

DIY Natural Alternatives for Beauty Products

*Proverbs 31:30 Charm is deceptive, and beauty is fleeting;
but a woman who fears the LORD is to be praised.*

Basic Body Sugar Scrub One-two times a week

Cyndi Spivey

- 1 cup Organic Sugar
- 3/4 cup Organic Coconut Oil

or

- 1 cup Sugar
 - 1/2 cup Olive Oil
 - 1 drop pure essential oil of choice
1. Grab a small amount with your hand, and rub against skin in a slow circular motions. The sugar will remove dead skins cells, revealing soft, bump free skin. The oil will hydrate dry skin, and the essential oils will give your skin a beautiful glow.

Toothpaste - two times a week (Whitens)

My hygienist

- 1 part coconut oil (1 Tbsp)
- 1 part baking soda (1 Tbsp)
- 1 drop peppermint essential oil

Charcoal Mask - Once a week

Shannon Wilsey

Note: If your face feels tingly cool with rose water
- For sensitive skin see Wellnessmama.com
(For acne add 1 drop tea tree essential oil)
(Allow to dry {10 min} wash off)

- 1 Tbsp bentonite clay
- 1 capsule activated Charcoal
- 2 tsp Water
- 3 drops Lavender essential oil

1. In a small glass bowl add the water and essential oil.
2. Sprinkle the bentonite clay over the top of the water mixture in the bowl. Allow it to absorb for about 10 seconds before adding the rest of the ingredients. This makes the mixture easier to combine.
3. Use a **non-metallic spoon** to mash & mix everything together. The clay will want to stay lumpy, so this takes a few minutes to mix thoroughly. You'll have enough mixture for 2 face masks.

Coffee Sugar Scrub One-two times a week

Bethany Garcia

- 1/2 cup coffee grounds
- 1/2 cup Organic Sugar
- 1/4 Organic Coconut Oil

scrub gently - can be abrasive

Vanilla Lavender Sugar Scrub

styletips101.com

- 1 cup Organic sugar
- 1/2 cup coconut oil
- 1 tsp pure vanilla extract
- 5 drops lavender essential oil

Minty Homemade toothpaste

Live simply

- 1 TB bentonite clay (or more to make thicker)
 - 1 TB distilled water (or more to make thinner)
 - 1 TB coconut oil melted, or at least softened
 - 1/2 salt fine, mineral-rich salt (or less)
 - 2 drops tea tree essential oil
 - 1 drop peppermint essential oil
1. Add the clay, distilled water, melted coconut oil, salt, and essential oils to a small, **non-metallic mixing bowl**. Stir to combine with a **non-metallic spoon**.

Homemade Body wash

Live Simply

- 1/2 cup Full-fat unsweetened coconut milk, canned
 - 2/3 castile soap --I prefer the lavender or Baby Mild
 - 3 tsp vitamin E oil
 - 5 Drop lavender essential Oil
 - 2 tsp vegetable glycerin optional
1. Combined all ingredients in a bottle. Shake and use on a washcloth.
 2. This body wash has a very short lifespan since it lacks preservatives and contains coconut milk, so it's best to keep this body wash in the fridge and use it within a week. If you don't think you'll use this body wash quickly, reduce the recipe, or freeze the extra in an ice cube tray to defrost in small batches. The glycerin may be left out if you don't have any on hand. As an alternative, you can use a nourishing oil, like jojoba, almond, or olive oil.

DIY Lip Scrub - One-two times a week

Shannon Wilsey

- 1 Tbsp Almond Oil
- 1 Tbsp Organic Sugar
- 1 Drop Peppermint essential Oil
- 1 Drop Vanilla (organic/pure)

Lip Balm

- 1 Tbsp Coconut oil
- 1 Tbsp Almond Oil
- 1 1/2 tsp Beeswax pellets
- Microwave until melts
- 1 1/2 tsp Honey
- Mix well - pour into containers

****Can be used as cuticle, hand & eye cream****

DIY Dry Shampoo - Blonde hair

- 1/2 cup oatmeal
 - 1 TBSP Corn Starch or Arrowroot powder
- jar (the wide mouth mason jars work great for this. I like the 4 oz size)
- Pour your cup of oatmeal into a blender and pulse a few times to get a powder consistency.

Now in a small mixing bowl pour in your oatmeal and your corn starch and stir the ingredients together.

Spoon your dry shampoo into the container and you're ready to go.

I like the shorter 4 oz jars because its easier to get the dry shampoo out to use.

Apply with powder/foundation brush to roots and fluff through hair with fingers.

Rosemary Infused Oil

- Cut 3 springs of fresh rosemary [wash & dry]
- Measure oil to container (I used olive oil) and warm
- Add rosemary to container
- pour in oil
- Store in dark place for 1 week
- Remove rosemary

* Enjoy as body moisturizer or use to shave!

