oil
- Grapeseed Oil
- Olive Oil
- Sweet Almond Oil
- Pumpkin Seed Oil
- Walnut Oil
- Currants Oil
- Avocado Oil
- Coconut Oil
- Soybean Oil
- Wheat Germ Oil
- Apricot Kernel Oil
- Sesame Oil
- Plum Oil
- Perilla Oil
- Linseed Oil
- Black Cumin Seed Oil
- Coconut Butter
- Cucumber Seed Oil
- Cocoa Butter
- Daisy Oil

You will gain further knowledge about these in the following chapters of the document, if they have been described further! Some of them are good as a carrier oil but won't provide any other benefit to your skin, therefore less information will be stated.

Essential oils are compounds extracted from plants. They can be extracted from the flowers, the seeds, the kernels, the leaves… Nearly every part of a plant can be used to extract their "essence" from. By creating essential oils the benefits of the substances within the plant will be highly concentrated. These benefits can range from odour to nutrients over the very specific effects. Some essential oils share the same benefits and can even enhance their properties, others will just add more together.

Important to note is that essential oils are really highly concentrated essences. Usually it's sufficient to add some drops to your recipe, otherwise it can cause issues instead of benefits, like skin irritation or other negative reactions.

Another - more prominent - usage of essential oils is aromatherapy. You will see it mentioned more often, especially with flowery or more fragrant oils. The fragrance the plants would omit are much more potent and can have multiple effects on your wellbeing. Either through an incense burner or through skin application, the aspect of aromatherapy is very important to essential oils.

Both oils act hand in hand - since essential oils can only be used in small numbers it cannot dive deeper into the skin. To still benefit from them it is best to use it with a carrier oil which will then transport the essence deeper.

Following essential oils can be made from items found in the game. Some are actually useful for skin care and treating ailments, others are purely used in aromatherapy. Some of these can also be used as carrier oils when crafted differently.

Name of Oil	***Fragrance, usage and other notes***
Basil Oil	Clean and spicy aroma, licorice-like
Beeswax Oil	Rich, sweet, floral, honey-like
Begonia Oil	Non-fragrant, calming, soothing, reduces anxiety
Birch Oil	Non-fragrant, pain relief

Black Pepper Oil	Fresh, dry and spicy, helps with body pain
Blood Orange Oil	Fresh, revitalising citrus scent
Cardamom Oil	Delightful and spicy, aphrodisiac
Carnation Oil	Like Honey and clove, bright, minty-herbaceous, warm and spicy perfumes (especially for men)
Carrot Seed Oil	Unpleasant aroma, skin rejuvenating effects
Catnip Oil	Herbaceous with a subdued mint aroma
Cedarwood Oil	Woody, sweet, herbaceous, spicy and slightly fruity. Stress relief
Chamomile Oil	Intense earthy fragrance, relaxing
Cherry Blossom Oil	Clean, soft, floral, with a soft musk touch
Cinnamon Oil	Typical Cinnamon aroma
Clove Oil	Non-fragrant, not suitable for skin ailments (can cause irritation)
Cocoa Oil	Chocolat, mood lifting
Coffee Oil	Typical aroma of coffee, energising
Coriander Oil	Non-fragrant, against mental fatigue and general exhaustion
Cumin Oil	Typical aroma, deep relaxation
Cypress Oil	Sweet, wood, smoky aroma
Dahlia Oil	Non-fragrant, relaxing effect
Dill Oil	Warm, gentle and soothing aroma, sedating and calming effects, relaxed and satisfied feeling
Fennel Oil	Sweet aroma, helps with creativity and confidence
Fig Seed Oil	Natural forest like smell, love inspiring, male potency, calming, aphrodisiac
Ginger Oil	Warm and invigorating
Grape Seed Oil	Light, slightly nutty and sweet
Laurel Oil	Non-fragrant, Uplifting effect
Lavender Oil	Mostly non-fragrant, calming, soothing, relaxing
Lemon Oil	Very light citrus scent, refreshing

Lilies of the Valley Oil	Clean fragrance, uplifting and encouraging
Lily Oil	Rich, warm, heady floral
Marjoram Oil	Warm, woody, spicy
Neroli Oil	Non-fragrant, aphrodisiac, anxiety reducing, calming, meditation, relaxing, soothing, uplifting
Nutmeg Oil	Sweet, sharp, spicy and rather musky
Orchid Oil	Floral, soft and sweet
Oregano Oil	Non-fragrant, antibiotic
Parsley Seed Oil	Herbal and slightly woody
Peppermint Oil	Sharp, strong minty aroma, energising
Rose Oil	Floral and sweet, calming, relaxing, soothing, aphrodisiac
Roselle Oil	Mild, characteristic aroma
Rosemary Oil	Strong, herbal aroma with minty undertones, enhances memory
Sage Oil	Non-fragrant, aphrodisiac, relaxing, calming
Sandalwood Oil	Warm aroma, aphrodisiac, balance, meditation
Spearmint Oil	Milder and gentler than peppermint, refreshing scent with sweet start and more floral finish
Spruce Oil	Forrest Aroma, uplifting
Star Anise Oil	Smells sharp, reminiscent to licorice
Sweet Pea Oil	Sweet, floral, like honey
Thyme Oil	Typical, intensely fresh, spicy, herbaceous scent
Tulip Oil	Rich, warm, floral aroma
Vanilla Oil	Typical aroma, sensuality, ease feelings of anger and frustration
Viola Oil	Relaxing and calming, aphrodisiac

Skin and Massage Oils

These oils are - in game context - easy to craft and very versatile in usage. Combined with many different essential oils their effect can be enhanced, and are easy and quick to apply.

It is important to note that these oils need to be preserved in dark containers and be kept in cool places.

Basic recipe

⅓ cup of plant oil	For game context, this can be olive oil, almond oil or avocado oil.
10 to max 25 drops of essential oil of choice	Basically every essential oil can be used for enhanced effects or scents. (Caution! Only use 25 drops of oil at max per ⅓ cup, otherwise it can have negative effects!)

Here is a list of potential effects of these oils:

- **Comfort Sore Muscles:** Rosemary Oil, Lavender Oil
- **Ease Joint Stiffness:** Ginger Oil
- **After Workout/Training:** Cinnamon Oil, Chamomile Oil, Rosemary Oil
- **Calm Bodily Aches:** Clove Oil, Peppermint Oil
- **Promote Sleep:** Lavender Oil, Neroli Oil, Chamomile Oil
- **Emotional Composure:** Sage Oil, Carnation Oil
- **Energetic Atmosphere:** Orange Oil, Peppermint Oil
- **Encourage Relaxation:** Viola Oil, Tulip Oil
- **Aphrodisiac:** Rose Oil, Verbena Oil, Viola Oil, Fig Seed Oil,

With the list of Essential Oils above you can come up with many different messages and skin oils that your character will benefit from- or make certain things worse if used in the wrong context. Feel free to let your inspiration go wild, just keep in mind the basic recipe above.

Soap

There is no real soap recipe within the game. You can only craft soap for the Ishgardian Restoration or find it as Key Items like the Hippo Soap. Since some recipes require soap, I'll list the ingredients for those in-game items, but you are also free to have the vendor just sell soap (since, it would make sense, wouldn't it?)

Grade 4 Skybuilder's Soap		
	In a stroke of sheer genius, the skybuilders have succeeded in inventing a variety of soap that floats on water, much to the delight of the people of Ishgard—those who actually wash, that is. *This is the current patch Skybuilders' Soap you can craft.*	❖ **10** AG4 Skybuilders' Spruce Log ❖ **10** AG4 Skybuilders' Tea Leaves ❖ **10** AG4 Skybuilders' Mistletoe ❖ **2** Bear Fat ❖ **4** Water Crystal ❖ **2** Lightning Crystal
Grade 3 Skybuilder's Soap		
	When strategically placed on the floor, a wet bar of soap can be used to form a makeshift death trap for offing heiresses and the like.	❖ **10** AG3 Skybuilders' Lauan Log ❖ **10** AG3 Skybuilders' Tea Leaves ❖ **10** AG3 Skybuilders' Mistletoe ❖ **2** Bear Fat ❖ **4** Water Crystal ❖ **2** Lightning Crystal
Grade 2 Skybuilder's Soap		
	When combined with an empty stocking, can be used as a makeshift weapon. In Ishgard, this appears to be the most common use, since many residents have discovered that the need to wash is largely mitigated by the wearing of multiple layers of thick clothing, which does little to prevent bodily odor, but does cause it to take longer to seep through and reach the nostrils of those in the immediate vicinity.	❖ **5** AG2 Skybuilders' Alumen ❖ **5** AG2 Skybuilders' Spring Water ❖ **5** AG2 Skybuilders' Oak Log ❖ **2** Bear Fat ❖ **4** Water Crystal ❖ **2** Lightning Crystal
Skybuilder's Soap		
	Be careful to whom you give this. They may think you are trying to tell them something.	❖ **6** Skybuilders' Cocoon ❖ 6 Skybuilders' Ruby Sea Water ❖ 6 Skybuilders' Urunday Log ❖ 2 Bear Fat ❖ 4 Water Crystal ❖ 2 Lightning Crystal
These 4 items are the only soaps craftable within the game. They are used for Ishgardian Restoration for the Alchemist DoH. AG stands for "Approved Skybuilder's Grade X"		

Lip Balm

To create lip balms you need a double boiler or a water bath to melt the ingredients, and small containers to store the finished balm in.

Basic recipe

1 part beeswax	Beeswax is within the game and can be crafted from beeswax chips or harvested in several regions
1 part cocoa butter	Kukuru Butter is the direct equivalent to cocoa butter. Another ingredient could also be mango butter (but sadly there are no Mangos in this game).
2 parts edible oils	For example almond oil can be used, but other edible oils are possible as well
Optional: essential oils	

Lotions

Lotions are basic skin care products and many of our moisturising ingredients for peelings can be used for lotions.
To create lotions you need a double boiler or water bath to melt the ingredients, and containers where to store the finished lotions.

Basic recipe

½ cup almond oil	Almonds are within the game, so Almond Oil can theoretically be crafted
¼ cup coconut oil	Coconuts are within the game, so Coconut Oil can theoretically be crafted.
¼ cup beeswax (pellets)	Beeswax can be purchased, gathered or crafted from beehive chips
Optional ingredients	
1 tsp Vitamin E oil	Vitamin E Oil cannot be crafted, but there are essential oils “within” the game that can be used instead, like carrot seed oil or linseed oil.
2 tbsp cocoa butter	Kukuru butter is the direct equivalent to cocoa butter.
Vanilla extract	Vanilla Beans can be found within the game, so it is technically possible to craft Vanilla extracts.
Essential oils	

To enhance lotions, you can add certain essential oils depending on the effect you want to have. You can also have various different scents depending on the scent you want to achieve, as well as take into consideration the various effects some further ingredients have.

Some effects:

- **Cooling Muscle Rub:** Add peppermint oil and ginger for sore muscles
- **Soothing and relaxing lotion:** Add lavender oil
- **Energising lotion:** Add green tea extract

Hair Care

Hair care kind of ties in with skin care, so I thought it was worth mentioning some recipes and methods to care for your WoLs hair. It is categorised in different aspects of a potential routine, as well as how to use it. If not stated otherwise, the items mentioned can be found in the game.

Prior Care

- **Butter:** Rub a few spoonfuls of room-temperature butter in your hair, cover it up and let it sit for 1 hour. Then wash your hair as usual.
- **Sour Cream:** Massage ½ cups into damp hair and let it sit for 20 minutes. Rinse with warm water and then with cool water.
- **Lemon:** Mix 2 tbsp fresh lemon juice, 2 tbsp olive oil and 2 tbsp of water and massage into a damp scalp.

Shampoo

Basic Recipe

Pour the following ingredients into a container and shake it to combine them thoroughly.

½ cup of peppermint or chamomile tea, brewed strong and completely cooled	Chamomile Tea is an actual recipe you can craft, while peppermint can be found as an ingredient within the game.
½ cup of (castile) soap	Soap can only be crafted for Ishgardian Restoration. It is up to you if you want to either take the recipe and make it available within the “normal” crafting log, or have a vendor sell soap.
10-15 drops of essential oils of your choice	Lavender and Rose Oils are good starters, but it is up to you which essential oil you are using.

Possible customizations:

- **Peppermint oil:** Helps hair to grow faster and can prevent hair loss, and helps with dandruffs.
- **Laurel oil:** Helps with dandruffs
- **Honey:** Honey helps to soothe and soften damaged hair.
- **Coconut milk or oil:** moisturises hair and makes it glossy.
- **Aloe Vera:** Soothes the scalp and improves the shine and texture of hair.

Cornmeal: Cornmeal (roughly grinded corn or cornstarch) can remove oil and grease and *may* be used as some sort of dry shampoo. Pour 1 tsp of cornmeal or cornstarch in an empty spice shaker and sprinkle onto dry hair until it is done. Let it sit for 10 minutes, then use a paddle hairbrush to completely brush it out.

Conditioner or Hair Mask

- **Yoghurt:** Add ingredients you like (peppermint, lavender, avocado, lemons, sunflower seed oil), stir it and apply it to the hair. Leave the mask for 15-20 minutes and then rinse.
- **Olive Oil:** Mix 2 tbsp of honey, 1 tbsp of oil and ½ avocado. Apply the mask and leave it for 20 minutes before rinsing it out.
- **Coconut Oil:** 1 tbsp coconut oil, 2 tbsp sugar and 6 drops of peppermint oil, massage the mask into your hair and scalp and rinse after 5 minutes.

Additional Care

Wash your hair as usual before using these!

- **Rice Water:** Wash 1 cup of rice thoroughly and then let it sit in 3-4 cups of water for about 30 minutes. Spray the hair and scalp and let it sit for 20 minutes. Then rinse it out.
- **Black Tea:** brew the tea and let it cool down. Wash your hair with it and let it sit for 10 minutes. Then rinse it out.
- Beer: Have ½ cup of beer sit in an open container for several hours to deplete carbonation. Mix in 1 tsp light oil (e.g. sunflower) and a raw egg. Apply to clean, damp hair and let it sit for 15 minutes.
- **Honey:** Massage ½ cup of honey into clean, damp hair and let it sit for 20 minutes. Then rinse with warm water.

Medical Salves

Some of the ingredients we will look at have a stronger medical effect than others and can be used for First-Aid treatments as well as something that could be “crafted” in the wild/during travels - if the ingredients are around. These medical salves are *not necessarily* a substitute for real medicine, so further treatment with a Healer/Chirurgeon might be necessary, and we also have a lot of potions/antidotes in the game that could be used instead. But if you want to go the natural way, or have specific reasons why your character

would use a self made salve I will list some more prominent salves as well as their potential recipes.

Many typical herbs best used in the real world for healing salves are not within the game. Either, the recipes are not really possible at all, or there are suitable substitutes but with lesser potential. Maybe in a future update those herbs will be added or I will find them somewhere deep within the gathering guide. Should this be the case I will update this section.

Healing Salve

A general term for the salve where you can add any essential oils to give beneficial healing properties. These can be crafted specifically for medical conditions like burns, scrapes or cuts, or even used for other conditions like joint pains or respiratory issues.
The three main components for any healing salves are oil, beeswax and herbs. Even for the following recipes you might recognise this pattern. While oil and herbs or essential oils are already commonly used within this document, beeswax is added to make the salve more solid. With this the salve can be poured in small containers and used during travel, or make application to the desired area more easily.

It is important to mention that during the production in a water bath the essential oils are NOT added during the heating phase. Only add the essential oils when the beeswax and oil has been taken from the heating source, and pour the still liquid mix into containers to cool down and solidify.

The more beeswax is used in these recipes the more firm the salve becomes. It is recommended to use more beeswax in warmer climates to increase the melting point and prevent it from running out of the containers. The amount of beeswax does not have an influence on the effects of the salve.

Sadly many ‘proper’ healing salves use ingredients that are not within the game, sometimes not even their substitutes. Therefore I cannot really suggest these in single categories. However, I will try to give my best to give recommendations for specific effects. Yet please take these with a grain of salt since there is no source for these.

Basic recipe

1 cup carrier oil	Could be olive, coconut, almond, grapeseed, etc
1 oz (or 1 tbsp) beeswax	Can be crafted or purchased in the game
Max 25 drops of essential oil	This is meant per essential oil, since this is the maximum drop that you should use in general. You can add as many essential oils as you want.

Possible salves:

As mentioned above, those are not based on a recipe I found on the internet, but what I gained from my research in essential oils

- **Joint Ache Salve**

For these, add 10-25 drops of **Ginger** and **Sage** essential oil to the salve. You can also additionally add **Viola** and/or **Chickweed** oil.

- **Respiratory relieve Salve**

Might help for common issues like a cold or the flu and help support breathing during these illnesses. The most prominent and helpful oil would be eucalyptus, yet this plant is currently not in the game. Substitute oils that can be used are **Rosemary, Oregano and Peppermint,** but also **Viola, Sprucewood, Verbena and Fennel** help the respiratory system.

