

WOMEN for a Healthy ENVIRONMENT

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Do-It-Yourself Personal Care Product Recipes

Do-It-Yourself Recipes For:

- **Shampoo**
- **Eye Gel**
- **Lip Gloss**
- **Hand and Foot Exfoliant**
- **Bubble Bath**
- **Deodorant**
- **Facial Masks**
- **Acne Solutions**

Shampoo

1 ½ c distilled water
1 tbsp. dried rosemary, net-
tles, or lavender
2 tbsp. dried chamomile
1 tsp. jojoba oil
½ tsp. essential lavender oil
½ c castile soap

Boil the water in a saucepan, and add dried herbs just off boil. Soak them for 30 minutes to infuse scent, tightly sealed. Strain the liquid into a clear bowl, and whisk in the oils. To emulsify, whisk in the castile soap until the shampoo is combined and smooth. Shampoo can then be funneled into a squeeze bottle, and cooled.

Shampoo lasts about 2 weeks to a month.

Baking Soda Shampoo

¼ c. baking soda
Apple cider vinegar

Combine just enough apple cider vinegar to make the baking soda into a runny paste. Rub into hair, and massage scalp for a clarifying, volumizing shampoo. Rinse, and follow up with some honey applied to the ends, if hair needs extra conditioning.

Cucumber Eye Gel

1/4 large cucumber
1 ounce aloe vera gel

Puree the cucumber in a blender (leave a little pulp), then strain the mixture into a glass bowl until you have at least 2 ounces. Spoon in just a tad of the pulp from the strainer. Add the aloe vera to the cucumber puree in the bowl and mix lightly. Pour into a clean, sterilized container.

After cleansing face, stir mixture gently and apply with a cotton ball to under eye area. Avoid the eyeball. The shelf life of this product is very limited by the fresh cucumber. It should be used within a few days, and kept refrigerated between uses.

Beet Red Lip Gloss

¼ cup beeswax
¼ cup castor oil
2 tablespoons sesame oil
beet juice

Melt beeswax, remove from heat and add oils. Add as much beet juice as desired for color. Store in jar.

Cherry Berry Bubble Bath for Oily Skin

1/2 cup unscented shampoo
¾ cup water
1/2 tsp. salt (regular table salt is fine)
15 drops cherry fragrance oil



Pour shampoo into a bowl and add water. Stir gently until well mixed. Add salt, and stir until mixture thickens. Add cherry fragrance oil and place in a decorative bottle. Can also be used as a body wash!

Hand and Foot Exfoliant

8-10 strawberries
2 tablespoons apricot oil (you may substitute olive oil)
1 teaspoon of coarse salt, such as Kosher salt or sea salt

Mix together all ingredients, massage into hands and feet, rinse and pat dry. Strawberries contain a natural fruit acid that aids in exfoliation.

Deodorant:

1/4 cup cornstarch
1/4 cup baking soda
2 Tbsp coconut oil
Vitamin E (optional)
Essential oil (optional)

Mix together and store in glass container with lid.

For More Information,
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Facial Masks



Facial Cleanser:

2 small lemons
3 tbsp honey
3 tbsp plain yogurt
2 tbsp oatmeal (or corn flour)
1 tbsp baking soda

Mix all ingredients and add enough water to make a paste. Apply, then rinse.

Chocolate Facial Mask

1/3 cup cocoa
3 tablespoons heavy cream
2 teaspoons cottage cheese
¼ cup honey
3 teaspoons oatmeal powder

Mix all ingredients together and smooth onto face. Relax for 10 minutes, then wash off with warm water.

Simple Exfoliants

For oily skin:

2 tbs. corn flour
enough apple juice to make a paste

For sensitive skin:

1 ½ c. uncooked oats (ground as finely as you like), add enough honey to form a paste
Massage into face and neck, let sit for 10 minutes before rinsing.

For dry skin:

1 tbsp. sugar
few drops olive oil

Some other options include used coffee grounds and yogurt, ground almonds and avocado, or sea salt and lemon juice. All you really

need is the right proportion of moist and rough ingredients, and you can mix and match to meet the needs of your skin type, although most natural products are suitable for most skin types.

Herbal Facial Mask (Cleans & Tightens Pores)

1 tbs. honey
1 egg
1 tsp. crumbled dried chamomile flowers
1 tsp. finely chopped fresh mint

Mix all ingredients in a small bowl. Apply the mixture. Let dry about 10 to 15 minutes, then rinse off with warm water.

DIY Acne Treatments

Baking Soda Mask to Fight Acne

This is so easy to make and can work wonders. Be cautious if you have sensitive skin.

Ingredients:

1 tablespoon baking soda (NOT baking powder)
1-2 tablespoon water

Instructions:

Mix a little together in your hands after washing your face with a mild cleanser and apply gently to your skin. Once you've coated your face with the baking soda and water mixture, let it sit for approximately 10-15 minutes. Rinse the baking soda film off your face.



If your skin enjoys this recipe, and your acne improves, then you may try it several times a week to help clear your acne.

Ice Cubes

Try and catch the pimple before it fully arrives on the surface of the skin. As soon as you feel a pimple forming, ice it! Take an ice cube wrapped in saran wrap and place on the skin portion where you feel a pimple about to form. Hold it there for a few minutes. Avoid prolonged holding as the skin can become frostbitten. Perform the above steps three times daily. This technique is effective only on newly forming pimples and rarely useful

for existing pimples. This is also effective for cold sores if you freeze them as soon as you feel the tingle.

Blackhead's & Blemishes

Heat honey slightly and apply to face, tap face gently with your fingers. Wash honey off with warm water then rinse with cool water. A bit of wheat germ may be added to the honey before applying to face.

Blackheads

To loosen and cleanse blackheads, make a paste of oatmeal, honey and an egg white. Apply to the skin, massage for 10 minutes, then rinse with tepid water.

Sources: http://2.bp.blogspot.com/_6IcGKW_S5Q0/SnSY0IwLpxI/AAAAAAAAAF0/16yaMI9zHTg/s320/face.jpg,
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