

A glass bottle with a cork stopper, filled with a golden-orange liquid, stands on a white surface. In the foreground, several slices of fresh orange are scattered. The background is a soft, out-of-focus green and white. A white rectangular box with a thin grey border is overlaid on the right side of the image, containing the text.

DIY  
ORGANIC  
*Beauty*  
RECIPES

by HEATHER DESSINGER

## **DIY Organic Beauty Recipes**

50+ All-Natural, Toxin-Free Recipes That Really Work

By Heather Dessinger of Mommypotamus.com

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## About Mommypotamus



Hi there. I'm Heather, the [Mommypotamus](#). This is where you read a little about me, so here goes:

**I'm a mom.** I have two beautiful children who were waterborn in my living room. You can read their stories [here](#) and [here](#).

**I'm a researcher.** Questioning the status quo comes naturally to me, which is why I rely on evidence-based research to guide my decisions on food, vaccinations, birth, full-term breastfeeding and, of course, making my own personal care products.

### **Why did I write this book?**

Because while corporations quibble about the so-called safety of their products, lakes and streams are filling up with all the answers we need: [alligators with tiny penises](#), male fish who produce eggs, and more.

In a recent [TED talk presentation](#), award winning documentary filmmaker Penelope Jagessar Chaffer breaks down what these poor amphibians have in common: They're **bathing in our old bathwater** and soaking up compounds like atrazine, an herbicide the EU had the sense to ban in the same year that the U.S. Environmental Protection Agency re-approved it for use. (*And use it we do, to the tune of about 800 million pounds a year!*)

Right now experts estimate that most of us have an average of **700 chemicals coursing through our bodies**, many of which were lathered into our hair before we could write our ABC's: potent hormone disruptors, formaldehyde and cancer-causing 1,4 dioxane to name a few.<sup>1 2</sup> Of course, the toxic cocktail is unique to each of us - Jagessar estimates that there are about 30,000-50,000 possibilities depending on location/lifestyle factors.

These chemicals are known to bio-accumulate and be passed from mama to baby, increasing each generation's chances of a [particular penile defect](#) in newborn boys, infertility and even cancer. And unfortunately, these chemicals appear to do their worst when introduced to the developing endocrine systems of small children, and things haven't changed all that much since you and I were kids. According to [this report](#), many chemicals of concern are still in the #1 trusted brand many parents use every day.

Fortunately, we don't need that stuff. It's easy to make non-toxic products at home that cost less than expensive organic brands, and this book will show you how!



## Natural Preservatives – What You Need To Know

You know those fast food burgers that look the same after sitting on the counter for three years? Commercial beauty products are kind of like that. Most of the bottles and tubes you'll find on store shelves contain water, which makes them vulnerable to bacteria, mold and fungi. To counteract this, manufacturers often load their creations with parabens, formaldehyde, phthalates and other chemicals.<sup>3</sup>

While this is great for shelf life, it's not-so-great for us or the environment. Phthalates are called "gender benders" because of their ability to feminize males and create severe hormonal imbalances in women. Personally, I'd rather go with the burger that rots!

Fortunately, it's not an either/or proposition. Bacteria, mold, and fungi cannot thrive in a waterless environment, which is why you'll find that most of the recipes in this book are oil-based. You'll be able to enjoy your products for a reasonable amount of time without adding any harsh chemical preservatives.

In some instances – lotion for example – water is an essential component of the formula, so we'll be using additional natural preservatives. Each recipe contains an estimated shelf life to guide you as you go along.

## **Tips for Maximizing the Shelf Life of Your Homemade Beauty Products**

**Start With High-Quality Ingredients.** When properly extracted and stored, many ingredients resist microbial growth on their own. This is true of oils such as coconut, olive and jojoba, butters such as cocoa, shea and mango, and many essential oils, among other things. In some instances, additional natural preservatives may be needed, but sourcing ingredients from reputable sources can make a big difference in how long your products last. Whatever you use, make sure it is pure. For example, coconut oil, palm oil, and shea butter are sometimes extracted using hexane, which is refined gasoline. Know your ingredients.

When using water in a formula, always boil and cool it to eliminate bacteria or use distilled water.

**Properly Store Raw Materials, And Use Them While Fresh.** Store raw materials in a clean, airtight container between uses. A tinted plastic container or clear container that can be stored in a dark cabinet is best. Use butters and oils within 3 months of purchase.

**Whip Up Your Products In A Clean Environment.** Always use clean hands and clean equipment when working with your ingredients.

**Store Products Properly.** In most cases a clean, airtight container is best. For lotions, body butters and other products that contain oils/butters, cobalt blue or amber-colored glass is ideal. These types of glass filter UV light, which can oxidize oils and cause them to become rancid. Clear glass is perfectly fine, though, provided your creations are stored in a dark cabinet.

For soap-based products, a clear container is fine, but it is still best to keep them out of direct sunlight (especially if they contain essential oils or fragile oils such as sweet almond).

**Always Use Clean, Dry Hands Or A Spoon.** If you scoop out some lotion to slather on your thirsty legs, make sure you wash and dry your hands first! It's important not to introduce water to your products via wet hands as this can promote spoilage. A better option would be to get a container with a flip top lid and squeeze some into your palm. When it comes to other products – like toothpaste for example - scoop a little out with your finger or a spoon and place it on the brush rather than dip your brush in the jar. Good hygiene is essential to maintaining freshness.

### **Natural Ingredients Known To Inhibit Mold, Bacteria, and Fungi**

All the formulas in this book are crafted with longevity in mind, so you need not worry about adding additional preservatives. However, if you become inspired to branch out and create new formulas, here are some helpful natural shelf-life extenders to consider:

**Citric Acid** – According to [Mountain Rose Herbs](#), “Citric acid is used for many different reasons, including (but not limited to):

- Antioxidant and preservative properties
- Prevents rancidity and bacterial growth
- Astringency and Acidity
- Used in sourdough bread for an extra tart taste (known as "sour salt" among bakers)
- Adjusts pH
- Stabilizes the ingredients, color, taste, and flavor of a product
- Rapidly biodegradable
- Readily metabolized and eliminated from the body"

[Lotion Secrets](#) recommends the following dilutions: “Add at 0.05%- 0.3% to distilled water just after it has been boiled until dissolved and set aside to cool before getting started with the rest of the recipe . . . Do not use citrus products in sunscreen.”

**Cinnamon** – “*Used to slow the growth of mold, yeast, fungi and some bacteria. Some studies show that this spice works better as a preservative in combination with potassium sorbate.*” For lotion, use 1/4 teaspoon per 16 ounces of lotion. Regular cinnamon from the store is fine – simply add to heated water before emulsifying.<sup>4</sup>

**Vitamin E** – Though not a preservative, Vitamin E is a potent antioxidant that can prevent oils from becoming rancid prematurely. It has no effect on bacteria, mold or fungi.

**Raw Honey** – Contains potent antimicrobial properties which can be used synergistically with other preservatives

**Neem Oil** - Antibacterial, antiviral, antifungal, antiseptic, and anti-parasitic. Widely used synergistically with other preservatives in soap, toothpaste, hair care products, skin care products, and other personal care products. It is also rich in Vitamin E and essential fatty acids.

**Potassium Sorbate** – “Used to inhibit mold, yeast, fungi and some bacteria. One of those ‘naturally occurring’ or ‘naturally derived’ chemicals. Potassium Sorbate is the potassium salt of sorbic acid. You can order either type fairly easily.

Please be aware that when it comes to lotion making, sorbic acid is soluble in fats, oils and some solvents but virtually insoluble in water. Potassium sorbate is very soluble in water (58.2% at 20 °C). It is a personal choice. Potassium sorbate is used in MANY natural skin care products successfully.

Usage Rate: 0.1 - 0.5% for lotion. Do not exceed this. It works best when the pH is 5-6, 6 is a good pH for lotion. Use with citric acid to keep the pH low. Some studies show that this mineral works better as a preservative in combination with cinnamon. It has been used for over 100 years ‘in quantities at which there are no known adverse health

effects. Potassium sorbate is considered to be safe because of its long term safety record and non-toxic profile. Potassium sorbate is non-irritating and non-sensitizing. Allergic reactions are rare.’ Source: Wikipedia. It is the only preservative that is generally regarded as safe by the FDA.”<sup>5</sup>

Note: Potassium sorbate is not antibacterial, so it has to be used as a co-preservative with a compound that is antibacterial, such as citric acid.

**Essential Oils** – Though not as strong as chemical preservatives, essential oils have demonstrated antimicrobial properties. Because the amounts needed to act as a sole preservative are far too high to be used safely, it is recommended that you reduce the amount to 1-2% of your formulation and add another preservative to work synergistically with your oil. According to David Steinberg, author of *Preservatives For Cosmetics*, oils which have demonstrated these properties are caraway, cinnamon, clove, cumin, eucalyptus, lavender, lemon, rose, rosemary, sage, sandalwood and thyme. <sup>6</sup>

### **Grapefruit Seed Extract: The Natural Preservative That Isn’t**

Grapefruit seed extract is often touted as a natural and effective broad spectrum preservative, but according to David Steinberg, author of *Preservatives For Cosmetics*, that’s about as realistic as believing in the tooth fairy.<sup>7</sup> He’s right. It’s actually a synthetic chemical made from grapefruit seeds through a 7 step refining process. The end result, diphenol hydroxybenzene, contains benzene, which can enter the bloodstream through skin contact and mimics estrogen. <sup>8</sup>



## A Note On Essential Oils

When selecting essential oils for your homemade beauty products it's important to note that there is a vast difference in quality between resellers. In some cases, such as when you want the oil simply for its fragrance, this may not make much of a difference. However, when needed therapeutically to assist with stretch mark tissue regeneration or to soothe sunburn it's vitally important that your oils be of the best quality. See my glossary for company recommendations.

**If you are pregnant, avoid:** Basil, cedarwood, cinnamon, clary sage, clove, coriander, fennel, hyssop, jasmine, juniper, lemongrass, marjoram, oregano, myrrh, parsley, pennyroyal, peppermint, rockrose, rosemary, sage and thyme.

**If you are breastfeeding, avoid:** Mint, parsley, peppermint, sage and jasmine.

**These oils are considered safe for small children:**

In Shirley Price's book, [Aromatherapy for Babies and Children](#), she lists 19 oils that are safe for children. They are:

- Bergamot (*Citrus bergamia*)\*
- Cedarwood (*Cedrus atlantica*)

- Chamomile, Roman (*Chamaemelum nobile*)
- Cypress (*Cupressus sempervirens*)
- Frankincense (*Boswellia carteri*)
- Geranium (*Pelargonium graveolens*)
- Ginger (*Zingiber officinale*)
- Lavender (*Lavandula angustifolia*)
- Lemon (*Citrus limon*)\*
- Mandarin (*Citrus reticulata*)\*
- Marjoram (*Origanum majorana*)
- Melaleuca-Tea Tree (*Melaleuca alternifolia*)
- Orange (*Citrus aurantium*)\*
- Rose Otto (*Rosa damascena*)
- Rosemary (*Rosmarinus officinalis*)
- Rosewood (*Aniba rosaeodora*)
- Sandalwood (*Santalum album*)
- Thyme (*Thymus vulgaris* CT linalol)
- Ylang Ylang (*Cananga odorata*)

Please note that some of these oils can be used earlier than others. Each baby recipe in this book takes these timing considerations into account.

\*These oils may cause photosensitivity; always dilute. Do not use citrus oils before going out in the sun.

These recommendations are not exhaustive, so please check to make sure the essential oils in a particular recipe are not contraindicated for your particular situation.

FACE & BODY  
*Cleansers*



## Oil Cleansing Method

Though it sounds counter-intuitive, certain blends of oil are great for acne because they help break down grime on our skin without stripping it. This prevents the skin from overreacting and producing more oil. It's also thought that the avoidance of harsh drying soaps can prevent premature aging, so it's beneficial for all skin types.

This tutorial along with [this video](#) comes from my friend Jennifer Nervo of [20 Something Allergies and Counting . . . Down](#). Thank you Jennifer!

### The Method

1. Get your oil mixture, washcloth, and a hand towel.
2. Wet face with warm water.
3. Pour about 1/2 teaspoon of oil (quarter size amount) into your palm and rub hands together.
4. Rub fingers gently over your face in small circles for 30 seconds to 2 minutes to allow the oil to penetrate. Concentrate on areas with blocked pores.
5. Wet hand towel with slightly less than scalding water, wring out, and fold up to keep the heat in.
6. Quickly wet the washcloth with super-hot-but-doesn't-burn-your-face-off water, wring it out, and spread it over your face.
7. Cover the washcloth with the towel to seal in the steam and to keep the washcloth from cooling right away. This is key.

8. Leave on until the towel and washcloth have cooled to about room temperature and then wipe your face with the washcloth.
9. Repeat 1-2 more times, but use the clean towel to wipe your face the second and optional third time.
10. Voila! You have oil cleansed. There should be a thin layer of oil still on your skin to balance and protect.
11. If your skin feels tight after, it is recommended to rub a small amount of the cleansing oil in. I prefer to use a food-grade skin balm or hydrating oil.

## **Formulas & Recipes**

These formulas and recipes are meant as a guide. You will most likely need to make a few adjustments until you reach your recipe sweet spot.

If your mix is too drying, add extra hydrating/conditioning oils. Likewise, if it's too greasy or causing you to break out long-term, then add more astringent oils and therapeutic-grade essential oils like tea tree or rosemary. Play with it until you are your most beautiful self!

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### **Oily Skin**

1:3 Ratio (1 part astringent oil to 3 parts conditioning oil)

### **Combination Skin**

1:4 Ratio (1 part astringent oil to 4 parts conditioning oil)

### **Dry Skin**

1:10 (1 part astringent oil to 10 parts conditioning oil)

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### **The 'Standard'**

1:3 – 1:10 Ratio of castor oil\* to olive oil (please see the note on castor oil below)

### **A Sweet Treat** (combination skin)

1 part hazelnut Oil: 1 part sweet almond oil: 2 parts avocado oil

### **No More Pizza Face** (acne-prone skin)

1 part borage seed oil: 2 parts grapeseed oil: 1 part hazelnut oil: 1 part hemp seed oil

You can experiment with adding therapeutic-grade essential oils – rosemary, tea tree,

lavender, geranium are some good choices

### **Some Beneficial Oils for Oil Cleansing**

Almond Oil (sweet) - Softens, soothes and reconditions

Avocado Oil - Rich in essential fatty acids (EFAs) and Vitamins A, B1, B2, D, and E; good for those with psoriasis, eczema

Borage Seed Oil - Reduces inflammation and calms skin, promotes blood flow, good for eczema, acne, and rosacea

Grapeseed Oil – Absorbs easily and is non-allergenic. Good for those with skin sensitivities

Hazelnut Oil – Astringent, good for oily skin

Hemp Seed Oil - Nutrition for your skin – antioxidant, protein and mineral-rich. Contains Vitamins A, B1, B2, B3, B6, C, D, and E and high amounts of chlorophyll. Good for eczema, psoriasis, acne, and dry skin.

#### **\*A Note on Castor Oil**

Castor oil is in just about every tutorial for the oil cleansing method out there. I have been using it too but am happy to say that it is too harsh on my sensitive skin no matter the ratio. Why happy?

#### **Castor seeds are highly toxic.**

There are a plethora of health benefits associated with castor oil, but unfortunately it contains a potent toxin, ricin, which causes severe allergic reactions and permanent nerve damage to many of the workers who harvest the seeds to make it.

Ricin is removed during processing, so the oil we use is deemed safe. There's no need to run around chucking your supply into the trash. I would however consider looking to other sources when replacing it. Hazelnut oil is a good option.



## Peppermint Face & Body Wash

This energizing wash is gentle enough to be used as a facial cleanser. Feel free to experiment with other oils until you find your favorite!

### Ingredients

- 1 cup unscented castile soap
- ½ teaspoon peppermint essential oil\* (or other oil – see below for suggestions> Use ¼ teaspoon if this soap will be used on children under 5)
- 1 teaspoon jojoba oil (for acne prone skin substitute hazelnut oil)

\*Other oils that may be substituted. This is not a definitive list, just some ideas to get you started!

- Lavender – Soothing and relaxing
- Geranium – Good for oily, acne-prone skin

- Neroli (orange blossom) – Stimulates the production of new cells, reduces scarring
- Ylang Ylang – Balances the skins production of sebum. Beneficial for both oily and dry skin.
- Chamomile – Soothing, healing, stimulates production of new skin cells. Beneficial for acne, eczema, and dry skin.
- Tea Tree – Good for oily, acne prone skin in moderate amounts. Too much can be drying and might actually trigger increased sebum production
- Sandalwood – Balances skin and helps to prevent scarring
- Grapefruit – Stimulates collagen production. Beneficial for mature and acne prone skin
- Rose – Moisturizes and soothes
- Vanilla – Softens and smoothes

### **To Make**

Combine all ingredients in a clean container, preferably with a flip top lid. Store out of direct sunlight.

### **Shelf Life**

About 3 years if the castile soap used contains a natural antioxidant such as Vitamin E.



## **Eye Makeup Remover**

A quick and inexpensive alternative to petroleum-based formulas - you'll be amazed at how well this works!

### **Video Tutorial**

Watch the demonstration video [here](#).

### **Ingredients**

- 2 ounces witch hazel
- 2 ounces olive oil

### **To Make**

Mix ingredients in a clean container.

### **To Use**

Shake container and pour a little on a reusable soft cloth or cotton ball. Wipe across your eyes and follow with the dry side of your cloth/cotton ball.

### **Shelf Life**

Up to one year. Store in a cool, dry place.



## Pure Coconut Oil Soap

Amazing lather? *Check!*  
Simple ingredients? *Yep, only three.*

When it comes to soap, this is probably the easiest recipe you'll ever make. If you're willing to break a few rules it can one of the most versatile, too. Here's what I mean: Traditionally, soaps are made from 3-7 oils blended to balance cleansing, moisturizing, and lathering properties. Coconut oil is not used in more than a 30% concentration because it's so effective at breaking up oil/grease that it can be drying.

Fortunately, there's a way to simplify things without skimping on the end product. It's called "superfatting." Basically, you add the equivalent of "one quarter moisturizing cream" like big brands do, only you leave out the toxic slew of chemicals that usually go with it. By adding 20% more coconut oil than the lye can convert to soap, you end up with a more balanced body bar. Of course, this doesn't work with most vegetable oils which go rancid easily - coconut oil's high shelf stability is what makes it a good choice here.

### Ingredients

All amounts are per weight. You will need to use a scale for these measurements.

Note: Because this soap is highly superfatted it can create a very dense lather when rubbed directly on skin. For a light, bubbly effect I recommend lathering with a natural sponge.

- 33 oz coconut oil, 76 degree\*
- 4.83 ounces lye (NaOH)\*\*
- 12.54 oz water
- .5 - 1 ounce essential oils (optional)

\* For soapmaking purposes there are several types of coconut oil. The stuff I buy has a melting point of 76 degrees. This is the most commonly available kind and the preferred type for soap making. There is also a coconut oil that has a melting point of 92 degrees and another that is "fractionated," meaning that the long chain triglycerides have been removed, leaving only saturated fats. I have not tested this recipe with either the 92 degree or fractionated oils, but it works well with the 76 degree type.

### **Equipment:**

- crock pot
- stick blender
- digital scale
- thermometer
- glass measuring cups
- small glass bowls
- plastic spoon with long handle
- rubber spatula
- sink or bowl filled with vinegar and soap mixture (for cleaning anything that comes in contact with lye)
- protective equipment: long-sleeved shirt, plastic/rubber gloves, safety glasses or protective eye gear
- soap mold – A standard sized bread pan is perfect for this batch, cardboard boxes will also work
- parchment paper for lining the soap mold

### **Photo Tutorial:**

Step 1: Weigh your ingredients and set your crockpot to low



Step 2: Add water to a medium-sized glass or ceramic bowl and take it outside along with the lye and long-handled spoon. While wearing your protective gear and taking care not to breathe the vapors, slowly add the lye to the water while mixing gently. Order is important here, so make sure it is the lye you're pouring into the water.