- **Headache Salve**

Another salve that relies on eucalyptus, but also on cajeput essential oil. Ironically the substitute for cajeput oil is eucalyptus, so this might not work out. The recipe mentions **peppermint, lavender, rosemary and lemon leaf oil** to be added into this salve. So the only substitute for eucalyptus missing is **Oregano**. But you can also just increase the amount of the essential oils and make it work somehow.
For usage, softly massage the oil on your forehead and temple. And stay hydrated.

Burn Salve

This is usually done with different extracts from **comfrey, calendula st. john's worts and plantain**. None of them are within the game, so there is another recipe that would work, yet wouldn't be as potent.

Possible recipe

2 ounces Honey	Honey is within the game and can be crafted or obtained through vendors.
2 tbsp Olive Oil	Olive Oil is a crafted item or can be purchased from the Sahagin Vendor.
20 drops lavender essential oil	Lavender essential oil can theoretically be crafted, but is also broadly available.

This recipe is intended to be used directly on the skin and stays mostly liquid. For smaller burns pure honey can also be used (e.g. burns caused by steam).

Sunburn Salve

Can be added unto skin that has suffered sunburn. The salve itself stays rather liquid and should be stored in a cool place.

Possible recipe

¼ cup coconut oil	Regular coconut oil makes it more creamy while fractionated makes it more liquid.
¼ cup Aloe Gel	Aloe can be found within the game and the gel can be taken from the plant without much processing.
10 drops lavender essential oil	Lavender is within the game, so the essential oil can theoretically be crafted.
5-6 drops Vitamin E	There is no pure Vitamin E oil in the game. However, substitutes or oils with a high amount of Vitamin E are linseed oils or carrot seed oils.

Antibacterial Salve

This salve can also be used on burns, scrapes and cuts to treat and prevent inflammation. Originally, this recipe included pure **Vitamin E Oil** as well as **Castor Oil**. Both are not in the game, yet we can use suitable substitutes for those to make this work.

Another Oil originally used within this recipe is **Tea Tree oil**. This is not in the game, but a good substitute for Tea Tree is Cinnamon Oil.

Possible recipe

½ cup Coconut Oil	Coconuts are within the game and so Coconut Oil can theoretically be crafted.
½ cup Olive Oil	Substitute for Castor Oil. Could also use a full cup of Coconut Oil instead.
1-2 oz Beeswax	Beeswax can either be gathered or purchased from a vendor.
¼ cup of Linseed Oil	Substitute for Vitamin E oil. Could also use Carrot Seed Oil, or a mix of both.
10-15 drops Lemon Essential Oil	Lemons are in the game, so technically their essential oil can be crafted
20 drops Lavender Essential Oil	The same as with Lemons. Not directly in the game, yet it is theoretically possible to craft the oil.
5-10 drops Cinnamon Essential Oil	Substitute for Tea Tree Oil

This recipe is intended to be put into small tins to produce a proper salve, so it can also be transported safely.

Scar Salve

This is very specific since this is something I wanted to research for my WoL in the beginning (and started this whole document at all!). You can purchase or craft scar ointments or scar salves that would easen up scars and make them more smoother and less prominent.

Some essential oils have a scar reducing effect, like:

- **Lavender**: cell renewal (especially related to burns) and minimising scarring
- **Frankincense**: to prevent and reduce scarring
- **Helichrysum**: reducing scarring, scar tissue and regenerating tissue

Frankincense and Helichrysum are sadly not within the game, so we need to either find substitutes, give other plants similar effects or work primarily with lavender oil. Another ingredient that very often is mentioned with scar salves is Vitamin E, which is high in **carrot seed oil**, **linseed oil** or **soy oil**. Another oil with good scar reducing effects is **wheat germ oil**. Most of them are carrier oils, but also have benefits towards healing wounds and making scars less prominent. The finished salve needs to be applied directly on the skin.

Possible Recipe

30gr wild rose oil	Roses in the game are Oldroses or Azeyma Roses obtained via gardening.
30g st. john worts oil	There is no equivalent to this in the game. However, there are some substitutes that can be used for treating wounds, like **Chamomile**, **Green Tea** and **Lavender**.
30g jojoba oil	A substitute for jojoba oil is **sweet almond oil**, but also **avocado oil** or **soybean oil**, which are somehow within the game.
22g shea butter	Shea nuts are not existent in the game, but other butters that can be used instead are **coconut** or **cocoa butter** - with Kukuru Butter the direct equivalent to cocoa butter.
8g beeswax	Beeswax can be purchased and crafted from bee chips.
Essential oils	
12 drops lavender oil	Primarily used for minimising scarring.
9 drops carrot seed oil	Carrots are within the game, so using the seeds for crafting oils is possible!
6 drops neroli	Neroli oil is made from (bitter) orange blossoms. Since oranges are

oil	within the game it is possible to craft it.
3 drops (frank)incense	There are a lot of incense in the games as key items (like Ul'dahn Incense) but no direct frankincense. Lavender oil is already an ingredient, so you can either increase the amount, or use a different oil like clove or carnation oil

Peelings

Considering that peelings are also easy to carry around, this might be the most efficient way for Au Ras to maintain humidity and roughness to their scales during shed, without the necessity of a bathing house, hot spring or sauna.

Peelings are used to get rid of dried skin in a very gentle way. Usually peelings are applied with moisturising ointments, or in case for Au Ras we can use oils. Your imagination can carry you further, and you can set skin peeling care as a mobile way to help with shedding, since the main help for animals are rough surfaces. Since peelings contain one part rough substances and 2 parts skin care it would be a good skin and scale care for your Au Ra.

Most peelings can be done homemade - the recipe stays usually the same. Also different variants are possible, so with some ingredients you can craft hundreds of different peelings.

For peeling effect, some natural rough substances can be used:

- Sea or Rock Salt
- (Brown) Sugar
- Grounded Coffee
- Roughly grounded Wheat and Kernels
- Dried Tea Leafs

You can already see that some substances are more soft than others. It depends on the sensitivity of your skin. In general the nature of those peeling substances won't necessarily apply to your skin care (e.g. salt making your skin drier), since you add moisturiser, though - as stated before - I'm no expert. If you find other resources claiming it please let me know, I just go from my understanding of homemade products so far.

Can Fine Sand be used as a peeler?

Fine Sand		
	Extra-fine sand made up of particles barely visible to the eyes of men.	**Quarrying: Black Brush, Central Thanalan** Acquired from over 20 Desynths

In some cases within the gaming context, Fine Sand might also be possible to use, but take this with a grain of salt (hah!) since I haven't found any recipes including sand. Usually sand

is too rough for the skin and can lead to irritation, and since other peelers get more soft or even dissolve within the moisturiser, it might not be suited. But for creative context, it might be possible for those Au Ra living in drier regions like the Nhaama Desert to use Fine Sand with Tallow as peeling.

For moisturiser oil is the most used substance. Either more liquid or more solid, both would work for it.

Most used ointments or moisturisers are:

- Plant Oils (Olive, Sunflower, Jojoba, etc.)
- Coconut Oil
- Flower Oil
- Softly grounded fruits and their peels
- Yoghurt

For those tribes living close to the desert and having no water source near them, tallow (Animal Fat) from their animals can be used as a moisturiser, as well as plant oils.

Animal Fat		
	The foul-smelling fatty tissue of a beastkin.	**Purchasable from Grand Company's or from Ixali Beast Tribe Vendor**
Odourless Animal Fat		
	This gobbet of beastkin tissue does not exhibit the rancid odour most commonly associated with animal fat.	**Purchasable for White Crafters Scrips**

How to create your own peeling:

To create peelings, mix 1 part of peelers and 2 parts moisturiser into a small cup and let it sit for some time.
When used in sheds it would be best to apply a generous amount to the scales parts and let it sit for some time to let it carry into the skin. Since for reptiles, baths shouldn't last longer than 10-15 minutes, I would suggest this to be the amount of time to let the peeling sit on scales. After this wash it off gently with again soft rubbing movements.

To make peelings special there are other ingredients that can be added for e.g. scent or other benefits. For example you could add Honey or essential oils to your peelings to add anti-inflammatory or soothing effects. Some ingredients add extra care for different skin types:

For blemish or oily skin: curd or alumina (absorbs oil). For peeling use sugar or salt.

For dry skin: Rich Oils like grapeseed oil, and honey. Coffee grounds or almond bran (for more sensitive skin, since it's a very soft peeling).
Für sensitive skin: Yoghurt and Honey for care, almond bran and poppy seeds for peeling.

Potential In-Game Ingredient List

Following is a list of potential ingredients that can be used in peelings and other skin care products within the game. I cannot guarantee it is a complete list since I might've missed something, or more have been added since I last revised it. Yet it should give an overview which ingredients are available in which region. Obviously nearly every item in this list is available everywhere through merchants and trades, yet if you want to stay true to one region you get an overview for e.g. what peelings and skin care products might've been possible in Sui-no-Sato.

I also added a "General" category for those items that are available in every region through merchants and junkmongers. Up until 6.0 every region had at least one vendor close by that sold basic ingredients like Aldgoat Milk or Rock Salt. I also added some items from Rowena that are available in the big major cities. Within the regions of Endwalker this vendor sadly wasn't implemented anymore, and it is up to your imagination if you would add them to your timeline/canon for lore reasons (like people can buy Rock Salt and Milk in Old Sharlayan and Thavnair and not only Dark Matter and Fishing Baits).

I didn't include all vendors though because there was a high chance for double ingredients, and some vendors were only available in very specific regions or in the residential district. I wasn't sure how to include all those, maybe I'll add them in the future.

You can browse the ingredients and potential recipes for each region as follows (*the names act as links and will bring you to the section immediately*):

- General
- Black Shroud
- La Noscea
- Thanalan
- Coerthas
- Gyr Abania
- Othard
- Norvrandt
- The Northern Empty
- Ilsabard
- The Sea of Stars

The ingredients are listed as followed:

Peelers: Potential ingredients you can use to add the peeling effect to your peeling. Mostly Rock Salt or Sugar, but also other ingredients that could act as a peeler.

Moisturiser: Ingredients like oils, mashed fruits or dairy products that could act as the carrier for the peeling. I also added the ingredients that could be "crafted" into (essential) oils and could enhance your peeling, yet not carry the whole peeling on its own.

Potential recipes: Here I list potential peeling recipes that are possible within the region. The ingredients from the general vendor have also been taken into account when listing these, so that there are multiple possibilities in creating your personal skin care. Also it is intended to give you an idea how peelings are crafted, and it's up to you to come up with even more recipes! I didn't include other skin care products because that would've been *a lot* and I mainly wanted to focus on peelings for Au Ras in shed.

Some ingredients I've listed are *not necessarily* available in the game as a crafted item, but would be in a logical sense possible to craft, e.g. Avocado Oil. These are represented in their respective categories and are highlighted specifically, so you can see at one glance if this recipe would be possible "in canon" or you need to use your imagination.

Also I decided to list every essential oil ingredient I mentioned under Carrier and Essential oils for every region I mentioned before. The bare ingredients are not necessarily used in recipes, yet its processed oils and products can be useful for either enhancing your recipe with a special effect or scent. Plus it might give you an idea which kind of "fragrances" are common in each region.

To give better visibility I used a specific background to indicate their origin. I added further information that might be useful. Also every icon is linked to a respective wiki page, so if you click on them you will receive every further information.

Plain	Simple gathering via node
Blue	Needed for Custom Deliveries/Collectable
Yellow	Ephemeral Node
Green	Item for Tribal Quests
Pink	Unspoiled Nodes appearing at specific times
Purple	Purchasable with vendors in a specific region
Red	Not in the game, but logically possible to craft

Below each entry I added some research notes or other interesting facts. Yet please keep in mind that a lot of that research is based on information I found in google, so take them all with a grain of salt and maybe do your own research if something seems off. I would also appreciate it if you would point out any mistakes I made so I could correct them.

General

Note: NOT Sharlayan, Thavnair, Garlemald, Elpis and Sea of Stars. Those regions don't have a vendor that offers food!

Peelers

Rock Salt		
	A large chunk of naturally occurring salt crystals. It is often ground into fine grains before being used to flavour and preserve food.	**Quarrying: Black Brush, Central Thanalan** Highland and Mining Exploration Venture Drops from Phoebad, Smoked Soblyn and Soblyn Acquired from 17 Fish Desynthesis **Purchasable from Ingredient Vendors in various regions**
The basic Rock Salt in the game, available everywhere and from many different sources. If by any chance you cannot have any peeler this might be the one you want to use.		

Table Salt		
	Finely ground salt used not only for flavouring foods, but for pickling and preserving as well.	Crafted from Rock Salt **Purchasable from Sahagin Vendor**
Since this is crafted from the broadly common Rock Salt, this can be used as a finer peeler if you decide to have more sensitive skin, or need a finer peeler in general!		

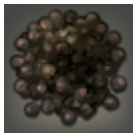
Maple Sugar		
	Crystallised sugar made from boiling down maple syrup.	Crafted from Maple Syrup which is crafted from Maple Sap **Maple Sap** can be purchased from any ingredient Vendor
*Maple Sap can be harvested in **Treespeak, North Shroud** and is also available from any*		

Ingredient Vendor, making it the most easy accessible Sugar variant		
Tea Brick		
	The fermenting of tea leaves is common practice in the Far East where tea is consumed multiple times a day. Fermentation is thought to enhance flavour while dulling the leaves' natural bitterness. Fermented leaves are pressed into bricks to save space when shipping.	**Obtainable for White Crafter's Scrips (Rowena's Splendors)**
Since Rowena's Splendors are basically in every main city (Gridania, Ul'dah, Limsa Lominsa, Mor Dhona, Ishgard, Idyllshire, Kugane, Old Sharlayan, Radz-at-Han) any recipe that include tea leaves can use this item. *Tea has many beneficial effects on the skin, either as an extract of various tea leaves or brewed and then mixed in with lotions once its cooled. As an example, Black Tea de-puffs your skin and is high on caffeine, Green Tea has antioxidant, anti-inflammatory and anti-carcinogenic properties, and White Tea contains more antioxidants than Green Tea. It is up to you which benefits you want to add to the various tea leaves available in the game!*		
Rooibos Leaves		
	Red bush leaves whose prickly texture belies the marvellously velvety brew they can be steeped to create.	**Obtainable for White Crafter's Scrips (Rowena's Splendors)**
Another kind of tea leaves. This one seems less processed then the other, so more options to either finer or rougher grinds. Rooibos tea helps increasing cell turnover and protects against UV lights and environmental pollutants.		

Moisturiser

Mature Olive Oil		
	A rich-tasting oil produced with pressed olives at the peak of ripeness.	**Obtainable for White Crafter's Scrips (Rowena's Splendors)**
Since Rowena's Splendors and Script exchange is possible in nearly every major city, this is a more commonly available moisturiser. And since many recipes are based on Olive Oil it makes "crafting" those recipes more easily!		

Kriollo Kukuru Bean		
	This variety of kukuru bean is hard to cultivate, and therefore coveted by gourmands—regardless of how little difference to the taste of the end product it actually makes.	**Obtainable for White Crafter's Scrips (Rowena's Splendors)**
Since Rowena's Splendors and Script exchange is possible in nearly every major city, this type of Kukuru can be used to "craft" Kukuru Butter, which is the direct equivalent of cocoa butter. Cocoa butter is used as a moisturising base in many skin care products and therefore usable for many recipes. It's good to know that this is also somehow available in every major city, despite it being very rare and expensive.		
Honey		
	Bees make this sweet golden honey from the nectar of flowers.	**Logging: Treespeak, North Shroud** Drops from Mobs Crafted from Beehive Chip **Purchasable from Vendors**
Honey is next to Olive Oil, one of the more common moisturisers used in peelings, even though it is more sticky. Yet Honey also has antibacterial and medicinal properties, making it a good moisturiser if you have small wounds on your skins.		
Aldgoat Milk		
	The thick, creamy milk of an aldgoat nanny.	**Purchasable from Vendors**
Milk, yoghurt and curd can be used in peelings and skin care, but in the game are always crafted from a specific kind of milk. For our purposes we can ignore this and just take every milk that is somehow available out "pretend" we have the possibility to craft this! This would be the equivalent to goat milk.		
Buffalo Milk		

	The smooth, light milk of a buffalo cow.	**Purchasable from Vendors**
Milk, yoghurt and curd can be used in peelings and skin care, but in the game are always crafted from a specific kind of milk. For our purposes we can ignore this and just take every milk that is somehow available out "pretend" we have the possibility to craft this! This would be the equivalent to cow milk.		
Cinnamon		
	The sweet-smelling bark of the cinnamon tree is often dried and ground into a spice used to add flavor to confectionaries, though it is also commonly used in medicines.	**Logging: Treespeak, North Shroud** **Purchasable from Vendors**
Cinnamon essential oil can be used in skin care and medicines to enhance effects, or for scent and spices. It can also be added as a powder, but is too fine to be used as a peeler.		
Crimson Pepper		
	The sweet-smelling bark of the cinnamon tree is often dried and ground into a spice used to add flavor to confectionaries, though it is also commonly used in medicines.	**Obtainable for White Crafter's Scrips (Rowena's Splendors)**
Pepper essential oil is helpful to ease body pain, and has a fresh and spicy aroma.		
Black Pepper		
	An aromatic spice used in cooking as well as pickling.	**Harvesting: The Clutch, Central Thanalan** Gardening **Purchasable from certain Vendors**
Pepper essential oil is helpful to ease body pain, and has a fresh and spicy aroma.		
Cardamom		
	Boasting a unique fragrance, these seeds are the secret spice in myriad recipes.	**Obtainable for White Crafter's Scrips (Rowena's Splendors)**
Cardamom essential oil is mostly used in aromatherapy and is said to have a delightful, spicy aroma and can act as an aphrodisiac.		

