

Bath & Body recipes

Pamper yourself:
*Easy to make
bath & beauty
remedies
and gifts*

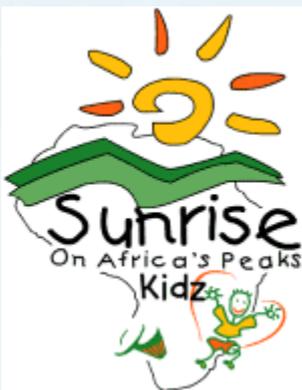




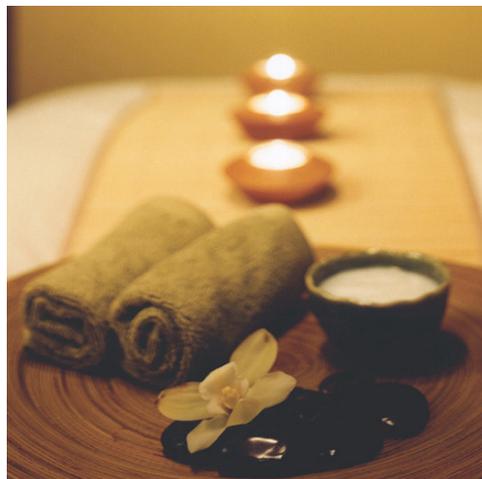
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1. Introduction

Whether just to pamper yourself or someone special, these recipes are easy and a lot of fun. Use your imagination in wrapping the products for glamorous, personalised, hand made gifts.

1.1. *Essential Oil Blend*

Several recipes use this ingredient

Essential oil blend:

Ingredients:

Fennel -8 drops

Grapefruit -14 drops

Lemon -8 drops

Blend well



1.2. *Cut-off Flower Water*

Makes the bouquets last longer.

Ingredients:

7 dl Water

1 ts Vinegar

1 ea Aspirin or equivalent (containing acetylsalicylic acid)

1 ts Sugar

Crush the aspirin and blend everything together and add to the water in the vase.

- The sugar is nourishment for the flowers, while the acid kills the micro-organisms that block the stems from sucking up water.
 - For roses you can also use a lemon soft drink (For example: "Schweppes").
-

2. Bath

When everything seems just a bit too overwhelming, a bath can be extremely good medicine.

This season, you might appreciate herbal remedies for feelings like nervousness, tension, anxiety or emotional fatigue. Try whole herbs like chamomile, jasmine, juniper, lavender, orange, rose, rosemary or sandalwood.



2.1. *A Bath For Emotional Balance*

Ingredients:

1/2 c Dried orange peel *OR* 1/2 Whole fresh orange; sliced
3 tb Dried jasmine flowers
2 tb Dried sandalwood chips

For a bath that'll restore your sense of balance, make an infusion of the listed herbs; sit back and enjoy.

2.2. *A Bath To Help Varicose Veins*

Ingredients:

2 tb Dried ginger powder *OR* 4 tb Fresh gingerroot; chopped
4 tb Dried juniper
2 tb Dried rosemary
4 tb Dried lemon peel *OR* 1 Whole lemon; quartered

Herbal baths can help, although you should be careful not to take baths that are too hot (extreme temperatures can exacerbate the problem). Whole herbs that you can use in a bath to help boost circulation in the legs include: geranium, ginger, juniper, lemon, peppermint and rosemary.

2.3. *A Sleep Inducing Bath*

Ingredients:

4 tb Dried chamomile
3 tb Dried lemon balm
2 tb Dried passionflower
1 tb Dried valerian

Herbs that you might use in a bedtime bath include chamomile, hops, lavender, lemon balm, marjoram, passionflower, sandalwood and valerian.

2.4. *Special Toxin Eliminator Bath*

Massage the cellulite areas while they are under the water.

Ingredients:

Place in the bath:
Epsom salts--2 handfuls
Rock salt--1 handful

Add 8 drops of this blend:

Basil--8 drops
Grapefruit--14 drops
Juniper--6 drops
Lemon--12 drops
Oregano--6 drops

Blend together.

2.5. *Lavender Getaway Bath*

Ingredients:

2 tablespoons of lavender buds
2 tablespoons of finely ground oatmeal
into a small muslin bag or a piece of cloth

Secure tightly with a string or rubber band. Tie the bundle with the string or a piece of ribbon so that it hangs under the faucet of your bathtub. Once the bath is full, try rubbing the bundle gently over your skin. Both the lavender and the oatmeal will work to soothe dry skin and calm frazzled nerves as well.