The mixture will get very hot so be careful! Let it transition from cloudy to clear, then bring it inside. Let cool for 5-10 minutes while you work on step 3.

Step 3: Place coconut oil in a saucepan and heat to 120-130F. Make sure that your thermometer is not touching the bottom of the pot when taking your reading.



Step 4: Place coconut oil in your crockpot



Step 5: Add lye to crockpot (being careful not to splash) and stir a few times.



Step 6: Using the stick blender begin mixing toward “trace.” You’ll know trace is achieved when the mixture has the texture and thickness of a light pudding.



Step 7: Cover and let cook on low. During this process the oils should rise up the sides like a wave and then fold back into the mixture. Mine usually takes about an hour but the cooking time will vary depending on how hot your crock pot is. Check on it often.



Step 8: When the soap is ready it should look a little like semi-translucent vaseline with no oil puddles in the middle. There are two ways to test and see if it's done. First, dip a PH test strip and wait several minutes for it to fully change color. It should be between 7-10. If it is higher than 10 it's not done. For a slightly less scientific approach, take a little of the soap and rub it between your fingers. It should feel a bit waxy. Now touch it to your tongue. If it 'zaps' you, it's not done. Note: It is really important to make sure all the lye is converted - otherwise the finished soap can burn!



Step 9: If you're adding essential oils, wait until the mixture cools a little and then add them, otherwise they will lose their fragrance. (I skipped this, so no photo!)

Step 10: Spoon mixture into your mold and let cool. If you want to speed up this process put it in the fridge



Step 11: Unlike other bars which need to harden for 24 hours before being cut, coconut oil makes a very hard bar that will be difficult to cut if you let it dry too long. Cut as soon as it's cool and firm.

Step 12: In an area with good air flow, place bars on a rack/tray with about an inch of space between them. Allow them to dry out and harden for another few days. Though you can try your first bar right away, it's best to let them sit for 2-3 weeks to let the conditioning properties fully develop.



**Shelf Life**

About 1 year when stored in a cool, dry place.



## **Basic Tallow Soap**

The gentle lather of this ultra-pure soap is perfect for skin of all types. It's fairly uncomplicated to make, so give it a try! See Appendix A for more information about the benefits of tallow for skincare.

### **Video Tutorial**

Check out the demonstration video [here](#).

### **Ingredients**

All amounts are per weight. You will need to use a scale for these measurements.

- 22 ounces beef tallow (see appendix for how to render tallow)
- 10 ounces olive oil
- 13 ounces coconut oil\*
- 6.49 ounces lye crystals (known as sodium hydroxide or NaOH)
- 17 ounces cool purified water
- 2.5 ounces essential oil (optional)

\* For soapmaking purposes there are several types of coconut oil. The stuff I buy has a melting point of 76 degrees. This is the most commonly available kind and the preferred type for soap making. There is also a coconut oil that has a melting point of 92 degrees and another that is "fractionated," meaning that the long chain triglycerides have been removed, leaving only saturated fats. I have not tested this recipe with either the 92 degree or fractionated oils, but it works well with the 76 degree type.

## Equipment

- crock pot
- immersion blender
- digital scale
- glass measuring cups
- small glass, stainless steel or ceramic bowls
- 2 long-handled spoons (plastic, wooden or stainless steel)
- sink or bowl filled with vinegar and soap mixture for cleaning anything that comes in contact with lye
- protective equipment: long-sleeved shirt, plastic/rubber gloves, safety glasses or other protective eye gear
- soap mold (I've used bread pans, baking dishes, cardboard boxes and even my children's Melissa & Doug wooden puzzle boxes)
- parchment paper to line molds
- pH test strips (optional, often found at your local health food store)

Step 1: Measure your ingredients using a digital scale. When measuring your lye, make sure to wear gloves and pour slowly so that you do not create dust that is breathed in.

Step 2: Gently melt tallow and coconut oil in a pot over low heat. When fully melted add it to the crock pot along with the olive oil and set to low.

Step 3: Add water to a glass or ceramic bowl and take it outside along with a lye and long-handled spoon. While wearing your protective gear (goggles, gloves, mask), slowly add the lye to the water while mixing gently and taking care not to breathe the vapors. Order is important here, so make sure it is the lye you're pouring into the water. The mixture will get very hot so be careful! Let it transition from cloudy to clear, then bring it inside. Let cool for 5-10 minutes before proceeding to the next step.

Step 4: Add lye to crockpot (being careful not to splash) and stir a few times.

Step 5: Using the immersion blender begin mixing toward "trace." You'll know trace is achieved when the mixture has the texture and thickness of a light pudding.

Step 6: Cover and let cook on low. During this process the oils should rise up the sides like a wave and then fold back into the mixture. Mine usually takes about an hour but the cooking time will vary depending on how hot your crock pot is. Check on it often.

Step 7: When the soap is ready it should look a little like semi-translucent vaseline with no oil puddles in the middle. It's time to test and see if it's done. There are two ways to do this. First, dip a pH test strip and wait several minutes for it to fully change color. It should be between 7-10. If it is higher than 10 it's not done. For a slightly less scientific approach, take a little of the soap and rub it between your fingers. It should feel a bit waxy. Now touch it to your tongue. If it 'zaps' you, it's not done.

Step 8: Once the mixture is ready, add the essential oils and stir.

Step 9: Spoon mixture into your mold and let firm up for 24 hours.

Step 10: Once the soap has had 24 hours to harden, remove from the mold and cut into bars.

Step 11: In an area with good air flow, place bars on a rack/tray to dry out and harden for another week or so. But by all means, go ahead and enjoy your first bar now!!!

### **Shelf Life**

About 1 year when stored in a cool, dry place



## **Rosemary Peppermint Soap**

Chock full of natural humectants and softening butters, this recipe takes just 30 minutes of active time. Just a few simple steps and you'll have a revitalizing, moisturizing rosemary mint bar – *or eight* – curing on your countertop.

### **Ingredients**

All amounts are per weight. You will need to use a scale for these measurements.

- 12 ounces coconut oil\*
- 12 ounces olive oil
- 3 ounces jojoba oil
- 2 ounces shea butter
- 2 ounces cocoa butter
- 1 ounce beeswax (preferably organic)
- 4 ounces water
- 6 ounces coconut milk (can use water if desired)
- 4.35 ounces lye (Usually available at your local hardware store. Make sure to get 100% lye!)
- 1/2 ounce rosemary essential oil
- 1/2 ounce peppermint essential oil

- OR-

- 1 ounce essential oil of your choice

\* For soapmaking purposes there are several types of coconut oil. The stuff I buy has a melting point of 76 degrees. This is the most commonly available kind and the preferred type for soap making. There is also a coconut oil that has a melting point of 92 degrees and another that is "fractionated," meaning that the long chain triglycerides have been removed, leaving only saturated fats. I have not tested this recipe with either the 92 degree or fractionated oils, but it works well with the 76 degree type.

Note: When measuring your lye, make sure to wear gloves and pour slowly so that you do not create dust that is breathed in.

### **Equipment:**

- crock pot
- immersion blender
- digital scale
- glass measuring cups
- small glass, stainless steel or ceramic bowls
- 2 long-handled spoons (plastic, wooden or stainless steel)
- sink or bowl filled with vinegar and soap mixture for cleaning anything that comes in contact with lye
- protective equipment: long-sleeved shirt, plastic/rubber gloves, safety glasses or other protective eye gear
- soap mold (I've used bread pans, baking dishes, cardboard boxes and even my children's Melissa & Doug wooden puzzle boxes)
- parchment paper to line molds
- pH test strips (optional, often found at your local health food store)

### **Photo Tutorial:**

Step 1: Place solid oils (coconut, shea butter, cocoa butter) and beeswax in a saucepan and gently warm over low heat.



Step 2: Place melted oils and liquid oils (olive, jojoba) in a crockpot and set to low.



Step 3: Add water and coconut milk to a medium-sized glass or ceramic bowl and take it outside along with a lye and long-handled spoon. While wearing your protective gear (goggles, gloves, mask), slowly add the lye to the water while mixing gently and

taking care not to breathe the vapors. Order is important here, so make sure it is the lye you're pouring into the water.

The mixture will get very hot so be careful! Let it transition from cloudy to clear, then bring it inside. Let cool for 5-10 minutes before proceeding to the next step.



Step 4: Add lye to crockpot (being careful not to splash) and stir a few times.



Step 5: Using the stick blender, begin mixing toward “trace.” You’ll know trace is achieved when the mixture has the texture and thickness of a light pudding.



Step 6: Cover and let cook on low. During this process the oils should rise up the sides like a wave and then fold back into the mixture. Mine usually takes about an hour but the cooking time will vary depending on how hot your crock pot is. Check on it often.



Step 7: When the soap is ready it should look a little like semi-translucent vaseline with no oil puddles in the middle. It's time to test and see if it's done. There are two ways to do this. First, dip a pH test strip and wait several minutes for it to fully change color. It should be between 7-10. If it is higher than 10 it's not done. For a slightly less scientific approach, take a little of the soap and rub it between your fingers. It should feel a bit waxy. Now touch it to your tongue. If it 'zaps' you, it's not done.



Step 8: Once the mixture is ready, add the essential oils and stir.



Step 9: Spoon mixture into your mold and let firm up for 24 hours.



Step 10: Once the soap has had 24 hours to harden, remove from the mold and cut into bars.



Step 11: In an area with good air flow, place bars on a rack/tray to dry out and harden for another week or so. But by all means, go ahead and enjoy your first bar now!!!

### **Shelf Life**

About 1 year when stored in a cool, dry place.

PH BALANCING  
*Toners*

## Do You Think Toners Are A Conspiracy . . .

To make you spend more money on stuff you don't need? I used to. The thing is, they're actually quite useful! Soap, though fantastic for grimy armpits and such, is not great about preserving our skin's built-in protection system: the acid mantle.

If you've never heard of it, "The acid mantle is a very fine, slightly acidic film on the surface of the skin acting as a barrier to bacteria, viruses and other potential contaminants that might penetrate the skin.<sup>[1]</sup> It is secreted by sebaceous glands. The pH of the skin is between 4.5 and 6.2, so it is acidic.<sup>[2][3]</sup> [Bacteria, viruses] and other chemicals are primarily alkaline in nature and the skin's moderate acidity helps to neutralize their chemical effects."

When we wash with soap two things happen. First, we change the skin's pH from acid to alkaline. Second, we wash off the "film" part of the mantle, which is sebum produced by our skin. The first neutralizes out chemical defenses and the second removes the physical barrier our skin relies on for protection.

Fortunately, it's fairly simple to restore balance after cleansing. After applying a pH restoring toner, simply smooth on moisturizer and you're done!



## Apple Cider Toner

### Ingredients

- 1 cup pure filtered water
- 2 tablespoons apple cider vinegar
- 10-20 drops of essential oil (optional, see below for ideas)

\*This is not a definitive list, just some ideas to get you started!

- Lavender – Soothing and relaxing
- Geranium – Good for oily, acne-prone skin
- Neroli (orange blossom) – Stimulates the production of new cells, reduces scarring
- Ylang Ylang – Balances the skins production of sebum. Beneficial for both oily and dry skin.
- Chamomile – Soothing, healing, stimulates production of new skin cells. Beneficial for acne, eczema, and dry skin.
- Tea Tree – Good for oily, acne prone skin in moderate amounts. Too much can be drying and might actually trigger increased sebum production
- Sandalwood – Balances skin and helps to prevent scarring
- Grapefruit – Stimulates collagen production. Beneficial for mature and acne prone skin

- Rose – Moisturizes and soothes
- Vanilla – Softens and smoothes

**To Make**

Combine all ingredients in an airtight container and shake well.

**To Use**

Pour on a soft cloth or cotton pad and sweep the pad upward and outward across your chin, cheeks, nose and forehead. Allow to dry before applying moisturizer.

**Shelf Life**

Up to one year



## **Refreshing Neroli & Vanilla Toner**

### **Ingredients**

- 1 cup witch hazel with less than 30% alcohol\*
- 5-10 drops neroli essential oil (optional)
- 5-10 drops vanilla essential oil (optional, see below for other oils that may be used)

### **Other Oils That May Be Substituted**

This is not a definitive list, just some ideas to get you started!

- Lavender – Soothing and relaxing
- Geranium – Good for oily, acne-prone skin
- Neroli (orange blossom) – Stimulates the production of new cells, reduces scarring
- Ylang Ylang – Balances the skins production of sebum. Beneficial for both oily and dry skin.
- Chamomile – Soothing, healing, stimulates production of new skin cells. Beneficial for acne, eczema, and dry skin.
- Tea Tree – Good for oily, acne prone skin in moderate amounts. Too much can be drying and might actually trigger increased sebum production
- Sandalwood – Balances skin and helps to prevent scarring

- Grapefruit – Stimulates collagen production. Beneficial for mature and acne prone skin
- Rose – Moisturizes and soothes
- Vanilla – Softens and smoothes

### **To Make**

Combine all ingredients in an airtight container and shake well.

### **To Use**

Pour on a soft cloth or cotton pad and sweep the pad upward and outward across your chin, cheeks, nose and forehead. Allow to dry before applying moisturizer.

### **Shelf Life: Up to one year**

- Witch hazel is a water distillation, which needs a preservative to stay fresh. The most common preservative used is alcohol, which is fine in small amounts. However, many commercial brands have an alcohol concentration of up to 70%, which is far too drying. Mountain Rose Herbs sells witch hazel that contains only 14% alcohol [here](#).

ORGANIC  
*Hair Care*



## Getting Started With Natural Shampoo

If you're new to using natural shampoos, there are a few things you need to know before getting started. First, store-bought shampoos usually have a pH level of around 5-6, which closely matches your hair's natural pH. While this is a good thing, it is most often achieved using toxic surfactants such as sodium lauryl sulfate.

Most homemade shampoos, on the other hand, are soap rather than surfactant-based. Soap has a much higher pH, which can leave hair dull and gummy. Fortunately, it's very simple to restore your hair's natural pH after washing— simply follow with the shine boosting rinse listed below!

Another consideration when transitioning to natural shampoo is the use of silicone in many commercial brands. Silicone coats the hair much like plastic to give it slip and shine. The same results can be achieved by using mineral-rich washes like the Sweet Orange & Honey Shampoo, but unfortunately the transition from commercial to

homemade formulas can be a bit difficult. Your hair will need to detox – a process that can take up to a few weeks depending on the types of product previously used. During this process hair can feel very dry and tangle easily. As the follicles shed the coating they will begin to be able to drink in moisture, but this can take time. There are a few ways to speed up the process, though!

### **Detox Hair Mask**

- 1/2 cup bentonite clay powder
- 1/2 cup aloe vera gel
- 1/4 cup apple cider vinegar
- 1 additional cup apple cider or regular vinegar

Instructions: Mix bentonite clay, aloe vera and ¼ cup apple cider vinegar together and work into hair. Put on a shower cap and allow to sit for 20-30 minutes. Don't let the mixture dry! Rinse thoroughly. Rinse with 1 cup vinegar and allow to sit for 1-3 minutes, then shampoo. Follow with shine boost rinse or detox hair soak.

### **Detox Hair Soak**

Fill up the bath tub and add:

- 1 cup sea salt
- 1 cup apple cider vinegar
- 2 cups of naturally extracted baking soda

Lie down and let your hair soak for 10 minutes, massaging scalp occasionally. Follow with shine boost rinse.



## African Black Soap Shampoo

Handcrafted from plantain ashes, cocoa pods, shea tree bark and palm tree leaves, West African soap has been prized for generations for its healing and moisturizing capabilities. When used as a shampoo, the naturally occurring Vitamin E, beta-carotene, and minerals strengthen and soften hair. Dandruff, acne, eczema and psoriasis find great therapeutic benefit from the antimicrobial properties of plantain ash, yet it is still gentle enough to be the preferred cleanser for West African babies.

Authentic black soap can only be made in one region of the world by women who closely guard their family recipe, so we will start with it as a whole base ingredient rather than try to reproduce it ourselves.

Though many companies claim to sell authentic black soap, often they are simply counterfeit productions made up of white soap and dye. In my research I only came across a handful of companies that use ecologically sustainable methods of production and pay the women who make their soaps a fair price. Of these, I use Alaffia because it is more consistent from batch-to-batch than other products. It also comes in liquid form, which saves me the step of grating black soap bars and dissolving in water.

In this simple recipe, black soap is combined with honey or maple syrup, which adds shine and aids the shampoo in rinsing away clean.

Note: If you experience any buildup with this recipe, I suggest alternating with the clay wash on page 57.

## Ingredients

- ½ cup Alaffia black soap – [tangerine](#) or [peppermint](#)
- 2 teaspoons raw honey or maple syrup (See notes)

## To Use

Because this is a soap-based cleanser rather than a surfactant, less is more. Using too much can cause build-up, so start by adding a small amount to your scalp and quickly working the lather. Though black soap is known for its rich lather, it is not a particularly “spreadable” lather. In the following recipe, the addition of raw honey/maple syrup makes the shampoo easier to work through hair and rinse away clean. Even so, I find it easiest to shampoo the crown to halfway down the scalp in one batch, then lather the base of my scalp and ends of hair in another. Honey slightly improves the lather while maple syrup diminishes it a bit. Increase the amount used per wash when using the maple syrup recipe.

After washing, rinse thoroughly and follow with a shine boost or conditioning rinse to restore your hairs natural PH levels.

## Notes:

Honey contains a small amount of naturally occurring hydrogen peroxide, which can lighten hair over time. I have not experienced any lightening after consistent use - probably because this recipe contains a minimal amount and a brief washing does not have the same effect as applications which sit for half an hour. However, it is something to consider when deciding to use this recipe or another from the book.

If your hair develops buildup, a clay, honey or molasses treatment (depending on your hair color) will act as a clarifier. You can find the recipes on pages 57, 64 and 66.

If you find your hair needs a deep conditioner once in a while, apply prior to shampooing and then follow with the shine boost rinse.

Because it is alkaline, this formula is not compatible with chemically color-treated hair. Herbal rinses are okay.

If you buy a bottle of Alaffia you may notice it contains lauryl glucoside. If you're like me, your next thought will be “what is lauryl glucoside and is it safe?” According to the research I've done, it is an exceedingly gentle, non-toxic surfactant derived from coconut oil and sugar. It is created using green chemistry, which is the design of chemical products and processes that reduce or eliminate the use and generation of hazardous substances. I personally am comfortable using it on myself and my children.



## Sweet Orange and Honey Shampoo

Rich in minerals and purifying enzymes, this honey-based shampoo leaves hair soft and shiny. If you experience any buildup with this recipe, I suggest alternating with the clay wash on page 57.

### Ingredients

- ½ cup castile soap
- 1 cup raw honey
- ¾ to 1 ½ teaspoons sweet orange essential oil (if formulating for a baby use no more than ¾ teaspoon)

### To Make

Blend all ingredients together and store in a clean container.

### To Use

Because this is a soap-based cleanser rather than a surfactant, less is more. Using too much can cause build-up, so start by adding a small amount to your scalp and quickly working the lather down to the tips of your hair. Add more at the tips as needed. I have very thick hair and use only a tablespoon per wash.

After washing, rinse thoroughly and follow with a shine boost or conditioning rinse to restore your hair's natural pH levels.

**Notes:** Honey contains a small amount of naturally occurring hydrogen peroxide, which can lighten hair over time. I have not experienced any lightening after consistent use - probably because a brief washing does not have the same effect as applications, which sit for half an hour. However, it is something to consider when deciding to use this recipe or another from the book.

If your hair develops buildup, a clay, honey or molasses treatment (depending on your hair color) will act as a clarifier. You can find the recipes on pages 57, 64 and 66.