Potential Recipes

Peelers	***Moisturiser***	***Additional Notes***
2-3 tbsp grounded sunflower seeds	1 tbsp honey 2 tbsp plant oil	Useful for face, neck, chest. Apply and let it sit for half a bell. Grounded sunflower seeds are ideal for blemished or sagging skin.
2 tbsp rock salt	1 tbsp honey	Basic recipe useful for the whole body. Heat up honey until body temperature is reached, then add the rock salt. Can be used prior to bathing since both ingredients can also be useful in bath water!
1 tsp (green) tea leaves/grounds	Honey at will	The tea can be used from boiled tea bags or simply already boiled tea leaves that are finely grounded. They are very soft peelers and also are filled with many useful nutrients beneficial for the skin.
Sugar	Some (green) tea Honey Oil or yoghurt	Mix all ingredients together until they reach a preferred consistency. Apply to skin and wash off after some minutes.
2 tbsp rock salt	4 tbsp curd some warmed up milk	A very creamy peeling that cleans and regenerates your skin. Benefits weak connective tissue, but shall not be used for sensitive or cracked/chapped skin. Also since rock salt might be too rough for facial skin might only be used for the body and not facial/neck/chest.

Special: Gardening

After I've looked over various pages I decided that gardening items should probably also be mentioned and taken into consideration. You can take these into consideration for gardening outside the housing ward as well, if your WoL e.g. lives outside in a small cottage, does gardening for their tribe or is just skilled with growing crops. It is not essentially limited to having a house in game.

I also took into consideration that - if your WoL/OC has access to the housing ward, they would have access to some of the items under General like Rock Salt. So I took the liberty to take them into consideration for potential recipes.

Peelers

Almonds		
	A tear-shaped nut which can be used to season exotic sweets, or pressed for its fragrant oil.	**Logging: Raincatcher Gully, Eastern La Noscea** Gardening from Almond Seeds
The residue after creating Almond Oil - Almond Bran - can be used as a peeling. Sweet Almond Oil is a carrier oil full of nutrients beneficial for your skin. It eases swelling and helps with under-eye circles or puffiness. For centuries it has been used to treat dry skin conditions and improve acne. Almond Oil helps to reduce sun damage on skin and helps reduce the appearance of scars. It also helps in reducing the appearance of stretch marks.It can also be used for general skin care routines like removing make-up.		
Coerthan Tea Leaves		
	Considerably smaller than Thanalan tea leaves, more than double the amount of Ishgardian tea leaves are required to brew a single cup of tea.	**Harvesting: Black Iron Bridge, Coerthas Western Highlands** Gardening from Coerthan Tea Seeds
Since this is also available with gardening in the housing districts, those tea leaves can be found and used as peelers in many other regions. Tea has many beneficial effects on the skin, either as an extract of various tea leaves or brewed and then mixed in with lotions once its cooled. As an example, Black Tea de-puffs your skin and is high on caffeine, Green Tea has antioxidant, anti-inflammatory and anti-carcinogenic properties, and White Tea contains more antioxidants than Green Tea. It is up to you which benefits you want to add to the various tea leaves available in the game!		
Shroud Tea Leaves		

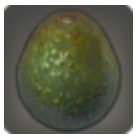
	Picked from plants that grow wild in the Black Shroud, these leaves are extremely bitter and are not ideal for brewing tea.	Harvesting: Sorrel Haven, Central Shroud Gardening from Shroud Tea Seeds
Since this is also available with gardening in the housing districts, those tea leaves can be found and used as peelers in many other regions. Tea has many beneficial effects on the skin, either as an extract of various tea leaves or brewed and then mixed in with lotions once it's cooled. As an example, Black Tea de-puffs your skin and is high on caffeine, Green Tea has antioxidant, anti-inflammatory and anti-carcinogenic properties, and White Tea contains more antioxidants than Green Tea. It is up to you which benefits you want to add to the various tea leaves available in the game!		

Moisturiser

Apricot		
	A variety of stone fruit borne over from the Near East. Its orange flesh is at once sweet and tart.	**Logging: Summerford, Middle La Noscea** Gardening from Apricot Kernels
The main product used for skin care from Apricot is its kernel oil. It is also a carrier oil to help essential oils go deeper into the skin. It is rich in nutrients which protects the skin, reduces fine lines and wrinkles and gives the skin a dewy glow. It makes the skin softer and helps with long-lasting hydration.		
Blood Currants		
	A tart red berry found growing throughout the Black Shroud.	**Harvesting: Lower Paths, South Shroud** Gardening from Blood Currant Seeds
The currant variant for skin care in the real world are Black Currants. Its oil hydrates the skin and helps to protect the skin from environmental influences. It softens skin and helps with healing and repairing eczema.		
Chamomile		
	A fragrant yellow flower found growing throughout Vylbrand.	**Harvesting: Oakwood, Upper La Noscea** Gardening from Chamomile Seeds
It is an ingredient for Chamomile Tea, so their brewed leaves are suitable as peelers.		

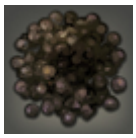
Crushed flowers help with weather-related redness and dryness. It can provide benefits for wound healing, inflammation, hyperpigmentation and acne. As an essential oil it has antimicrobial properties.		
Cinderfoot Olive		
	The seed of an olive tree, often preserved in brine or pressed to make oil.	**Harvesting: Moraby Bay, Lower La Noscea** Gardening from Olive Seeds
Olive Oil is the carrier oil for skin care products. There is not one skin care product that can be based on Olive Oil. Either for your face, your hair, your body or your eyelashes, olive oil can be used in every aspect of skin and health care. Only people with sensitive, acne-prone skin should use it with caution. It's beneficial for hydration, protecting against environmental damage, preventing premature ageing and helps healing wounds.		
Coerthan Carrot		
	A long orange root vegetable commonly grown in the rocky alpine soil of the Coerthas region.	**Harvesting: Horizon's Edge, Western Thanalan** Gardening from Coerthan Carrot Seeds
Including Carrots in your diet has beneficial effects on your skin, yet more impactful for skin care products is carrot seed oil. It has antibacterial and -fungal properties, is an effective antioxidant and is effective in wound and scar care.		
Doman Plum		
	A hard, bitter fruit found in the forests of Far Eastern Doma. It is a favorite amongst chocobos, and is known to lighten the red hues of their feathers.	Gardening from Doman Plum Pits
Plum Oil has high moisturising properties, helps with reducing sebum production and protects against radical damage to your skin and hair. It is mostly used as a serum for face and hair, so an overall usage in peelings and such is not known. But it can be mixed with other lotions to enhance their effect.		
Flax		
	Commonly growing in the highlands of Coerthas, the stalk of this fibrous plant is used to create a linen yarn.	**Harvesting: Lower Pasths, South Shroud** Gardening from Linseed
Flax is the main ingredient for Linseed oil, which is also known as flax or flaxseed oil. Besides its many medical benefits (blood pressure, digestive ailments, various other benefits) it can also be used as a skin oil to reduce irritation. For hydration and		

smoothness it needs to be incorporated in meals though.		
Honey Lemon		
	This rare type of lemon native to the continent of Othard is so sweet, it can be eaten raw.	Gardening from Honey Lemon Seeds
Lemon essential oil is used in some skin care products. It has antimicrobial effects and can help with acne scars, though it needs to be applied scarcely. In a bath some drops of lemon essential oil can relax muscles, boost the mood and make you feel less fatigued. When directly applied to skin it can dry it out, so apply with caution.		
Krakka Root		
	A bitter carrot-like root vegetable native to the Near East and a favorite amongst chocobos.	Gardening from Krakka Root Seeds
Including Carrots in your diet has beneficial effects on your skin, yet more impactful for skin care products is carrot seed oil. It has antibacterial and -fungal properties, is an effective antioxidant and is effective in wound and scar care.		
La Noscean Orange		
	A sweet citrus fruit known to thrive in the temperate climate of lower La Noscea.	**Logging: Cedarwood, Lower La Noscea** Gardening from La Noscean Orange Seeds
Orange Juice as well as the smashed fruit flesh can be used as moisturisers. Peels can be used for skincare, but not necessarily for peelings.		
Lavender		
	A fragrant purple flower found growing in coastal areas throughout Aldenard.	**Harvesting: Bentbranch, Central Shroud** Gardening from Lavender Seeds
Lavender oil is a potent antimicrobial, antibacterial and anti-inflammatory oil that helps effectively against acne flare-ups and blemishes. It reduces wrinkles, age spots and has wound healing properties, like small burns, cuts or scrapes. It also helps to soothe bug bites and keep bugs away. For aromatherapy it has a soothing and relaxing effect.		
Lowland Grapes		

	A semisweet variety of grape which has adapted to the volcanic soil abundant on Vylbrand.	**Harvesting: Moraby Bay, Lower La Noscea** Gardening from Lowland Grape Seeds
Grapeseed oil is known for its anti-inflammatory, antimicrobial and antioxidant properties. It treats acne outbreaks and cleanses your skin, makes it more soft and elastic, evens out skin tone and protects your skin from sun damage.		
Mamook Pear		
	A bitter fruit found growing in the arid soils of Mamook. While typically avoided by the Mamool Ja themselves, it is a favorite amongst chocobos, and is known to deepen the green hues of their feathers.	Gardening from Mamook Pear Seeds
The flesh of the pear can be used as a gentle peeler for your skin. In general, pear is very healthy for skin and hair care, either consumed as a fruit or mashed and used directly on the skin, pears help with moisturisation, has anti-inflammatory properties and helps treating oily skin. It helps with small wrinkles near lips and eyes, and helps strengthen the natural skin barrier.		
Midland Basil		
	A fragrant herb used to flavor various meat and poultry dishes.	**Harvesting: Bloodshore, Eastern La Noscea** Gardening from Midland Basil Seeds
Basil essential oil may enhance dull-looking hair and skin, giving it back more shine and improve the tone of your skin. It can also help with minor skin irritations.		
Mimett Gourd		
	A large fleshy squash brought back from the New World by Lominsan explorers. While too sweet for most people's tastes, chocobos are known to enjoy the flavor, and thus the gourds are often used as fodder for the animals. Increases your chocobo companion's healing magic potency.	Gardening from Mimett Gourd Seeds
The flesh and juice are suitable as a moisturiser or base for peelings. Pumpkin seed oil can be used as an oil for skin care, since it is rich in omega acids and very nourishing for the skin. Yet pumpkin seed oil is not an item available in the game, but technically it can exist.		

O'Ghomoro Berries		
	A bitter fruit found growing on the volcanic soil of O'Ghomoro. While typically avoided by the kobolds, it is a favorite amongst chocobos, and is known to deepen the blue hues of their feathers.	Gardening from O'Ghomoro Berry Seeds
Grapeseed oil is known for its anti-inflammatory, antimicrobial and antioxidant properties. It treats acne outbreaks and cleanses your skin, makes it more soft and elastic, evens out skin tone and protects your skin from sun damage.		
Old World Fig		
	A symbol of long life and femininity, this autumn fruit was originally brought from their homeland to Eorzea by the Sharlayans.	**Harvesting: Chocobo Forest, The Dravanian Forelands** Gardening from Old World Fig Seeds
Fig seed oil is rich in nutrients that benefit the skin and hair. It strengthens and hydrates hair when used as an oil mask. It has anti-inflammatory and anti-aging benefits, and stimulates the cellular process.		
Pearl Ginger		
	An exotic root vegetable native to the Far East that is often dried, ground, and used in cooking as well as in the creation of medicines.	**Harvesting: Drybone, Eastern Thanalan** Gardening from Pearl Ginger Root
Could be either moisturiser OR peeler, depending on the grind! For ginger essential oil used on skin further research is needed. It can have anti-inflammatory effects and may help with arthritis induced pain.		
Pixie Plums		
	A tart fruit commonly grown in mountain orchards in the Coerthas region.	**Harvesting: Oakwood, Upper La Noscea** Gardening from Pixie Plum Seeds
Plum Oil has high moisturising properties, helps with reducing sebum production and protects against radical damage to your skin and hair. It is mostly used as a serum for face and hair, so an overall usage in peelings and such is not known. But it can be mixed with other lotions to enhance their effect.		
Rolanberry		

	A tart fruit—one of few still found growing in the devastated region of Mor Dhona.	**Harvesting: Bronze Lake, Upper La Noscea** Gardening from Rolanberry Seeds
Rolanberries are the equivalent to Strawberries in the game. In skin care, they can have an anti-inflammatory and antibacterial effect. If this is through applying to skin or through consummation I can't tell.		
Royal Kukuru Bean		
	A king among kukuru bean varieties, prized for its high nutritional value.	Gardening from Royal Kukuru Seeds
Kukuru is the equivalent to cocoa beans in the game, therefore used for chocolate. Cocoa butter is an ingredient used in many skin care products, and there is even a recipe for Kukuru Butter in the game! Yet therefore the Kukuru Bean is used. This one is used for higher level recipes, making it a higher quality and/or more rare ingredient.		
Sun Lemon		
	A sour citrus fruit indigenous to the Near East.	**Logging: Cedarwood, Lower La Noscea** Gardening from Sun Lemon Seeds **Purchasable from Sahagin Vendors**
Lemon essential oil is used in some skin care products. It has antimicrobial effects and can help with acne scars, though it needs to be applied scarcely. In a bath some drops of lemon essential oil can relax muscles, boost the mood and make you feel less fatigued. When directly applied to skin it can dry it out, so apply with caution.		
Valfruit		
	A bitter berry found growing on the distant Isle of Val. It is a favorite amongst chocobos, and is known to lighten the green hues of their feathers.	Gardening from Valfruit Seeds
Valfruits might have the same properties as currants, making it hard to find a good counterpart for them. The currant variant for skin care in the real world are Black Currants. Its oil hydrates the skin and helps to protect the skin from environmental influences. It softens skin and helps with healing and repairing eczema.		
Black Pepper		

	An aromatic spice used in cooking as well as pickling.	**Harvesting: The Clutch, Central Thanalan** Gardening from Black Pepper Seeds
		Purchasable from certain Vendors
Pepper essential oil is helpful to ease body pain, and has a fresh and spicy aroma.		
Star Anise		
	Originating from the Far East, this fragrant spice is shaped like eight-pointed stars.	Gardening from Star Anise Seeds
		Purchasable for Grand Company Seals
Star Anise essential oil is mostly used in aromatherapy and has a sharp smell reminiscent of licorice.		

Flowers

Flowers are somehow special in this game. There is no real Flower Oil, or anything that you can craft specifically, *but* there are flowers, so technically you can “craft” flower oils in the game. They can be used for scent or for extra effects - they’re added in an extra tab if there are any, or if they’re commonly used in cosmetics!
(Author's note: My WoLs favourite colour is purple so every flower variant in these images is the purple one. I also used the splash texts from the seeds and not the flowers itself because the flowers all have the same text.)