2.6. Meadow Milk Bath

Ingredients:

Powdered Milk, finely sifted--4 oz

Citric Acid--2 oz

Corn starch--2 oz

Vitamin E Oil--One 400 IU Capsule (or Grapefruit Seed Oil--30 drops)

Jasmine--60 drops

Blend the powdered milk and corn starch, then sift. Mix vitamin E (or grapefruit seed oil) and Jasmine in Citric Acid. Make sure oils are thoroughly blended in the Citric Acid. Combine the Citric Acid blend with milk/corn starch blend.

Use 3 tablespoons per bath.

2.7. Bath Bag

Ingredients:

1 7 inch square piece of muslin or other light fabric

12 Inch length of ribbon

1 c Potpourri (Make a potpourri of equal amounts of comfrey and chamomile.)

Place the potpourri in the centre of the fabric square. Gather all edges of fabric over the potpourri and tie with ribbon or string.

2.8. Bath Salts

Ingredients:

1/2 c Epsom salt

1/2 c Baking soda

1/2 c Borax

2 dr Food coloring

40 dr Scented oil

Mix together and put in a pretty container.

2.9. Scented Bath Bombs

NOTES: Fizzes when dropped in water. When selecting an oil for scent, read warnings about use. Some oils are not intended to have direct contact with skin. Number of applications: 6. Preparation Time: 0:20

Ingredients:

1 1/2 cups baking soda

1/2 cup citric acid

8 drops essential oil -- your choice of scent

1/2 teaspoon sweet almond oil

2 drops food colouring --your choice of colour

- Combine all ingredients.
- Press into muffin tin or mould of your choice.
- Release from mould.
- Wrap in coloured plastic wrap and tie with a ribbon.

2.10. Easy Bubble Bath

Remember! Use no more than 30 drops of essential oils to 1 oz of carrier (bubble bath)! (15 drops being very safe.)

Ingredients:

Soap Flakes or Grated Soap--2 cups
Water--1 gallon
Glycerin--1/4 to 1/2 cup
Shampoo or Liquid Dish Soap--2 cups
Essential Oil of Choice

Mix the soap flakes, water and 2 tbsp glycerine in a pot over low heat, stirring occasionally until the soap has dissolved. (Store this liquid soap in a covered container, used as an all-purpose soap or hand soap.) In a bowl, add 2 cups of this mixture to the rest of the glycerine, shampoo and essential oil. Pour into a one quart container. Store covered at room temperature.

When you're ready to bathe, add about one cup to your tub as it's filling.

2.11. Bath Cookies

Ingredients:

2 cups finely ground sea salt
1/2 cup baking soda
1/2 cup cornstarch
2 tablespoon light oil
1 teaspoon vitamin E oil OR get capsules and squeeze the oil out
2 eggs
5-6 drops of fragrance oil

Preheat oven 350 degrees. Mix ingredients. Take a teaspoon of the dough and roll it gently into a ball (about 1 inch). Continue doing this with all the dough and place on an ungreased cookie sheet.

Optional -Decorate the cookies with clove, anise or dried citrus peel. Bake 10 minutes or until lightly browned (do not overbake). Allow the cookies to cool completely. Store in decorative tin marked Makes 24 cookies.

To use: Drop 1 to 2 cookies into a warm bath and allow to dissolve.

3. Body Powder



3.1. *Fairy Dust Powder*

Ingredients:

Rice Flour--1/2 cup

Cornstarch--1/2 cup

Rose Petals, finely ground--2 tsp

Mica ('shiny' mineral--preferred) or very fine glitter--1/2 tsp

Essential Oil--3 drops

Mix together dry ingredients. Add essential oil. Mix well. Put in an airtight container or shaker container.

3.2. *Jasmine Body Powder*

Ingredients:

Cornstarch--1 cup

Jasmine Flowers (dried), finely ground--1 Tbsp

Sweet Almond Oil--1 tsp

Jasmine abs--1-2 drops

Mix cornstarch, jasmine flowers and oil together. Mix well. Place in an airtight container or shaker container.

3.3. *Scented Bath Powder*

Ingredients:

Baking Soda-- 1 cup

Cornstarch--1 cup

Essential Oil--10-20 drops (Jasmine, Rose, Ylang-Ylang, your favorite)

Glass Jar

Combine the baking soda and cornstarch in the jar. Add the essential oil, a few drops at a time, shaking very well after each addition. Break up lumps with a fork. Test the scent after each addition to gauge the strength of the scent. Allow the powder to sit for a day before using, to allow the essential oil to completely absorb.

4. Body Soaps/Scrubs



4.1. *Simple Soap Recipe*

Ingredients:

Glycerine Soap and/or Castille Soap Flakes--1 lb
Essential Oil--1/4 oz (7.5 ml) (See Essential Oil Blend)
Purified Water--1 cup
Herbal Tea or Hydrosol--1/2 cup

Melt glycerine in double boiler herbal infusion or hydrosol. Let cool slightly...it needs to be pour able. Add essential oil. Stir well. Pour into moulds or saran wrap-lined box. Let harden, cut into bars. Smooth rough spots with a knife.