If you find your hair needs a deep conditioner once in a while, apply prior to shampooing and then follow with the shine boost rinse.

Because it is alkaline, this formula is not compatible with chemically color-treated hair. Herbal rinses are okay.

**Shelf Life:** Up to 3 years



## **How To Wash Your Hair With Clay**

I alternate between this recipe and my other homemade shampoos based on the needs of my hair. If it is feeling a little dry I use the shampoos. If it is feeling a little oily I use the clay.

### **Selecting Your Clay**

When deciding what clay to use for your mud wash here are some things to keep in mind:

Rhassoul clay yields the best results in my opinion – it leaves hair with the best texture and is less drying than other clays. It is not usually available in health food stores, but you can easily find it online.

Bentonite is widely available and works okay, but it can be a drying if left on too long. Also, it can leave a certain texture on the hair that I am not fond of. For the easiest application, either buy it in liquid form or give your hand mixed concoction a whirl in the blender before heading off to wash. Otherwise it can be a bit clumpy. I recommend giving this method a try with bentonite if you have it on hand and then switching to rhassoul if you decide it's something you'd like to use long term.

## **Step 1: Mix Up Your Mud Wash**

Water is best for frequent use, but apple cider vinegar can be substituted for an extra deep clean. How much you'll need will depend on the length and thickness of your hair. I use about 1-2 tablespoons of rhassoul for my medium length, thick hair. The consistency should roughly resemble an egg yolk.

Quick Tip: If your clay tends to clump toss it in the blender beforehand.

## **Step 2: Apply**

Wet hair thoroughly and then wring it out. Dip the ends of your hair in the container with your mud mixture and then pour the remaining wash over your head and work it through to the tips (this helps distribute the mixture evenly). Let your hair sit for about 5 minutes – you can adjust this as you figure out what works best for your hair. When I wash every day about 2 minutes is right – otherwise it starts to dry out my hair. When it's every 2-3 days about 5 minutes works better.

Rinse until the water runs clear and then follow with the shine boost rinse from page 59 to help close the hair cuticle and restore pH



## Shine Boost Rinse

This simple rinse helps to close the hair cuticle and restore pH.

### Ingredients

- ¼ - ½ cup apple cider vinegar or non-petroleum based distilled white vinegar
- enough filtered water to bring vinegar mixture to 1 cup
- 8 drops essential oil - rosemary and peppermint work well for most hair types – see below for other options. Another option is to infuse fresh herbs such as peppermint or rosemary for a week before use.

### How To Choose Essential Oils For Your Hair

Some essential oils brighten highlights while others deepen shine. While this is by no means an exhaustive list, here are a few commonly used oils you might want to consider:

- Chamomile and lemon essential oil will lighten blonde hair
- Peppermint and rosemary essential oils stimulate hair growth and add shine. Great for normal hair
- Lemon balm, basil, thyme, patchouli, tea tree, yarrow and lemongrass have astringent properties which are beneficial for oily hair
- Chamomile, lavender, sandalwood, rosemary and parsley are helpful for dry hair.

- Clary sage, tea tree, eucalyptus, patchouli and myrrh are helpful for dandruff

**To Make**

Pour ingredients in an airtight container and shake.

**To Use**

Pour over hair and allow to sit for 2-3 minutes, then rinse. Cool water is best because it helps the hair cuticle close, but warm is okay.

**Shelf Life:** 1 year



## **Fenugreek Deep Conditioner**

Rich in protein, iron, beta-carotene, and vitamins B1 and C, fenugreek is the perfect remedy for dry, brittle hair. Not only does it strengthen the cuticle and promote growth, it leaves hair soft and shiny!

### **Ingredients**

- 1 tablespoon fenugreek seeds
- 1 cup purified water

### **To Make**

- Soak fenugreek seeds in water overnight
- Drain water into a cup and set aside. See the next recipe for a great way to use it!
- Grind into a thick paste in the morning. It should be slimy in consistency.

### **To Use**

- Wet your hair and wring it out so that it is moist but not dripping.
- Work the paste through your hair from scalp to tip and let sit for 20-30 minutes. Don't let it dry in your hair – it will become very difficult to rinse out!

- Rinse and shampoo. Follow with a shine boost or conditioning rinse (the tea you just set aside would be perfect. See the next recipe for instructions.)

**Shelf Life**

Best if used immediately. Can be stored 1-2 days in the fridge.



## **Fenugreek Conditioning Rinse**

This tea made from fenugreek seeds smells faintly like maple syrup, promotes growth and strengthens hair at the shaft. It's fabulous for all kinds of hair, including curly and color-treated varieties.

### **Ingredients**

- 1 cup fenugreek tea (see recipe above)
- 2 tablespoons vinegar

### **To Make**

Combine ingredients and mix thoroughly. Store in an airtight bottle in the fridge if not using immediately.

### **To Use**

Pour over hair and allow to sit for 2-3 minutes, then rinse. Cool water is best because it helps the hair cuticle close, but warm is okay.

### **Shelf Life**

Best if used immediately. Can be stored 1-2 days in the fridge.



## Honey Conditioner

Raw honey does an amazing job of sealing the hair cuticle, locking in moisture, and imparting a deep, glossy shine thanks to an abundance of B6, thiamin, pantothenic acid, niacin, zinc, selenium, iron, potassium, calcium, phosphorus, magnesium and other nutrients. And though it may seem counter-intuitive, this sticky substance also acts as a clarifier which rinses well and leaves hair ultra-soft.

Need one more reason to love raw honey? If you're suffering from dandruff you'll be happy to know that a [clinical trial](#) recently found honey's anti-bacterial and anti-fungal properties to be very effective in treating this condition. See below for specific instructions.

### Ingredients

- Raw honey

### For Normal Use

Wet hair thoroughly and then wring out excess. It should be damp but not dripping. Apply to wet hair (diluting if necessary depending on the viscosity of your honey) and work from root to tip. Cover with a shower cap and let sit for 30 minutes, then shampoo and follow with a shine boosting rinse.

## **For The Treatment of Dandruff**

Wet hair thoroughly and then wring out excess. It should be damp but not dripping. Apply to wet hair (diluting if necessary depending on the viscosity of your honey) and work from root to tip. Cover with a shower cap and let sit for 3 hours, then shampoo and follow with a shine boosting rinse. Do this every other day for four weeks, then continue the treatment once a week for six months and thereafter if needed to maintain results.

**Note:** Honey contains a small amount of naturally occurring hydrogen peroxide, which can lighten hair over time.

## **Shelf Life**

Raw honey is good indefinitely when stored in a cool, dry place.



## **Deep Conditioner For Dark Hair**

Blackstrap molasses is a true superfood for dark tresses. This rich humectant locks moisture into the hair cuticle while infusing it with copper, manganese, magnesium, potassium, iron, calcium and other nutrients that strengthen and restore hair. Copper, which aids in the production of the pigment melanin, can often help restore graying hair back to its original color. It does this not by dyeing hair, but by restoring the body's ability to make melanin so that dark new hairs replace old grey ones. For this effect it is recommended that you take 2 teaspoons – 1 tablespoon in warm water daily.

Molasses also contains Vitamin B5 (pantothenic acid), which is the whole form of panthenol. If this "provitamin" sounds familiar, it's the superstar behind Pantene's Pro-V line. Pantothenic acid and panthenol are famously good for adding luster and body to hair.

### **Ingredients**

Organic, unsulphured blackstrap molasses

### **Equipment**

- Dark towels

### **For Normal Use**

Wet hair thoroughly and then wring out excess. It should be damp but not dripping. Apply to wet hair (diluting if necessary depending on the viscosity of your molasses) and work from root to tip. Cover with a shower cap and let sit for 30 minutes, then shampoo and follow with a shine boosting rinse.

Notes: If you need to wipe away any droplets while the molasses sets be sure to use a dark towel.

### **Shelf Life**

2 years. Store in a cool, dark place.



## **Moroccan Argan Oil Leave-In Conditioner**

This oil leaves hair soft and glossy without weighing it down. A little goes a long way!

### **Ingredients**

- Pure Moroccan argan oil

### **Equipment**

- Fine mist spray bottle (optional)

### **To Make**

Pour oil into spray bottle and seal cap tightly.

### **To Use**

Mist 2-3 times directly on your hair and brush through until evenly distributed. If you're not using a spray bottle pour a few drops in your palm, rub your hands together to warm the oil and then work it through your hair. Add more if needed.

**Shelf Life**

One year if stored in a cool environment (under 77F) out of direct sunlight.



## **Color Rinse For Dark Hair**

This rinse will build in depth and intensity the more often it is used, but it is not permanent. To maintain results, rinse daily until you reach the color you like, then space out applications to about once per week.

### **Ingredients**

- 8 cups purified water
- 1 cup black walnut hulls
- 1/3 cup sage (omit if you have hypertension or are currently within your first trimester of pregnancy as it increases circulation)
- 1/3 cup dried rosemary
- 1/3 cup black tea
- 1/4 cup vinegar
- 1 teaspoon cloves (for a bit of warmth, optional)
- Argan oil leave-in conditioner (to seal cuticle hair after application)

### **Equipment**

- rubber gloves
- dark towels

### **To Make**

1. Bring water to a boil, then turn off burner and remove from heat. Add walnut hulls, sage, rosemary, black tea, cloves and vinegar.
2. Cover and allow to cool for 4-6 hours.
3. Strain into a clean container and store in the fridge.

### **To Use**

1. Shampoo and condition as normal, then wring excess water from your hair and put on rubber gloves. Black walnut stains skin especially well, so don't skip this step!
2. Rub a little moisturizer – tallow balm or coconut oil will work – around the edge of your hairline to prevent the stain from absorbing immediately into skin if a little drips on your face.
3. Shake your container to mix ingredients and pour about ½ -1 cup over your scalp, then massage it in for about 1 minute.
4. Wring out excess but do not rinse. Dry with a dark towel. Follow with argan oil leave-in conditioner

### **Shelf Life**

2 weeks in the fridge

**Note:** Because this dye does not penetrate the hair shaft like chemical-based dyes it may not have an effect on coarse or damaged hair.



## **Color Rinse For Golden Brown Hair**

This rinse will build in depth and intensity the more often it is used, but it is not permanent. To maintain results, rinse daily until you reach the color you like, then space out applications to about once per week. Results may take about one month to become noticeable.

### **Ingredients**

- 8 cups purified water
- 4 bags black tea
- 4 bags rooibos tea

### **Equipment**

- Dark towels

### **To Make**

Bring water to a boil and remove from heat. Add teabags and allow to steep for 30 minutes. Remove teabags and store in fridge until needed.

## **To Use**

Warm tea and use as a final rinse following your normal routine. If you use homemade shampoo and a shine boost rinse, go ahead and do that as it will prepare your hair for the color. Wring out excess but do not rinse. Dry with a dark towel.

## **Shelf Life**

1 week in the fridge

**Note:** Because this dye does not penetrate the hair shaft like chemical-based dyes it may not have an effect on coarse or damaged hair



## **Color Rinse For Red Hair**

This rinse will build in depth and intensity the more often it is used, but it is not permanent. To maintain results, rinse daily until you reach the color you like, then space out applications to about once per week. Results may take about one month to become noticeable.

### **Ingredients**

- 3 ½ cups purified water
- 1/3 cup calendula blossoms, red clover flowers, hibiscus flowers or red rose petals

### **Equipment**

- Dark towels

### **To Make**

Bring water to a boil and remove from heat. Add herbs and steep for 30 minutes. Strain and store in fridge until needed.

## **To Use**

Warm tea and use as a final rinse following your normal routine. If you use homemade shampoo and a shine boost rinse, go ahead and do that as it will prepare your hair for the color. Wring out excess but do not rinse. Dry with a dark towel.

## **Shelf Life**

1 week in the fridge

**Note:** Because this dye does not penetrate the hair shaft like chemical-based dyes, it may not have an effect on coarse or damaged hair



## **Chamomile Rinse For Blonde Hair**

Unlike other color rinses, this lightening treatment is permanent.

### **Ingredients**

- 3 and 1/2 cups purified water
- 1/3 cup chamomile tea

### **Equipment**

- Dark towels

### **To Make**

Bring water to a boil and remove from heat. Add chamomile and steep for 30 minutes. Strain and store in fridge until needed.

### **To Use**

Warm tea and use as a final rinse following your normal routine. If you use homemade shampoo and a shine boost rinse, go ahead and do that as it will prepare your hair for the color. Wring out excess but do not rinse. Dry with a dark towel.

**Shelf Life**

1 week in the fridge

Note: This rinse works best if applied immediately before sunlight exposure. If your hair is very light this rinse may actually darken your color.



## **Flexible Hold Hair Spray**

### **Ingredients**

- 2 teaspoons refined sugar (Finally, a good use for the stuff!)
- 1/2 cup hot purified water
- 2 tablespoons vodka
- 3-5 drops essential oil for scent (optional)

### **Equipment**

- Fine mist spray bottle

### **To Make**

1. Heat water to just under the boiling point
2. Spoon in sugar and stir until dissolved
3. Allow to cool, then add vodka and optional essential oil
4. Pour in a spray bottle and store in the fridge until needed

### **To Use**

Pump a few sprays onto the area you want hold and allow to dry for 30 seconds. Continue process until your hair reaches the desired amount of hold.

**Shelf Life**

1-2 weeks. Store in the fridge.



## **Hair Gel**

### **Ingredients**

- 1/4 – 1/2 teaspoon gelatin
- 1/2 cup very warm purified water
- 3-5 drops essential oil for scent (optional)

### **To Make**

5. Dissolve gelatin into warm water, using ½ teaspoon for less hold and 1 teaspoon for more hold
6. Add essential oils if desired

### **To Use**

Apply as you would regular hair gel.

### **Shelf Life**

1-2 weeks. Store in a covered container in the fridge.



## **Hair Pomade (Sculpting Wax)**

Tame flyaways, add texture, and channel a little vintage Hollywood glam with this easy DIY sculpting pomade featuring beeswax, shea butter, jojoba and essential oils.

Or – if it's not your thing – whip up a jar for the hipster guy in your life. *Yep, it's okay if he's two.*

This formula is light/medium hold, husband approved, and super easy.

### **Ingredients**

All ingredients are measured by weight

- 1 ounce beeswax
- 1.5 ounces shea butter
- 2 ounces jojoba oil
- 1/8 teaspoon essential oil (optional)

### **A Few Essential Oil Options**

- Peppermint and rosemary essential oils stimulate hair growth and add shine. Great for normal hair

- Lemon balm, basil, thyme, patchouli, tea tree, yarrow and lemongrass have astringent properties which are beneficial for oily hair
- Chamomile, lavender, sandalwood, rosemary and parsley are helpful for dry hair.
- Clary sage, tea tree, eucalyptus, patchouli and myrrh are helpful for dandruff

### **To Make**

1. Melt beeswax in a double boiler over low heat
2. When the beeswax is melted, add in shea butter
3. When the mixture is melted, add jojoba and stir until just melted
4. Pour mixture into a container and allow to cool slightly, then add essential oil

### **To Use**

Rub a small amount between your fingertips until there are no lumps, then work through hair and style.

# LOTIONS

*Butters & Balms*



## Mint Chocolate Body Butter

Formulated with cacao powder to diminish the oily finish associated with many body butters, this mint chocolate treat also serves as a light bronzer. Slather it on during the blah winter months or when shorts season hits for a little sun-kissed glow!

Click [here](#) for a video tutorial.

### Ingredients

- 1/2 cup of cocoa butter, grated
- 1/2 cup mango or shea butter (you can also substitute another 1/2 cup cocoa butter. It will be a smidge less “light” when whipped up, but it is amazing!)
- 1/2 cup coconut oil
- 1/2 cup of jojoba or a mild olive oil (almond oil can also be used but it will decrease shelf life because it is more vulnerable to oxidation)
- 1-2 teaspoons peppermint essential oil (depending on preference)
- 2 tablespoons pure cocoa powder (if you would prefer a “white chocolate” version that is not a bronzer, substitute arrowroot powder or non-GMO cornstarch)
- 2 teaspoons naturally derived vitamin E (optional)

### To Make

1. Prepare an ice bath by filling a large bowl with ice and fitting a smaller bowl inside. The inside bowl needs to be able to hold at least 4-5 cups of liquid.
2. Using a double boiler or a pot of boiling water with a smaller pot fitted inside, melt cocoa butter and mango butter over a low simmer.
3. Add coconut oil and melt until completely liquid.
4. Remove cocoa butter/coconut oil mixture from heat.
5. Measure 2 tablespoons of cocoa powder into a small bowl and gradually add several tablespoons of jojoba/almond/olive oil. Mix thoroughly and then add to cocoa butter/coconut oil mixture along with remaining jojoba/almond/olive oil.
6. Place mixture in chilled bowl (which should still be resting above the ice bowl) and allow to cool for 10 minutes.
7. Add essential oil and optional Vitamin E once mixture has cooled, then remove mixture from ice bath and whip on medium/high until stiff peaks form. If after a few minutes it does not seem to be thickening return the bowl to the ice bath and whip there.

Store in an airtight jar – amber or cobalt are best but a clear jar is fine if kept out of direct sunlight (which promotes oxidation).

### **Shelf Life**

The oils and butters in this recipe have been selected because they are naturally antimicrobial. Cold-pressed, high quality oils are recommended as lower quality oils can go rancid quickly. Assuming quality oils are used this body butter can be expected to stay fresh at room temp between 3-6 months without the optional Vitamin E. With the Vitamin E it can stay fresh for up to a year. Always use clean hands when scooping out a little whipped decadence!

If this butter is stored in a very warm environment it will melt. No fear, though, just chill and re-whip into decadent body care goodness!



## **Whipped Body Butter**

You'll love the way this butter melts on your skin for a smooth, silky finish!

### **Ingredients**

- 1 cup of mango or shea butter (grated cocoa butter may also be used but the end result will be less light)
- ½ cup coconut oil
- 1/2 cup of jojoba or a mild olive oil (almond oil can also be used but it will decrease shelf life because it is more vulnerable to oxidation)
- 2 tablespoons arrowroot powder or non-GMO cornstarch
- 1-2 teaspoons essential oil of your choice (optional)
- 2 teaspoons naturally derived vitamin E (optional)

### **To Make**

1. Prepare an ice bath by filling a large bowl with ice and fitting a smaller bowl inside. The inside bowl needs to be able to hold at least 4-5 cups of liquid.
2. Using a double boiler, melt cocoa/mango/shear butter over a low simmer.
3. Add coconut oil and melt until completely liquid.
4. Remove butter/coconut oil mixture from heat.
5. Measure 2 tablespoons of arrowroot or cornstarch into a small bowl and gradually add several tablespoons of jojoba/almond/olive oil. Mix thoroughly

and then add to cocoa butter/coconut oil mixture along with remaining jojoba/almond/olive oil.

6. Place mixture in chilled bowl (which should still be resting above the ice bowl) and allow to cool for 10 minutes.
7. Add essential oils and optional Vitamin E once mixture has cooled, then remove mixture from ice bath and whip on medium/high until stiff peaks form. If after a few minutes it does not seem to be thickening return the bowl to the ice bath and whip there.

Store in an airtight jar – amber or cobalt are best but a clear jar is fine if kept out of direct sunlight (which promotes oxidation).

### **Shelf Life**

The oils and butters in this recipe have been selected because they are naturally antimicrobial. Cold-pressed, high quality oils are recommended as lower quality oils can go rancid quickly. Assuming quality oils are used this body butter can be expected to stay fresh at room temp between 3-6 months without the optional Vitamin E. With the Vitamin E it can stay fresh for up to a year. Always use clean hands when scooping out a little whipped decadence!

If this butter is stored in a very warm environment it will melt. No fear, though, just chill and re-whip into decadent body care goodness!



## Homemade Lotion

This simple, light moisturizer leaves skin soft and supple without leaving a greasy finish.

### Video Tutorial

Click [here](#) for a step-by-step guide!

