

*Home Made Recipes
For
Natural Beauty*



Natural Cure Guide

Free Information on General Health Issues

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Home Made Recipes for Natural Beauty

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1. Home Made Bath Salts for Natural Glow

- Home Made Milk Bath Salt

Ingredients:

2 cups of powdered milk
1 cup of cornstarch

Instruction:

Blend together 2 cups of powdered milk with 1 cup of cornstarch. Then add approximately 10 drops of the essence oil of your choice for fragrance. You can store this mixture in a non-porous container for about 1 week.

- Romantic Bath Salts

Ingredients:

2 cups Epsom salts
1 cup Sea salt
10 drops red
10 drops of sandalwood essential oil
5 drops of ylang ylang essential oil
10 drops of rose essential oil

Instruction:

In a large bowl mix salts first, and then adds the other ingredients slowly. Then add 3-4 tablespoons to hot running bath water.

- Honey and Milk Bath Recipe

Ingredients:

1/4 cup honey
1/4 cup powdered or whole milk

Instructions:

Add ingredients to running hot bath water. Honey and milk will soothe, soften, and moisturize your skin.

- Uplifting Bath Salts

Ingredients:

2 cups Epsom salt
1 cup Sea salt
Food coloring (4 drops red, 6 drops yellow)
8 drops of orange essential oil
6 drops of neroli essential oil
6 drops of lavender essential oil
3 drops of lemon essential oil

Instruction:

Mix salts in a large bowl and then add the other ingredients slowly. Then add 3-4 tablespoons to hot running bath water. This bath salt will surely uplift your spirit.

- Energizing Bath Salts

Ingredients:

2 cups Epsom salts
1 cup Sea salt
6 drops eucalyptus oil
10 drops green food coloring, 5 drops blue
10 drops rosemary oil
15 drops peppermint oil

Instruction:

Mix salts in a large bowl and then add the other ingredients slowly. Then add 3-4 tablespoons to hot running bath water. This bath salt will surely energizes you with freshness.

2. Natural Hair Conditioners and Shampoos

- Home Made Hair Sprays

Ingredients:

1 lemon or orange
water

Instruction:

Chop one lemon into four pieces. If you have dry hair, you can do the same with an orange. Place the lemon or orange in a pot with 2 cups water. Boil until half of the initial amount of water remains. Cool, strain, and place in a spray bottle.

Note: Store it in the refrigerator. You can also add one ounce of rubbing alcohol as a preservative. Doing this will allow you to keep the spray for two weeks un-refrigerated. If you find the hairspray too sticky, just add more water.

- Home Made Hair Conditioner

Ingredients:

3-4 tablespoons of Yogurt
Lemon
Coconut Oil
Egg White Beaten
Mashed soft banana
Hair henna

Instruction:

Mix all the ingredients and apply on your hair for about 15 minutes to 30 minutes depending upon the amount of conditioning required. Make sure that you have covered the roots and the tips. Wash well with water and if wanted shampoo as you usually do. An instant shine and freshness is seen in your

hair.

- Natural Dandruff Treatment

Ingredients:

1/2 cup Water
1/2 cup of White Vinegar

Instruction:

Add both the ingredients together and then apply directly to the scalp. Use before shampoo. For better result, apply it twice a week.

- Home Made Anti Dandruff Formula

Ingredients:

2 tablespoons cornmeal
1/2 cup grape seed oil
1 tablespoon apple cider vinegar
1 plastic bag that will fit over your hair

Instruction:

Pour the grape seed oil into a bowl, and add the cornmeal and vinegar. Stir well to make pasty oil. Firstly rinse hair with warm water. Massage the oil into the scalp using your fingertips in a circular motion gently. Repeat until the entire scalp has been massaged. Now place a plastic bag over your hair, secure with a hair clip or clothespin, and allow oil to remain on for at least 1/2 hour. Finally rinse well, with shampoo as you normally would.

3. Home Made Soaps for Soft and Smooth Skin

- Rose Petals Soap

Ingredients:

1/2 cup of clear glycerin soap base
rose petals
20 drops of scent of your choice

Instruction:

Melt about 1/2 cup of clear glycerin soap base. When melted, add approximately 20 drops of scent (for better fragrance, add Rose Garden fragrance). Using a pair of tweezers, dip rose petals in the melted glycerin soap. Dip one at a time, shaking off the excess soap, and place the petal on waxed paper to dry. As they start to dry, gently turn them over to keep them from getting a glob of soap underneath them.

- Home Made Soap for Natural Glow

Ingredients:

Bars of natural fragrance or color free soap
Essential oil
Food coloring
Oats
Almond oil
Vitamin E oil

Instruction:

Grate soap in a blender and boil a pot of water and put a glass bowl over the pot. Add some almond oil into the bowl and then add soap into the bowl. Take the water from the pot and add it into the bowl until soap changes into paste. Add oils, color, and vitamin E as desired. Let cool in molds of your choice. Air out on wax paper for a day or two.

4. Natural Facial Masks Recipes

- Apple or Carrot Facial Mask Recipe

Ingredients:

1 apple or a large carrot
Honey

Instruction:

Grate an apple finely and then add about 4 tablespoons of honey. Mix it well apply the mask to your face wait 10 minutes and rinse. This recipe works very well for oily skins. If your skin is not oily you can substitute raw carrots for the apple. I tend to use the apples most of the time but if I am having an acne problem I use carrots for my facial mask that week.

- Facial Mask Recipes for Normal combination, oily and blemished skin

Ingredients:

1 egg white
1/2 cup cooked instant oatmeal
1 teaspoon olive oil
few drops of lemon juice

Instruction:

Mix one egg white, 1/2 cup cooked instant oatmeal, a teaspoon olive oil and a few drops of lemon juice until smooth. Spread on your face and neck, leave on for 15 – 30 min then rinse with lukewarm water. Few drops lemon juice will help to reduce blackheads while egg white will leave your skin feel “tight” after this mask application.

- Banana, Yogurt and Honey Facial Mask

Ingredients:

1/2 banana
2 tablespoons yogurt
1 tablespoon honey

Instruction:

Mash the banana with a fork then mix in honey and yogurt. Apply to your face evenly. Leave it on for 15-20 minutes. Rinse off with cool water and get soft and smooth skin.

- Orange and Yogurt Facial Mask

Ingredients:

1 tablespoon plain yogurt
Juice of 1/4 of an orange

Instruction:

Mash the above ingredients properly and apply on your face gently. The sensation is both cool and relaxing. Leave on for a five minutes and then rinse. If you are feeling sluggish, this is the perfect mask for you. The yogurt will cleanse and nourish.

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