4.2. *Herbal Soap*

Ingredients:

1 lg Block olive or veg soap
25 g Loosely chopped herbs
3 dr Essential oil - thyme, rosemary, horsechestnut
1 tb Oatmeal, finely ground

Grate the soap into basin and add the remaining ingredients. Heat gently in a bain-marie until it melts and mix well. Line an egg box with waxed paper and pour the soap into each section

4.3. *Tangerine Body Wash*

Ingredients:

Coriander--7 drops
Grapefruit--10 drops
Lavender--7 drops
Tangerine--40 drops
Unscented Shower Gel--4 oz (aloe gel or mild liquid soap may be substituted, with varying results.)

4.4. *Body Buffer*

Ingredients:

Jojoba Oil--1/4 cup
Liquid Soap--1/4 cup
Sea Salt, Very Fine--1/2 cup
Essential Oil--1/2 tsp

Combine all ingredients in a small bowl and mix thoroughly. Pour into a flip top bottle. Scrub is liquidy.

4.5. *Field and Sea Body Scrub*

Ingredients:

Kelp Powder--3 tbsp
Oatmeal--3 tbsp
Orange Peel, grated--3 tbsp
Sea Salt--3 tbsp
Sunflower Seeds, ground--3 tbsp
Grapefruit--3 drops
Sweet Almond Oil

Save Sweet Almond Oil for later. Mix all dried ingredients and Grapefruit essential oil in a jar. Keep jar sealed until use. Blend with almond oil to a desirable consistency just before using.

4.6. *Honey & Oatmeal Scrub*

Ingredients:

Finely ground Oatmeal--2 Tbsp
Honey--2 Tbsp
Cedarwood Oil--1 tsp

Melt soap base. Add Oatmeal and Honey; mix. Add essential oil and mix again. Pour into moulds.

4.7. *Blue Raspberry Shower Gel*

Ingredients:

3-4 cups distilled water
2 cups regular unscented shampoo
2 Tbsp. aloe vera gel
1 1/2 tsp. salt
15 drops raspberry FO
1 drop blue food colouring

Add shampoo and warm water, stirring until blended, mix aloe vera gel, then the salt, then the FO, and food colouring. Stir until thick and blended and bottle it.

4.8. *Beer Soap*

Ingredients:

4 oz. coconut oil
4 oz. palm oil
8 oz. soy oil
2.27 oz. lye
6 oz VERY FLAT beer (your choice of beer)

Follow basic cold-process soap making instructions. The beer is used in place of the water. It is very important that the beer is flat, otherwise you risk blowing up your house. You can also use any existing recipe that you have to create beer soap by simple replacing flat beer for the water.

5. Perfumes/Body Sprays/Deodorants



5.1. *Orient Nights Perfume*

Ingredients:

4 drops sandalwood
4 drops musk
3 drops frankincense
2 teaspoons jojoba oil

Mix all the ingredients together. Shake well. Then allow the perfume to settle for at least 12 hours. Store in a cool dry area.

5.2. *Whispering Rain Perfume*

Ingredients:

2 cups distilled water
3 tablespoons vodka
5 drops sandalwood essential oil
10 drops bergamot essential oil
10 drops cassis essential oil

Mix all the ingredients together. Shake well. Then allow the perfume to settle for at least 12 hours. Store in a cool dry area.

5.3. *Citrus Blooms Body Splash*

Ingredients:

2 cups distilled water
3 tablespoons vodka
1 tablespoon of each: orange and lemon peel (finely chopped)
5 drops lemon verbena essential oil
10 drops mandarin essential oil
10 drops orange essential oil

Combine the fruit peels with the vodka in a jar, cover and let stand for 1 week. Strain the liquid, add the essential oils and water to the liquid. Let stand for 2 weeks shaking jar once a day. Keep in a dark bottle or keep in a cool dark area.

5.4. Soothing Summer Body Spray

Ingredients:

1 tablespoon witch hazel
1 teaspoon lemon extract
1 teaspoon cucumber extract
1 cup water

For a refreshing cool feeling, make an after shower spray by combining all the ingredients. Place in a pump spray bottle.

5.5. Cream Deodorant

Ingredients:

1/2 ounce cocoa butter
1/2 ounce beeswax
1 Tbsp glycerine
1 Tbsp rosewater

Melt cocoa butter and beeswax slowly in the top of a double boiler. Remove from heat, add glycerine and rosewater. Add several drops of one or more of the following deodorizing essential oils: calendula, coriander, eucalyptus, lavender, lemon, rosemary, sage, or thyme. Stir before use if cream separates.

