

THANK YOU FOR PURCHASING DIY BEAUTY RECIPES.

Show your face, your feet or your muscles some love with safe, natural, toxin-free spa concoctions and personal care products.

I've compiled some of DIY safe cosmetics recipes below. Test these recipes out at your very own Safe Cosmetics Party.

### Getting Started

The necessary ingredients are usually affordable and not hard to find in organic or natural form. The benefits of making your own cosmetics will be immediately evident: your new products will smell and feel good, and so will your skin.

There are no preservatives in these recipes so take a few

precautions to avoid contamination by bacteria. Avoid touching products like lip gloss with your fingers – instead use a cotton swab to apply.

Use products within two weeks, and consider storing them in your refrigerator. Also, exercise caution if you think you might be allergic to ingredients like nuts, avocados or other common food ingredients.

## RECIPES

For Lips

For Face

For Acne

For Hands and Feet

For Body and Bath

Deodorant

Hair Care

## 1. Beet Red Lip Gloss

### Ingredients:

1/4 cup beeswax

1/4 cup castor oil

2 tablespoons sesame oil

beet juice

### Instructions:

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

## 2. Honey Lip Balm

### Ingredients:

3 tablespoons grated unbleached beeswax

5 teaspoons carrier oil (sunflower, castor or jojoba)

6 or 7 drops essential oil (such as lime, lemon, tangerine, grapefruit or peppermint)

1 teaspoon honey, for flavor

### Instructions:

Melt the beeswax and carrier oil together in the top of a double boiler, stirring to combine. Remove from heat; add honey and essential oil. Mix thoroughly so the honey does not clump. To add a little color, stir in a tiny dab of lipstick with a coffee stirrer. Pour the mixture into containers; let sit 20 minutes before covering or moving. For glossier lip balm, use 2 teaspoons wax and 8 teaspoons carrier oil.

### 3. Chocolate Facial Mask

This decadent mask is actually an excellent moisturizer – it leaves your skin baby soft.  
Recommended for normal skin.

### Ingredients:

1/3 cup cocoa

3 tablespoons heavy cream

2 teaspoons cottage cheese

¼ cup honey

3 teaspoons oatmeal powder

### Instructions:

Mix all ingredients together and smooth onto face.

Relax for 10 minutes, then wash off with warm water.

#### 4. Frozen Egg & Honey Facial Mask

Recommended for dry skin, this is particularly soothing on sunburned skin.

### Ingredients:

1 egg

1/2 cup coconut oil, melted (but not hot)

1 tablespoon honey

## Instructions:

- Beat the egg in a small bowl until frothy and well-mixed. Slowly add the liquid coconut oil and honey, beating until your mask is the consistency of mayonnaise.
- Take an empty toilet tissue roll and set it on end in a clean bowl. Spoon mixture into the cardboard toilet paper roll. Place tube, in the bowl, in the freezer overnight.
- To use, peel away just the top 1/4 inch of the cardboard roll and smooth the frozen stick over your face (think of it as a push-up pop). Leave your mask on for 5 to 10 minutes, then rinse off with warm water.
- Return the cream stick covered with plastic wrap and frozen between uses. Keeps indefinitely.

## 5. Avocado Carrot Cream Mask

This mask is rich in vitamin E, beta carotene, antioxidants, calcium and protein, ingredients that may help rebuild skin collagen, fade age spots and improve tone and texture.

### Ingredients:

- 1 avocado, mashed
- 1 carrot, cooked and mashed
- 1/2 cup heavy cream
- 1 egg, beaten
- 3 tablespoons honey

### Instructions:

Combine all ingredients in a bowl until smooth. Spread gently over your face and neck, and leave in place 10–15 minutes. Rinse with cool water and follow with your favorite toner.

## 6. Cucumber Eye Gel

## Ingredients:

1/4 large cucumber

1 ounce aloe vera gel

## Instructions:

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

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

## 7. Silky Clay Mask for All Skin Types

## Ingredients:

1 ½ teaspoons green clay (French is preferred)

½ teaspoon kaolin clay

1 ½ tablespoons aloe vera gel

1 tablespoon rosewater

2 drops rose essential oil

### Instructions:

Mix green and kaolin clays together. Add in the aloe vera gel, rosewater and oils. Refrigerate mixture for up to four weeks.

## 8. Herbal Acne Treatment

### Skin Care for Acne-Prone Skin

Remember, not every cause of acne is the same, so you need to try different remedies and masks until you find the ones that work for you.