Oldroses		
	Some say love, it is a river. Some say love, it is a flower. Plant these seeds and learn the truth.	Gardening from Oldrose Seeds
Rose Oil is really common in skin care products. It is also used a lot in aromatherapy to ease pains, decrease stress or anxiety when applied to skin and has antibacterial and antifungal properties. It also increases libido in males (less on females) and eases depressive symptoms. So Rose Oil is a versatile Oil you can use for many purposes.		
Violas		

	And there is pansies, that's for thoughts. And there is pansy seeds, that's for growing pansies.	Gardening from Viola Seeds
Viola Oil is less common in skin care products, but can be used for skin and also hair care. It helps with dry skin and other skin conditions like eczema or acne, and has an antibiotic effect. It also can offer pain relief for hurting joints or painful muscle aches. As aromatherapy it can help with respiratory relief (e.g. a cold) and help with insomnia due to its relaxing and calming properties. It also acts as an aphrodisiac - but suggestively because of its stress relief.		
Shroud Cherries		
	Looks so good, bring a tear to your eye.	Gardening from Shroud Cherry Sapling
For Cherry Blossom Oil benefits we're using the Sakura or Japanese Cherry Blossom Oil as a source. Cherry blossom extract has an anti-inflammatory effect to provide relief from e.g. rashes. It strengthens the natural barrier and provides extra moisture to your skin. It reduces the signs of ageing, cleans your skin from pollutants and gives overall a clearer skin. Especially for the later effects, Cherry Blossom Oil can be used for facial or neck/chest peelings.		
Daisies		
	Daisy, Daisy. Give me your answer, do. Go half crazy waiting for these godsdamned seeds to bloom.	Gardening from Daisy Seeds
Daisie Oil has a broad medical use for its anti-inflammatory, analgesic, antispasmodic and antimicrobial properties. It is also useful for healing bruises and relieving muscle spasms as well as nerve pain (e.g. sciatica). It has a moisturising effect on skin and hair, and is best used with delicate skin.		
Bright Lilies		
	When planted in nutrient-rich soil, these large black seeds will grow into vibrant lily plants more than several fulms high.	Gardening from Bright Lily Seeds
Commonly used in ceremonies and even used as a symbol of royalty (in Europe). It has antiseptic effects and can be applied to cuts to reduce inflammation, has a soothing effect on skin and relieves itching. It is used to improve sensitive skin. In aromatherapy, it is said to increase happiness and alleviate negative feelings.		
Tulips		

	Several hard, brown bulbs the size of a gigantoad's eye.	Gardening from Tulip Bulbs
Used in aromatherapy to relax, alleviating feelings of stress, anxiety and tension, helping to feel recharged. Helps with insomnia and find a better, peaceful sleep. In skin care it helps greatly with moisturising the skin, keeping it soft and firmer. It also helps with insect stings, burns or any other form, since it helps with soothing the skin - and helps prevent the forming of scars.		
Dahlias		
	Though commonly referred to as “bulbs,” these nascent dahlia plants are more akin to tubers. Despite currently looking like stunted popotoes, they will grow to produce lovely flowers.	Gardening from Dahlia Bulbs
There hasn't been any information about the benefits of Dahlia oils in skin care. Its petals can be used for treating infected grazes, rashes and cracks in skin. Crushed and mashed up it provides relief from stings and insect bites. As in a foot soak it soothes tired feet. Mostly the flower was more often eaten than used directly on skin.		
Arums		
	Bulbs such as these are the most efficient means of cultivating arums, and thus a must-have for busy hostesses needing to prepare decorative centerpieces or significant volumes of poison in a hurry.	Gardening from Arum Bulbs
Every part of this plant is poisonous, so it is not recommended to use it in any medical sense. There is no real information about its usage in skin care.		
Lilies of the Valley		
	Mature rootstalks that will grow and flower with sweet-smelling (though highly poisonous) bell-shaped blooms.	Gardening from Lily of the Valley Pips
In skin care an ointment made from this flower oil helps with healing wounds without leaving a mark, and it effectively treats scar tissue. It can help with lightening up the skin and also acts as a skin astringent.		
Hydrangeas		
	Plants from these seeds will burst into bloom in brightly colored clusters—like fireworks in your very own home, without the danger of burning down your very own home.	Gardening from Hydrangea Seeds

Consumed as a tea it can improve wrinkles, hydration, skin elasticity and skin texture. While it has been around in the cultures of Korea, China and Japan, other effects on skin haven't been researched so far.		
Campanulas		
	These seeds grow into what are commonly known as "bellflowers," which are said to be edible. Good to know if one were to find oneself with a lack of victuals but an abundance of these dainty blooms.	Gardening from Campanula Seeds
There haven't been any benefits for health or skin care researched nor found.		
Cosmos		
	These seeds will grow into bright and cheery cosmos blooms—unless one is a terrible gardener, in which case they will grow into a sense of self-loathing.	Gardening from Cosmos Seeds
Cosmos essential oil has been used to treat illnesses like Malaria, but there are no skin benefits to be found.		
Hyacinths		
	Each bulb is the nascent and substantially more hideous form of the many-flowered hyacinth.	Gardening from Hyacinth Bulbs
The leaf extract can be used to treat skin problems like eczema. It has antimicrobial, antifungal and antibacterial properties and has applied a fresh fragrance to hair care products.		
Carnation		
	Given the right conditions, these seeds will produce near endless amounts of beautiful carnations. Assuming that is, that the bag has been correctly labeled. If not, they may very well produce man-eating morbols...or worse.	Gardening from Carnation Seeds
In aromatherapy Carnation oil is used to treat stress and nervousness and treat minor depression and fatigue. It is used in massage to soothe and calm. On skin it can reduce swelling and soothe the nervous system. It also helps in reducing pain of muscle strain. It helps treat rosacea and eczema and minimise the appearance of wrinkles.		
Moth Orchid		

	Disagreement over whether these seeds thrive best in sunlight or lamplight has ended many a friendship between botanist and naturalist.	Gardening from Moth Orchid Seeds
Orchid oil is widely beneficial for the skin since it is rich in minerals. It hugely boosts moisture in skin, making it the essential oil for dry skin. It also helps to maintain moisture in skin. It also increases immunity in skin, and reduces fine lines and signs of ageing.		
Triteleia		
	The triteleia is also known as the triplet lily—as the various parts of the flower come in threes—care has been taken to ensure the number of seeds is divisible by three, so as not to ruin the pattern. After all, “three is the mandatory number,” as the saying probably goes.	Gardening from Triteleia Seeds
Triteleia is not specifically recommended for skin care, yet it has soothing effects.		
Byregotia		
	They say it is by Byregot's very hand that these flowers are coaxed to blossom...but you should still water them nevertheless.	Gardening from Byregotia Seeds
*This flower is exclusive to FFXIV, and the closest counterpart could be **Begonia**. It is commonly used in aromatherapy for its pleasant fragrance. Its oil is used to help cell regeneration, and keeps the skin smooth. Mostly it is used for facial care. Though it is more reported to eat parts of the plant and not necessarily used as an oil.*		
Sweet Pea		
	These seeds are mildly poisonous when eaten, but will grow into a climbing plant known for its beautiful blooms.	Gardening from Sweet Pea Seeds
Sweet Pea is also known as butterfly pea flowers, and is broadly known to support skin and hair health. It is often brewed into tea and added for its vibrant colour, yet further research on its benefits is needed.		
Sunflower (Plot)		
	The stalks of these bright-yellow flowers have been known to grow to heights of two or three yalms.	Outdoor Furnishing Sunflower Seeds are not necessarily in the game per se (though there is an entry in the wiki

		with…nothing) but Sunflowers exists in the game
The essential oil is made from the seeds, making sunflower oil and sunflower seed oil the same thing. It is a carrier oil, so you can (and should) add other essential oils to it for further effects, or to actually enable the effects of the essential oil. The oil itself won't clog pores and can be used for all types of skin. Sunflower Oil supports the skin barrier and is beneficial for wound healing and generally protects against germs and illnesses.		
Azeyma Rose		
	A flowering ornamental plant said to be beloved of Azeyma, the Warden.	Gardening from Azeyma Rose Seeds
A variant of rose specifically dedicated to Azeyma. It is possible to give it all the benefits of rose oil and maybe enhance specific elements of it (since it is dedicated to one of the Twelve). There is a key item in the game for Azeyma Rose Oil which indicates the oil can be "made", yet since it is a key item there is no further crafting purposes in the game.		
Nymeia Lily		
	A flowering ornamental plant said to be beloved of Nymeia, the Spinner.	Gardening from Nymeia Lily Seeds
A variant of Lily plants dedicated to Nymeia. It is possible to give it all the benefits of Bright Lily Oil and maybe enhance specific elements of it (since it is dedicated to one of the Twelve).		
Halone Gerbera		
	A flowering ornamental plant said to be beloved of Halone, the Fury.	Gardening from Halone Gerbera Seeds
Upon researching Gerbera is not used in skin care products.		
Pearl Roselle		
	A milky white flower commonly found growing in the humid climes of the southern seas.	Gardening from Pearl Roselle Seeds
Roselle is part of the Hibiscus family, and its oil is also known as Roselle Hibiscus Seed Oil. It helps to keep the skin moisturised and should be used for soothing dry, flaky as well		

as acne prone skin. It minimises the appearance of wrinkles and age spots and helps improve the elasticity of the skin. It also helps with hair care, having regenerative effects on the scalp and moisturising scalp and hair.		
Althyk Lavender		
	A fragrant variety of lavender rarely found in the arid lowland regions of Thanalan.	Gardening from Althyk Lavender Seeds
Lavender is a potent antimicrobial, antibacterial and anti-inflammatory oil that helps effectively against acne flare-ups and blemishes. It reduces wrinkles, age spots and has wound healing properties, like small burns, cuts or scrapes. It also helps to soothe bug bites and keep bugs away. For aromatherapy it has a soothing and relaxing effect.		

Potential Recipes

Peelers	***Moisturiser***	***Additional Notes***
4 tbsp sugar	about 2 tbsp olive oil	Mix together until a thick mash has formed. This peeling can be used for the whole body and for every skin type - and can even be applied while showering. It moisturises dried skin and cleans it from skin flakes.
2 tbsp rock salt	1 tbsp honey	Basic recipe useful for the whole body. Heat up honey until body temperature is reached, then add the rock salt. Can be used prior to bathing since both ingredients can also be useful in bath water!
1 tsp (green) tea leaves/grounds	Honey at will	The tea can be used from boiled tea bags or simply already boiled tea leaves that are finely grounded. They are very soft peelers and also are filled with many useful nutrients beneficial for the skin.
Sugar	Some (green) tea Honey Oil or yoghurt	Mix all ingredients together until they reach a preferred consistency. Apply to skin and wash off after some minutes.
2 tbsp rock salt	4 tbsp curd some warmed up milk	A very creamy peeling that cleans and regenerates your skin. Benefits weak connective tissue, but shall not be used for sensitive or cracked/chapped skin. Also since rock salt might be too rough for facial skin

		might only be used for the body and not facial/neck/chest.
2-3 tbsp grounded sunflower seeds	1 tbsp honey 2 tbsp plant oil	Useful for face, neck, chest. Apply and let it sit for half a bell. Grounded sunflower seeds are ideal for blemished or sagging skin. But for peelings any other seeds can be used.
4 tbsp sugar or sea salt	4 tbsp smashed pumpkin (cooked and cooled)	Mix together all ingredients and apply to the skin. Then rinse thoroughly. This peeling can be used for the whole body. And if you want you can add a little bit of CInnamon to it!
2 tbsp sea salt or sugar 1 tbsp ground ginger	olive oil	Ginger is very refreshing for the skin. Mix all ingredients really well and apply to the skin. Let it sit for a moment before rinsing it off. It will also leave a fresh scent!
2 tbsp fine sea or rock salt	1 tbsp sunflower/olive oil fresh pressed orange	Not for facial skin since rock salt is too rough for the delicate skin, and the acid in orange juice will irritate small wounds. Otherwise a wonderful refreshing peeling for the whole body!
1 tbsp oat flakes	1 tbsp olive oil 3 tbsp yoghurt 1 tbsp orange juice	Facial peeling. Oat Flakes are not in the game, so best to use would be finely grinded wheats, rice or other kernels. Better to let them soak within the oil so they get extra smooth! Be careful with orange juice though, the citric acid can burn on small cuts and cause irritations!
1 tbsp rock salt	1 tbsp mashed rolanberries	Useful for the whole body and facial skin. Apply and let it sit for some minutes before rinsing it off. Rolanberries are the direct equivalent to strawberries which have anti-inflammatory properties. Mix Rolanberries with some sugar and olive oil for a hand peeling!

Essential Oils for this section		
❖ Tea Leaf Oil ❖ Chamomile Oil ❖ Linseed Oil ❖ Orange Oil ❖ Basil Oil ❖ Ginger Oil	❖ Apricot Kernel Oil ❖ Carrot Seed Oil ❖ Lemon Oil ❖ Lavender Oil ❖ Pumpkin Seed Oil ❖ Pepper Oil	❖ Currants Oil ❖ Plum Oil ❖ Citrus Oil ❖ Grape Seed Oil ❖ Fig seed Oil ❖ Star Anise Oil

❖ Rose Oil ❖ Daisie Oil ❖ Dahlia Oil ❖ Orchid Oil	❖ Viola Oil ❖ Lily Oil ❖ Cosmos Oil ❖ Begonia Oil	❖ Cherry Blossom Oil ❖ Tulip Oil ❖ Carnation Oil ❖ Roselle Oil

Black Shroud

Peelers

Roasted Coffee Beans		
	Seeds harvested from the coffee plants which grow in volcanic mountainous soils, and then slow-roasted over an indirect flame for several bells to remove bitterness and bring out flavour.	**Obtainable for Grand Company Seals**
So far the only source for Coffee Beans in the Source, though "only" available through a Grand Company of your choice.		
Maple Sugar		
	Crystallised sugar made from boiling down maple syrup.	Crafted from Maple Syrup which is crafted from Maple Sap **Maple Sap** can be purchased from any ingredient Vendor
*Maple Sap can be harvested in **Treespeak, North Shroud** and is also available from any Ingredient Vendor, making it the most easy accessible Sugar variant*		
Shroud Tea Leaves		
	Picked from plants that grow wild in the Black Shroud, these leaves are extremely bitter and are not ideal for brewing tea.	**Harvesting: Sorrel Haven, Central Shroud** Woodland and Botany Exploration Venture Gardening
Since this is also available with gardening in the housing districts, those tea leaves can be found and used as peelers in many other regions. Tea has many beneficial effects on the skin, either as an extract of various tea leaves or brewed and then mixed in with lotions once its cooled. As an example, Black Tea de-puffs your skin and is high on caffeine, Green Tea has antioxidant, anti-inflammatory and anti-carcinogenic properties, and White Tea contains more antioxidants than Green Tea. It is up to you which benefits you want to add to the various tea leaves available in the game!		

Moisturiser

Linseed Oil		
	An oil made by pressing flax seeds. Used for lubrication as well as in medicines.	Crafted from Flax **Harvested: Lower Paths, South Shroud**
Also known as flax or flaxseed oil. Besides its many medical benefits (bloodpressure, digestive ailments, various other benefits) it can also be used as a skin oil to reduce irritation. For hydration and smoothness it needs to be incorporated in meals though.		
Lavender Oil		
	Lavender-infused cooking oil.	Crafted from Lavender **Harvested: Bentbranch, Central Shroud**
Lavender is a potent antimicrobial, antibacterial and anti-inflammatory oil that helps effectively against acne flare-ups and blemishes. It reduces wrinkles, age spots and has wound healing properties, like small burns, cuts or scrapes. It also helps to soothe bug bites and keep bugs away. For aromatherapy it has a soothing and relaxing effect.		
Honey		
	Bees make this sweet golden honey from the nectar of flowers.	**Logging: Treespeak, North Shroud** Drops from Mobs Crafted from Beehive Chip **Purchasable from Vendors**
Honey is next to Olive Oil one of the more common moisturisers used in peelings, even though it is more sticky. Yet Honey also has antibacterial and medicinal properties, making it a good moisturiser if you have small wounds on your skins.		
Rosemary		
	A savory herb treasured for its ability to enhance focus and concentration.	**Harvesting: Nine Ivies, East Shroud**
Rosemary Oil is used as an essential oil and therefore deserves to be listed among moisturisers. Obviously it shouldn't be used as a moisturiser alone, since it can be harmful		

to use too much of an essential oil!		
Cinnamon		
	The sweet-smelling bark of the cinnamon tree is often dried and ground into a spice used to add flavor to confectionaries, though it is also commonly used in medicines.	**Logging: Treespeak, North Shroud** **Purchasable from Vendors**
Cinnamon essential oil can be used in skin care and medicines to enhance effects, or for scent and spices. It can also be added as a powder, but is too fine to be used as a peeler.		
Gridanian Walnut		
	The seed of a walnut tree, this fragrant nut is covered by a thin, fleshy outer shell and a hard inner shell.	**Harvesting: Upper Paths, South Shroud**
Walnut Oil has strong antibacterial properties and is therefore a good carrier oil against acne outbreaks. It helps with tired, sagging skin and reduces inflammation and redness.		
Cypress		
	A rough-cut log of cypress timber.	**Logging: Bentbranch, Central Shroud**
We are not looking at the log or any processed wood, but the essential oil that is made out of its needles! Cypress essential oil is mostly used in aromatherapy and has a sweet, woody and smoky aroma.		
Marjoram		
	A sweet-smelling herb used in cooking and in medicines.	**Logging: Bentbranch, Central Shroud**
Marjoram essential oil is not directly used in skin care but in making soaps to enhance it with aromas and scents. The oil itself has a warm, woody and spicy aroma.		
Thyme		
	A fragrant herb used to flavor various meat and poultry dishes.	**Harvesting: Lower Paths, South Shroud**
Thyme essential oil has a typical, spicy and herbaceous scent and is often used to		

enhance soaps, mouthwashes and other care products. It stimulates blood flow and will make your skin glow, yet it can also easily lead to irritations. Therefore use with caution!

Galago Mint		
	A leafy herb with a crisp, fragrant aroma. It is often used in cooking and in teas, as well as for its essential oil.	**Harvesting: Nine Ivies, East Shroud**
The splash text already mentioned its uses as an essential oil, and considering this being a close relative to our well-known mint, I would suggest giving it the same refreshing and energising properties! Could also have the same benefits as spearmint- or peppermint essential oil.		