### Ingredients

- $\frac{3}{4}$  cup olive or jojoba oil (coconut may be used too but it will be more of a cream than a lotion)
- 3 tablespoons beeswax, grated
- $\frac{3}{4}$  cup distilled water or tap water that has been boiled for 6 minutes and allowed to cool
- $\frac{1}{8}$  teaspoon citric acid, preferably non-GMO
- $\frac{1}{8}$  teaspoon potassium sorbate
- $\frac{1}{8}$  teaspoon cinnamon
- 1 teaspoon honey
- $\frac{1}{2}$  teaspoon naturally derived vitamin E
- 8-16 drops essential oil (optional)

### Special Equipment Needed

- Candy thermometer
- Food processor
- Cup or measuring cup with spout

## Directions

1. Place 1 cup of water in a pot and bring to a boil.
2. While you're waiting for the water to come to a boil, create a double boiler for your oil/wax. To do this, place a small pot inside a larger pot partially filled with water. Bring water in the larger pot to a simmer as well.
3. When your 1 cup of water starts to boil, reduce heat and let simmer for 2-3 minutes
4. When the water in the double boiler comes to a boil, reduce heat to low and add beeswax.
5. When the beeswax is fully melted, add the coconut oil to the double boiler, stir, and then turn off the heat. Allow the double boiler to warm the blend while you add your preservatives.
6. Moving back over to your 1 cup of boiling water: Remove pot from heat and measure out  $\frac{3}{4}$  cup of water. Stir in potassium sorbate, citric acid, and cinnamon.
7. Allow oil/wax mixture and water/preservative mixture to cool to about 120F – this should take 15-20 minutes. The oil and water need to be about the same temperature for the next step.
8. When your ingredients have cooled, add honey to the water.
9. Next, add the optional Vitamin E and essential oils to the oil mixture.
10. Now it's time to create your emulsion. To do this, pour your water mixture in your food processor and turn it on.
11. While the food processor is whirring, pour in the oil as s-l-o-w-l-y as you can manage. This is essential to making sure the oil molecules are suspended in water properly – if the two are mixed too quickly they will separate.
12. When the emulsion is complete you will hear a change in the sound coming from the food processor. Open it up and check to make sure the oil and water is thoroughly blended. If there is water sitting on top of the lotion put the lid back on and blend some more.
13. Once your emulsion is complete, let the lotion rest and thicken for about an hour, stirring every 15 minutes to release any trapped air bubbles.
14. When the lotion has cooled to room temperature, transfer it to a clean container. Cobalt or amber glass is preferable if it will be stored on the countertop, but it can also be kept in a clear glass jar in a dark cabinet.

## Shelf Life

4-6 weeks at room temperature (if stored in a cool, dark place), or 3-6 months in the fridge



## **Tallow Balm**

See Appendix A for information about the benefits of tallow for skincare.

### **Ingredients**

- ½ cup tallow (see appendix for how to render tallow)
- 1 tablespoon olive oil
- ¼ - ½ teaspoon essential oil of your choice (optional)

### **To Make**

1. If you are starting with solid tallow, rendered at the farm or previously by yourself, melt it gently in the oven at 120° to 150°F.
2. With the tallow in the liquid state but as cool as possible (around 120°F), thoroughly mix in the olive oil to make the tallow softer and more spreadable at room temperature.
3. If desired, you can add essential oils to the liquid mixture as well.
4. Put the mixture in the refrigerator to let it solidify. This gives the balm a smoother consistency than letting it solidify at room temperature.

**Shelf Life** - 1 year



## White Chocolate & Peppermint Lotion Bar

Perfect for the dry winter months, this decadent lotion bar makes a great gift for teachers, friends, or yourself! I like to keep one in my purse and one in a soap dish on the counter to use after washing my hands.

### Video Tutorial

Check out the video tutorial [here](#)

### Ingredients (By Weight)

- 4 ounces coconut oil
- 4 ounces cocoa, shea or mango butter
- 4 ounces beeswax
- $\frac{1}{2}$  -  $\frac{3}{4}$  teaspoons peppermint essential oil (optional, see note below if this formula will be used by children under the age of five)
- $\frac{1}{2}$  teaspoon Vitamin E (optional)

If no scale is available, try:

- $\frac{1}{2}$  cup coconut oil
- just under  $\frac{1}{2}$  cup grated cocoa butter, shea butter or mango butter

- ½ cup grated beeswax, firmly packed
- ½ teaspoon Vitamin E essential oil (optional)
- ½ - ¾ teaspoon peppermint essential oil (optional)

### **Special Equipment**

- silicone mold, muffin tin or other mold

### **To Make**

1. Gently melt coconut oil, beeswax, and cocoa/shear/mango butter in a double boiler.
2. Stir ingredients until smooth and melted.
3. Remove from heat. Add essential oils and optional Vitamin E.
4. Stir until blended, then pour into a mold. Silicon molds and muffin tins work well.
5. Allow to cool before removing from tin. If you want to speed things along pop them in the freezer for 10-20 minutes.

### **Shelf Life**

Up to one year

Note: Peppermint essential oil is not recommended for children under five. If you have little ones that will be using your lotion bar, consider substituting a child-friendly oil such as sweet orange, grapefruit, lavender, or even tea tree if the child is over six months. Because children are more sensitive to essential oils only ¾ teaspoon should be used in the formula.



## **Tallow Lotion Bar**

See Appendix A for information about the benefits of tallow for skincare.

### **Ingredients**

- ½ cup grass-fed tallow (see appendix for how to render tallow)
- ½ cup beeswax, lightly packed
- ½ cup sweet almond or olive oil
- ½ - 1 teaspoon essential oil (optional)
- ½ teaspoon Vitamin E (optional)

### **Special Equipment**

- silicone mold, muffin tin or other mold

### **To Make**

1. Gently melt beeswax and tallow.
2. Once melted, stir in your liquid oil and stir until fully combined.
3. Remove from heat. Add essential oils and optional Vitamin E.
4. Stir until blended, then pour into a mold. Silicon molds and muffin tins work well.
5. Allow to cool before removing from tin. If you want to speed things along pop them in the freezer for 10-20 minutes.

**Shelf Life** - Up to one year

SIMPLE SKIN  
*Fixes*



## **Lemon Salve For Even Skin Tone (Perfect For Fading Brown Spots)**

Do you have brown spots on your face due pregnancy, sun damage, or maybe just the passage of time? These pigment variations – often called liver spots – can be significantly lightened with natural bleaching agents found in lemon essential oil.

Though many experts say it is safe to apply lemon essential oil undiluted, I found this type of application burned my skin. However, for the fastest possible results I increased the lemon oil in this formula to the most potent range that was comfortable for me. Feel free to adjust the ratios if you so desire.

### **Ingredients**

- 18 drops lemon essential oil
- 2 tablespoons sweet almond, olive, jojoba or other carrier oil

### **To Make**

Mix ingredients together and store in a dark amber/cobalt container or in a glass container in a dark cabinet.

### **To Use**

Dab a little oil on the spots you would like to lighten using a cotton swab if desired. Repeat 1-2 times per day until the spots have faded.

Note: Citrus oils can cause photosensitivity. Be mindful of sun exposure after using this treatment.

### **Shelf Life**

If blended with sweet almond oil, 6-9 months. For blends using olive or jojoba oil at least one year. Store in a cool, dark place.



## **At-Home Microdermabrasion**

### **Ingredients**

- 2 teaspoons naturally extracted baking soda
- 1 teaspoon water
- 2 drops lavender essential oil

### **To Use**

Using your fingertips, lightly massage your face using small, circular motions. Gently exfoliate the throat area as well. The entire process should take 5-8 minutes. Rinse with warm water and follow with moisturizer.

PURIFYING & MOISTURIZING

# *Masks*



## **Purifying Clay Mask**

Clay masks have long been prized for their ability to detoxify and improve skin firmness.

### **Ingredients**

- 1 tablespoons bentonite, rhassoul or French green clay\*
- enough water, aloe vera juice, or apple cider vinegar to make a thick paste\*\*

\*use bentonite for normal skin, rhassoul for dry skin, and French green clay for oily skin

\*\* Normal skin will benefit from water or aloe vera juice, dry skin needs aloe, and oily skin can benefit from aloe or apple cider vinegar.

### **To Make**

Blend all ingredients in a bowl until there are no lumps.

### **To Use**

Tie your hair back away from your face and apply mask to freshly cleansed skin using gentle tapping movements. Allow to dry for 10-20 minutes, then gently wash away using a warm washcloth and light, circular motions. Follow with moisturizer.

**Shelf Life**

3-5 days in the fridge



## **Moisturizing Honey Mask**

When applied to barely damp skin, raw honey draws out impurities while sealing in moisture. Its potent anti-bacterial and anti-fungal properties make it a soothing treatment for conditions such as acne, but it is equally loved by all skin types for its infusion of nutrients: Vitamins B, C, E & K, beta-carotene, magnesium, sulfur, phosphorus, iron, calcium, potassium, copper and manganese.

### **Ingredients**

- 1 tablespoon raw honey

### **To Use**

Pull your hair back from your face and neck, then cleanse skin and pat dry. Using your fingertips, massage a thin layer onto your face and throat. As your skin warms the honey it may become runny, so it's best to lie down and rest, keeping a towel nearby to catch any beads that drip. Leave on for 15-20 minutes, then rinse with a very warm washcloth.

REJUVENATING  
*Soaks & Scrubs*



## Bath Bombs

Of all the recipes in this book, this one probably requires the most patience. It takes a bit of trial and error to get a feel for how much moisture to spray on the bath bombs as you're making them. Too little and they won't stick together . . . too much and they'll become a fizzy, overflowing mess in your mold. They're worth the trouble and make fabulous, inexpensive gifts, but be prepared for a bit of a learning curve.

### Ingredients

- 1 cup naturally extracted baking soda
- 1/2 cup non-GMO cornstarch
- 1/2 cup citric acid, preferably non-GMO
- 1 teaspoon bentonite clay (optional, makes the bombs more firm after they dry)
- witch hazel or vodka in a fine misting spray bottle
- 10-20 drops of 100% essential oil

### Equipment

- 3 mini silicone molds
- spray bottle with a fine mist nozzle

## **To Make**

1. Combine naturally extracted baking soda , citric acid, cornstarch, essential oils and optional bentonite clay in a medium-sized bowl
2. Spritz the mixture 2-3 times, then scoop up a small handful and squeeze it together. If it sticks together like faintly wet sand pack it into the mold and repeat the process. If it doesn't stick, spritz it one more time and try again.
3. When you've packed all your mixture into the mold set it aside to dry for 8-10 hours.
4. Gently work your bath bombs out of the mold and store in a tinted airtight container (or a clean container in a dark cabinet).

## **Shelf Life**

About 6 months, though the fragrance will fade if the container is not truly air tight.



## Cinnamon & Vanilla Spice Winter Scrub

You'll love everything about this scrub: The ease of making it, the aroma of warm vanilla in a steamy shower, and of course the smooth, polished skin! As a bonus, sugar contains naturally occurring glycolic acid which dissolves old, dead skin and makes your task that much easier. Enjoy!

### Ingredients

- $\frac{3}{4}$  cup packed brown sugar
- 3 tablespoons ground cinnamon
- 2 tablespoons sweet almond or apricot kernel oil\*
- 2 tablespoons jojoba oil (or extra sweet almond/apricot oil)\*
- 1 teaspoon vanilla extract
- 1 teaspoon Vitamin E (optional)

### To Make

1. Place brown sugar and cinnamon in a bowl and mix thoroughly
2. In a separate bowl blend oils, vanilla extract and optional vitamin E.
3. Pour oil mixture into sugar mixture and mix thoroughly. Spoon into an airtight container and store out of direct sunlight.

## **To Use**

Scoop a tablespoon of the scrub into damp hands and rub them together. Apply to body and scrub in a circular motion until most of the crystals dissolve, focusing on rough areas such as elbows, knees, and heels. Rinse and repeat if desired. Follow with moisturizer.

## **Shelf Life**

If only sweet almond/apricot oil are used up to 6 months. If the other more stable oils are incorporated up to 1 year

## **Notes**

This scrub is not appropriate for delicate facial skin.

\* If you're wanting to use what's already in your pantry, olive oil can be used. However, the fragrance can overpower the vanilla/cinnamon scent of the scrub. Sweet almond oil can also be used exclusively rather than the more pricey jojoba oil, but the substitution will reduce the shelf life from 1 year to six months.

\*\* Make sure your extract contains alcohol. Alcohol-free extract will make the mixture vulnerable to spoilage.



### **Lavender Honey Salt Scrub**

Salt – *especially unrefined salt with its 60+ trace minerals* – is a powerful rejuvenator of tired, dry skin. Not only does it stimulate cell growth, assist with detoxification and improve circulation, it also helps skin absorb and retain moisture.

#### **Ingredients**

- 1/2 cup fine sea salt, preferably unrefined
- 2 tablespoons olive oil
- 2 tablespoons raw honey
- 1/4 teaspoon lavender essential oil

#### **To Make**

1. Place honey, olive oil and lavender essential oil in a bowl and mix thoroughly
2. Add salt and stir. Spoon into an airtight container and store out of direct sunlight.

#### **To Use**

Scoop a tablespoon of the scrub into damp hands and rub them together. Apply to body and scrub in a circular motion until most of the crystals dissolve, focusing on rough areas such as elbows, knees, and heels. Rinse and repeat if desired. Follow with moisturizer.

**Shelf Life**

1 year

**Notes**

This scrub is not appropriate for delicate facial skin.



## **Soothing Bath Salts**

Epsom salts contain magnesium, which is essential for helping us combat stress, detoxify and maintain healthy energy levels. Unfortunately over the last hundred years our soil and water supply has undergone a rapid depletion of this vital mineral, leaving many of us deficient. Because magnesium is easily absorbed through the skin, this recipe will help replenish your stores while soothing tired muscles and frazzled nerves.

### **Ingredients**

- 2 cups epsom salt
- ½ teaspoon essential oil (lavender, jasmine, ylang ylang, rose, vetiver, neroli, sandalwood and chamomile are good options)

### **To Make**

Mix ingredients in a small bowl. Spoon into an airtight container and store out of direct sunlight.

### **To Use**

Fill bath with water, add 1 cup bath salts, and swish with your hand until dissolved. Soak for 20-30 minutes.

## **Shelf Life**

These salts will stay good indefinitely. However the fragrance and potency of the essential oils may fade after about 6 months.

MAMA & BABY  
*Care*



## **Blooming Belly Balm**

This balm is especially soothing when rapidly growing bellies feel a bit itchy. It uses lavender essential oil, which is very soothing and helpful in reducing or preventing the occurrence of stretch marks. See Appendix A for more information about the benefits of tallow for skincare.

### **Ingredients**

- ½ cup basic tallow balm (See page 90 for instructions)
- ¼ teaspoon lavender essential oil

### **To Make**

In a double boiler, warm basic balm to a liquid state. Allow to cool for a few minutes – until it is just warm – then add essential oils and stir. Store in an airtight container out of direct sunlight.

### **To Use**

Apply a thin layer to skin.

**Shelf Life**

At least one year

**Notes:** It is recommended that pregnant women utilize essential oils at half the concentration typically recommended for an adult. This formula takes that into account.



## Blooming Belly Butter

This silky butter uses lavender essential oil, which is very soothing and helpful in reducing or preventing the occurrence of stretch marks.

You'll love the way this butter melts on your skin for a smooth, silky finish!

### Ingredients

- 1 cup of mango or shea butter (grated cocoa butter may also be used but the end result will be less light)
- 1/2 cup coconut oil
- 1/2 cup of jojoba or a mild olive oil (almond oil can also be used but it will decrease shelf life because it is more vulnerable to oxidation)
- 2 tablespoons arrowroot powder or non-GMO cornstarch
- 1 teaspoon lavender essential oil
- 2 teaspoons naturally derived vitamin E (optional)

### To Make

1. Prepare an ice bath by filling a large bowl with ice and fitting a smaller bowl inside. The inside bowl needs to be able to hold at least 4-5 cups of liquid.
2. Using a double boiler or a pot of boiling water with a smaller pot fitted inside, melt cocoa/mango/shear butter over a low simmer.

3. Add coconut oil and melt until completely liquid.
4. Remove butter/coconut oil mixture from heat.
5. Measure 2 tablespoons of arrowroot or cornstarch into a small bowl and gradually add several tablespoons of jojoba/almond/olive oil. Mix thoroughly and then add to cocoa butter/coconut oil mixture along with remaining jojoba/almond/olive oil.
6. Place mixture in chilled bowl (which should still be resting above the ice bowl) and allow to cool for 10 minutes.
7. Add essential oils and optional Vitamin E once mixture has cooled, then remove mixture from ice bath and whip on medium/high until stiff peaks form. If after a few minutes it does not seem to be thickening return the bowl to the ice bath and whip there.

Store in an airtight jar – Amber or cobalt are best but a clear jar is fine if kept out of direct sunlight (which promotes oxidation).

### **Shelf Life**

The oils and butters in this recipe have been selected because they are naturally antimicrobial. Cold-pressed, high quality oils are recommended as lower quality oils can go rancid quickly. Assuming quality oils are used this body butter can be expected to stay fresh at room temp between 3-6 months without the optional Vitamin E. With the Vitamin E it can stay fresh for up to a year. Always use clean hands when scooping out a little whipped decadence!

If this butter is stored in a very warm environment it will melt. No fear, though, just chill and re-whip into decadent body care goodness!

**Notes:** It is recommended that pregnant women utilize essential oils at half the concentration typically recommended for an adult. This formula takes that into account.



## Stretch Mark Diminisher

These ingredients have been carefully selected for their ability to stimulate new tissue growth and reduce inflammation. One of the most important features of tamanu oil - apart from its regenerative properties - is its ability to penetrate all three layers of the skin: Epidermis, Dermis and Hypodermis. For those with deep stretch marks this can be very helpful in getting results.

Fermented cod liver oil contains true Vitamin A rather than beta-carotene, which allows the body to use it more readily to heal. It's also rich in essential fatty acids and micronutrients such as quinones, which deeply nourish the skin. Helichrysum italicum promotes skin elasticity and is considered the most potent skin regenerative essential oil available.

### Ingredients

- 4 ounces Tamanu Oil
- 2 ounces Fermented Cod Liver Oil or Rose Hip (See notes)
- 2 and 1/2 teaspoons helichrysum italicum essential oil
- 1 teaspoon naturally derived vitamin E (optional)
- 1/4 teaspoon essential oil for fragrance\*

### Options that are helpful for stretch marks are:

- Lavender
- Mandarin
- Neroli
- Geranium
- Rosemary (do not use if you are pregnant)
- Peppermint (do not use if you are pregnant)
- Clove (do not use if you are pregnant)
- Rose (do not use if you are pregnant)
- Patchouli (do not use if you are pregnant)
- Ylang-ylang (if pregnant, use only in the third trimester)
- Petit grain (if pregnant, use only in the third trimester)

### To Make

Mix all ingredients in a clean container. Dark amber or cobalt blue are best if it will be stored on the counter, but a clear glass jar kept in a dark cabinet will work, too.

### To Use

Massage gently into affected area 1-2 times daily until you are satisfied with the results. The healing process often takes between 6-12 months. [Dermarolling](#) may also be helpful.

### Shelf Life

For the tamanu / rose hip oil, about 6-9 months. For the tamanu / fermented cod liver oil, about 3-4 months.

**Notes:** The cod liver oil mixture is not a particularly pleasing fragrance. Okay, it's downright awful, but because it contains the highest concentrations of the most effective ingredients I could find I have included it. The smell mellows after a couple of weeks, but it is never going to be a pretty scent. If you'd like, substitute rose hip oil instead. It contains beta-carotene rather than true Vitamin A, which means your body will need to convert it to Vitamin A for the purposes of healing, but it has been proven effective on many occasions.



## Gentle Baby Wash

This wash combines the gentle cleansing properties of organic castile soap with jojoba oil, which was prized by American Indians for its ability to moisturize skin and hair.