5.6. Stick Deodorant

Ingredients:

4 ounces cornstarch
2 ounces baking soda
1 ounces liquid chlorophyll
2 ounces vodka
2 ounces distilled water
8 ounces beeswax
10-15 drops of honeysuckle, rose, coriander or essential oil of your choice.

Mix all ingredients except wax and chlorophyll in a bowl, stir thoroughly. Melt wax in top of a double boiler over very low heat, remove from heat. Add the other ingredients and blend well. If the wax thickens too much to be workable, heat again. As the mixture begins to cool, but before it hardens, add the liquid chlorophyll and essential oils. Pour into moulds. Let harden. Remove from moulds. Store in a tightly closed container away from heat to avoid shrinkage.

5.7. Herbal Deodorant Powder

Ingredients:

- 2 parts powdered sandalwood (for fragrance and anti-microbial properties)
- 1 part powdered white oak bark (an astringent)
- 1 part powdered lovage root (for fragrance)

Pulverize herbs in a blender or food processor until they become a very fine powder. Transfer powder into a clean, dry iron skillet and very lightly pan-roast to set resins and scents. Fill muslin draw-string bags with the powdered herbs, or use handkerchiefs tied with a string or ribbon. Pat bags under your arms or on feet.

5.8. Deodorizing Foot Bath

Ingredients:

- 1/2 cup white vinegar
- 5-6 Tbsp Epson salts
- 1 gallon warm water

Soak the feet in the solution

5.9. Sage Foot Bath

Ingredients:

- Warm water
- 2 drops sage essential oil

Soak your feet in a bowl of this mixture every day for a week.

5.10. Sage Deodorizing Foot Powder

Ingredients:

- 1 tablespoon of baking powder
- 2 drops of Sage essential oil

Mix baking powder and oil in a plastic bag, shake well. Allow to dry. Break up any clumps that may have formed. Dust feet regularly with the powder and add a teaspoon in the shoes overnight.

6. Remedies, Injuries & Sore Muscles



6.1. *Elbow Softener*

Use this recipe twice daily and your skin will be soft within one week. After that, use weekly.

Ingredients:

4 tbsp. olive oil;
juice of 1 lemon;
1 tbsp. honey

Pour ingredients in sterilized jar, cover and shake well. Shake well before each use. Massage a little into each elbow for a few minutes. Rinse off, pat dry and moisturize.

6.2. *Cough Syrup*

Ingredients:

4 tb Glycerine
4 tb Cognac
4 tb Honey
3 Lemons(juice)

Mix ingredients together in a saucepan and simmer 15 minutes then bottle. Take 2 tsp. every 4 hours.

6.3. *Horehound Candy - For Colds*

Ingredients:

2 c Best new orleans sugar
1/2 c Horehound tea; strong
1/2 ts Cream of tartar

Boil until crisp in cold water. Pour into buttered plates and when almost cold cut in squares. If white or light brown sugar is used, recipe makes a very good candy and not so strong.

6.4. *Body Hair Bleach*

DO NOT USE ON EYEBROWS OR EYELASHES!

Ingredients:

Soap flakes
1/2 cup peroxide
2 teaspoons ammonia

Mix ingredients together until its a paste, spread on hair and let sit for 15 minutes then wash out. Repeat every few days until hair has no colour. Do this on a monthly basis.

6.5. *Sage and Honey Tea (Excellent for Sore Throats)*

Ingredients:

1/2 cup torn Sage Leaves
2 tbsp. Honey
Juice of 1 Lemon
2 1/2 cups Boiling Water

Place Sage, Honey and Lemon juice in a heat proof container. Pour the boiling water on top, stir until honey has dissolved. Let sit for 1/2 hour. Strain and enjoy.

6.6. *"No-Sweat" Tea*

The following herbs, when brewed and drunk as a tea are reported to reduce perspiration within 2 hours of use with its effects lasting several days:

Ingredients:

4 cups boiling water
1 teaspoon dried hops
1 teaspoon stinging nettle
1 teaspoon fresh cut rose petals
1 teaspoon fresh or dried strawberry leaves
1 teaspoon fresh walnut leaves
3 tablespoons of dried sage leaves

Combine all ingredients, cover and steep for an hour. Strain and sweeten with honey if desired.

6.7. *Body & Foot Deodorants for bad odours*

- 1) Add a few cups of tomato juice to the bath water, soak for at least 15 minutes. This is an old, well known remedy for deodorizing pets and people who have

been sprayed by a skunk. . . if it works on that odour, any other body odours are a piece of cake.