Potential Recipes

Peelers	***Moisturiser***	***Additional Notes***
2-3 tbsp grounded coffee	3 tbsp olive or almond oil	Whole Body Peeling. Caffeine will penetrate through the skin and will energise you immensely! It also cleans and nourishes your skin and helps with weak connective tissue.
4 tbsp sugar	about 2 tbsp olive oil	Mix together until a thick mash has formed. This peeling can be used for the whole body and for every skin type - and can even be applied while showering. It moisturises dried skin and clean it from skin flakes.
2 tbsp rock salt	1 tbsp honey	Basic recipe useful for the whole body. Heat up honey until body temperature is reached, then add the rock salt. Can be used prior to bathing since both ingredients can also be useful in bath water!
1 tsp (green) tea leaves/grounds	Honey at will	The tea can be used from boiled tea bags or simply already boiled tea leaves that are finely grounded. They are very soft peelers and also are filled with many useful nutrients beneficial for the skin.
Sugar	Some (green) tea Honey Oil or yoghurt	Mix all ingredients together until they reach a preferred consistency. Apply to skin and wash off after some minutes.

2 tbsp rock salt	4 tbsp curd some warmed up milk	A very creamy peeling that cleans and regenerates your skin. Benefits weak connective tissue, but shall not be used for sensitive or cracked/chapped skin. Also since rock salt might be too rough for facial skin might only be used for the body and not facial/neck/chest.

Essential Oils for this region		
❖ Tea Leaf Oil ❖ Rosemary Oil ❖ Cypress Oil ❖ (Galago) Mint Oil	❖ Linseed Oil ❖ Cinnamon Oil ❖ Marjoram Oil ❖ Coffee Oil	❖ Lavender Oil ❖ Walnut Oil ❖ Thyme Oil

La Noscea

Peelers

Volcanic Rock Salt		
	The red hue of this rock salt is said to come from the volcanic soil of O'Ghomoro.	**Quarrying: Raincather Gully, Eastern La Noscea** Highland and Mining Exploration Ventures
		Trading with Housing Vendors (Curious Crop Exchange)
Rock Salt for La Noscea regions.		
Table Salt		
	Finely ground salt used not only for flavoring foods, but for pickling and preserving as well.	Crafted from Rock Salt
		Purchasable from Sahagin Vendor
Since this is crafted from the broadly common Rock Salt, this can be used as a finer peeler if you decide to have more sensitive skin, or need a finer peeler in general!		
Roasted Coffee Beans		
	Seeds harvested from the coffee plants which grow in volcanic mountainous soils, and then slow-roasted over an indirect flame for several bells to remove bitterness and bring out flavour.	**Obtainable for Grand Company Seals**
So far the only source for Coffee Beans in the Source, though "only" available through a Grand Company of your choice.		
Sticky Rice		
	This grain is imported from a land far to the east. When cooked, it has a consistency slightly more glutinous than normal rice.	**Harvesting: Oakwood, Upper La Noscea** Botany Exploration Venture
The Name suggests that the Sticky Rice is from Othard/Hingashi, but is actually La Noscea! Rice kernels need to be grounded to achieve a peeler effect, as a whole corn it is not sufficient.		

Sunset Wheat		
	A common variety of golden brown wheat eaten as a staple in many of Eorzea's city–states.	**Harvesting: Summerford, Middle La Noscea** Botany Exploration Venture **Housing Cooking Ingredients Vendor**
Wheat corn needs to be softly grounded or peeled to get the peeling effect, otherwise it might be too harsh on your skin and can cause irritation. *Wheat Germ Oil is a carrier oil that can help with healing wounds and benefits scar reduction.*		
Chamomile		
	A fragrant yellow flower found growing throughout Vylbrand.	**Harvesting: Oakwood, Upper La Noscea** Botany Exploration Venture
It is an ingredient for Chamomile Tea, so their brewed leaves are suitable as peelers. Crushed flowers help with weather-related redness and dryness. It can provide benefits for wound healing, inflammation, hyperpigmentation and acne. As an essential oil it has antimicrobial properties.		
Almonds		
	A tear-shaped nut which can be used to season exotic sweets, or pressed for its fragrant oil.	**Logging: Raincatcher Gully, Eastern La Noscea** Gardening
The residue after creating Almond Oil - Almond Bran - can be used as a peeling. *Sweet Almond Oil is a carrier oil full of nutrients beneficial for your skin. It eases swelling and helps with under-eye circles or puffiness. For centuries it has been used to treat dry skin conditions and improve acne. Almond Oil helps to reduce sun damage on skin and helps reduce the appearance of scars. It also helps in reducing the appearance of stretch marks.It can also be used for general skin care routines like removing make-up.*		

Moisturiser

Olive Oil

	A fragrant light-green oil extracted from pressed olives.	Crafted from Cinderfoot Olive **Harvested: Moraby Bay, Lower La Noscea** Botany Exploration Venture Gardening **Purchasable from Sahagin Vendors**
Olive Oil is the carrier oil for skin care products. There is not one skin care product that can be based on Olive Oil. Either for your face, your hair, your body or your eyelashes, olive oil can be used in every aspect of skin and health care. Only people with sensitive, acne-prone skin should use it with caution. It's beneficial for hydration, protecting against environmental damage, preventing premature ageing and helps healing wounds.		
(Sweet) Almond Oil		
	A tear-shaped nut which can be used to season exotic sweets, or pressed for its fragrant oil.	**Logging: Raincatcher Gully, Eastern La Noscea** Gardening
Sweet Almond Oil is a carrier oil full of nutrients beneficial for your skin. It eases swelling and helps with under-eye circles or puffiness. For centuries it has been used to treat dry skin conditions and improve acne. Almond Oil helps to reduce sun damage on skin and helps reduce the appearance of scars. It also helps in reducing the appearance of stretch marks.It can also be used for general skin care routines like removing make-up.		
La Noscea Orange		
	A sweet citrus fruit known to thrive in the temperate climate of lower La Noscea.	**Logging: Cedarwood, Lower La Noscea** **Purchasable from Ingredient Vendors**
Orange Juice as well as the smashed fruit flesh can be used as moisturisers. Peels can be used for skincare, but not necessarily for peelings.		
Alligator Pear (aka Avocado)		

	A soft green fruit, also known as “Shroud butter.” Though not thought to be indigenous to Eorzea, it is not certain how the plant first came to the realm.	**Logging: Silent Arbor, South Shroud**
Alligator Pear is a different name for Avocados, and these are very common in skin care. As oil or butter, both can be used as moisturisers and other skin care products. It is less likely used in peelings though.		
Rolanberry		
	A tart fruit—one of few still found growing in the devastated region of Mor Dhona.	**Harvesting: Bronze Lake, Upper La Noscea** Gardening
Rolanberries are the equivalent to Strawberries in the game. In skin care, they can have an anti-inflammatory and antibacterial effect. If this is through applying to skin or through consummation I can’t tell.		
Kukuru Bean		
	This seed of the kukuru tree is the primary ingredient in chocolate.	**Logging: Cedarwood, Lower La Noscea**
Kukuru is the equivalent to cocoa in the game. Cocoa butter is used in many skin care products and is next to cocoa butter a base of many recipes. There is a recipe of Kukuru Butter within the game, so it can be used directly for it!		
Sun Lemon		
	A sour citrus fruit indigenous to the Near East.	**Logging: Cedarwood, Lower La Noscea** Gardening **Purchasable from Sahagin Vendors**
Lemon essential oil is used in some skin care products. It has antimicrobial effects and can help with acne scars, though it needs to be applied scarcely. In a bath some drops of lemon essential oil can relax muscles, boost the mood and make you feel less fatigued. When directly applied to skin it can dry it out, so apply with caution.		
Honey Lemon		

	This rare type of lemon native to the continent of Othard is so sweet, it can be eaten raw.	**Harvesting: Bloodshore, Eastern La Noscea** Gardening
Another lemon that can be harvested and used for "crafting" essential oil. Also keeping in mind that these are apparently native to Othard!		
Sagolii Sage		
	A savory herb often found growing in parched desert environments. It is used in cooking and various medicinal ointments and unguents.	**Harvesting: Bronze Lake, Upper La Noscea** **Purchasable from Vendor**
The essential oil has a clean, refreshing scent and is commonly used in teas. In skin care, sage oil can provide relief to minor skin abrasions, diminish the appearances of blemishes and address stretch marks, sores and swelling. It can help ease muscular and joint pain and calm several skin conditions. In aromatherapy it is used for calm and relaxation. Do not use the essential oil directly on your skin, but use a carrier oil to apply!		
Blood Orange		
	A rare variety of orange grown in La Noscea, named for its unusual red flesh.	**Logging: Bronze Lake, Upper La Noscea**
Blood Orange essential oil is mostly used in aromatherapy and it is said that its fragrance is a bit stronger than usual orange essential oil. It has a citrus and sweet scent.		
Nutmeg		
	A sweet-smelling seed that is ground into a powder and used to flavor pastries and tea. It is also widely used in Far Eastern medicines.	**Logging: Raincatcher Gully, Eastern La Noscea**
Nutmeg essential oil is mostly used in aromatherapy and it has a sweet, sharp and spicy aroma with a rather musky undertone.		
Highland Parsley		
	Oft used as a garnish in other dishes, this pungent vegetable grows in abundance in the mountainous region of upper La Noscea.	**Harvesting: Moraby Bay, Lower La Noscea**
Parsley essential oil is mostly used in aromatherapy and has a herbal and slightly wood scent.		

Potential Recipes

Peelers	*Moisturiser*	*Additional Notes*
2-3 tbsp grounded coffee	3 tbsp olive or almond oil	Whole Body Peeling. Caffeine will penetrate through the skin and will energise you immensely! It also cleans and nourishes your skin and helps with weak connective tissue.
2 tbsp fine sea or rock salt	1 tbsp sunflower/olive oil fresh pressed orange	Not for facial skin since rock salt is too rough for the delicate skin, and the acid in orange juice will irritate small wounds. Otherwise a wonderful refreshing peeling for the whole body!
1 tbsp oat flakes	1 tbsp olive oil 3 tbsp yoghurt 1 tbsp orange juice	Facial peeling. Oat Flakes are not in the game, so best to use would be finely grinded wheats, rice or other kernels. Better to let them soak within the oil so they get extra smooth! Be careful with orange juice though, the citric acid can burn on small cuts and cause irritations!
4 tbsp sugar	about 2 tbsp olive oil	Mix together until a thick mash has formed. This peeling can be used for the whole body and for every skin type - and can even be applied while showering. It moisturises dried skin and cleans it from skin flakes.
2-3 tbsp grounded sunflower seeds	1 tbsp honey 2 tbsp plant oil	Useful for face, neck, chest. Apply and let it sit for half a bell. Grounded sunflower seeds are ideal for blemished or sagging skin.
2 tbsp rock salt	1 tbsp honey	Basic recipe useful for the whole body. Heat up honey until body temperature is reached, then add the rock salt. Can be used prior to bathing since both ingredients can also be useful in bath water!
1 tsp (green) tea leaves/grounds	Honey at will	The tea can be used from boiled tea bags or simply already boiled tea leaves that are finely grounded. They are very soft peelers and also are filled with many useful nutrients

		beneficial for the skin.
Sugar	Some (green) tea Honey Oil or yoghurt	Mix all ingredients together until they reach a preferred consistency. Apply to skin and wash off after some minutes.
2 tbsp rock salt	4 tbsp curd some warmed up milk	A very creamy peeling that cleans and regenerates your skin. Benefits weak connective tissue, but shall not be used for sensitive or cracked/chapped skin. Also since rock salt might be too rough for facial skin might only be used for the body and not facial/neck/chest.
1 tbsp rock salt	1 tbsp mashed rolanberries	Useful for the whole body and facial skin. Apply and let it sit for some minutes before rinsing it off. Rolanberries are the direct equivalent to strawberries which have anti-inflammatory properties. Mix Rolanberries with some sugar and olive oil for a hand peeling!
1 tsp sugar	½ Alligator Pear 1 tsp honey 1 tsp, olive oil	This peeling is very nourishing for the skin. It will feel smooth and refreshed afterwards. It can also be used as lip balm - apply and wait a few minutes before rinsing it off.

Essential Oils for this region		
❖ Olive Oil ❖ Cocoa Oil/Butter ❖ Sage Oil ❖ Parsley Oil	❖ (Sweet) Almond Oil ❖ Lemon Oil ❖ Blood Orange Oil ❖ Coffee Oil	❖ Orange Oil ❖ Citrus Oil ❖ Nutmeg Oil

Island Sanctuary (Ciedaleas)

Peelers

Island Rock Salt		
	This red-hued salt is prized by islekeeps for its role in the creation of homemade frozen treats and myriad practical uses. By contrast—and for reasons unknown to the locals—certain Cieldalaes tourists insist upon licking it directly.	Gathered on the Island Sanctuary
Rock Salt for your personal Island		
Island Wheat		
	As predicted...wheat.	Crop from the Island Sanctuary Grown from Island Wheat Seeds
Wheat corn needs to be softly grounded or peeled to get the peeling effect, otherwise it might be too harsh on your skin and can cause irritation. *Wheat Germ Oil is a carrier oil that can help with healing wounds and benefits scar reduction.*		
Island Sugarcane		
	The sturdy and stout stalk of this plant native is rich in sugar, making it far superior to other island plants. Especially that salad one.	Gathered on the Island Sanctuary
It is not stated in the description nor as a potential recipe, but you could technically craft sugar from sugarcanes. Therefore it is mentioned in the peeler tab.		

Moisturiser

Isleberry		
	A verifiably nonlethal berry found in the Cieldalaes.	Crop from the Island Sanctuary Grown from Isleberry Seeds
The berry for your personal Island. Since it resembles the rolanberry, it is possible to take the properties and port it to here! *Rolanberries are the equivalent to Strawberries in the game. In skin care, they can have*		

an anti-inflammatory and antibacterial effect. If this is through applying to skin or through consummation I can't tell.		
Island Pumpkin		
	Son of a pump, perhaps.	Crop from the Island Sanctuary Grown from Island Pumpkin Seeds
The pumpkin for your personal Island. The flesh and juice are suitable as a moisturiser or base for peelings. Pumpkin seed oil can be used as an oil for skin care, since it is rich in omega acids and very nourishing for the skin. Yet pumpkin seed oil is not an item available in the game, but technically it can exist.		
Sanctuary Milk		
	This unlabeled liquid was freshly milked from a beast in the sanctuary pasture. Which one, who can recall?	Drop from Island Pasture
The milk from your personal Island. As usual, the skin care ingredients that are needed cannot officially be crafted from this, but logically they can!		

Potential Recipes

Peelers	***Moisturiser***	***Additional Notes***
2-3 tbsp grounded sunflower seeds	1 tbsp honey 2 tbsp plant oil	Useful for face, neck, chest. Apply and let it sit for half a bell. Grounded sunflower seeds are ideal for blemished or sagging skin.
2 tbsp rock salt	1 tbsp honey	Basic recipe useful for the whole body. Heat up honey until body temperature is reached, then add the rock salt. Can be used prior to bathing since both ingredients can also be useful in bath water!
1 tsp (green) tea leaves/grounds	Honey at will	The tea can be used from boiled tea bags or simply already boiled tea leaves that are finely grounded. They are very soft peelers and also are filled with many useful nutrients beneficial for the skin.
Sugar	Some (green) tea Honey Oil or yoghurt	Mix all ingredients together until they reach a preferred consistency. Apply to skin and wash off after some minutes.

2 tbsp rock salt	4 tbsp curd some warmed up milk	A very creamy peeling that cleans and regenerates your skin. Benefits weak connective tissue, but shall not be used for sensitive or cracked/chapped skin. Also since rock salt might be too rough for facial skin might only be used for the body and not facial/neck/chest.
1 tbsp rock salt	1 tbsp mashed rolanberries	Useful for the whole body and facial skin. Apply and let it sit for some minutes before rinsing it off. Rolanberries are the direct equivalent to strawberries which have anti-inflammatory properties. Mix Rolanberries with some sugar and olive oil for a hand peeling!
4 tbsp sugar or sea salt	4 tbsp smashed pumpkin (cooked and cooled)	Mix together all ingredients and apply to skin. Then rinse thoroughly. This peeling can be used for the whole body. And if you want you can add a little bit of CInnamon to it!

Essential Oils for this section		
❖ Pumpkin Seed Oil		

Thanalan

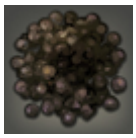
Peelers

Rock Salt		
	A large chunk of naturally occurring salt crystals. It is often ground into fine grains before being used to flavour and preserve food.	**Quarrying: Black Brush, Central Thanalan** Highland and Mining Exploration Venture Drops from Phoebad, Smoked Soblyn and Soblyn Acquired from 17 Fish Desynthesis **Purchasable from Ingredient Vendors in every region**
The basic Rock Salt in the game, available everywhere and from many different sources. If by any chance you cannot have any peeler this might be the one you want to use.		
Table Salt		
	Finely ground salt used not only for flavouring foods, but for pickling and preserving as well.	Crafted from Rock Salt **Purchasable from Sahagin Vendor**
Since this is crafted from the broadly common Rock Salt, this can be used as a finer peeler if you decide to have more sensitive skin, or need a finer peeler in general!		
Roasted Coffee Beans		
	Seeds harvested from the coffee plants which grow in volcanic mountainous soils, and then slow-roasted over an indirect flame for several bells to remove bitterness and bring out flavour.	**Obtainable for Grand Company Seals**
So far the only source for Coffee Beans in the Source, though "only" available through a Grand Company of your choice.		
Thanalan Tea Leaves		

	These leaves, when dried and steeped in hot water, create a sweet-smelling tea known for its curative properties.	**Harvesting: Sagolii Desert, Southern Thanalan** Botany Exploration Venture
Since this is also available with gardening in the housing districts, those tea leaves can be found and used as peelers in many other regions. Tea has many beneficial effects on the skin, either as an extract of various tea leaves or brewed and then mixed in with lotions once it's cooled. As an example, Black Tea de-puffs your skin and is high on caffeine, Green Tea has antioxidant, anti-inflammatory and anti-carcinogenic properties, and White Tea contains more antioxidants than Green Tea. It is up to you which benefits you want to add to the various tea leaves available in the game!		
Cloves		
	A sweet-smelling spice made from the dried buds of the clove tree. It is used to flavour confectionaries, and as an essential oil.	**Logging: Spineless Basin, Central Thanalan** Woodland and Botany Exploration **Purchasable from certain Vendors**
Cloves are an ingredient not only for Clove oil, but also for Mulled Tea and Spiced Cider. The leaves used for tea can be grounded and used as peelers.		