Water is the ideal daily cleanser for babies, because unlike alkaline soaps it preserves the protective acid mantle. If you're not familiar with it, the acid mantle is a "very fine, slightly acidic film on the surface of the skin acting as a barrier to bacteria, viruses and other potential contaminants that might penetrate the skin."<sup>1</sup> It is secreted by sebaceous glands. The pH of the skin is between 4.5 and 6.2, so it is acidic.<sup>2</sup><sup>3</sup> [Bacteria, viruses] and other chemicals are primarily alkaline in nature and the skin's moderate acidity helps to neutralize their chemical effects."<sup>9</sup>

Soap's natural alkalinity neutralizes this mantle, so I recommend using it sparingly.

## Ingredients

For babies 2 months and under:

- 1 cup organic castile soap
- 1 teaspoon jojoba oil (see notes for substitution options)
- Up to ¼ teaspoon chamomile, lavender or sweet orange essential oil

For babies age 2-4 months:

- 1 cup organic castile soap
- 1 teaspoon jojoba oil (see notes for substitution options)
- Up to ¼ teaspoon chamomile, lavender, sweet orange, mandarin or neroli essential oil

For babies 6 months and older:

- 1 cup organic castile soap
- 1 teaspoon jojoba oil (see notes for substitution options)
- Up to ¼ teaspoon chamomile, lavender, sweet orange, calendula, grapefruit, mandarin or neroli essential oil

### **To Make**

Mix all ingredients and store in a clean container

### **To Use**

To apply, dab a bit on a wet washcloth or mix in wet hands until foamy, then massage over skin and rinse.

**Notes:** Apricot kernel or sweet almond oil may be substituted shelf life will decrease to 6 months.



## Protective Barrier Bottom Balm

Infused with inflammation reducing essential oils, this balm provides a protective barrier while soothing irritated tushies. And unlike its popular commercial counterpart, it doesn't contain questionable ingredients like petrolatum, dimethicone, or mineral oil.

For information on the causes possible solutions to chronic diaper rash check out [this post](#).

### Note for cloth diapering mamas:

Though it is possible, the Protective Barrier Balm is very difficult to get out of cloth diapers! Personally, I use disposable during the treatment process and thoroughly disinfect the diapers to prevent possible reinfection. A link to instructions can be found in [this post](#) under dealing with yeast rashes.

Another option would be to use a liner within the diaper - something like a cut up old t-shirt - and then washing the liners separately. If you want to skip the liners and stick with cloth diapers, I recommend using plain virgin coconut oil as a balm along with the homemade baby powder recipe on page 125.

### Ingredients

- 1/2 cup shea butter

- 2 tablespoons coconut oil
- 1/4 cup plus 1-2 tablespoons non-nanoparticle zinc oxide, depending on how thick you want the balm to be (I bought mine [here](#), because at the time it was the smallest non-nano batch I could find. However, I have since found [another resource](#). [This post](#) explains why I only recommend non-nanoparticle zinc.)
- 7 drops lavender essential oil\* (optional, can substitute tea tree if yeast/bacteria is suspected)
- 7 drops chamomile essential oil (optional, can substitute tea tree if yeast/bacteria is suspected)

### **To Make**

1. In a double boiler, gently melt shea butter over low heat. When almost melted, stir in coconut oil and continue to heat until fully melted.
2. Remove from heat and allow mixture to return to a semi-solid state. Place mixture in the fridge if you'd like to speed this process up. Add non-nano zinc and optional essential oils (if desired). Mix thoroughly.

### **To Use**

Apply with clean hands as needed.

### **Shelf Life**

Up to 1 year if kept in a tightly sealed container, though the therapeutic benefits of the essential oils will be most effective if used within 6 months.

\* Lavender and tea tree essential oils are considered by some to mimic estrogen. After looking into the study that sparked this claim I have come to the personal conclusion that it was poorly constructed and desperately lacking meaningful analyses. On the other hand, according to three doctors representing Wake Forest, Yale and Harvard respectively, "Traditional use and clinical trials have not suggested estrogenic effects of tea tree or lavender oil, though estrogenic effects have been reported for other essential oils and plants." I encourage you to do your research and decide what you are most comfortable with. To get started, you can read more about the original study and subsequent studies [here](#).



## Clay Bottom Balm

Clay has long been prized for its detoxification properties, and studies are now confirming the wisdom of its use. It has been shown to be effective against candida – the primary cause of yeast rashes – as well as a variety of bacteria, including MRSA.<sup>10</sup> I have found it to be wonderfully soothing for my babies.

### Note for cloth diapering mamas:

Though this recipe can be used with cloth diapers, it may cause oil buildup that will eventually cause the diapers to need to be stripped. If you plan to use it I recommend sprinkling a generous layer of the homemade baby powder on page 125 over the balm to prevent absorption.

Personally, though, I prefer to use disposable during the treatment process and thoroughly disinfect the diapers to prevent possible reinfection. A link to instructions can be found in [this post](#) under dealing with yeast rashes.

Another option would be to use a liner within the diaper, like cut up old t-shirts and then washing them separately. If you want to skip the liners and stick with cloth diapers, I recommend using straight coconut oil as a balm along with the homemade baby powder recipe in this section.

## Ingredients

- 1/2 cup shea butter
- 2 tablespoons coconut oil
- ¼ cup bentonite clay
- 7 drops lavender essential oil\* (optional, can substitute tea tree if yeast/bacteria is suspected)
- 7 drops chamomile essential oil (optional, can substitute tea tree if yeast/bacteria is suspected)

## To Make

1. In a double boiler, gently melt shea butter over low heat. When almost melted, stir in coconut oil and continue to heat until fully melted.
2. Remove from heat and allow mixture to return to a semi-solid state. Place mixture in fridge if you'd like to speed this process up. Add bentonite clay and optional essential oils (if desired). Mix thoroughly.

## To Use

Apply with clean hands as needed.

## Shelf Life

Up to 1 year if kept in a tightly sealed container, though the therapeutic benefits of the essential oils will be most effective if used within 6 months.

\*Lavender and tea tree essential oils are considered by some to mimic estrogen. After looking into the study that sparked this claim I have come to the personal conclusion that it was poorly constructed and desperately lacking meaningful analyses. On the other hand, according to three doctors representing Wake Forest, Yale and Harvard respectively, "Traditional use and clinical trials have not suggested estrogenic effects of tea tree or lavender oil, though estrogenic effects have been reported for other essential oils and plants." I encourage you to do your research and decide what you are most comfortable with. To get started, you can read more about the original study and subsequent studies [here](#).



## Basic Baby Powder

Something stinks about the fragrances used in personal care products such as baby powder, [says the Environmental Working Group](#). According to them, a 1973 law which required companies to disclose the ingredients in their formulas conveniently left off fragrance. Thanks to this loophole, manufacturers can hide secret, untested chemicals just by labeling them as “fragrance.”

According to their [report](#) on perfumes and colognes, “The average fragrance product tested contained 14 secret chemicals not listed on the label. Among them are chemicals associated with hormone disruption and allergic reactions, and many substances [66%] that have not been assessed for safety in personal care products.”<sup>11 12</sup> They then go on to note that these chemicals are also found in other personal care products containing fragrance.

In addition to fragrance, the only other ingredient used in one of the most popular baby powder brands has problems of its own. Talcum powder is classified as “possibly carcinogenic to humans” **when applied to the genital region**, says The International Agency for Research on Cancer, a part of the World Health Organization.<sup>13</sup>

Though the options sold in health food stores are usually much safer, most contain cornstarch. In cases where the rash is due to an overgrowth of yeast, cornstarch will actually feed the yeast and make the rash worse.

So what should be used instead? For babies over three months old, I personally use bentonite clay.\* It's anti-microbial, excellent at drawing out toxins, and also keeps baby's bum dry.

**Note for cloth diapering mamas:** This powder is considered compatible with cloth diapers.

### Ingredients

- ½ cup bentonite clay powder
- 2 tablespoons arrowroot powder (optional – makes the texture more fine)

### Equipment

- A large, clean spice jar with holes on top for sprinkling the powder.

### To Make

Blend ingredient together and place in a jar.

### How To Use

Powder lightly at every diaper change when a rash is active.

**Notes:** For information on the causes possible solutions to chronic diaper rash check out [this post](#).

\* Powders of any kind are not recommended for children under three months because they can inhale particles into their lungs. Use only as needed in older babies.

SOLID PERFUMES  
& Body Splash



## Body Sprays

Love body sprays but not the [hidden hormone disrupting chemicals](#) they contain? It's easy and inexpensive to make your own! What's even better, you can reuse the essential oils purchased to create your signature scent in lotion bars, body balms and other products to create a gift basket "line" for family and friends.

### Ingredients For An Oil-Based Formula

For a longer lasting scent with a dewy finish, this "dry" oil-based formula the way to go. Sesame absorbs quickly and does not leave skin feeling greasy.

- ½ cup sesame oil
- ¾ teaspoon essential oil of your choice (see below for ideas)

### Ingredients For A Water-Based Formula

- 1/2 cup vodka (80 proof or higher)
- 3/4 teaspoon essential oil of your choice (see below for ideas)
- 2 teaspoons glycerin

## To Make

Mix all ingredients and pour into a spray bottle. Glass is preferable but plastic will work, too. Store in a cool, dark cabinet.

## To Use

Shake before using

## Essential Oil Combinations

These concentrations yield a very light scent. The number of drops recommended are based on generally agreed upon safe dilution levels. Some oils, such as those marked with an asterisk below, are considered by some experts to be safe at higher concentrations as long as a very high quality oil such as Young Living is used. Others, such as sandalwood, ylang ylang, lavender and myrrh are considered safe undiluted if a high quality is used.

### Citrus scent

- 5 drops lemon essential oil
- 5 drops sweet orange essential oil\*
- 5 drops tangerine essential oil\*
- 5 drops lemon verbena essential oil
- 5 drops peppermint essential oil
- 5 drops geranium essential oil\*

### Exotic Scent

- 12 drops sweet orange essential oil\*
- 10 drops ylang ylang essential oil\*
- 8 drops cedarwood or sandalwood\*

### Fresh Scent

- 10 drops lavender essential oil\*
- 5 drops bergamot essential oil\*
- 5 drops geranium essential oil\*
- 5 drops lemon essential oil
- 3 drops rosemary essential oil\*
- 1 drop sandalwood essential oil\*

### Earthy Scent

- Patchouli or sandalwood (or both!)\*

### Vanilla Bean Scent

- No essential oil needed, just use an alcohol-based extract. Add a teaspoon at a time until your spray reaches the desired intensity
- Add another oil like ylang ylang, sweet orange or peppermint for a delicious smelling twist

### Elegant Scent

- 7 drops jasmine essential oil\*
- 7 drops ylang ylang essential oil\*
- 7 drops vanilla extract\*
- 4 drop sandalwood essential oil\*
- 4 drop rose essential oil\*

### **Shelf Life**

Up to 12 months. Store in a tightly closed container in a cool, dark place.



## **Solid Perfume**

### **Ingredients**

- 4 tablespoons beeswax
- 4 tablespoons jojoba oil
- ½ teaspoon essential oil blend of your choice (see body spray recipe for combination ideas)

### **To Make**

Melt beeswax in a double boiler over low heat. Once it is fully melted stir in jojoba and remove from heat. Add essential oils and pour into a silicone mold or storage tin.

### **Shelf Life**

Up to 12 months. Store in a tightly closed container in a cool, dark place.

TOOTHPASTE  
& More

## You Probably Already Know . . .

That prior to 1938 **fluoride** was **exclusively sold as rat poison** and has since been linked to lowered IQ, weakened bones, thyroid suppression, lowered metabolic function, Alzheimer's AND Down's Syndrome ([source](#)). All experts agree that this stuff is not for babies – I would go further and say it's not for anyone! Unfortunately, most commercial toothpaste manufacturers - even many of the "natural" ones - contain fluoride AND sodium lauryl sulfate (a foaming agent).

“The sodium lauryl sulfate found in our soaps is exactly the same as you would find in a car wash or even a garage, where it is used to **degrease car engines**.

In the same way as it dissolves the grease on car engines, sodium lauryl sulfate also dissolves the oils on your skin, which can cause a drying effect. It is also well documented that it denatures skin proteins, which causes not only irritation, but also allows environmental contaminants easier access to the lower, sensitive layers of the skin.

Perhaps most worryingly, **SLS is also absorbed into the body from skin application**. Once it has been absorbed, one of the main effects of sodium lauryl sulfate is to **mimic the activity of the hormone oestrogen**. This has many health implications and may be responsible for a variety of health problems from **PMS** and **menopausal symptoms** to **dropping male fertility** and increasing female cancers such as **breast cancer**, where oestrogen levels are known to be involved.”

[Natural Health Information Centre: Sodium Lauryl Sulfate](#) (emphasis mine)

I'm sure there are some toothpastes out there that don't contain toxic ingredients, but actually - toothpaste itself can be a problem!

[T]he use of certain toothpastes (especially those with fluoride) could create harmful effects and even promote cavities. Glycerin is added to toothpaste to give it its “pasty” consistency. Supposedly, glycerin requires 27 rinses to remove from the teeth. And this could create a barrier on the teeth that would prevent teeth from getting harder and stronger.

Ramiel Nagel, [Cure Tooth Decay](#)



## Mommyotamus' Tooth Soap

This recipe is for those that enjoy the “foaming factor” in toothpaste. Though most castile soaps contain a small amount of glycerin I’ve found this recipe to work very well.

### Ingredients:

- 1 tablespoon castile soap
- 4 tablespoons melted coconut oil
- 2 tablespoons olive oil
- 1 teaspoon water
- 20 drops essential oil\*
- 1 tablespoon raw honey or a few drops stevia extract (optional). For more info on what type of extract to look for check out [this article](#).

\* Cinnamon, peppermint, spearmint, anise, fennel, sweet orange and clove are recommended. Sweet orange is best for toddlers who have not yet learned to spit after brushing. The number of drops will vary based on the strength of the essential oil. Clove is very antiseptic but only a few drops should be used in combination with another oil due to the potential for gum irritation.

### Instructions:

1. In a bowl, mix water, honey and olive oil until well blended.

2. Add remaining ingredients and whisk thoroughly.
3. Pour mixture into a vial with dropper or soap dispenser and store out of direct sunlight.

### **To Use**

Put a few drops on your toothbrush and brush!

### **Shelf Life**

About 3 months

**Note:** If you use honey some will settle at the bottom. Just stir a bit with the dropper before using.



## Cinnamon & Clove Herbal Tooth Powder

This recipe was inspired by [this one](#) at [Frugally Sustainable](#). It's rich in minerals that are oh-so-good for your teeth, and it will leave your mouth feeling SO CLEAN! Did I mention bentonite is a great stain remover, too?

### Ingredients

- 4 tablespoons bentonite clay
- 2 teaspoons naturally extracted baking soda
- 1 ½ teaspoons unrefined sea salt
- 1 ½ teaspoons myrrh gum powder, clove powder, star anise powder or ground cinnamon
- 1 ½ teaspoons ground peppermint leaves, spearmint leaves or 5-10 drops peppermint essential oil
- 1 ½ teaspoons unrefined stevia powder (optional)

### To Make

Mix all ingredients in a clean glass jar.

### To Use

Sprinkle a little on a wet toothbrush and brush as normal.

**Shelf Life**

One to three years



## Herbal Toothpaste

This variation of the tooth powder above is for those that prefer an actual paste.

### Ingredients

- ¼ cup bentonite clay
- 2 teaspoons naturally extracted baking soda
- 1 ½ teaspoons unrefined sea salt
- ¼ teaspoon essential oil \*
- 2 ½ teaspoons unrefined stevia powder, or more to taste (optional)
- 1/4 cup coconut oil (or more until it reaches the texture you desire)

\* Cinnamon, peppermint, spearmint, anise, fennel, sweet orange and clove are recommended. Sweet orange is best for toddlers who have not yet learned to spit after brushing. The number of drops will vary based on the strength of the essential oil. Clove is very antiseptic but only a few drops should be used in combination with another oil due to the potential for gum irritation.

## **To Make**

In a small bowl, combine bentonite clay, naturally extracted baking soda , sea salt, and stevia powder. Mix thoroughly. Sprinkle essential oils over the mixture and slowly add coconut oil, blending until it reaches the consistency you desire, then add a smidge more! It will firm up a bit after it sets. Store in a clean container with an airtight lid. Keep in an environment above 76F for best results (coconut oil becomes a solid below that temperature and it becomes difficult to scoop).

## **To Use**

Though the mixture is highly anti-bacterial I don't suggest dipping your toothbrush directly in to scoop some out. It's better to have a small spoon handy in your bathroom drawer that you can easily rinse and put away. Scoop a little out, put on a wet toothbrush, and brush!

## **Shelf Life**

1 year



## Basic Soda & Salt Toothpaste (Mineral Rich)

A quick little recipe for when you're out of all your ingredients or traveling! Too harsh for everyday use but makes a great weekly scrub or something to whip up in a pinch.

### Ingredients

- 2 tablespoons naturally extracted baking soda
- 1 tablespoon unrefined sea salt, finely ground\*
- 10 drops peppermint, spearmint, anise or fennel essential oil or 5-7 drops clove essential oil
- 1/4 teaspoon green stevia powder (optional)

\* Salt helps remove stains and also contains minerals your teeth need for strong enamel

### To Make

Mix all ingredients and store in a clean jar with a tight lid.

### To Use

Though the mixture is highly anti-bacterial I don't suggest dipping your toothbrush directly in to scoop some out. It's better to have a small spoon handy in your bathroom

drawer that you can easily rinse and put away. Scoop a little out, put on a wet toothbrush, and brush!



## **Natural Tooth Whitener**

Though it may seem counter-intuitive to rub the equivalent of black ink in your mouth as a tooth whitener, this really works! Activated charcoal is highly adsorptive, which means it attracts substances to itself like a magnet. Fortunately, it's a bit selective: It doesn't have an affinity for calcium, copper, iron, magnesium, inorganic phosphorous, potassium, sodium, zinc and other compounds you might want to hang onto (like your enamel). It does, however, like tannins – the compounds found in coffee, tea (even herbal tea), blueberries, wine and spices like cinnamon that stain our teeth.

### **Ingredients**

- Activated charcoal

### **To Use**

There are several methods that work well. One is to simply mix about  $\frac{1}{4}$  teaspoon with a little water and swish for 60 seconds, then hold it in the mouth for 2-3 minutes to allow it to continue to work.

Another option is to simply brush gently with it. Keep in mind that you are not trying to scrub your enamel, you are simply spreading the activated charcoal over the surface of your teeth so it can attract stains like a magnet.

My favorite method, though, is to pour about 1/8 teaspoon in a cup, dip in my wet toothbrush and brush for 30 seconds or so. After brushing, I hold the activated charcoal in my mouth for 2-3 minutes to allow it to continue to work.

After using any of these methods, rinse thoroughly and follow with a second brushing using your normal toothpaste/powder/soap.

Follow with tooth whitening mouthwash if desired.



## **Tooth Whitening Mouthwash**

### **Ingredients**

- 1/4 cup 3% food grade peroxide (regular peroxide has heavy metals)
- 3/4 cup purified water, boiled and cooled
- 8 drops essential oils – peppermint, clove, myrrh

### **To Make**

Pour all ingredients in a clean container (preferably glass). Seal the lid tightly and shake to mix. Store out of direct sunlight. If you have a large bottle of peroxide keep the remainder in the fridge until it is needed.

### **Shelf Life**

1 month

Notes: Though hydrogen peroxide is a naturally occurring substance it can cause tooth sensitivity in some individuals. Discontinue use if this occurs.

DEODORANT THAT REALLY

*Works*



## Basic Stick Deodorant

This recipe uses butters and beeswax rather than coconut oil, which some folks find leaves stains on their clothes. Those with sensitive skin will appreciate the high content of nourishing butters.

