

Natural Recipes for Personal Care Products

Campaign for Safe Cosmetics

Our skin is our connection to the world in which we live, and therefore is exposed to all the elements, toxins, and pore-clogging pollutants that we come into contact with on a daily basis.

Thanks to our friends at Cedar Spring Herb Farm (cedarspringherbfarm.com) and other resources for sharing these natural recipes with us!

A note of caution: 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. Store products in your refrigerator and use within 2 weeks. Also, exercise caution if you think you might be allergic to ingredients like nuts, avocados, or other common food ingredients.

MASKS

Avocado Carrot Cream Mask

This mask combines avocados, which are rich in Vitamin E, with carrots, which are high in beta-carotene and antioxidants, and cream, which is high in calcium and protein. These ingredients will rebuild skin collagen, improve tone and texture, and fade age spots.

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



Preparation: Combine all ingredients in a bowl until smooth. Spread gently over your face and neck. Leave in place 10-15 minutes. Rinse with cool water and follow with your favorite toner.

Frozen Egg & Honey Facial Mask

Recommended for dry skin



- 1 egg
- 1/2 cup coconut oil, melted (but not hot)
- 1 tbs. honey

Preparation:

Step 1: 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.

Step 2: Take an empty toilet tissue roll and set it on end in a clean

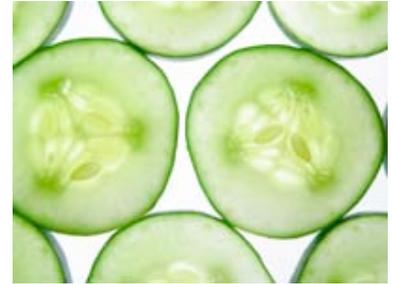
bowl. Spoon the mixture into the cardboard toilet paper roll (or an empty deodorant container). Place tube, in the bowl, in the freezer overnight.

Step 3: 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. Particularly soothing on a sunburn. Keeps indefinitely.

Cucumber Avocado Mask

- *½ cup peeled, chopped cucumber*
- *½ cup peeled, pitted, and chopped avocado*
- *1 egg white*
- *2 teaspoons dry powdered milk*



Preparation: In a blender or food processor, combine all ingredients until they form a paste like consistency. Apply to freshly washed face and neck. Leave on 30 minutes. Rinse with warm water. Finish with moisturizer.

Banana Moisture Mask

Recommended for oily skin

- *One ripe banana*
- *1 Tbs. Honey*
- *1 Tbs. plain yogurt*



Preparation: Mash the banana with a fork and add the honey and yogurt. Apply to face and leave on for 15 minutes. Bananas provide intense moisture and firms the skin, while honey is soothing and nourishing.

CREAMS AND LOTIONS



Cucumber Cream

Reduce and help prevent future blackheads and blemishes

- *1 cucumber, unpeeled*
- *1/2 oz. beeswax (or paraffin)*
- *2 oz. almond oil*

Preparation: Dice the cucumber and puree it in a blender. Strain it using a mesh cloth or strainer. Melt the wax over a double boiler, and immediately add the oil and cucumber.

Mix until smooth. Store in an airtight container in the refrigerator. Use within two months

BODY

Herbal Spa Wrap

- 1 cup corn oil
- 1/2 cup grapefruit juice
- 1 tsp. dried thyme

Preparation: Combine ingredients and massage into skin, wrap arm with towel to lock in body heat. Lay a heating pad over areas for five minutes at a time.



Rosemary Salt Bath



- 1/4 cup fresh rosemary
- Cheesecloth
- String
- 1 cup Epsom salts

Preparation: Put rosemary in a square of cheesecloth and tie it with a length of string. Add Epsom salts and the rosemary pouch to warm bath water climb in, and soak. After bath apply body lotion to damp skin.

EXFOLIATION

Maple Sugar Body Polish

- 1 1/2 cups raw or brown sugar
- 1/3 cup pure maple syrup
- 1/3 cup olive oil

Preparation: In a medium plastic container with lid, mix ingredients well. Apply to wet skin in a circular scrub motion. Rinse well, and then follow with body lotion. Use once a week.

Hint: While shampooing, place container on shower floor, to warm it up during use. Also, take care when exiting shower, as the floor may become slippery.





Cornmeal Mush Exfoliator

- 2 tablespoons whole milk
- 1/8 cup cornmeal

Preparation: In a small bowl, mix milk and cornmeal together, and then message on to freshly washed face and neck. Allow the much to sit for five minutes. Rinse with warm water and follow with moisturizer. Use once or twice a week.

Strawberry Hand and Foot Exfoliant

Strawberries contain a natural fruit acid, which aids in exfoliation.

- 8-10 Strawberries
- 2 tablespoons Apricot Oil (you may substitute olive oil)
- 1 teaspoon of coarse salt, such as Kosher Salt, or Sea Salt



Preparation: Mix together all ingredients, massage into hands and feet, rinse, and pat dry.

LIPS

Cranberry Lip Gloss



- 1 tablespoon sweet almond oil
- 10 fresh cranberries
- 1 teaspoon honey
- 1 drop of vitamin E oil

Preparation: Mix all the ingredients together in a microwave-safe bowl for a couple of minutes, or until the mixture just begins to boil. (Bowl may also be heated in a pan of water on a stovetop). Stir well and gently crush the berries. Cool mixture for five minutes and then strain through a fine sieve to remove all the fruit pieces. Stir again and set aside to cool completely. When cool, transfer into a small portable plastic container or tin.



Beet Red Lip Gloss

- 1/4 cup beeswax
- 1/4 cup castor oil
- 2 Tbsp. sesame oil, beet juice

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

Lip Balm

- 3 Tsp. grated unbleached beeswax
- 5 Tsp. carrier oil (sunflower, castor, or jojoba)
- 6 or 7 drops essential oil (such as lime, lemon, tangerine, grapefruit, or peppermint)
- 1 Tsp. honey, for flavor

Preparations: 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.



OTHER RESOURCES FOR COSMETIC RECIPES

There are also many books with recipes for natural, healthy, homemade beauty products that are widely available, including:

1. *Natural Beauty at Home, More Than 250 Easy to Use Recipes for Body, Bath, and Hair*, by Janice Cox
2. *Natural Beauty From The Garden: More Than 200 Do-It-Yourself Beauty Recipes & Garden Ideas*, by Janice Cox
3. *Natural Beauty Basics: Create Your Own Cosmetics and Body Care Products*, by Doris Byers
4. *Herbal Body Book: The Herbal Way to Natural Beauty & Health for Men & Women*, by Jeanne Rose

Recipes in this section come from the following sources:

- Kristen's Homemade Cosmetics Page
<http://users.resist.ca/~kirstena/pagehomemadecosmetics.html>
- Spa Index (<http://www.spaindex.com/HomeSpa/Spa%20at%20Home.htm>):
- Martha Stewart
(<http://www.marthastewart.com/page.jhtml;jsessionid=EGXUUASNCOZKHWCKUUXCIIWYJKSS0JO0?type=content&id=channel1120&page=&dp=false&layout=Print&styleType=shop>):
- Yankee Magazine, "Healthy Living" (March, 2005)