- 2) Add an infusion of parsley to the bath water as a deodorizer
- 3) Witch hazel is a very effective deodorant. Simply apply to underarms with cotton balls or gauze.
- 4) Use 4 tablespoons of baking soda in the bathwater. After bathing and drying, apply baking soda under the arms
- 5) Apply cornstarch under the arms
- 6) Apply vinegar under the arms
- 7) Use pine soap when bathing
- 8) Wear all cotton clothing that breathes as opposed to synthetic fibres, which cause perspiration and retain odours.
- 9) For problem odour, avoid eating the following strong smelling and choline rich foods which cause body odour when sweated out: Garlic, Onions, Curry, Cumin, Peppers, Eggs, Liver, Fish, Legumes
- 10) Eat fresh parsley daily

6.8. Ankle or Elbow Sprain

Ingredients:

Cloves--3 drops

Ginger--20 drops

Nutmeg--17 drops

Dilute in 1 oz carrier oil. Massage all over the foot and ankle three times a day.

6.9. Arm Strain or Finger Sprain

Likely causes are contact sports, throwing, weight lifting, and dance. A strain or injury to the muscles or tendons of the upper or lower arm. Use the ice method followed by massage of the area with the following formula, three times a day for two days:

Ingredients:

Black Pepper--10 drops

Ginger--15 drops

Nutmeg--5 drops

Dilute in 2 tablespoons carrier oil.

6.10. Back Pain Formula

Ingredients:

Eucalyptus--10 drops

Ginger--10 drops

Lavender--10 drops

Use 5 drops to 1 teaspoon carrier oil. Massage onto effected area.

6.11. Massage Oil for Sore Muscles

Ingredients:

Allspice--5 drops

Cajeput--3 Drops

Chamomile--3 drops

Cinnamon--4 drops

Sweet Almond Oil--15ml

Mix all oils. Work into muscles after a workout.

6.12. Tennis Elbow

Ingredients:

Eucalyptus peppermint--10 drops

Ginger--10 drops

Rosemary--10 drops

Dilute in 2 Tbsp carrier oil. Massage area.

7. Hair



7.1. *Homemade Scented Hair Gel*

NOTES: Use as you would any hair gel product.
Number Of Applications: 40 Preparation Time: 0:50

Ingredients:

1 cup water
2 Tablespoons flax seed
2 drops scented oil -- your choice of scent

- Combine water and seeds in a small saucepan.
- Bring to a boil then remove from heat.
- Allow to set for a half an hour.
- Strain through fine collander.
- When completely cooled, add scented oil.
- Transfer to a wide-mouthed jar with lid.

7.2. *Dry Brittle Hair Treatment*

Ingredients:

1/2 c Mayonnaise
Shampoo, few drops
Luke warm water

For conditioning dry, brittle hair. Mix mayo with shampoo add enough lukewarm water to mix. Apply to hair after a regular shampoo. Leave on 10 mins and then shampoo out.

7.3. *Hot Oil Hair Treatment*

NOTES: While hair is conditioning, hop in the shower or bath. The warmer the oil stays, the better it works! Number Of Applications: 1 Application Time : 0:25

Ingredients:

2 Tablespoons olive oil
1 Tablespoon honey

- Combine oil and honey in small plastic sandwich bag.
- Fill a coffee cup with water and heat until almost boiling.
- Dip sandwich bag in water just until oil is warmed.
- Apply warm oil to dry hair, working from scalp to tips.
- Cover your head with a shower cap and leave for 15 minutes.
- Wash hair as usual.

7.4. Revitalizing Avocado Hair Treatment

NOTES: Brings tired-looking hair back to life. Number Of Applications: 1
Preparation/Application Time: 0:25

Ingredients:

1 medium avocado --peeled and pitted
2 Tablespoons honey

- Mash together both ingredients in small bowl.
- Massage into hair.
- Leave in for 20-30 minutes.
- Wash hair as usual.

7.5. Chamomile Fields Shampoo

Ingredients:

4 bags of Chamomile tea (or 1 handful of fresh Chamomile flowers)
4 tablespoons pure soap flakes
1 1/2 tablespoons glycerine*

Let the tea bags steep in 1 1/2 cups of boiled water for 10 minutes. Remove the tea bags and with the remaining liquid add the soap flakes. Let stand until the soap softens. Stir in glycerine until mixture is well blended. Pour into a bottle. Keep in a dark, cool place.