Note: Strong body odor is often a symptom of magnesium deficiency. If you find this recipe is not potent enough for you I suggest the one on page 150 along with the possible addition of [topical magnesium oil](#) or a similar magnesium supplement (under the guidance of your healthcare provider, of course).

### Ingredients

- 4 teaspoons grated beeswax
- 2 tablespoons shea or mango butter
- 2 tablespoons cocoa butter, grated
- 3 teaspoons naturally extracted baking soda
- 1 ½ teaspoons arrowroot powder (or non-genetically modified cornstarch)
- 20-25 drops essential oil (tea tree, rosemary, lavender, lemon, bergamot, whatever you like)

### Equipment Needed

- 2 deodorant tubes (recycled or new, there are many available online)

### **To Make**

1. Melt beeswax and butters in a double boiler over low heat.
2. Once the mixture is fully melted, add the arrowroot powder and baking soda. Mix thoroughly.
3. Allow the mixture to cool for several minutes – the mixture will separate if it is added to the deodorant tube while still hot. When it is significantly cooled but still liquid, add essential oils and pour into deodorant tube. Store out of direct sunlight.

### **Shelf Life**

One year



## Bentonite Clay Stick Deodorant

This formula, which was adapted [from this](#) one at [The Everything Soap blog](#), is a wonderful alternative for those who have sensitivities to baking soda. Bentonite clay is gentle and very effective at controlling odor.

Note: As I mentioned in the recipe above, strong body odor is often a symptom of magnesium deficiency. If you find this recipe is not potent enough for you I suggest the one on page 150 along with the possible addition of [topical magnesium oil](#) or a similar magnesium supplement (under the guidance of your healthcare provider, of course).

### Ingredients

- 1 ½ tablespoons grated beeswax
- 2 tablespoons shea or mango butter
- 2 tablespoons cocoa butter, grated
- 3 teaspoons bentonite clay
- 1 teaspoon naturally extracted baking soda
- 20-25 drops essential oil (tea tree, rosemary, lavender, lemon, bergamot, or whatever you like)

### Equipment Needed

- 2 deodorant tubes (recycled or new, there are many available online)

**To Make**

1. Melt beeswax and butters in a double boiler over low heat
2. Once the mixture is fully melted, add the clay and baking soda. Mix thoroughly.
3. Allow the mixture to cool to for several minutes, then add essential oils and pour into deodorant tube. Store out of direct sunlight.

**Shelf Life**

One year



## Man Stink Killer Deodorant

This cheap, non-toxic solution is so simple you'll laugh at yourself for ever buying into the commercial hype. But don't let the simplicity fool you. This recipe has been thoroughly tested, who lovingly refers to it as the man-stink killer. Even though I've branched out into the fancy homemade stick deodorants this one's still his favorite. If nothing else has worked for you, try this recipe!

Note: As I mentioned in the recipe above, strong body odor is often a symptom of magnesium deficiency. [Topical magnesium oil](#) or a similar magnesium supplement may be helpful in those instances.

## Ingredients

- equal parts aluminum free baking soda and either arrowroot powder or GMO-free cornstarch (I use about ½ cup baking soda and ½ cup arrowroot)
- enough coconut oil to create a thick paste
- 20 drops essential oil, optional (tea tree, rosemary, lavender, lemon, bergamot, or whatever you like)

**To Make**

Mix baking soda and arrowroot/cornstarch in a small bowl. Slowly add coconut oil until your mixture becomes a thick paste.

**To Use**

Rub a SMALL amount in using your fingertips until it's invisible. It works that well! (plus if you cake it on it can leave oil stains on your clothes). Store in a reused glass jar out of direct sunlight.

**Shelf Life**

1+ years

**Notes:** Some people find that the baking soda is too alkaline for their skin, which can cause irritation. If this happens try cutting the amount of baking soda in half.

LIP SMACKERS

*& Such*



### **Beetroot Cheek & Lip Tint**

Want a barely-there glow or something with a little more intensity? This lip and cheek stain is very versatile – you can rub a smidge on or build it up with several applications.

## Recipe 1: Super Quick

### Ingredients

- 1 part distilled or purified water
- 1 part glycerin
- 1 part natural red food dye\*
- a few drops of essential oil (optional)

\*I use [India Tree](#), which makes its dye from beets. It has a bit more of an orangey-hue than my homemade beetroot powder and the color may oxidize (turn brown) after about 6 weeks.

### Directions

Mix all ingredients thoroughly. Store in a clean jar out of direct sunlight or pour into a [roll-on tube](#)

## Recipe 2: Made With Real Beetroot

### Ingredients

- 1 1/2 parts distilled or purified water
- 2 parts glycerin
- 1 part beetroot powder – see the bottom of this recipe for a tutorial on making your own
- a few drops of essential oil (optional)

The color made using this process stays vibrant for up to 6 months.

### Equipment

- dehydrator
- coffee grinder
- non-absorbent cloth (like an old pillowcase)
- coffee mug and rubber band

### Directions

1. Heat water, glycerin and beetroot powder in a double boiler for 10 minutes.
2. While the mixture is simmering, place cloth over the top of the coffee mug and push the center down so that there is a dip in the middle. Secure the cloth with a rubber band.

3. When the mixture is ready pour it over the cloth and let it cool for 10 minutes. After it has cooled take off the rubber band, gather the cloth together and squeeze the remaining liquid into the cup.
4. Add essential oils if desired.
5. Place in a clean jar and store out of direct sunlight or pour into a [roll-on tube](#).

### **Shelf Life**

Up to 6 months

### **How To Make Beet Root Powder**

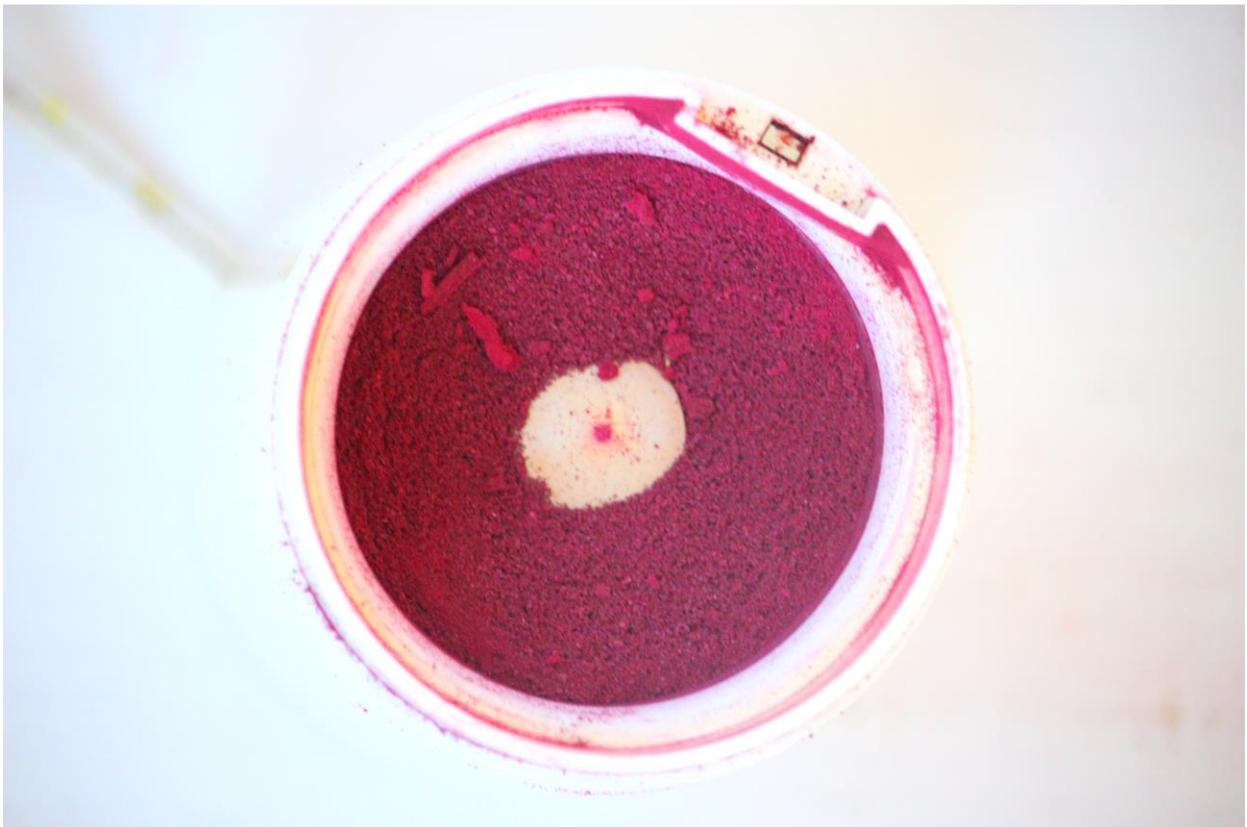
Step 1: Peel beets and slice very thin with a sharp knife or a mandolin



Step 2: Place in the dehydrator on low for 8 hours or until crispy



Step 3: Grind into a powder using a coffee grinder





## Chocolate Mint Lip Balm

Everyone has their own style when it comes to lip balm. Some like a glossy finish, some like a thick, almost matte finish. There's something here for everyone!

**Recipe 1:** This formula is very nourishing and protective, yet not “waxy.”

- 2 tablespoons grass-fed tallow\*
- 2 tablespoons beeswax, lightly packed
- 2 tablespoons sweet almond or olive oil
- 1 teaspoon cocoa
- 1/2 teaspoon honey
- 12-20 drops peppermint essential oil
- 1/8 teaspoon vitamin E (optional)

\* If you don't have tallow on hand, substitute 1 tablespoon beeswax and 1 tablespoon sweet almond or olive oil

### To Make

6. Gently melt beeswax and tallow.
7. Once melted, stir in your liquid oil and stir until fully combined.
8. Remove from heat, stir in cocoa powder, and allow the mixture to cool a little.

9. After the mixture has cooled a bit (but while it is still liquid) stir in honey, essential oils and optional Vitamin E.

**Recipe 2:** This low-gloss formula is firm. Works well with lip balm tubes.

- 3 tablespoons beeswax, grated and lightly packed
- 3 tablespoons jojoba oil
- 1 teaspoon cocoa
- 1/2 teaspoon honey
- 12-20 drops peppermint essential oil
- 1/8 teaspoon vitamin E (optional)

### To Make

1. Melt beeswax in a double boiler over low heat.
2. Add jojoba oil and stir until thoroughly melted.
3. Remove from heat, stir in cocoa powder, and allow the mixture to cool a little.
4. After the mixture has cooled a bit (but while it is still liquid) stir in honey, essential oils and optional Vitamin E.

**Recipe 3:** This recipe has a glossy sheen. Works well with lip balm tubes.

- 4 ½ teaspoons grated beeswax, packed snugly
- 2 tablespoons coconut or sweet almond oil
- 3 tablespoons plus ½ teaspoon grated cocoa butter or mango butter (shea can be gritty)
- 1 teaspoon cocoa
- 1/2 teaspoon honey
- 12-20 drops peppermint essential oil
- 1/8 teaspoon vitamin E (optional)

### To Make

1. Melt beeswax and cocoa/mango butter in a double boiler over low heat.
2. Add coconut oil and stir until thoroughly melted.
3. Remove from heat, stir in cocoa powder, and allow the mixture to cool a little.
4. After the mixture has cooled a bit (but while it is still liquid) stir in honey, essential oils and optional Vitamin E.

**Recipe 4:** This is a softer formula with a glossy finish. It is ideal for keeping in small pots.

- 1 tablespoon grated beeswax, packed snugly

- 4 tablespoons coconut or sweet almond oil
- 1 tablespoon grated cocoa butter or mango butter (shea can be gritty)
- 1 teaspoon cocoa powder
- 1/2 teaspoon honey
- 12-20 drops peppermint essential oil
- 1/8 teaspoon vitamin E (optional)

### **To Make**

1. Melt beeswax and cocoa/mango butter in a double boiler over low heat.
2. Add coconut oil and stir until thoroughly melted.
3. Remove from heat, stir in cocoa powder, and allow the mixture to cool a little.
4. After the mixture has cooled a bit (but while it is still liquid) stir in honey, essential oils and optional Vitamin E.

Makes about 2 ½ ounces

### **Shelf Life**

6-9 months



## **Orange Vanilla Dream Lip Balm**

**Recipe 1:** This formula is very nourishing and protective, yet not “waxy.”

- 2 tablespoons grass-fed tallow\*
- 2 tablespoons beeswax, lightly packed
- 2 tablespoons sweet almond or olive oil
- 1/2 teaspoon honey
- 12 drops orange essential oil
- 12 drops vanilla essential oil
- 1/8 teaspoon vitamin E (optional)

\* If you don't have tallow on hand, substitute 1 tablespoon beeswax and 1 tablespoon sweet almond or olive oil

### **To Make**

1. Gently melt beeswax and tallow.
2. Once melted, stir in your liquid oil and stir until fully combined.
3. Remove from heat, stir in cocoa powder, and allow the mixture to cool a little.

4. After the mixture has cooled a bit (but while it is still liquid) stir in honey, essential oils and optional Vitamin E.

**Recipe 2:** This low-gloss formula is firm. Works well with lip balm tubes.

- 3 tablespoons beeswax, grated and lightly packed
- 3 tablespoons jojoba oil
- 1/2 teaspoon honey
- 12 drops orange essential oil
- 12 drops vanilla essential oil
- 1/8 teaspoon vitamin E (optional)

### To Make

5. Melt beeswax in a double boiler over low heat.
6. Add jojoba oil and stir until thoroughly melted.
7. Remove from heat and allow the mixture to cool a little.
8. After the mixture has cooled a bit (but while it is still liquid) stir in honey, essential oils and optional Vitamin E.

**Recipe 3:** This recipe has a glossy sheen. Works well with lip balm tubes.

- 4 ½ teaspoons grated beeswax, packed snugly
- 3 tablespoons coconut oil or sweet almond oil for a glossier finish, jojoba oil for a less glossy option
- 1/8 teaspoon vitamin E (optional)
- 4 ½ teaspoons grated cocoa butter or mango butter (shea can be gritty)
- 1/2 teaspoon honey
- 12 drops orange essential oil
- 12 drops vanilla essential oil

### To Make

1. Melt beeswax and cocoa/mango butter in a double boiler over low heat.
2. Add coconut oil and stir until thoroughly melted.
3. Remove from heat.
4. After the mixture has cooled a bit (but while it is still liquid) stir in honey, essential oils and optional Vitamin E.

**Recipe 4:** This is a softer formula with a glossy finish. It is ideal for keeping in small pots.

- 1 tablespoon grated beeswax, packed snugly

- 4 tablespoons coconut oil or sweet almond oil for a glossy finish, jojoba oil for a less glossy option
- 1 tablespoon grated cocoa butter or mango butter (shea can be gritty)
- 1/2 teaspoon honey
- 12 drops orange essential oil
- 12 drops vanilla essential oil
- 1/8 teaspoon vitamin E (optional)

### **To Make**

1. Melt beeswax and cocoa/mango butter in a double boiler over low heat.
2. Add coconut oil and stir until thoroughly melted.
3. Remove from heat.
4. After the mixture has cooled a bit (but while it is still liquid) stir in honey, essential oils and optional Vitamin E.

Makes about 2 ½ ounces.

### **Shelf Life**

6-9 months



## Tinted Lip Balm

This is a soft balm that is ideal for keeping in small pots.

- 1 tablespoon grated beeswax, packed snugly
- 4 tablespoons coconut oil or sweet almond oil for a glossy finish, jojoba oil for a less glossy option
- 1 tablespoon grated cocoa butter or mango butter (shea can be gritty)
- 1/2 teaspoon honey
- 1/4 -1/2 teaspoon mineral based blush
- 1/4 teaspoon essential oil, optional
- 1/8 teaspoon vitamin E (optional)

### To Make

1. Melt beeswax and cocoa/mango butter in a double boiler over low heat.
2. Add coconut oil and stir until thoroughly melted.
3. Remove from heat.
4. After the mixture has cooled a bit (but while it is still liquid) stir in honey, essential oils and optional Vitamin E.

Makes about 2 1/2 ounces.

**Shelf Life:** 6-9 months



## **Homemade Bronzer**

This quick and easy bronzer provides a sun-kissed glow all year long!

### **Ingredients**

- 1 -3 teaspoons arrowroot
- 2 teaspoons cocoa powder

### **To Make**

Blend cocoa powder and one teaspoon arrowroot, then check color intensity against your skin. Add additional arrowroot if a lighter color is desired.

SUN *Care*



## Homemade Sun Cream

Chemical sunscreens can be really scary. Most of the active chemical ingredients contain potent endocrine disruptors, and experts believe exposure to them is [changing us for the worse](#). Unfortunately, even many “healthy” mineral sunscreens contain nanoparticles, which have been linked to [accelerated skin aging](#), cancer and environmental toxicity. Not to mention that many of them use omega-6 rich oils such as soy and sunflower/safflower, which may disturb the [healthy balance of fats](#) most likely to resist oxidation. This formula is a great alternative.

### Ingredients

- 1 batch homemade lotion, or 3/4 cup premade lotion with good, antioxidant rich ingredients like virgin coconut, jojoba or olive oil

- .4-1.6 ounces uncoated, non-nanoparticle zinc. Weight will vary based on the SPF that you want (I bought mine [here](#). It was the smallest non-nano batch I could find.)
- Iron oxides for tint (optional)

### Special Equipment

- food processor
- digital scale

### Method

1. **If you're using my homemade recipe**, add the zinc oxide right after you make the lotion and blend in the food processor. See below for details on how much to add. **If you're using a pre-made lotion**, melt it in a water bath and then add/blend in the zinc oxide in a food processor.
2. Add tint as desired.

### Shelf Life And Storage

How you store depends on the composition of the lotion you used. If it's premade it probably contains preservatives, so room temp is fine. If it's the lotion in this book, the sunscreen can last up to 4-6 weeks at room temperature (if stored in a cool, dark place) or 3-6 months in the fridge. Shelf life may vary depending on storage conditions. Dry, well-ventilated places are best.

### Deciding How Much Zinc Oxide To Add

Anywhere from 5-20% of the total solution is generally considered to be effective, with 20% having a higher level of protection. You may find the table below helpful in determining your measurements. I have not tested these ratios in a lab for SPF value.

If you're looking for moderate protection, measure the lotion you are going to use and then add 10% of it's weight in zinc oxide.

For example, 8oz. (weighed) of lotion + .8oz of zinc oxide (weighed) = 10% zinc ratio

Or 8 oz (weighed) of lotion + 1.2 oz zinc oxide (weighed) = 15 % zinc ratio

Low Protection	Moderate Protection	High Protection	Ultra High Protection
5%	10%	15%	20%

**Note:** Huge differences in SPF numbers are actually pretty insignificant when it comes to differences in protection. SPF 100 blocks 99 percent of UVB rays, while SPF 50 blocks 98 percent. SPF 30 blocks 96.7 percent, SPF 15 blocks 93%.



## Coconut Oil For Sun Protection

According to [this study](#), extra virgin coconut oil has an SPF of around 8. As mentioned previously, it is helpful to keep in mind that huge changes in SPF numbers are actually pretty insignificant when it comes to differences in protection. SPF 100 blocks 99 percent of UVB rays, while SPF 50 blocks 98 percent, SPF 30 blocks 96.7 percent, and SPF 15 blocks 93%.



## Sun Relief Spray

A soothing spray for those rare days when there has been a little too much fun in the sun.

### Ingredients

- 1 cup aloe vera juice
- 20 drops lavender essential oil
- 10 drops lavender or rosemary (chemotype verbenon) essential oil\*

### To Make

Blend all ingredients in a spray bottle (preferably glass) and store in the fridge. Feels great sprayed on cold!

### To Use

Shake bottle and spray on affected area

\* It is very important to use unadulterated essential oils on damaged skin. Some essential oils, especially Lavender, are often spiked with synthetic lavender to increase profit margins. This will not be on the label, so know your source.