Moisturiser

Clove Oil		
	Clove-infused cooking oil.	Crafted from Cloves **Logging: Spineless Basin, Central Thanalan** **Purchasable from certain Vendors**
Clove Oil helps calm irritated skin and reduce the appearance of redness, pigmentation and puffiness.		
Ogre Pumpkin		
	A bright-orange squash which sweetens in flavour when cooked.	**Harvesting: Nophica's Wells, Western Thanalan** **Purchasable from certain Housing Vendors**

The flesh and juice are suitable as a moisturiser or base for peelings. Pumpkin seed oil can be used as an oil for skin care, since it is rich in omega acids and very nourishing for the skin. Yet pumpkin seed oil is not an item available in the game, but technically it can exist.		
Pearl Ginger		
	An exotic root vegetable native to the Far East that is often dried, ground, and used in cooking as well as in the creation of medicines.	**Harvesting: Drybone, Eastern Thanalan**
Could be either moisturiser OR peeler, depending on the grind! For ginger essential oil used on skin further research is needed. It can have anti-inflammatory effects and may help with arthritis induced pain.		
Aloe		
	A thick spiny-leaved cactus indigenous to the southern continent of Meracydia. The Miqo'te are known to treat severe burns with the cool gel-like substance found inside the leaves.	**Harvesting: Broken Water, Southern Thanalan**
Aloe is a common ingredient for skin care, as well as in medical tinctures.		
Black Pepper		
	An aromatic spice used in cooking as well as pickling.	**Harvesting: The Clutch, Central Thanalan** Gardening
		Purchasable from certain Vendors
Pepper essential oil is helpful to ease body pain, and has a fresh and spicy aroma.		

Potential Recipes

Peelers	***Moisturiser***	***Additional Notes***
2-3 tbsp grounded sunflower seeds	1 tbsp honey 2 tbsp plant oil	Useful for face, neck, chest. Apply and let it sit for half a bell. Grounded sunflower seeds are ideal for blemished or sagging skin.
2 tbsp rock salt	1 tbsp honey	Basic recipe useful for the whole body. Heat up honey until body temperature is reached, then add the rock salt. Can be used prior to

		bathing since both ingredients can also be useful in bath water!
1 tsp (green) tea leaves/grounds	Honey at will	The tea can be used from boiled tea bags or simply already boiled tea leaves that are finely grounded. They are very soft peelers and also are filled with many useful nutrients beneficial for the skin.
Sugar	Some (green) tea Honey Oil or yoghurt	Mix all ingredients together until they reach a preferred consistency. Apply to skin and wash off after some minutes.
2 tbsp rock salt	4 tbsp curd some warmed up milk	A very creamy peeling that cleans and regenerates your skin. Benefits weak connective tissue, but shall not be used for sensitive or cracked/chapped skin. Also since rock salt might be too rough for facial skin might only be used for the body and not facial/neck/chest.
2-3 tbsp grounded coffee	3 tbsp olive or almond oil	Whole Body Peeling. Caffeine will penetrate through the skin and will energise you immensely! It also cleans and nourishes your skin and helps with weak connective tissue.
4 tbsp sugar or sea salt	4 tbsp smashed pumpkin (cooked and cooled)	Mix together all ingredients and apply to the skin. Then rinse thoroughly. This peeling can be used for the whole body. And if you want you can add a little bit of CInnamon to it!
2 tbsp sea salt or sugar 1 tbsp ground ginger	olive oil	Ginger is very refreshing for the skin. Mix all ingredients really well and apply to the skin. Let it sit for a moment before rinsing it off. It will also leave a fresh scent!

Essential Oils for this region		
❖ Tea Leaf ❖ Pumpkin Seed Oil	❖ Ginger Oil ❖ Coffee Oil	❖ Pepper Oil ❖ Clove Oil

Coerthas, Dravania and the Sea of Clouds

Peelers

Abalathian Rock Salt		
	Mined from veins found in Abalathia's Spine, this pinkish salt has a high mineral content which adds depth to its flavour.	**Quarrying: Coldwind, The Sea of Clouds** Highland and Mining Exploration Venture
		Tradeable with Housing Vendors (Curious Crop Exchange)
Rock Salt for The Sea of Clouds.		
Highland Wheat		
	A variety of dark-colored wheat suited to the rocky soil, shorter days, and colder temperatures of the Coerthas highlands.	**Harvesting: Chocobo Forest, The Dravanian Forelands** Botany Exploration Venture
Wheat corn needs to be softly grounded or peeled to get the peeling effect, otherwise it might be too harsh on your skin and can cause irritation. *Wheat Germ Oil is a carrier oil that can help with healing wounds and benefits scar reduction.*		
Coerthan Tea Leaves		
	Considerably smaller than Thanalan tea leaves, more than double the amount of Ishgardian tea leaves are required to brew a single cup of tea.	**Harvesting: Black Iron Bridge, Coerthas Western Highlands** Botany Exploration Venture Gardening
		Purchasable by Vendor (Pasdevillet, Ishgard)
Since this is also available with gardening in the housing districts, those tea leaves can be found and used as peelers in many other regions. Tea has many beneficial effects on the skin, either as an extract of various tea leaves or brewed and then mixed in with lotions once its cooled. As an example, Black Tea de-puffs your skin and is high on caffeine, Green Tea has antioxidant, anti-inflammatory and anti-carcinogenic properties, and White Tea contains more antioxidants than Green Tea. It is up to you which benefits you want to add to the various tea leaves available in the game!		

Moisturiser

Sour Cream		
	A thick cream created by fermenting yak milk.	Crafted from Yak Milk Drops from Wooly Yak, Twinspools, Coerthas Purchasable in The Crystarium
Even though this item is specifically crafted from Yak Milk, which drops from Yaks in Coerthas, technically it is possible to craft this from different kinds of milks as well.		
Sesame Seeds		
	A tiny seed rich in aromatic oil, sesame is native to Meracydia, and thought to have first been brought to Eorzea by migrating Miqo'te.	**Harvesting: The Blue Window, The Sea of Clouds**
Sesame Oil is not a craftable item, but with the presence of sesame seeds it is absolutely possible.		
Lover's Laurel		
	A highly fragrant variety of laurel named for the goddess of the moon, Menphina.	**Harvesting: Ephemeral Node in various regions of Coerthas**
Laurel Oil is not an item within the game, but upon some research it is used in skin care for its various beneficial effects. It is antiseptic, antibacterial and antimycotic and helps primarily for inflamed skin or acne. It can also help against dandruff and can lessen odour. In aromatherapy it can help to concentrate and against depression, and has a calming effect.		
Snurbleberry		
	This sweet, yet tart red berry is covered in tiny soft hairs that can be removed by lightly rubbing the fruit between one's palms.	**Harvesting: The Daggers, The Dravanian Hinterlands (Legendary, 10AM/PM. Tome of Botanical Folklore - Dravania)**
Snurbleberries are like Rolanberries the equivalent to Strawberries in the game. In skin care, they can have an anti-inflammatory and antibacterial effect. If this is through applying to skin or through consummation I can't tell.		
Vanilla Beans		

	A sweet-smelling spice made from the dried pod of the rare vanilla plant. It is often used in the making confectionaries as well as medicines.	**Harvesting: The Watcher (Legendary, 6AM/PM. Tome of Botanical Folklore - Coerthas)**
Vanilla Extract can be used in skin care as well as medical salves and tinctures.		
Heavens Lemon		
	Possibly due to the increased sunlight it receives growing above the clouds, heavens lemons lack the acidity of normal sun lemons.	**Harvesting: Vundu Ok' Bendu, The Sea of Clouds (Unspoiled, 6 AM/PM)**
The Lemon that can be used to "craft" essential oil for the Coerthas region.		
Wild Sage		
	A fragrant herb popular with culinarians...and their customers.	**Harvesting: Ok' Vundu Mok, The Sea of Clouds (Ephemeral, 8PM)** **Red Rim, Coerthas Western Highlands (Ephemeral, 12AM)**
The essential oil has a clean, refreshing scent and is commonly used in teas. In skin care, sage oil can provide relief to minor skin abrasions, diminish the appearances of blemishes and address stretch marks, sores and swelling. It can help ease muscular and joint pain and calm several skin conditions. In aromatherapy it is used for calm and relaxation. Do not use the essential oil directly on your skin, but use a carrier oil to apply!		
Cedar		
	A rough-cut log of cedar timber.	**Logging: Riversmeet, Coerthas Western Highlands**
We are not looking at the log or any processed wood, but the essential oil that is made out of its needles! Cedarwood essential oil is mostly used in aromatherapy and can help ease and reduce stress. It has a forest, sweet, herbaceous aroma and smells slightly fruity.		
Spruce		
	A rough-cut log of spruce timber.	**Logging: Providence Point, Coerthas Central Highlands**
We are not looking at the log or any processed wood, but the essential oil that is made out of its needles! Sprucewood essential oil is mostly used in aromatherapy and is uplifting and energising, but it can also help with sore muscles and the respiratory system.		

Coriander		
	A highly fragrant herb. The leaves can be harvested and used in salads, or the plant can be allowed to bolt and the seeds gathered and used to spice ale.	**Harvesting: Twinpools, Coerthas Western HIghlands**
Coriander essential oil is mostly used in aromatherapy against mental fatigue and exhaustion.		
Mist Dill		
	A fragrant herb characterized by its thin leaves. It is used in both medicines and culinary dishes.	**Harvesting: Twinpools, Coerthas Western HIghlands**
Dill essential oil is mostly used in aromatherapy and has a gentle and soothing aroma, with sedating and calming effects and induces a satisfied and relaxed feeling.		
Highland Oregano		
	Due to its higher oil content, highland oregano is preferred over other breeds of oregano by apothecaries and perfumeries across Eorzea.	**Harvesting: Twinpools, Coerthas Western HIghlands**
Oregano essential oil is a natural antibiotic against skin infections, yet most benefits are mostly found in incorporating the oil into meals.		
Gaelicatnip		
	A relative to pepper- and spearmint, gaelicatnip is an aromatic herb often brewed into teas. The oil contained in the leaves is known to cause gaelicats and other normally aggressive feline beastkin to exhibit excessively playful behavior.	**Harvesting: The Answering Quarter, The Dravanian Hinterlands**
The text in-game suggests that Gaelicatnip is a close relative to spearmint, but also catnip does exist as essential oil. Spearmint essential oil is mostly used in aromatherapy and has a milder and gentler fragrance than peppermint, yet it is still refreshing and somehow floral and sweet. Catnip essential oil is more herbaceous with a subdued mind aroma.		
Birch		

	A rough-cut log of birch lumber.	**Logging: Voor Sian Siran, The Sea of Clouds**
Birch essential oil is used in relieving pain.		

Potential Recipes

Peelers	***Moisturiser***	***Additional Notes***
2-3 tbsp grounded sunflower seeds	1 tbsp honey 2 tbsp plant oil	Useful for face, neck, chest. Apply and let it sit for half a bell. Grounded sunflower seeds are ideal for blemished or sagging skin.
2 tbsp rock salt	1 tbsp honey	Basic recipe useful for the whole body. Heat up honey until body temperature is reached, then add the rock salt. Can be used prior to bathing since both ingredients can also be useful in bath water!
1 tsp (green) tea leaves/grounds	Honey at will	The tea can be used from boiled tea bags or simply already boiled tea leaves that are finely grounded. They are very soft peelers and also are filled with many useful nutrients beneficial for the skin.
Sugar	Some (green) tea Honey Oil or yoghurt	Mix all ingredients together until they reach a preferred consistency. Apply to skin and wash off after some minutes.
2 tbsp rock salt	4 tbsp curd some warmed up milk	A very creamy peeling that cleans and regenerates your skin. Benefits weak connective tissue, but shall not be used for sensitive or cracked/chapped skin. Also since rock salt might be too rough for facial skin might only be used for the body and not facial/neck/chest.
1 tbsp rock salt	1 tbsp mashed rolanberries	Useful for the whole body and facial skin. Apply and let it sit for some minutes before rinsing it off. Rolanberries are the direct equivalent to strawberries which have anti-inflammatory properties. Mix Rolanberries with some sugar and olive oil for a hand peeling!

2 tbsp wheat bran/oat	1 tsp honey 2 tbsp olive oil	Oats are not in the game, but we can use grinded wheat or other kernels as a peeler. It won't have the same beneficial effect like oat, but especially the mix of honey and olive oil is a good, nourishing peeling for your skin. It can be used for sensitive or normal skin, and can be used for facial skin and tired feet.

Essential Oils for this region		
❖ Tea Leaf ❖ Vanilla Oil ❖ Sage Oil ❖ Coriander Oil ❖ Catnip Oil	❖ Sesame Oil ❖ Lemon Oil ❖ Cedarwood Oil ❖ Dill Oil ❖ Spearmint Oil	❖ Laurel Oil ❖ Citrus Oil ❖ Sprucewood Oil ❖ Oregano Oil ❖ Birch Oil

Gyr Abania

Peelers

Ala Mhigan Salt Crystal		
	These pinkish crystals grow naturally on the shores of Loch Seld.	**Quarrying: Loch Seld, The Lochs (Unspoiled, 12AM/PM)** Highland and Mining Exploration Acquired from 6 Fish Desynthesis
Another kind of tea leaves. This one seems less processed then the other, so more options to either finer or rougher grinds.		
Beet Sugar		
	A sweetener made by juicing sugar beets and then boiling the extract down until all the water has evaporated, leaving only a fine, grey powder.	Crafted from Sugar Beet Sugar Beet is harvested in **The Last Forest, The Peaks**
Native Sugar for the region of Ala Mhigo.		
Gyr Abanian Wheat		
	A close cousin to highland wheat, Gyr Abanian wheat has been improved by Ala Mhigan farmers over generations to increase both flavour and yield.	**Harvesting: East End, The Fringes** Botany Exploration Venture
Wheat corn needs to be softly grounded or peeled to get the peeling effect, otherwise it might be too harsh on your skin and can cause irritation. *Wheat Germ Oil is a carrier oil that can help with healing wounds and benefits scar reduction.*		
Buckwheat Kernels		
	A nutty grain that can be substituted for flour in breads and noodles. Found across the Three Great Continents, but grown in abundance in the heart of Gyr Abania.	**Harvesting: The Last Forest, The Peaks**
Wheat corn needs to be softly grounded or peeled to get the peeling effect, otherwise it is not sufficient.		

Moisturiser

Jhammel Ginger		
	Jhammel ginger's bulbous, aromatic roots can be sliced fresh and added to stews and seafood dishes to remove gaminess, ground and steeped in hot water to cure head colds, or dried and ground into a powder to use as a spice for breads and cookies.	**Harvesting: The Royal Huntinggrounds, The Lochs (Unspoiled, 4AM/PM)**
Could be either moisturiser OR peeler, depending on the grind! For ginger essential oil used on skin further research is needed. It can have anti-inflammatory effects and may help with arthritis induced pain.		
Yanxian Verbena		
	A hearty plant that can proliferate on nearly any surface, including tree trunks. Its leaves release a pleasant scent when touched.	**Logging: The Queen's Gardens, The Lochs (Ephemeral, 4AM)**
Used to give lotions, soaps, perfumes and candles to give it lemon fresh scent. As tea it helps with indigestion, cramps and general apathy. It can help against respiratory infections and has antirheumatic effects. In skin care it helps to clear acne-prone skin, moisturise it and soothe muscle pain. It helps boost the immune system and Verbena oil is a natural aphrodisiac for e.g. massage oils.		

Potential Recipes

Peelers	***Moisturiser***	***Additional Notes***
2-3 tbsp grounded sunflower seeds	1 tbsp honey 2 tbsp plant oil	Useful for face, neck, chest. Apply and let it sit for half a bell. Grounded sunflower seeds are ideal for blemished or sagging skin.
2 tbsp rock salt	1 tbsp honey	Basic recipe useful for the whole body. Heat up honey until body temperature is reached, then add the rock salt. Can be used prior to bathing since both ingredients can also be useful in bath water!
1 tsp (green) tea leaves/grounds	Honey at will	The tea can be used from boiled tea bags or simply already boiled tea leaves that are finely grounded. They are very soft peelers and also are filled with many useful nutrients beneficial for the skin.
Sugar	Some (green) tea Honey Oil or yoghurt	Mix all ingredients together until they reach a preferred consistency. Apply to skin and wash off after some minutes.