7.6. Soapwort Shampoo

Suitable for all hair types

- Soapwort: *Saponaria officinalis* contains saponins which is similar to soap. It lathers when agitated.
- Lemon Verbena: for a citrus fragrance
- Catnip: promotes healthy hair growth

Ingredients:

2 cups water

1 1/2 tablespoons dried soapwort root (chopped) (most health food stores would carry this)
2 teaspoons Lemon Verbena or 2 teaspoons Catnip

Bring water to a boil add soapwort and simmer, cover for about 20 minutes. Remove from heat, add herb then allow mixture to cool. Strain the mixture keeping the liquid. Pour into a bottle. Makes enough for 6-7 shampoos. Must be used within 8-10 days. Store in a cool dark place.

7.7. *Dry Shampoo*

Ingredients:

1/2 cup Cornstarch

Sprinkle the cornstarch in your hair, let it absorb for a few minutes, brush it out. This is great if you are in a pinch.

7.8. *Deep Conditioner*

Ingredients:

1 small jar of real mayonnaise
1/2 of an avocado

Put together in a medium bowl and squish together with your hands until it's a minty green color. Smooth into hair all the way to the tips. Put on a shower cap or wrap your head with saran wrap. Leave on for 20 minutes. For deeper conditioning put a hot, damp towel around your head -over the saran wrap.

And if you have really long hair and only need deep conditioning at the ends, cut the ingredients in half and apply only to the ends and just wrap them.

7.9. *Hair Tonic*

Ingredients:

2 teaspoons Gin
2 egg yolks

Beat egg yolks until its frothy add the Gin. Beat until the mixture becomes foamy. Massage the entire scalp and hair then rinse out with warm water.

7.10. *Oily Hair Treatment*

Ingredients:

1/2 teaspoon aloe vera gel (squeeze gel out of Aloe Vera plant)
1 tablespoon lemon juice

Blend ingredients together with 1/4 cup of your regular hair shampoo. Wash hair then rinse well.

7.11. Hair Buildup Remover

Ingredients:

1/4 cup vinegar
1 cup water

After conditioning the hair use this as a final rinse. Leaves your hair soft and shiny.

7.12. Blonde / Brunette Hair Dye

Wash your hair with one of the following rinses. Pour the selected rinse through your hair 15 times, re-rinsing with the same liquid. On the final rinse, wring hair, and leave for 15 minutes before rinsing with clear water.

Ingredients:

Blonde: Mix 1 tablespoon lemon juice in 1 gallon warm water.
Brunette: Rinse hair with a strong black tea, or black coffee.

7.13. Homemade Hair Spray

Ingredients:

one lemon (or an orange for dry hair)
2 cups water

Chop the lemon. Place in a pot with 2 cups water. Boil until half of the initial amount remains. Cool, strain, and place in a spray bottle. Store in the refrigerator.

If it is too sticky, add more water.

Add one ounce rubbing alcohol as a preservative and then the spray can be stored for up to two weeks unrefrigerated.

7.14. Homemade Hair Gel

Ingredients:

1/2 to 1 teaspoon unflavoured gelatine
1 cup warm water

Dissolve gelatine in 1 cup warm water. Keep refrigerated and use as you would a purchased gel.

7.15. Dandruff Remover

Ingredients:

1/2 cup water
1/2 cup white vinegar

Combine ingredients then apply directly to the scalp. Use before shampooing. Apply twice a week.

7.16. Dandruff Treatment

Ingredients:

10 aspirin tablets
3/4 cup warm water

Dissolve the aspirin in water. After shampooing, massage into scalp, leave on for 10 minutes, then rinse.

7.17. Frizz Zapper

Ingredients:

1/2 cup conditioner
1/4 cup honey
1 tablespoon almond oil

Mix ingredients, blend well. Pour mixture over damp hair, work it in....leave on for about 20 minutes for a good deep conditioning. Wash out. This works for all hair types.

7.18. Saltwater and Chlorine Buildup Hair Treatment

Ingredients:

1 cup of vinegar
1 cup of water

Mix one cup vinegar with one cup water. Pour over freshly cleaned hair. Leave in overnight and rinse out in the morning.

7.19. Hair Lifter

Ingredients:

1 orange
1 cup of water

Mix the juice from an orange with water and pour into a spritz bottle. Then mist over hair and shampoo and condition as usual.

8. Lotions/Creams/Toners/Oils



8.1. *Toning Oil – before bath*

Ingredients:

Black Pepper--4 drops

Ginger--3 drops

Lemongrass--6 drops

Use 5 drops Toning Oil in 1 teaspoon Base. Massage all over body before getting into the bath or shower.

8.2. *Fairy Dust Glitter Gel*

This fun, whimsical gel is great for your skin. Apply a little anytime you want to sparkle and shine.

Ingredients:

Aloe Gel--1/4 cup

Glycerine--1 tsp

Fine Glitter--1/4 tsp

Essential Oil--5 drops

Mix aloe and glycerine in a small bowl. Stir in glitter and essential oil. It is ready to use immediately.