## Ingredients

Lavender

Chamomile

Honey water

Rosewater

Marigold tea

## Instructions:

1. Steam your face for five to 10 minutes to clean the pores with hot infusions of lavender, chamomile
2. Rinse your face with honeywater, rosewater or a dilute infusion of marigold tea to tone and close the pores.
3. Do this every day until the skin starts to heal.

## 9. Baking Soda Mask to Fight Acne

This is so easy to make and can work wonders if your skin likes it.

### Ingredients:

1 tablespoon baking soda (NOT baking powder)

1-2 tablespoon water

### Instructions:

Mix a little together in your hands after washing your face with a mild cleanser and apply gently to your skin. Once you've coated your face with the baking soda and water mix, let it sit while you do other things around the house, or relax and read a book. Rinse the baking soda film off your face and feel how soft and clear it feels. If your skin enjoys this recipe, and your acne improves, then you may try it several times a week to help clear your acne.

## 10. Egg White Mask

This is simple and quite frugal. The mask is supposed to tighten skin and eliminate red spots.

### Ingredients:

2-3 egg whites

### Instructions:

Separate the yolk from the egg whites. Then whip the egg whites until it is nice and frothy. Apply it to your clean face (using clean hands). Leave on for approximately 20 minutes and wash off with warm water.

## 11. Egg Yolk Mask

Egg yolks contain vitamin A which is reported to reduce scarring.

### Ingredient:

1 egg yolk

### Instructions:

To attempt this method of acne treatment, whip up an egg yolk, apply it to your skin for 20 minutes and wash off.

## 12. Acne Tonic with Basil

### Ingredients:

2 to 3 teaspoons dried basil leaves

1 cup boiling water

### Instructions:

Steep basil leaves in water for 10 to 20 minutes. Cool, then apply to face with a white cotton ball.

## 13. Blackhead Remover Mask

Check availability of these unusual ingredients before you get started.

### Ingredients:

1/2 cup fuller's earth  
1 teaspoon tincture of benzoin  
distilled witch hazel

### Instructions:

Combine all ingredients and stir thoroughly. Apply the mask to your skin. Let mask dry and harden, about 30 to 40 minutes. Soak a small hand towel in warm water and lay it across your face.

When the mask starts to soften up, gently rub it with the towel in a circular motion. Rinse with plenty of warm water.

## 14. Banana Mask for Oily or Acne-Prone Skin

### Ingredients:

1 banana, preferably ripe (You can keep ripe bananas in the freezer. Let it thaw before using.)

1 tablespoon honey

An orange or a lemon

### Instructions:

Mix the banana and honey together. Add a few drops of juice from an orange or a lemon. Apply to face for 15 minutes before rinsing with a cool washcloth or a steaming warm washcloth.

## 15. Strawberry Hand and Foot Exfoliant

### Ingredients:

8-10 strawberries

2 tablespoons apricot oil (you may substitute olive oil)

1 teaspoon of coarse salt, such as Kosher salt or sea salt

### Instructions:

Mix together all ingredients, massage into hands and feet, rinse and pat dry. Strawberries contain a

natural fruit acid that aids in exfoliation.

## 16. Orange Ginger Warming Foot Scrub

This warming foot scrub is great for the winter, and leaves your feet feeling soft and relaxed.

### Ingredients:

1/4 cup sugar (white or brown)

1/4 cup sweet almond oil

6 drops orange essential oil

2 drops ginger essential oil

1 level teaspoon powdered cayenne pepper

### Instructions:

In a plastic bowl, mix together the sugar and almond oil. Add the essential oils and stir. Add the cayenne pepper last and stir well to mix. To use, sit comfortably in the tub or over a pan of water

and/or a large towel to catch the sugar scrub as it is applied. Scoop up a handful of the scrub for each foot and massage vigorously yet with care over heels, ankles, toes, arches and the balls of your feet. Be sure to scrub any rough areas especially well. Don't forget to rinse the tub well when you're finished; you don't want to take a bath in cayenne pepper!

## 17. Coffee Body Scrub

### Ingredients:

2 cups coarsely ground coffee

1/2 cup raw sugar or sea salt

2-3 tablespoons massage oil

### Instructions:

Mix all ingredients together. Take a hot shower to moisten your skin and open your pores. Using wide, circular motions, rub the coffee exfoliant onto your skin with strong, even pressure. Shower off,

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