DIY Liquid Hand Soap - *Live Simply*

- 1/2 cup castile soap liquid
 - 1/2 cup distilled water
 - 1 TB vitamin E Oil (Optional)
 - 1 TB sweet almond oil or olive oil or jojoba oil (Opt)
 - 15 drops tea tree essential oil
 - 5-10 drops lavender essential oil
1. In a mason jar or recycled soap dispenser, add the water first (to prevent bubbles) then the liquid castile soap, followed by the oils. Shake the ingredients together.
 2. Shake the soap dispenser before using, then squirt a small amount on your hands as needed, rinsing with water.

Simple Recipe *Willow & Sage*

- 1/8 cup castile soap
- 2 1/2 distilled water
- 10-15 drops essential oil of choice
- Splash of vitamin E oil or liquid coconut oil for added moisture!

DIY Dry Shampoo - Dark hair

- 1 Tbsp Corn Starch
 - 1/2 Cup unsweetened cocoa powder
- jar (the wide mouth mason jars work great for this. I like the 4 oz size)
- In a small mixing bowl add all in your unsweetened cocoa powder and your corn starch and mix both the ingredients together.

Once blended well spoon the dry shampoo into your container and it's ready to us.

DIY Coconut Oil Deodorant

Holistic Habits

- 2 Tbsp Baking Soda
- 2 Tbsp arrowroot (Add more to thicken)
- 3 Tbsp Coconut Oil
- add few drop of essential oil
- Stir to desired consistency
- Play around for the consistency that you like!

1-Ingredient Beauty Fixes

Guide to Natural Health

Coconut Oil

Nourish Skin - Simply massage a quarter-size amount into your skin after getting out of the shower.

Hydrate Chapped Lips - Apply a small amount of coconut oil to your lips - a perfect solution for extra-dry days.

Moisturize Hair - After regularly shampooing your hair, apply a generous amount of coconut oil to your wet locks paying close attention to the ends rather than the scalp. Let it sit for about 10 minutes before rinsing it out with warm water. For a deep conditioning treatment, massage a spoonful of coconut oil through the ends of your dry hair and wrap it up in a towel. Let it sit for about an hour, then wash it out with a gentle shampoo.

Apple Cider Vinegar

Rinse Hair - To remove build-up from styling products, strengthen hair follicles and promote soft, shiny strands, create a rinse made of equal parts water and apple cider vinegar. Pour over your hair after shampooing, leave it in for a few seconds, then rinse it out with cool water.

Prevent breakouts - With a cotton ball, massage a few drops of this vinegar into your T-zone and other dry areas to minimize the appearance of blemishes.

Moisturize skin - Pour a couple of tablespoons of apple cider vinegar into a warm bath for toned, moisturized skin.

Neutralize Body Odor - Rub a bit of this vinegar under your arms to absorb & neutralize body odor.

Honey

Hydrate Skin - Because it's a natural humectant, honey can draw moisture from the air into the skin. Massage about one teaspoon of raw honey into clear, dry skin and let it sit for about 20 minutes. Rinse with tepid water.

Cleanse pores - Banish blemishes by dabbing just a bit of honey onto the affected area. Place an adhesive bandage over it and let it sit overnight.

Witch Hazel *(Shannon Wilsey)*

Face toner - Rub a bit of this on a cotton pad and rub on face

Neutralize Body Odor - Rub a bit of this witch hazel under your arms to absorb & neutralize body odor.

Benefits of

Baking Soda

Neutralizes odors

Bentonite Clay

Comes from aged volcanic ash sediment; Attract, trap, and remove toxins from the body, Removes any impurities on the skin **(Always use non metallic spoon and bowl)**

Charcoal

Absorb toxins and impurities on the skin

Coconut Oil

Rich in lauric acid - antibacterial properties - Kill off any odor causing bacteria

Coffee Grounds

Natural Exfoliator

Honey

Antibacterial properties for fighting acne

Ingredients

Activated Charcoal - Nature's Way - Clarks \$9.49

Almond Oil, 8.4 Fl oz - Whole Foods - \$4.99

Almond Oil, 4 Fl oz - Sweet Whole Foods - \$4.50

Bees Wax Beads(Ylw), 1 pd - Clarks \$25.49

Bentonite Clay - Health & Beauty Aztec Secrete - Indian Healing Clay - Clarks \$6.75

Coconut Oil, 16 fl oz - Trader Joe's \$4.99

Honey, 24 oz - Trader Joe's \$5.99

Jobba Oil - Trader Joe's \$7.99

Vegetable Glycerin, 4 Fl oz, Whole Foods (365) \$4.99

Vitamin E Oil, 4 fl oz - Trader Joe's \$3.99