8.3. *Rich Body Oil*

Ingredients:

Sunflower Oil--4 oz

Hazelnut Nut Oil--1 tsp

Macadamia Nut Oil--1 tsp

Evening of Primrose Oil--1 tsp

Vitamin E Oil--20 drops

Mix and store in tightly covered bottle. Refrigerate for longer shelf life.

8.4. *Cornmeal Hands Mask*

Ingredients:

1/4 cup corn meal
3 Tbsp. Milk
1 drop almond oil

Mix corn meal with milk. Heat over low heat until a paste forms. Add 1 drop almond oil. Let cool. Spread on hands, leave on for about 10 minutes. Rinse.

8.5. *Dry Hand Lotion*

Ingredients:

Unscented Lotion--8 oz
Patchouli--20 drops
Sandalwood--40 drops
Borage--20 drops
Carrot Tissue--5 drops

Pour the lotion into a bowl, add oils and mix very well. Put lotion back into bottle.

8.6. *Light Hand / Face Cream*

Ingredients:

Emulsifying Wax--1 oz
Cocoa Butter--1/2 oz
Carrier Oil--3 tsp
Glycerin--1 tsp
Rose Water--12 oz (or purified water with a teaspoon of vitamin C powder stirred in for preservative)

Warm rose water and glycerin. Melt wax and cocoa butter in a double boiler. Take off heat and add water and glycerin. Beat until thick. If using a beater, you may have to finish up by hand.

8.7. *Stretch Mark Oil*

Ingredients:

Rose--4 drops
Rosemary--1 drop
Camellia Oil--1/2 teaspoon
Sesame Oil--1/2 teaspoon
Vitamin E Oil--1/2 teaspoon
Wheat Germ Oil--1/2 teaspoon

Massage on stretch mark area.

8.8. *Anti-Wrinkle Oil*

Ingredients:

Rose--2 drops
Rosemary--1 drop
Rosewood--2 drop
Sandalwood--3 drops

Blend in 1 oz of Rose Hip Oil and apply as needed. Works well in a roller top applicator.

8.9. *Creamy Sun-Tan Lotion*

Ingredients:

3/4 cup (180 ml.) water
3 tea bags (do not use instant tea)
1/4 cup (60 ml.) lanolin
1/4 cup (60 ml.) sesame oil
1/2 teaspoon (2.5 ml.) perfume (optional)

Heat the water to boiling, add tea bags. Leave them to brew for 20 minutes and squeeze them occasionally before removing. Put lanolin, sesame oil and 1/4 cup strong tea into blender. Cover and process at low speed.

Remove cap immediately and pour in the remaining tea in a steady stream. Use a rubber spatula to keep ingredients around the processing blades. Add perfume and give fragrance to the sun-tan lotion.

This recipe makes about 1 cup of a soft, tan-coloured cream which spreads smoothly on the skin, and gives a sensation of moistness. It dries without feeling sticky. This cream actually repels water and will stay on though swimming. Creamy Sun-Tan Lotion will screen out about half of the burning sun rays while allowing a large percentage of the tanning rays to get through. However, if you burn after 5 minutes of exposure, do not rely on this cream to protect you.

8.10. *Cucumber Sunburn Lotion*

Ingredients:

Cucumber
Glycerine
rose-water

Chop up a Cucumber and squeeze out the juice with a lemon-squeezer. Mix this with a quantity of glycerine and rose-water mixed together in equal parts.

8.11. *Energizing Foot Lotion*

If you have been on your feet all day and they are aching then make some of this lotion and rub it on. They will feel better in no time.

Ingredients:

1 tablespoon almond oil
1 tablespoon olive oil
1 teaspoon wheat germ oil
12 drops eucalyptus essential oil

Combine ingredients in a bottle, shake extremely well. To use just rub into the feet and heels. Store in a cool dry place.

8.12. Herbal Toner

This toner is very refreshing for all skin types and very easy to make.

Ingredients:

1 teaspoon dried or 2 tablespoons fresh chopped herb of your choice;
1/3 cup boiling water;
2 tablespoons witch hazel;
pinch of boric acid (found at most pharmacies).

Place the herb in a bowl and pour on boiling water. Cover and leave to cool. Strain. Mix the boric acid into the witch hazel. Add the witch hazel to the herbal infusion. Store in a sterilized bottle or jar in the refrigerator and use within one month. Shake well before using.

8.13. Basic Lotion Bars

Ingredients:

2 oz beeswax
1 oz almond oil
1 oz cocoa butter
Fragrance oil or essential oil

Melt beeswax and cocoa butter on the stove or microwave in a clean pot. Once melted, remove from heat and add the almond oil. Mix in the fragrance oil or essential oil one drop at a time until it's reached the desired scent.