BUG *Of*



## Bug Off Spray

My cousin Jennifer gave me this recipe, and it is by far my favorite. According to researchers, nepetalactone, the essential oil in catnip that gives the plant its characteristic odor, is about **ten times more effective at repelling mosquitoes than DEET** — the compound used in most commercial insect repellents.”<sup>14</sup> Problem is, catnip and a few other oil listed here are not recommended for pregnant or nursing mamas. For pregnant/nursing friendly options see recipe #2.

### Jennifer’s Bug Repellent - Repels Mosquitos, Ticks & Fleas

- 8 ounces apple cider vinegar or vodka, 80 proof or higher
- 15 drops lemongrass essential oil
- 15 drops lemon eucalyptus essential oil
- 15 drops lemon essential oil
- 15 drops citronella essential oil
- 15 drops catnip essential oils

## **Bug Off Spray #2 – Repels Mosquitos And Fleas**

- 8 ounces apple cider vinegar or vodka, 80 proof or higher
- 60 drops lemon essential oil (avoid during first three months of pregnancy, fine after that. Also safe for breastfeeding)

**Note:** Lemon essential oil increases photosensitivity and loses potency when exposed for long periods to direct sunlight. In most cases this is not an issue since mosquitoes are usually most active at dawn and dusk, but it is something to keep in mind.

## **Bug Off Recipe #3 – Repels Mosquitos, Ticks & Fleas**

- 8 ounces apple cider vinegar or vodka, 80 proof or higher
- 45 drops of peppermint essential oil – It's supposed to be very effective and smell fabulous (avoid if you have epilepsy or are pregnant)
- 15 drops lemon oil

### **To Make**

Mix ingredients in a spray bottle (preferably glass) and apply liberally. Store in the fridge when not in use.

### **To Use**

Shake before using. Reapply as often as needed.

### **Shelf Life**

2-3 months

### **Other essential oils options (and what they repel)**

Bergamot – mosquitos, gnats

Cedarwood – chiggers and other insects

Citronella – mosquitos, ticks and fleas

Clove – mosquitos, ticks and fleas, use sparingly

Cypress – mosquitos

Lavender – mosquito, flea and tick repellent, safe for children

Lemon Oil – lemon – mosquito and flea repellent, safe for children

Lemon Eucalyptus – mosquito, flea and tick repellent

Lemongrass – mosquito, flea and tick repellent

Pennyroyal – mosquito, flea and tick repellent, toxic if ingested – do not keep near small children

Peppermint – mosquito, flea and tick repellent

Rose Geranium – mosquito, flea and tick repellent

Rosemary – mosquitos, safe in small amounts for babies over 2 months

Tea tree – flea and tick repellent, safe for children over 6 months

Thyme – mosquitos



## Bug Off Lotion Bar

Choose from the essential oils listed below to make up your own unique bug repellent bar. Carry it with you in a sealed container for bug protection on the go.

### Recipe 1:

- ½ cup grass-fed tallow (see appendix for how to render tallow)
- ½ cup beeswax, lightly packed
- ½ cup sweet almond or olive oil
- 1 – 1 1/2 teaspoons essential oil (use half if blending for children)

### To Make

1. Gently melt tallow, beeswax, and liquid oil in a double boiler.
2. Stir ingredients until smooth and melted.
3. Remove from heat. Add essential oils and optional Vitamin E.
4. Stir until blended, then pour into a mold. Silicon molds and muffin tins work well.
5. Allow to cool before removing from tin. If you want to speed things along pop them in the freezer for 10-20 minutes.

## **Shelf Life**

Up to one year. For maximum potency, though, keep in a sealed container and use within 6 months

## **Recipe 2:**

Ingredients by weight:

- 4 ounces coconut oil
- 4 ounces cocoa, shea or mango butter
- 4 ounces beeswax
- ½ teaspoon Vitamin E (optional)
- 1 – 1 1/2 teaspoons essential oil (use half if blending for children)

## **To Make**

1. Gently melt beeswax, coconut oil, and cocoa/shear/mango butter.
2. Stir ingredients until smooth and melted.
3. Remove from heat. Add essential oils and optional Vitamin E.
4. Stir until blended, then pour into a mold. Silicon molds and muffin tins work well.
5. Allow to cool before removing from tin. If you want to speed things along pop them in the freezer for 10-20 minutes.

## **Shelf Life**

Up to one year. For maximum potency, though, keep in a sealed container and use within 6 months

## **Recipe 3:**

This is a less exact version of recipe #2 for those who don't have a scale.

- ½ cup coconut oil
- just under ½ cup grated cocoa butter, shea butter or mango butter
- ½ cup grated beeswax, firmly packed
- ½ teaspoon Vitamin E essential oil (optional)
- 1 – 1 1/2 teaspoons essential oil (use half if blending for children)

## **To Make**

1. Gently melt beeswax, coconut oil, and cocoa/shear/mango butter.
2. Stir ingredients until smooth and melted.
3. Remove from heat. Add essential oils and optional Vitamin E.
4. Stir until blended, then pour into a mold. Silicon molds and muffin tins work well.
5. Allow to cool before removing from tin. If you want to speed things along pop them in the freezer for 10-20 minutes.

## **Shelf Life**

Up to one year. For maximum potency, though, keep in a sealed container and use within 6 months

## Appendix A: Benefits Of Tallow For Skin



### Pop Quiz! What Beauty Ingredient . . .

Do many beauty product manufacturers vilify while selling you on their expensive, patented formulas? If you compare labels between the "naughty" skin care product and theirs, which one would have a toxic slew of chemicals including, say, 5 ingredients linked to cancer, 3 penetration enhancers that may increase exposure to carcinogens, parabens and 20 chemicals that have not been assessed for safety?<sup>15</sup>

Most importantly, which product is uniquely compatible with our skin's biology, leaving it supple and nourished after use? If you haven't guessed yet, it's time to let you in on a little beauty secret. Are you ready to see what's underneath those bags?



**Ta Da!**



On the left we have Sample A (which we won't mention for liability reasons), and on the right we have beef tallow! Now, I'm not picking on Sample A specifically, it's just they happen to claim on their "[dirty little secrets](#)" page that tallow leaves scum on skin, boasting that they never use it in their soaps, lotions, etc. What is this scum, you ask? And why do cosmetic manufacturers make a big deal about not using tallow?

Good questions! I'll get into the no-good, horrible, make-your-skin-so-soft-you-won't-believe-it "scum" in just a minute, but first I want to say that many companies do use tallow in lipsticks and such. For the most part they like to keep that quiet, because quite frankly, tallow is a natural product that cannot be patented. Fractionated compounds that don't remotely resemble nature with the word "natural" slapped on the label - now THOSE can be patented!

Marketers who sold the public on soy as a viable "alternative" to meat have made very convincing arguments that plant-based products are generally better for us and the environment, but it's simply not true. As we'll discuss soon, knowing the source of each product is vitally important for making that determination. But first, let's talk about that "scum" that was mentioned - saturated and monounsaturated fats - which I happen to believe are . . .

## The Perfect "Food" For Skin

Awhile back I wrote about [coconut oil for radiant skin, a supercharged metabolism and preventing stretch marks](#). It's what I've been using for years and I've been very happy with it. Thanks to a [botched interstate road trip](#), though, my precious coconut oil ended up in a 10x20' storage unit, so I cooked up a short-term solution: lard.

Aside from a few [chuckles on Facebook](#) about smelling like mashed potatoes, I wasn't expecting much from the lard experiment. Oh, how wrong I was! The next morning I did - and I'm not exaggerating here - a double take of my own face in the bathroom mirror. There I am, toothbrush halfway to my mouth, trying to figure out what elf came and scrubbed the last three exhausting months off my face while I was sleeping.

Now, as you may have noticed, I said earlier that tallow is the perfect first food for skin, not lard. That's because as I continued to experiment and study I discovered a few things:

**Tallow is uniquely compatible with the biology of our cells.** About 50% of the structure of our cell membrane comes from saturated fats, with remaining amounts consisting of monounsaturated and, to a lesser degree, polyunsaturated fats. According to Nourishing Traditions<sup>16</sup>, it is the saturated fats that give cell membranes the "necessary stiffness and integrity" for proper function (p. 11).

In a research article which I was privileged to preview before publication, I recently learned that: "Healthy, 'toned' skin cells with sufficient saturated and monounsaturated fats would undoubtedly make for healthy, toned skin. Interestingly, **tallow fat is typically 50 to 55 percent saturated, just like our cell membranes**, with almost all of the rest being monounsaturated, so it makes sense that it would be helpful for skin health and compatible with our cell biology" (emphasis mine). There are other points of biological compatibility, too, such as the fact that tallow and sebum consist primarily of a type of lipid called triglycerides. ("Sebum" actually means "tallow" in Latin, so we are not the first to make this connection!)

**Tallow is much easier to use than lard** - Because it's composition is so similar to our own it absorbs very easily, leaving skin soft and supple. In contrast, lard has less saturated fat (what "tones" cell membranes) and more polyunsaturated fats (which our diets tend to have in overabundance).

**Tallow contains skin nourishing ingredients that plant-based oils do not** - Though I am still a huge fan of coconut oil (which by the way, has an excellent saturated fat ratio) and continue to plan to use it as a whole body moisturizer (because it spreads more quickly and I'm always in a hurry!), the skin on my face is visibly more toned with tallow. I think that may be because of the abundance of fat soluble vitamins (A,D,K and E) that naturally occur in pastured tallow, along with the potent anti-inflammatory conjugated linoleic acid (CLA) and anti-microbial palmitoleic acid.

What about "organic" and "natural" skin care lines? How do they stack up to pure, one-ingredient products like tallow and virgin coconut oil? Unfortunately, I have to agree with this Organic Consumers Association press release, which says:

“A visit to any health food store unfortunately reveals that the majority of products in the personal care section with ‘organic’ brand claims are not USDA-certified and contain only cheap water extracts of organic herbs and maybe a few other token organic ingredients for organic veneer. The core of such products are composed of conventional synthetic cleansers and conditioning ingredients usually made in part with petrochemicals. According to market statistics, consumers are willing to pay significantly more for products branded ‘natural’ or ‘organic’ which they believe do not contain petrochemical-modified ingredients or toxic contaminants like 1,4-Dioxane.... When it comes to misbranding organic personal care products in the US, it’s almost complete anarchy and ‘buyer beware’ unless the product is certified under the USDA National Organic Program.”

[~Carcinogenic 1,4-Dioxane Found in Leading "Organic" Brand Personal Care Products](#)

## **Ready To Give Tallow A Try? Great!**

If you're interested in making it yourself, skip down to Appendix B for instructions on getting started!

## Appendix B: How To Render Tallow

This tutorial is reprinted with permission from [Vintage Traditions](#). If you'd prefer not to make your own from scratch I cannot recommend their products highly enough.

### Step 1

Obtain tallow from pasture-raised animals (cows or sheep) that are 100% grass-fed. You can obtain tallow from your local farm or obtain the fat (suet) and render the tallow yourself. Begin here if you are rendering your own tallow from suet. Skip to Step 5 if you are using already rendered tallow.

The exact same method you use to render lard can be used to render tallow. There are different ways to render, but we recommend this “secret”, superior, and easy method that works for both tallow and lard:

Cut up the suet into small pieces as shown, excluding anything that isn't white.



Place it in a colander or a vegetable steamer over a pot . . .



. . . and put the pot in the oven at 220°F.



## Step 2

Leave the pot in the oven until all of the tallow has melted out of the suet, mashing and stirring once or twice during the process. The tallow will drip out into the pot.

## Step 3

Filter the liquid tallow that is in the pot, placing a cloth in a new colander over a new pot and pouring the tallow through the cloth.



## Step 4 (optional)

If you are setting some or all of the tallow aside to make into balm later, you can pour it into jars and let it cool and solidify. Pure tallow can be kept for extended periods without the need for refrigeration, but we keep ours refrigerated anyway.

## Step 5

If you are starting with solid tallow, rendered at the farm or previously by yourself, melt it gently in the oven at 120 to 150°F.

With the tallow in the liquid state but as cool as possible (around 120°F), thoroughly mix in the other pure, natural ingredient(s) of your choice to make the tallow softer and more

spreadable at room temperature.



If desired, you can add essential oils to the liquid mixture as well. We use specific essential oils, such as lavender, that are known for their long-standing tradition of being healing to the skin.

Another major benefit of using essential oils in your balm is to give it a fresh, pleasant scent and to neutralize the scent of the tallow, which is distinctive although not necessarily unpleasant. Since essential oils are extremely concentrated, not much is needed, but care should be taken not to use any that are adulterated, extended, synthesized, or distilled using chemicals or high temperatures and pressure.

Again, it is important to know your ingredients and to remember the principle of using only those ingredients that are edible whole foods. You will be able to take pride in the fact that you could take out a spoon and eat this balm since it is a nourishing food for skin and body!

### **Step 6**

Put the mixture in the refrigerator to let it solidify. This gives the balm a smoother consistency than letting it solidify at room temperature.

The amount of the other ingredient(s) that you mix with the tallow will depend on the ingredient and the degree of spreadability you are looking for. We use organic extra virgin olive oil in the proportion (by weight) of 8 or 9 parts tallow to 1 part olive oil. Olive oil has been considered a healing salve for the skin since ancient times due to its soothing, cleansing, and moisturizing properties. Olive oil is liquid at room temperature, so not much is needed to soften the tallow.

If you use a product that is more solid, such as coconut oil, palm oil, or shea butter, you will need to use more, partially defeating the goal of having a balm high in tallow content. Whatever you use, be sure it is pure and organic. For example, coconut oil, palm oil, and shea butter are sometimes extracted using hexane, which is refined gasoline. Know your ingredients.

# Ingredient Glossary

## A

**Aloe Vera Gel** – Moisturizes skin by providing oxygen to cells which strengthens tissues. Soothes pain from sunburn, makes skin appear smooth, and causes skin to glow. Most aloe vera gels on the market contain dyes and harsh preservatives. Best gathered from a freshly picked leaf or a purchased from a health food store or reputable online retailer. [Click here to order from Mountain Rose Herbs. \(source\)](#)

**Aloe Juice** – Replenishes amino acids while reducing hydrating hair/skin and inflammation. It also has been effective treating dandruff and lice. [\(source: ExpertsColumn.com\)](#)

**Almond Oil** – A popular carrier oil that acts as an emollient and soothes skin. [Click here to order from Mountain Rose Herbs. \(source\)](#)

**Anise Oil** – Functions as antiseptic, decongestant, sedative for anxiety, and circulation stimulant. Commonly used in toothpaste. [Click here to order from MountainRoseHerbs.com. Click here to sign up as a Young Living customer to order.](#)

**Apple Cider Vinegar** – Acidity is close to that of human hair, making it a good conditioner, cleansing agent, and germ killer. [\(source\)](#)

**Apricot Kernel Oil** – This oil is prized by those with delicate skin. It is used in eye creams and facial elixirs for oily-to-normal and mature skin due to its skin tightening ability and slight astringent quality. [Click to order from Mountain Rose Herbs.](#)

**Argan Oil** – Very light oil which can be used as a deep conditioner for hair without weighing it down. Often used to treat eczema, psoriasis, and other skin ailments which benefit from vitamin rich oil. [Click here to order from Mountain Rose Herbs.](#)

**Arrowroot Powder** – Used as a thickening agent and as a base for some body care formulations. Excellent alternative to talc-based powder formulations. [Click here to order from Mountain Rose Herbs - \(source\)](#)

## B

**Baking Soda** – Made from the deposits of mineralized sodium bicarbonate and extracted by an all-natural water process that uses no chemicals. It acts as a pH stabilizer and skin softener. Throughout history, sodium bicarbonate has been used as a soap, in making bread, as a deodorant, in toothpaste, in detox baths, as a sunburn remedy, and as part of a skin exfoliator. [Click here to order All-Natural Baking Soda - \(source\)](#)

**Beef Tallow** – SEE Tallow (beef)

**Beeswax** – Forms a protective barrier on the skin's surface. Beeswax is antibacterial, anti-inflammatory, softens skin, and makes skin creams thicker. It contains Vitamin A which may contribute to softening and rehydrating dry skin. Wax collected from industrial hives may contain a variety of pollutants like antibiotics and pesticides. Organic beeswax is the best option. [Click here to order from Mountain Rose Herbs - \(source\)](#)

**Beetroot** – The betacyanin in beetroot is what imparts its distinctive color, which has a variety of cosmetic uses. See page 155 for a tutorial on how to make your own. [Click here to order from Mountain Rose Herbs.](#)

**Bentonite Clay Powder** – Absorbs toxins, impurities, heavy metals, and other contaminants, and is ingested to treat mineral deficiencies, anemia, stomach ulcers, diarrhea, hemorrhoids, and intestinal problems. [Click here to order from Mountain Rose Herbs - \(source\)](#)

**Bergamot Oil** – Produces an uplifting, refreshing, astringent atmosphere. May assist in reducing anxiety and depression. In lotions, it can reduce tension and inflammation. Bergamot's antiseptic and anti-fungal properties can be helpful for acne and other skin conditions. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - (source).

**Black Tea** – Rich in antioxidants such as flavonoids and catechins. Used cosmetically as a mild colorant. [Click here to order from Mountain Rose Herbs.](#)

**Black Walnut Hulls** – Composed of juglone, tannins, and natural iodine. Used as a natural temporary dye. [Click here to order from Mountain Rose Herbs - \(source\)](#)

C

**Calendula Essential Oil** – The most successful oil for assisting with dry and damaged skin, skin inflammation, rashes, diaper irritations, and other skin disorders. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - (source)

**Castile Soap (Unscented)** – Made from olive oil and sometimes other oils, castile soap is gentle enough for even the most sensitive skin. I prefer Dr. Bronner's baby mild. [Click here to find it online - \(source\)](#)

**Catnip Essential Oil** – Can cure many forms of cramps, including intestinal, muscular, or respiratory. It can relieve chronic gas trouble. It has been used as a tonic for nerves, is a stimulant, and stimulates hormone secretions to regulate menstruations. It tightens loosened skin, muscles, and gums, and prevents tooth loss. Catnip oil has also been used to treat colic, migraines, dyspepsia, and flatulence. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - (source)

**Cedarwood Essential Oil** – Is an anti-seborrheic, antiseptic, anti-spasmodic, tonic, astringent, diuretic, emmenagogue, expectorant, insecticide, sedative, and fungicide. Cedarwood is also used in curing acne, arthritis, cystitis, dandruff, dermatitis, stress, kidney disorders, and oily skin. Pregnant ladies should avoid. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - [\(source\)](#)

**Chamomile Essential Oil** – Used as an antiseptic, antibiotic, disinfectant, stimulant, antidepressant, anti-inflammatory, sedative, analgesic, anti-neuralgic, anti-rheumatic, anti-spasmodic, and tonic. Chamomile has also been used to treat urinary tract infections, mumps, measles, bad breath, and oral infections. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - [\(source\)](#)

**Charcoal (Activated)** – Draws out toxins and can also absorb thousands of times its weight in gases, heavy metals, poisons, and other chemicals, rendering them harmless and ineffective. [Click here to order from Amazon](#) - [\(source\)](#)

**Cinnamon** –Has antifungal properties which make it a helpful natural preservative. It boosts cognitive function and memory when smelled. [Click here to order from Mountain Rose Herbs](#) - [\(source\)](#)

**Citric Acid** – Natural preservative that enhances the activity of many antioxidants and inhibits bacterial growth. Citric acid is often derived from genetically modified organisms (GMOs), so it's best to purchase from a reputable company that takes care in sourcing non-GM ingredients. [Find non-GMO citric acid here](#) - [\(source\)](#)

**Citronella Essential Oil** – Acts as an anti-bacterial in treating wounds, colon, urethra, urinary bladder, stomach, intestines, urinary tract, prostate, and kidneys. It also functions as an antidepressant, antiseptic, anti-spasmodic, anti-inflammatory, deodorant, diaphoretic, diuretic, fungicide, insect repellent, and stimulant. This oil can be used in the treatment of oily skin, oily hair, abnormal palpitations, colitis, migraines, neuralgia, fatigue, headache, and nausea. Warning: may produce irritation, dermatitis, or sensitive skin if used in higher concentrations. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - [\(source\)](#)

**Cloves** – One of the richest sources of antioxidants of all spices. Cloves have antiseptic and germicidal properties that fight infections. [Click here to order from Mountain Rose Herbs.](#)

**Clove Oil** – A powerful antimicrobial which is often used in tooth care. Helpful for toothaches and other conditions. A [2006 study](#) conducted by dentists found it was just as effective as store bought gels such as Anbesol™. It's used in skin care, especially to treat acne. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#)

**Cocoa Butter** – Moisturizer which widely used to treat stretch marks, eczema, and dermatitis. [Click here to order from Mountain Rose Herbs.](#)

**Cacao Powder** – Used as a natural colorant in skin products. Rich in minerals such as calcium and potassium. [Click here to order from Mountain Rose Herbs](#) - [\(source\)](#)

**Coconut Milk** – Moisturizing as well as anti-microbial, anti-viral, anti-bacterial, and anti-fungal.

**Coconut Oil** – Useful for hair care, skin care, and for light sun protection. [Click here to order from Mountain Rose Herbs](#) - [\(source\)](#)

**Cod Liver Oil (Fermented)** – Provides DHA, EPA, vitamin A, vitamin D and micronutrients such as quinones. Used internally and externally. These nutrients are important for healthy skin, strong bones and teeth, healthy joints, healthy cardiovascular system, healthy nervous system, and a healthy digestive tract. [Click here to order from Green Pastures](#). [\(source\)](#)

**Comfrey Oil** – Used topically to reduce inflammation. Helps to speed the healing of skin rashes, sunburn, dermatitis, and psoriasis. [Click here to order from Mountain Rose Herbs](#). [Click here to sign up as a Young Living customer to order](#). - [\(source\)](#)

**Cornstarch (Non-Genetically Modified)** - Absorbs oil, leaving skin feeling dry, smooth, and stops the buildup of excessive sebum in the pores. Often derived from genetically modified organisms (GMOs), so it's best to purchase from a reputable company that takes care in sourcing non-GM ingredients. [\(source\)](#).