2 tbsp rock salt	4 tbsp curd some warmed up milk	A very creamy peeling that cleans and regenerates your skin. Benefits weak connective tissue, but shall not be used for sensitive or cracked/chapped skin. Also since rock salt might be too rough for facial skin might only be used for the body and not facial/neck/chest.
2 tbsp wheat bran/oat	1 tsp honey 2 tbsp olive oil	Oats are not in the game, but we can use grinded wheat or other kernels as a peeler. It won't have the same beneficial effect like oat, but especially the mix of honey and olive oil is a good, nourishing peeling for your skin. It can be used for sensitive or normal skin, and can be used for facial skin and tired feet.
2 tbsp sea salt or sugar 1 tbsp ground ginger	olive oil	Ginger is very refreshing for the skin. Mix all ingredients really well and apply to the skin. Let it sit for a moment before rinsing it off. It will also leave a fresh scent!

Essential Oils for this region		
❖ Ginger Oil	❖ Verbena Oil	

Othard

Peelers

Steppe Rock Salt		
	Salt naturally occurring on the Azim Steppe. ※Only for use in Namazu tribal quests. ※Not included in the gathering log.	**Quarrying: Onsal Hakair, The Azim Steppe**
Rock Salt available in The Azim Steppe *Only available within the Namazu Tribal Quests, yet it doesn't diminish the general existence in the World.*		
Algae Salt		
	A briny salt harvested by sun-drying then burning sea algae.	Crafted from Gem Algae
The Gem Algae can be harvested in Rasen Kaikyo, The Ruby Sea and obtainable via Botany Exploration Ventures. It might be the source for salt for Sui-no-Sato.		
Crystal-clear Rock Salt		
	The finest rock salt the steppe has to offer. ※Only for use in Namazu tribal quests. ※Not included in the gathering log.	**Quarrying: The Sea of Blades, The Azim Steppe**
A second Rock Salt available in The Azim Steppe, but only available during Namazu Tribal Quests.		
Steppe Tea Leaves		
	Tannin-rich tea leaves sourced from the Azim Steppe. ※Only for use in Namazu tribal quests. ※Not included in the gathering log.	**Harvesting: Onsal Hakair, The Azim Steppe**
Tea leaves that can be used as a peeler once it is cooked. Since it mentioned the tannin-richness it is best used for digestive issues and acts anti-inflammatory on skin and		

mucous membranes. Tea has many beneficial effects on the skin, either as an extract of various tea leaves or brewed and then mixed in with lotions once its cooled. As an example, Black Tea de-puffs your skin and is high on caffeine, Green Tea has antioxidant, anti-inflammatory and anti-carcinogenic properties, and White Tea contains more antioxidants than Green Tea. It is up to you which benefits you want to add to the various tea leaves available in the game!		
Countess Tea Leaves		
	Once consumed exclusively by the upper classes but now available to the hoi polloi.	**Harvesting: The Glittering Basin, Yanxia (Ephemeral, 4PM)**
Tea leaves that can be used as a peeler after brewing.		

Moisturiser

Cottonseed Oil		
	Cooking oil pressed from ruby cotton seeds. Its high flash point and lack of odour make it ideal for deep-frying.	Crafted from Ruby Cotton Boll **Harvesting: Rasen Kaikyo, The Ruby Sea**
Before being used in skin care cottonseed oil needs to be processed to remove gossypol. As a skin oil it helps moisturise your skin, reduce wrinkles and have an anti-aging effect, and has anti-inflammatory properties. Further effects are possible, but not proven.		
Nipplewort		
	Named for the protruding buds from which its bright-yellow flowers bloom, nipplewort is a common winter annual whose leaves are gathered for use in Othardian cuisine.	**Harvesting: Nhaama's Retreat, The Azim Steppe**
Nipplewort oil can help ease skin irritations, strengthen defences and the natural barrier of the skin and help cure scabies. It is not commonly used in skin care products though.		
Fennel		
	With an aroma similar to licorice, both the stalks and the seeds of this Othardian herb can be used to enhance the flavor of exotic Far Eastern dishes.	**Harvesting: Nhaama's Retreat, The Azim Steppe**
Fennel is a versatile plant with multiple effects. In tea or food it has benefits for the digestive, cardiovascular and respiratory systems. As a skin oil it can help soothe and		

calm irritated skin and help with puffy complexions, under-eye bags and rosacea. Iz helps to protect and strengthen the skin. It is less used in peelings and more in general skin care, but you can enhance your peelings with a few drops of fennel oil. In aromatherapy it helps with concentration and focus, and relieves stress and anxiety.

Chickweed

	Though recognized as a weed, this winter annual is edible and will oft be harvested in the late months for use in various Doman and Hingan dishes.	**Harvesting: Nhaama's Retreat, The Azim Steppe**

Chickweed as an extract but also apparently as a whole plant can help with healing wounds. It has anti-inflammatory effects, and is commonly used to speed up healing wounds, like burns or splinters. It can be used to help relieve skin diseases and dermatitis, as well as itchiness. Applied to joints it can help with rheumatic pains, and has overall a positive effect on the organism.

Yanxian Verbena

	A hearty plant that can proliferate on nearly any surface, including tree trunks. Its leaves release a pleasant scent when touched.	**Harvesting: Nhaama's Retreat, The Azim Steppe (Ephemeral 8AM)** **Harvesting: The Glittering Basin, Yanxia (Ephemeral, 4PM)**

Used to give lotions, soaps, perfumes and candles to give it lemon fresh scent. As tea it helps with indigestion, cramps and general apathy. It can help against respiratory infections and has antirheumatic effects. In skin care it helps to clear acne-prone skin, moisturise it and soothe muscle pain. It helps boost the immune system and Verbena oil is a natural aphrodisiac for e.g. massage oils.

Steppe Flatweed

	An edible yellow flower that bears a close visual resemblance to the dandelion. ※Only for use in Namazu tribal quests. ※Not included in the gathering log.	**Harvesting: Azim Khaat, The Azim Steppe**

Since it has a close appearance to dandelion, I will list the benefits for this flower. As a tea Dandelion helps remove toxins from the body. As a skin oil it has anti-inflammatory properties, and helps with skin conditions like rosacea, cystic acne, eczemas and psoriasis. It minimises dark spots and helps with tightening your skin.

Othardian Plum

	A greenish pink plum common across the eastern continent of Othard.	**Logging: Onsal Hakair, The Azim Steppe (Unspoiled, 2AM/PM)**
Plum Oil has high moisturising properties, helps with reducing sebum production and protects against radical damage to your skin and hair. It is mostly used as a serum for face and hair, so an overall usage in peelings and such is not known. But it can be mixed with other lotions to enhance their effect.		
Scarlet Flax		
	A variety of flax that, when dried, turns a deep red. ※Only for use in Namazu tribal quests. ※Not included in the gathering log.	**Logging: Onsal Hakair, The Azim Steppe**
Since it is a variety of flax, we can somehow give them the same properties as flax or linseed oil! Also known as flax or flaxseed oil. Besides its many medical benefits (blood pressure, digestive ailments, various other benefits) it can also be used as a skin oil to reduce irritation. For hydration and smoothness it needs to be incorporated in meals though.		
Steppe Safflowers		
	A brightly colored flower that blooms across the Azim Steppe. Best known as a versatile dye that can produce red, yellow, or even purple hues. ※Only for use in Namazu tribal quests. ※Not included in the gathering log.	**Harvesting: Onsal Hakair, The Azim Steppe**
The beneficial effects of safflower oil has yet to be scientifically proven, but nonetheless it can be used to moisturise your skin.		
Steppe Candyfruit		
	Do not let its unappealing exterior fool you—this steppe delicacy is worth the effort of finding one. ※Only for use in Namazu tribal quests. ※Not included in the gathering log.	**Harvesting: The Sea of Blades, The Azim Steppe**
There is no indication what the fruit might act like, yet its name suggests it is something sweet. It might be something that you can smash, or extract oil from - your imagination can go wild with this one!		
Ripe Steppe Fruit		

	This fruit's bright orange color speaks to its ripeness...if it is indeed the type of fruit that turns orange when ripe. ※Only for use in Namazu tribal quests. ※Not included in the gathering log.	**Harvesting: The Sea of Blades, The Azim Steppe**
Same as with the Candyfruit above, it can be used to your own imagination!		
Fragrant Steppe Herb		
	This variety of steppe herb is so fragrant that its scent can travel more than a malm, potentially attracting uninvited guests to the homes of hapless cooks. ※Only for use in Namazu tribal quests. ※Not included in the gathering log.	**Harvesting: The Sea of Blades, The Azim Steppe**
The description mentions a strong fragrance that can travel a malm, yet if it is a good or bad scent is unknown. Again, it is up to you how you want to use it!		
Honey Lemon		
	This rare type of lemon native to the continent of Othard is so sweet, it can be eaten raw.	**Harvesting: Bloodshore, Eastern La Noscea** **(Yet: Native to Othard!)** Gardening
A lemon that can be in-game harvested in La Noscea, yet is actually native to Othard, making it a possible source for Lemon Essential Oil.		
Soybeans		
	These emerald legumes grow two to three beans per pod on stout bushes that are ready for harvest in the early fall. The beans are most often pressed into the milk which is used to make tofu, or fermented into various savory pastes and sauces.	**Harvesting: East Othard Coastline, The Ruby Sea**
This essential oil is not necessarily used as a moisturiser per se, but its benefits for hydrating skin and scar treatment, as well as its anti-inflammatory properties shouldn't go unnoticed.		
Cumin Seeds		

	A pungent spice that can be used in seed form, or ground into a powder, enhancing the aroma tenfold.	**Harvesting: East Othard Coastline, The Ruby Sea**
Cumin Seed Oil is a carrier oil which can support skin health and healing ailments. It can calm inflammation and can smooth acne scars.		
Yanxian Parsley		
	This Far Eastern perennial has a biting aroma that even many Othardians find off-putting.	**Harvesting: Doma (Area), Yanxia**
Parsley essential oil is mostly used in aromatherapy and has a herbal and slightly wood scent.		

Potential Recipes

Peelers	***Moisturiser***	***Additional Notes***
2-3 tbsp grounded (sunflower) seeds	1 tbsp honey 2 tbsp plant oil	Useful for face, neck, chest. Apply and let it sit for half a bell. Grounded sunflower seeds are ideal for blemished or sagging skin. But for peelings any other seeds can be used.
2 tbsp rock salt	1 tbsp honey	Basic recipe useful for the whole body. Heat up honey until body temperature is reached, then add the rock salt. Can be used prior to bathing since both ingredients can also be useful in bath water!
1 tsp (green) tea leaves/grounds	Honey at will	The tea can be used from boiled tea bags or simply already boiled tea leaves that are finely grounded. They are very soft peelers and also are filled with many useful nutrients beneficial for the skin.
Sugar	Some (green) tea Honey Oil or yoghurt	Mix all ingredients together until they reach a preferred consistency. Apply to skin and wash off after some minutes.
2 tbsp rock salt	4 tbsp curd some warmed up milk	A very creamy peeling that cleans and regenerates your skin. Benefits weak connective tissue, but shall not be used for sensitive or cracked/chapped skin. Also since rock salt might be too rough for facial skin might only be used for the body and not facial/neck/chest.

2 tbsp fine sea or rock salt	1 tbsp sunflower/olive oil fresh pressed orange	Not for facial skin since rock salt is too rough for the delicate skin, and the acid in orange juice will irritate small wounds. Otherwise a wonderful refreshing peeling for the whole body!
2 tbsp wheat bran/oat	1 tsp honey 2 tbsp olive oil	Oats are not in the game, but we can use grinded wheat or other kernels as a peeler. It won't have the same beneficial effect like oat, but especially the mix of honey and olive oil is a good, nourishing peeling for your skin. It can be used for sensitive or normal skin, and can be used for facial skin and tired feet.
4 tbsp sugar	about 2 tbsp olive oil	Mix together until a thick mash has formed. This peeling can be used for the whole body and for every skin type - and can even be applied while showering. It moisturises dried skin and cleans it from skin flakes.
1 tbsp oat flakes	1 tbsp olive oil 3 tbsp yoghurt 1 tbsp orange juice	Facial peeling. Oat Flakes are not in the game, so best to use would be finely grinded wheats, rice or other kernels. Better to let them soak within the oil so they get extra smooth! Be careful with orange juice though, the citric acid can burn on small cuts and cause irritations!
4 tbsp sugar or sea salt	4 tbsp smashed pumpkin (cooked and cooled)	Mix together all ingredients and apply to the skin. Then rinse thoroughly. This peeling can be used for the whole body. And if you want you can add a little bit of CInnamon to it! Pumpkins are not necessarily in this region, but you can give the consistency/properties to the Steppe Fruit!
1 tbsp rock salt	1 tbsp mashed Steppe Candy Fruit	Useful for the whole body and facial skin. Apply and let it sit for some minutes before rinsing it off. You can give Steppe Candy Fruit similar properties to Rolanberries if you want to! Mix Steppe Candy Fruits with some sugar and olive oil for a hand peeling!

Essential Oils for this region		
❖ Tea Leaf	❖ Cottonseed Oil	❖ Nipplewort Oil

❖ Fennel Oil ❖ Dandelion Oil ❖ Safflower Oil ❖ Citrus Oil ❖ Parsley Oil	❖ Chickweed Oil ❖ Plum Oil ❖ Herbal Oil ❖ Soy Oil	❖ Verbena Oil ❖ Flax/Linseed Oil ❖ Lemon Oil ❖ Cumin Seed Oil

Norvrandt

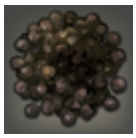
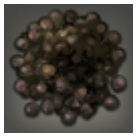
Peelers

Splendid Rock Salt		
	This splendid rock salt is sprinkled on meat during the smoking process to draw out its natural flavor. The same could, in fact, be said for practically any salt, but the Qitari tend to notice when someone tries to fob them off with anything less than the genuine article, hence the need to seek out this particular variety. ※Only for use in Qitari tribal quests. ※Not included in the gathering log.	**Quarrying: The K'mul Astropolis, The Rak'tika Greatwood**
Only available within the Qitari Tribal Quests, yet it doesn't diminish the general existence in the World.		
Rarefied Sea Salt		
	"Don't you *dare* throw that over your shoulder. Here, use the table salt." ※For collectable submissions only.	**Mining: The Norvrandt Slope, The Tempest (Unspoiled, 8AM/PM)**
An unspoiled collectable, making it somehow rare to obtain.		
Coffee Beans		
	Beans that, with some effort, will become grounds suitable for brewing fragrant coffee.	**Harvesting: Scree, Kholusia** Botany Exploration Venture
First time Coffee Beans are harvestable.		
Garden Beet Sugar		

	A sweetener made by boiling down the juice extracted from garden beets.	Crafted from Garden Beet Harvesting: **The Woolen Way, Il Mheg**
Despite its name indicator this Beet is not obtained via gardening, but is the (crafted) sugar variant of the First.		
Bomba Rice		
	This short-grain rice is more absorbant than other varieties and does not clump together when cooked.	**Harvesting: Scree, Kholusia** Botany Exploration Venture
As with every grain, it needs to be processed first before used as a peeler.		
Upland Wheat		
	This staple grain was grown at high elevation.	**Harvesting: Seagazer, Kholusia** Botany Exploration Venture
Wheat corn needs to be softly grounded or peeled to get the peeling effect, otherwise it might be too harsh on your skin and can cause irritation. *Wheat Germ Oil is a carrier oil that can help with healing wounds and benefits scar reduction.*		
Peppermint		
	This refreshing herb is suitable for use in cooking, essential oils, and tea.	**Harvesting: Embrasure, Lakeland (Unspoiled, 10 AM/PM)** Woodland and Botany Exploration
Peppermint is a common tea leaf, so the boiled leaves can be used as an excellent peeler. But even as oil it has many beneficial effects.		
Amber Cloves		
	This sweet spice made from the dried floral buds is used both as flavouring and in essential oils.	**Logging: Ladle, Amh Araeng** Botany Exploration Venture
These cloves are the ingredient for Masala Chai. The leaves used for tea can be grounded and used as peelers.		