**Cypress Essential Oil** – Used as a natural bug repellent. Strengthens gums and tightens muscles. It is used in deodorants, diuretics, sedatives, and respiratory tonics. It is useful in treating varicose veins, cellulite, asthma, bronchitis, and diarrhea. [Click here to order from Mountain Rose Herbs](#). [Click here to sign up as a Young Living customer to order](#). - [\(source\)](#)

D

**Decyl Glucoside** – Mild surfactant and because it does not dry, it is ideal for formulation of personal hygiene and toiletry cosmetics. It maintains skin balance without dryness and has good foaming power. [\(source\)](#)

**Derived Vitamin E** – SEE Vitamin E Oil

E

**Essential Oils** – Various plant oils taken straight from the source with no additions, subtractions, or mutations. Examples include: peppermint, German chamomile, tea tree oil, neroli oil, etc.

**Eucalyptus Essential Oil** – Natural bug repellent. Used in the treatment of asthma, blisters, bronchitis, bruises, burns, candida, catarrh, chills, colds, cystitis, fever, headache, insect bites, skin infections, sprains, viral infections, and wounds. [Click here](#)

[to order from Mountain Rose Herbs. Click here to sign up as a Young Living customer to order.](#) - (source)

## F

**Fennel Seed Oil/Powder** – A sweetish oil used to flavor toothpastes. [Click here to order from Mountain Rose Herbs. Click here to sign up as a Young Living customer to order.](#) - (source)

**Fenugreek Seeds** – Used as a hair tonic to strengthen hair. Poultices are a traditional remedy for boils and eczema. [Click here to order from Mountain Rose Herbs](#) - (source)

**Frankincense Powder** – Contains antiseptic properties. [Click here to order from Mountain Rose Herbs](#) - (source)

**French Green Clay** - Absorbs toxins, impurities, heavy metals, and other contaminants. Especially helpful for oily skin. [Click here to order from Mountain Rose Herbs](#)

## G

**Gelatin** – High quality source of protein. It leads to fewer wrinkles, reduced joint pain, and less cellulite. Best if sourced from grass-fed animals. [\(source\)](#)

**Geranium Essential Oil** – Smells very similar to roses. Repels mosquitos, fleas and ticks. Assists in normalizing hormone levels and acts as a mild stimulant. Its astringent, anti-inflammatory and mildly anti-bacterial properties make it effective for a range of skin conditions and complexions. [Click here to order from Mountain Rose Herbs. Click here to sign up as a Young Living customer to order.](#) - (source)

**Glycerine** – Beneficial for softening skin. Draws moisture to itself. This can be beneficial when it draws moisture from the air to the skin, but in conditions where the air is dry it will draw moisture out of the skin to itself. [Click here to order from Mountain Rose Herbs](#)

**Grapefruit Essential Oil** – Has properties of an antibacterial, antidepressant, antiseptic, astringent, depurative, digestive, diuretic, restorative, stimulant, and tonic. It is used to treat acne, cellulite, and oily hair and skin. [Click here to order from Mountain Rose Herbs. Click here to sign up as a Young Living customer to order.](#) - (source)

## H

**Hazlenut Oil** – A carrier oil that absorbs quickly into the skin when applied topically. It contains alpha-tocopherol, a highly beneficial form of vitamin E. [Click here to order from Mountain Rose Herbs](#) - (source)

**Helichrysum Italicum Essential Oil** – Helps stimulate tissue regeneration. Has properties of an antispasmodic, antiallergenic, anticoagulant, antimicrobial, antiseptic, and more. It makes skin smooth and soft and helps it retain moisture. It prevents

dehydration and cracking skin. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - (source)

**Honey (Raw)** – Potent anti-bacterial and anti-fungal properties make it a soothing treatment for conditions such as acne, but it is equally loved by all skin types for its infusion of nutrients: Vitamins B, C, E & K, beta-carotene, magnesium, sulfur, phosphorus, iron, calcium, potassium, copper and manganese. It can be applied to eczema, canker sores, or bleeding gums. Honey is a poor environment for bad bacteria to grow and is a good natural preservative [\(source\)](#).

I

**Iron Oxides** – Natural tints for blush, foundation powders and lotions. [Click here to order iron oxide from The Conservatorie](#) .

J

**Jasmine Essential Oil** – Delicious fragrance which softens skin. Jasmine oil also helps to fade away scar marks and spots left by boils, acne, wounds, and pox. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - (source)

**Jojoba Essential Oil** – moisturizer with similar absorption properties to our own skin's sebum. [Click here to order from Mountain Rose Herbs](#) - (source)

K

L

**Lauryl Glucoside** – Created using green chemistry. A non-ionic surfactant with good dermatological compatibility and viscosity enhancing effects. It is used as an additive or co-surfactant in cosmetic cleansing preparations like shampoos. [\(source\)](#)

**Lavender Essential Oil** – Has antiseptic and antifungal properties, and is used to treat acne, wrinkles, psoriasis, and other inflammations. It heals wounds, cuts, burns, and sunburns and aids in the formation of scar tissue. It also repels moths and mosquitos. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - (source)

**Lemon Essential Oil** – Contains bleaching agents which can lighten age spots; improves mood and repels bugs. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) -

**Lemongrass Essential Oil** – Refreshing fragrance which repels bugs. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - (source)

**Lye Crystals** – Also known as sodium hydroxide or NaOH. Lye converts fats to soap through a process called saponification. [\(source\)](#)

M

**Mandarin Essential Oil** – also called Tangerine essential oil. It promotes the growth of new cells and tissues, helping wounds heal faster. It relieves stress, and maintains moisture balance in the skin. It also diminishes scars, stretch marks, and wrinkles. [Click here to order from Mountain Rose Herbs. Click here to sign up as a Young Living customer to order.](#) - [\(source\)](#)

**Mango Butter** – Emollient rich moisturizer. [Click here to order from Mountain Rose Herbs](#) - [\(source\)](#)

**Myrrh Gum Powder** – Powerful antiseptic. Used topically, myrrh may be beneficial in treating several skin disorders. Volatile oil extracted from myrrh resin has astringent properties that improve the appearance of wrinkled or cracked skin. It is used to speed healing of skin irritations and abrasions. [Click here to order from Mountain Rose Herbs](#) - [\(source\)](#)

N

**Natural Food Coloring** – Uses plant extracts to create vibrant colors to be used in food and cosmetics. [Click here to find it online](#)

**Neroli Essential Oil** – Functions as an emollient, making skin smooth and free from infections. It helps the skin maintain the right moisture and oil balance. Neroli is also used as a deodorant. It will not only drive away odors but will also disinfect rooms. [Click here to order from Mountain Rose Herbs. Click here to sign up as a Young Living customer to order.](#) - [\(source\)](#)

O

**Olive Oil, Extra Virgin** – Moisturizer and antioxidant. The phytonutrient in olive oil, oleocanthal, mimics the effect of ibuprofen in reducing inflammation. [Click here to order from Mountain Rose Herbs](#) - [\(source\)](#)

P

**Patchouli Essential Oil** – Helps to treat eczema, dermatitis, psoriasis, and sores. It inhibits fungal growths and infections. It also promotes growth by helping to generate new body cells, especially skin cells. [Click here to order from Mountain Rose Herbs. Click here to sign up as a Young Living customer to order.](#) - [\(source\)](#)

**Peppermint Leaves** - Used as a therapeutic and flavoring for gum, toothpaste, tea, and more. [Click here to order from Mountain Rose Herbs](#) - [\(source\)](#)

**Peppermint Essential Oil** – Contains menthol, gives a cooling effect, nourishes dull skin, and improves oily skin. It removes dandruff and lice. The presence of calcium antagonism in peppermint oils aids in removing pain. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - (source)

**Peroxide** – Also known as Hydrogen Peroxide. It is a powerful antimicrobial, especially for bacteria, and can oxidize a variety of unwanted substances. (source)

**Petit Grain Essential Oil** – Good for maintaining the moisture and oil balance of the skin and in treating acne, pimples, abnormal sweating, dryness and cracking skin, ring worm, etc. As a deodorant, this oil does not leave any trace of body odor. It also checks bacteria growth on the body. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - (source)

**Potassium Sorbate** – highly effective as a food preservative. It can protect skin care and hair products from inadvertent contamination by the consumer during use. (source)

Q

R

**Rhassoul Clay** – Used for more than 1400 years as a skin conditioner, soap, and shampoo. It is very high in trace minerals such as silica, magnesium, iron, calcium, potassium, and sodium. It is an effective clay for cleansing, detoxification, and general skin care treatments. Rhassoul has been shown to be effective in maintaining skin elasticity, clearing clogged pores, removing dead skin layers, removes surface oil from skin. It improves skin clarity and appearance, and reduces flakiness and dryness of both the scalp and skin. [Click here to order from Mountain Rose Herbs](#) - (source)

**Rose Geranium Essential Oil** – SEE Geranium Oil

**Rosemary Essential Oil** – Used extensively for hair care in shampoos and lotions. Regular use helps in stimulating follicles which helps hair grow longer and stronger. It is believed that rosemary oil slows down premature hair loss and graying of hair. It is also beneficial for dry and flaky scalp. Rosemary is also used in toning the skin and removing dryness. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - (source)

**Rose Water** – Can be used on dry or oily skin, and can relieve dermatitis by maintaining your skin's pH balance. (source)

**Rose essential oil** – regulates hormone production. Gives you shining, fresh, and youthful skin. It promotes circulation, reduces blood pressure, and helps to cure headaches, asthma, and dehydration. This oil helps scars from boils, acne, pox, stretch marks, surgery marks, and fat cracks fade away. It also has many benefits when ingested. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - (source)

## S

**Sage** – Used as a temporary colorant for dark hair. Also a potent source of antioxidants which stave off the damaging effects of free radicals. [Click here to order from Mountain Rose Herbs - \(source\)](#)

**Sandalwood Essential Oil** – A natural deodorant, emollient, expectorant, memory booster, sedative, disinfectant, and more. This oil can be mixed with bath water or other lotions or oils to apply on skin and wounds to protect from infection. It is often used in perfumes. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - [\(source\)](#)

**Sea Salt, Unrefined** – Contains natural iodine and 60+ trace minerals that are beneficial for skin. Applied topically, sea salt is a natural exfoliant, stress reducer, and detoxifier. It increases circulation, possesses antiseptic qualities, softens skin, and reduces fluid retention. Both Celtic Sea Salt and Real Sea Salt are good options. [Click here to order Celtic Sea Salt.](#) [Click here to order Real Sea Salt.](#)

**Shea Butter** – Used to treat, eczema, burns, rashes, acne, severely dry skin, blemishes, dark spots, skin discolorations, chapped lips, stretch marks, and wrinkles. It is also used as a sun blocking lotion, as it possesses somewhere between nothing to SPF 6. Shea butter is a popular ingredient in cosmetics, including moisture creams and emulsion and hair conditioners for dry and brittle hair. It also restores lost hair luster, eliminates scalp irritation due to chemical processing, and reduces itchiness caused by excessively dry skin. [Click here to order from Mountain Rose Herbs - \(source\)](#)

**Stevia Powder (Unrefined)** – Natural sweetener. [Click here to order from Mountain Rose Herbs - \(source\)](#)

**Sugar** – When applied topically to skin, sugar acts as a natural exfoliator, does not clog pores, helps to eliminate blemishes, and restores balance to skin's oils. Glycolic acid in sugar helps condition and moisturizes skin as well as protecting from toxins. [\(source\)](#)

**Sweet Orange Essential Oil** – Used in soaps, body lotions, creams, deodorants, and more. Inhibits microbial growth and serves as a detoxifier. Boosts immunity, soothes acne and dermatitis, and helps maintain healthy and smooth skin. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - [\(source\)](#)

**Sweet Almond Oil** – SEE Almond Oil

## T

**Tallow (beef)** – This fat is rich in omega-3 fatty acids, conjugated linoleic acid (CLA), and many other nutrients [\(source\)](#). Tallow contains large amounts of natural, fat-soluble vitamins, including A, D, E, and K. Tallow's fat-soluble activators (only found in animal fats) promote healthy skin. [\(source\)](#)

**Tallow Balm** – SEE Tallow (beef)

**Tamanu oil** – Promotes the growth of new tissue over stretch marks, cuts, infections, and wounds. It has antibiotic properties that encourage healing. [Click here to order from Mountain Rose Herbs](#) - [\(source\)](#)

**Tea Tree Essential Oil** – Potent antimicrobial and bug repellent. Helpful for conditions such as acne and oily hair. [Click here to order from Mountain Rose Herbs](#). [Click here to sign up as a Young Living customer to order.](#) - [\(source\)](#)

**Thyme** – Helps with anxiety, fatigue, and depression. Thyme oil is antiseptic, antibacterial, and contains antioxidants which promote healing. [Click here to order from Mountain Rose Herbs](#) - [\(source\)](#)

U

V

**Vanilla Extract** – Natural fragrance. [Click here to order from Mountain Rose Herbs](#) - [\(source\)](#)

**Vanilla Oil** – An antioxidant, aphrodisiac, anti-carcinogenic, antidepressant, sedative, tranquilizer, and relaxer. [Click here to order from Mountain Rose Herbs](#). [Click here to sign up as a Young Living customer to order.](#) - [\(source\)](#)

**Vinegar** – Helpful for balancing pH. Often made from petroleum or GMO corn. Acetic acid (distilled vinegar) can be derived from corn. Look for organic distilled vinegar, or a Non-GMO vinegar such as rice, cider (apple) or wine (grape).

**Vitamin E Oil** – Antioxidant which helps oils and butters stay fresh. [Click here to order from Mountain Rose Herbs](#) - [\(source\)](#)

**Ylang-Ylang** – Used as an antidepressant, antiseptic, aphrodisiac, hypotensive, nervine, and sedative. It is extremely effective in maintaining moisture and oil balance in the skin. [Click here to order from Mountain Rose Herbs](#). [Click here to sign up as a Young Living customer to order.](#) - [\(source\)](#)

**Vodka** – Used in herbal medicine to make tinctures. Vodka draws out volatile essential oils containing medicinal effects from leaves, stems, and flowers. [\(source\)](#)

W

**Witch Hazel** – The tannins, volatile oils, gallic acid, resin, flavonoids, and other natural components give Witch Hazel its astringent, anti-bacterial, antiviral, anti-inflammatory, and antiseptic qualities. It is widely used to treat cuts and bruises, burns, puffy eyes, acne, dermatitis, blemishes, cold sores, eczema, boils, and poison ivy. [Click here to order from Mountain Rose Herbs](#) - [\(source\)](#)

X

Y

**Yarrow Essential Oil** – Anti-inflammatory, anti-rheumatic, antiseptic, antispasmodic. It is used to treat varicose veins, hemorrhoids, certain skin diseases, wounds, burns, acne, dermatitis, colic, constipation, and infections in the digestive, urinary, or reproductive systems. [Click here to order from Mountain Rose Herbs.](#) [Click here to sign up as a Young Living customer to order.](#) - [\(source\)](#)

Z

**Zinc (Non-Nano Particle)** – Provides a partial shield against the sun's rays. [Click here to order from New Directions Aromatics](#) - [\(source\)](#)

## Photo Credits

Sunscreen – [Earthly Delights](#)

Lavender - [WSmith](#)

Miranda Kerr – [Eva Rinaldi](#)

Baby girl - [BuddaBoy](#)

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<sup>1</sup> [http://www.ted.com/talks/tyrone\\_hayes\\_penelope\\_jagessar\\_chaffer\\_the\\_toxic\\_baby.html](http://www.ted.com/talks/tyrone_hayes_penelope_jagessar_chaffer_the_toxic_baby.html)

<sup>2</sup> <http://www.chemicalbodyburden.org/whatisbb.htm>

<sup>3</sup> <http://www.foodmatters.tv/articles-1/what-in-the-world-are-you-putting-on-your-skin>

<sup>4</sup> <http://lotionsecrets.com/preservativechart.html>

<sup>5</sup> <http://lotionsecrets.com/preservativechart.html>

<sup>6</sup> Preservatives For Cosmetics. David Steinberg. Allured Pub Corp; Third edition (July 5, 2012) p. 168

<sup>7</sup> Preservatives For Cosmetics. David Steinberg. Allured Pub Corp; Third edition (July 5, 2012) p. 176

<sup>8</sup> <http://chemicaloftheday.squarespace.com/most-controversial/2010/1/27/the-truth-about-grapefruit-seed-extract.html>

<sup>9</sup> [http://en.wikipedia.org/wiki/Acid\\_mantle](http://en.wikipedia.org/wiki/Acid_mantle)

<sup>10</sup> <http://healthesolutions.com/medicinal-properties-of-clay-in-modern-research/>

<sup>11</sup> <http://www.ewg.org/enviroblog/2010/05/something-stinks-secrecy-and-health-hazards-courtesy-fragrance-industry>

<sup>12</sup> <http://www.ewg.org/research/not-so-sexy>

<sup>13</sup> <http://www.cancer.org/cancer/cancercauses/othercarcinogens/athome/talcum-powder-and-cancer>

<sup>14</sup> <http://www.sciencedaily.com/releases/2001/08/010828075659.htm>

<sup>15</sup> <http://www.natural-skincare-authority.com/dove-face-care-skin-moisturizer.html>

<sup>16</sup> [http://www.amazon.com/gp/product/0967089735/ref=as\\_li\\_tf\\_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0967089735&linkCode=as2&tag=momypotamus-20](http://www.amazon.com/gp/product/0967089735/ref=as_li_tf_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0967089735&linkCode=as2&tag=momypotamus-20)