Moisturiser

Frantoio Oil		
	Oil extracted from frantoio olives, suitable for cooking and certain medicinal concoctions.	Crafted from Frantoio **Logging: The Chiliad, Lakeland**
Since the text mentions that frantoio is an olive, we can give this oil the same properties as olive oil in general! *Olive Oil is the carrier oil for skin care products. There is not one skin care product that can be based on Olive Oil. Either for your face, your hair, your body or your eyelashes, olive oil can be used in every aspect of skin and health care. Only people with sensitive, acne-prone skin should use it with caution. It's beneficial for hydration, protecting against environmental damage, preventing premature ageing and helps healing wounds.*		
Sour Cream		
	A thick cream created by fermenting yak milk.	Crafted from Yak Milk Drops from Wooly Yak, Twinspools, Coerthas Purchasable in **The Crystarium**
Even though this item is specifically crafted from Yak Milk, which drops from Yaks in Coerthas, technically it is possible to craft this from different kinds of milks as well. It is also purchasable from a vendor in the Crystarium, a reason why this appears in this list.		
Peppermint		
	This refreshing herb is suitable for use in cooking, essential oils, and tea.	**Harvesting: Embrasure, Lakeland (Unspoiled, 10 AM/PM)** Woodland and Botany Exploration
Peppermint again? Yes! Because now we look at the benefits of peppermint oil! As a skin oil it delivers soothing and cooling properties and helps for minor skin irritations. It also helps with irritation on the scalp.		
Clove Oil		
	Clove-infused cooking oil.	Crafted from Cloves **Logging: Spineless Basin, Central Thanalan** **Purchasable from certain Vendors**
For this region it is not the exact same recipe, but since we can find Amber Cloves, we can take into account that they can also be crafted into Clove Oil. Clove Oil helps calm irritated		

skin and reduce the appearance of redness, pigmentation and puffiness.		
Lemonette		
	A tiny lemon replete with sour juice.	**Logging: Sharptongue Drip, Kholusia (Unspoiled, 6 AM/PM)** Woodland and Botany Exploration
Lemon Oil as an essential oil can be used to enhance your skin care with a fresh and energising note.		
Night Pepper		
	A dark aromatic spice used in cooking as well as pickling.	**Harvesting: Snitch, Amh Araeng**
Pepper essential oil is helpful to ease body pain, and has a fresh and spicy aroma.		
Serpent Pepper		
	A pungent spice often used by the Night's Blessed in preparing meals and medicines to warm the body. ※Only for use in Qitari tribal quests. ※Not included in the gathering log.	**Harvesting: Lake Tusi Mek'ta, The Rak'tika Greatwood**
Pepper essential oil is helpful to ease body pain, and has a fresh and spicy aroma.		
Sandalwood		
	A rough-cut log of sandalwood timber.	**Logging: Mjrl's Regret, The Rak'tika Greatwood**
We are not looking at the log or any processed wood, but the essential oil that is made out of its wood and leaves! Sandalwood essential oil is mostly used in aromatherapy and can be used while meditating. It is said it has a balancing effect on the body and mind with its warm aroma. It is also an aphrodisiac.		
Curley Parsley		

	This fancifully frilly parsley has an unobtrusive flavor that makes it perfect for use in otherwise bland dishes or as a garnish.	**Harvesting: The Woolen Way, Il Mheg**
Parsley essential oil is mostly used in aromatherapy and has a herbal and slightly wood scent.		

Potential Recipes

Peelers	***Moisturiser***	***Additional Notes***
2-3 tbsp grounded (sunflower) seeds	1 tbsp honey 2 tbsp plant oil	Useful for face, neck, chest. Apply and let it sit for half a bell. Grounded sunflower seeds are ideal for blemished or sagging skin. But for peelings any other seeds can be used.
2 tbsp rock salt	1 tbsp honey	Basic recipe useful for the whole body. Heat up honey until body temperature is reached, then add the rock salt. Can be used prior to bathing since both ingredients can also be useful in bath water!
1 tsp (green) tea leaves/grounds	Honey at will	The tea can be used from boiled tea bags or simply already boiled tea leaves that are finely grounded. They are very soft peelers and also are filled with many useful nutrients beneficial for the skin.
Sugar	Some (green) tea Honey Oil or yoghurt	Mix all ingredients together until they reach a preferred consistency. Apply to skin and wash off after some minutes.
2 tbsp rock salt	4 tbsp curd some warmed up milk	A very creamy peeling that cleans and regenerates your skin. Benefits weak connective tissue, but shall not be used for sensitive or cracked/chapped skin. Also since rock salt might be too rough for facial skin might only be used for the body and not facial/neck/chest.
2-3 tbsp grounded coffee	3 tbsp olive or almond oil	Whole Body Peeling. Caffeine will penetrate through the skin and will energise you immensely! It also cleans and nourishes your skin and helps with weak connective tissue.
2 tbsp wheat bran/oat	1 tsp honey 2 tbsp olive oil	Oats are not in the game, but we can use grinded wheat or other kernels as a peeler. It won't have the same beneficial effect like oat, but especially the mix of honey and olive oil is

		a good, nourishing peeling for your skin. It can be used for sensitive or normal skin, and can be used for facial skin and tired feet.
4 tbsp sugar	about 2 tbsp olive oil	Mix together until a thick mash has formed. This peeling can be used for the whole body and for every skin type - and can even be applied while showering. It moisturises dried skin and cleans it from skin flakes.

Essential Oils for this region		
❖ Coffee Oil ❖ Lemon Oil ❖ Sandalwood Oil	❖ Peppermint Oil ❖ Citrus Oil ❖ Parsley Oil	❖ Clove Oil ❖ Pepper Oil

The Northern Empty

<u>Important Note:</u> From Endwalker regions on there are no cooking ingredients vendors present anymore. I can get the idea why they haven't been added, yet for immersive reasons it is a bit tricky to come up with recipes. You can either work with that and give those regions a lack of skin care, or you ignore the fact and add those items listed under General to your list. Somehow the inhabitants of those regions needed to get their groceries, right?!

Peelers

Sharlayan Rock Salt		
	A bluish gray salt extracted from the islands of the northern seas.	**Mining: The Aesthete's Tholos, Labyrinthos** Mining Exploration Venture
Rock Salt available in the Northern Empty		
Northern Sea Salt		
	A mineral-rich condiment made from Sharlayan rock salt.	Crafted from <u>Sharlayan Rock Salt</u> **Mining: The Aesthete's Tholos, Labyrinthos**
A finer grind for the Sharlayan Rock Salt, giving a more gentle peeling.		

Moisturiser

At this point there are no moisturiser available in this region

Potential Recipes

Those recipes apply if you want to have the items under General being available in this region.

Peelers	***Moisturiser***	***Additional Notes***
4 tbsp sugar	about 2 tbsp olive oil	Mix together until a thick mash has formed. This peeling can be used for the whole body and for every skin type - and can even be applied while showering. It moisturises dried skin and cleans it from skin flakes.

2 tbsp rock salt	1 tbsp honey	Basic recipe useful for the whole body. Heat up honey until body temperature is reached, then add the rock salt. Can be used prior to bathing since both ingredients can also be useful in bath water!
1 tsp (green) tea leaves/grounds	Honey at will	The tea can be used from boiled tea bags or simply already boiled tea leaves that are finely grounded. They are very soft peelers and also are filled with many useful nutrients beneficial for the skin.
Sugar	Some (green) tea Honey Oil or yoghurt	Mix all ingredients together until they reach a preferred consistency. Apply to skin and wash off after some minutes.
2 tbsp rock salt	4 tbsp curd some warmed up milk	A very creamy peeling that cleans and regenerates your skin. Benefits weak connective tissue, but shall not be used for sensitive or cracked/chapped skin. Also since rock salt might be too rough for facial skin might only be used for the body and not facial/neck/chest.

Ilsabard

Important Note: From Endwalker regions on there are no cooking ingredients vendors present anymore. I can get the idea why they haven't been added, yet for immersive reasons it is a bit tricky to come up with recipes. You can either work with that and give those regions a lack of skin care, or you ignore the fact and add those items listed under General to your list. Somehow the inhabitants of those regions needed to get their groceries, right?!

Peelers

Palm Sugar		
	A sweetener made from boiling down palm syrup.	Crafted from Palm Syrup **Logging: The Great Work, Thavnair** Botany Exploration Venture
Despite the closeness to the sea, there is no Rock Salt or Sea Salt available in Thavnair until this point, making Palm Sugar the most suitable peeler.		

Moisturiser

Skyr		
	A dairy dish created through a special Sharlayan fermentation process passed down for generations.	Crafted from various ingredients, mostly scattered around Ilsabard.
Skyr might be the closest craft we get towards Yoghurt, yet the recipe itself needs a variant of ingredients that are more close to Ilsabard and Garlemald.		
Perilla		
	A cooking oil made from Thavnairian perilla leaves.	Crafted from Thanalan Perilla Leaf **Harvested: Giantsgall Grounds, Thavnair**
Perilla oil is a good carrier oil for problematic skin types, like mature/ageing skin, dry skin or skin suffering from acne. It is a soothing and repairing oil, protecting the skin from environmental influences. It helps the skin to maintain hydration and is easily absorbed by the skin, not leaving any grease.		

Coconut		
	In the southern seas, Lalafells will launch their brave comrades from catapults in order to fetch these palm seedlings from tall trees.	**Logging: The Great Work, Thavnair**
There is no Coconut Oil or Butter recipe in the game, but since Coconuts exist, it is possible to take it as an ingredient. Coconut Butter has great benefits for dry or chapped skin and moisturises the skin immensely. Coconut Oil helps reduce inflammation and heal wounds.		
Cucumber		
	Garleans will often pickle this vine-grown fruit and then drink the juice as a hangover cure.	**Harvesting: Liminal Station IV, Garlemald**
Cucumber Seed Oil can help restore elasticity to skin, and helps regenerate new healthy skin cells. It smooths the skin's surface and hydrates the skin. It has great benefits for anti-aging, and can help a lot with sun care.		

Potential Recipes

Peelers	***Moisturiser***	***Additional Notes***
2 tbsp sugar	2 tbsp coconut oil	Mix ingredients at room temperature and apply to skin. After a few minutes rinse it off and gently dry your skin. The gentler you are, the more you keep the sweet scent of coconut to your skin, as well keep the nurturing effect. This peeling is very good for dry skin and has anti-inflammatory properties.

Those recipes apply if you want to have the items under General being available in this region.

Peelers	***Moisturiser***	***Additional Notes***
4 tbsp sugar	about 2 tbsp olive oil	Mix together until a thick mash has formed. This peeling can be used for the whole body and for every skin type - and can even be applied while showering. It moisturises dried skin and cleans it from skin flakes.

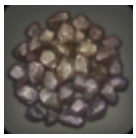
2 tbsp rock salt	1 tbsp honey	Basic recipe useful for the whole body. Heat up honey until body temperature is reached, then add the rock salt. Can be used prior to bathing since both ingredients can also be useful in bath water!
1 tsp (green) tea leaves/grounds	Honey at will	The tea can be used from boiled tea bags or simply already boiled tea leaves that are finely grounded. They are very soft peelers and also are filled with many useful nutrients beneficial for the skin.
2 tbsp rock salt	4 tbsp curd some warmed up milk	A very creamy peeling that cleans and regenerates your skin. Benefits weak connective tissue, but shall not be used for sensitive or cracked/chapped skin. Also since rock salt might be too rough for facial skin might only be used for the body and not facial/neck/chest.
Sugar	Some (green) tea Honey Oil or yoghurt	Mix all ingredients together until they reach a preferred consistency. Apply to skin and wash off after some minutes.

Essential Oils for this region		
❖ Coconut Oil/Butter	❖ Cucumber Seed Oil	

The Sea of Stars and Elpis

<u>Important Note:</u> From Endwalker regions on there are no cooking ingredients vendors present anymore. I can get the idea why they haven't been added, yet for immersive reasons it is a bit tricky to come up with recipes. You can either work with that and give those regions a lack of skin care, or you ignore the fact and add those items listed under General to your list. Somehow the inhabitants of those regions needed to get their groceries, right?!

Peelers

Sideritis Leaves		
	The tea produced from this plant is somewhat bitter but possesses incredible medicinal properties.	**Harvesting: Anagnorisis, Elpis** Woodland and Botany Exploration
Since this is also available with gardening in the housing districts, those tea leaves can be found and used as peelers in many other regions. Tea has many beneficial effects on the skin, either as an extract of various tea leaves or brewed and then mixed in with lotions once its cooled. As an example, Black Tea de-puffs your skin and is high on caffeine, Green Tea has antioxidant, anti-inflammatory and anti-carcinogenic properties, and White Tea contains more antioxidants than Green Tea. It is up to you which benefits you want to add to the various tea leaves available in the game!		
Karellian Rock Salt		
	A clouded sodium compound harvested from Elysion. Whether its coloring is due to simple environmental factors or the lingering despair of a lost civilization is unclear, though this may be a difference without a distinction. ※Only for use in Omicron tribal quests. ※Not included in the gathering log.	**Mining/Quarrying: Ultima Thule** Only available within the Omicron Tribal Quests (one time). Further information pending.
Only available within the Omicron Tribal Quests.		
Clear Rock Salt		
	Salt is not commonly known as a coffee additive, but connoisseurs insist that it brings out the beverage's natural sweetness. ※Only for use in Omicron tribal quests. ※Not included in the gathering log.	**Mining/Quarrying: Ultima Thule** Only available within the Omicron Tribal Quests (one time). Further information pending.

Only available within the Omicron Tribal Quests.		
Elysian Rock Salt		
	Naturally occurring salt crystals found in the waters of Elysion. They can be ground to use as seasoning in a variety of dishes. ※Only for use in Omicron tribal quests. ※Not included in the gathering log.	**Mining/Quarrying: Ultima Thule** Only available within the Omicron Tribal Quests (one time). Further information pending.
Only available within the Omicron Tribal Quests.		
Elysian Rock Salt		
	Unlike its cousin rock-like salt, this mineral is entirely unfit for consumption. ※Only for use in Omicron tribal quests. ※Not included in the gathering log.	**Mining/Quarrying: Ultima Thule** Only available within the Omicron Tribal Quests (one time). Further information pending.
Only available within the Omicron Tribal Quests.		
Elysian Rock Salt		
	From a beach that is no longer a beach on a star that is no longer a star. ※Only for use in Omicron tribal quests. ※Not included in the gathering log.	**Mining/Quarrying: Ultima Thule** Only available within the Omicron Tribal Quests (one time). Further information pending.
Only available within the Omicron Tribal Quests.		
Celestial Grain		
	Grain which can only be found among the cosmos. To be used in the synthesis of low-grade herbicide. ※Only for use in Omicron tribal quests. ※Not included in the gathering log.	**Mining/Quarrying: Ultima Thule** Only available within the Omicron Tribal Quests (one time). Further information pending.
Only available within the Omicron Tribal Quests.		
Karellian Prismatic Wheat		

	This brilliant, multicolored crop radiates hope for the future. ※Only for use in Omicron tribal quests. ※Not included in the gathering log.	**Mining/Quarrying: Ultima Thule** Only available within the Omicron Tribal Quests (one time). Further information pending.
Only available within the Omicron Tribal Quests.		

Moisturiser

At this point there are no moisturiser available in this region

Potential Recipes

Those recipes apply if you want to have the items under General being available in this region.

Peelers	***Moisturiser***	***Additional Notes***
4 tbsp sugar	about 2 tbsp olive oil	Mix together until a thick mash has formed. This peeling can be used for the whole body and for every skin type - and can even be applied while showering. It moisturises dried skin and cleans it from skin flakes.
2 tbsp rock salt	1 tbsp honey	Basic recipe useful for the whole body. Heat up honey until body temperature is reached, then add the rock salt. Can be used prior to bathing since both ingredients can also be useful in bath water!
1 tsp (green) tea leaves/grounds	Honey at will	The tea can be used from boiled tea bags or simply already boiled tea leaves that are finely grounded. They are very soft peelers and also are filled with many useful nutrients beneficial for the skin.
Sugar	Some (green) tea Honey Oil or yoghurt	Mix all ingredients together until they reach a preferred consistency. Apply to skin and wash off after some minutes.
2 tbsp rock salt	4 tbsp curd some warmed up milk	A very creamy peeling that cleans and regenerates your skin. Benefits weak connective tissue, but shall not be used for sensitive or cracked/chapped skin. Also since rock salt might be too rough for facial skin

		might only be used for the body and not facial/neck/chest.

Essential Oils for this region		
❖ Tea Leaf		

Credit

A huge thanks to everyone that helped me create this document. While it is very niche and small, it has been tons of fun researching and putting it together. The support and general interest in it kept me going. I started this document to mainly enhance my own headcanons for my Au Ra WoL and if it can help others with their lore and headcanons I'm glad I could help and provide!

A special shoutout to my FC **Rhapsody <<CHORD>>** for providing the best place I could have wished for my journey into Eorzea. You are the reason I keep enjoying this game more and more and enabling every lore and story content for my WoL.

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Jargal Iriq, Zalera
Slifer Theskydragon, Hyperion
Zhim Iriq, Balmung
Zinnia Neruda, Behemoth

Thank you, and may your headcanons now live up and flourish.

Blutkatze

Ressources

Following are most of the hyperlinks I used for my research for this document. I tried to collect every single one, but might've slipped one or two along the line. If I remember I put the item I used the link for above, otherwise it is just a copy+pasted link. You can use these links for your own further research or if you want to read up on some things I mentioned in here.

Proceed with caution though. Be wary of links posted on the internet. If the page appears iffy do not proceed, and use add-blocker/VPN if it makes you feel saver. Do not accept cookies from strangers.

***ATTENTION:** If there are ANY Online Shops, Stores or Store Links among these Hyperlinks I DO NOT ADVERTISE THEM. I merely used their information on the product for researching purposes. I do not gain any revenue, nor do I promote them. I don't have any experiences with them. If you want to look further into them do it at your own violation!*

Images:

Shedding Gecko:
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