Pour the mixture into a mould or even a deodorant tube (for easy, non-messy application) and let it set completely before using.

8.14. Magic 3 layer lotion

In small pan over water melt:

Ingredients:

3 tabs. safflower oil
1 tabs. lanolin
1 tabs cocoa butter
1/3 cup light mineral oil

1 tsp. almond extract or add eos of you like

Let cool

In a pint jar place:

Ingredients:

2 tabs. water

1 tabs glycerine

1/4 cup plus 2 tabs. 70% ethanol alcohol

1 drop food or other colour

When the oils are cool add to the pint jar and shake. Divide into (2) 6 oz jars. In about half an hour the lotion will separate into 3 different layers. Each one a different colour. Shake and it becomes an emulsion, let stand and it separates again. This is really pretty and feels so good.

8.15. Heavy Duty Gardeners Hand Cream

Ingredients:

2 Tablespoons of shaved beeswax

1/2 Teaspoon of carnuba wax

2 Tablespoons of jojoba oil

1 Teaspoon of aloe vera gel

10 drops of Vitamin E oil (or 4 capsules)

1 drop of your favorite essentail oil for fragrance

Melt the first four ingredients in a stainless steel pot on the stove or use a glass pyrex cup in the microwave. Remove from heat and beat until cool, adding the Vitamin E oil before mixture thickens. Continue beating until this mixture becomes creamy. Add your favourite essential oil, continue beating until cream has completely cooled. Spoon your cream into a jar, store in a cool dark place.

8.16. Banana Hand & Foot Cream

Dry hands and feet will become smooth and soft overnight if you mix:

Ingredients:

Bananas

Honey

Lemon juice

Natural margarine

Smear on hands and wear white gloves to bed. Wash off in the morning. For dry feet, smear the mixture on and wear heavy socks to bed, wash off in the morning.

9. Facial Soaps/Cleansers/Masks



9.1. *Herbal Astringent For Oily Skin*

Ingredients:

1 oz Chamomile
3 tb Witch hazel
1/2 ts Cider vinegar
1 oz Peppermint extract
8 oz Water
Few drops of peppermint extract
1/4 ts Boric acid --optional

Boil chamomile, witch hazel, vinegar, peppermint and water. Cool and strain. Add remaining ingredients in a spray bottle and shake. Keep refrigerated.

9.2. *Herbal Cleanser*

Ingredients:

2 ts Anhydrous lanolin
1/4 c Almond oil
1/4 c Elderflower infusion
1/4 c Glycerin
2 ts Witch hazel

Melt lanolin and almond oil in a glass or enamel saucepan over boiling water. Remove from heat and slowly beat in elderflower tea with an electric beater until the mixture is almost cool and very well blended. Transfer to a sterilized jar. This is good for dry skin (for oily skin, substitute an infusion of sage or yarrow, for normal skin, try one with rose water, lady's mantle, or chamomile.)

9.3. *Honey And Almond Scrub*

Ingredients:

1/2 Cold cream -- small jar

1 tb Honey
Slivered almonds

Whirl slivered almonds in a blender until they're as fine as freshly ground pepper. Mix with cold cream and add honey. Keep refrigerated.

9.4. *Anti-Aging Face Mask*

NOTES : Look younger instantly Number Of Applications : 1
Preparation/Application Time : 0:20

Ingredients:

1/4 cup heavy whipping cream
1 medium banana -- peeled
1 vitamin E capsule –

Mash together cream and banana. Stir in contents of capsule. -Smooth onto face and neck. -Leave on for 10 to 15 minutes. -Wipe off with damp cloth.

9.5. *Apple Mask For Normal Skin*

Number Of Applications : 1 Preparation/Application Time : 0:45

Ingredients:

1 apple --quartered, cored
2 Tablespoons honey
1/2 teaspoon ground sage –

Chop apple in food processor. -Add honey and sage to apple. Mix well. -Refrigerate for 10 minutes. -Pat mixture onto face with a light tapping motion, tapping until honey feels tacky. -Leave on for 30 minutes. -Rinse.

9.6. *Banana Mask for Dry Skin*

NOTES: Soothes dry skin. Number Of Applications: 1 Preparation Time: 0:15

Ingredients:

1/4 cup plain yogurt
2 Tablespoons honey
1 medium banana

-Mash all ingredients together with a fork.
-Smooth onto face and neck.
-Leave for 10 minutes, then rinse off.

9.7. Blemished Skin Mask

Number Of Applications : 1 Preparation/Application Time : 0:15

Ingredients:

1 tomato --chopped
1 Tablespoon instant oatmeal
1 teaspoon lemon juice

- Blend all ingredients just until combined.
- Apply to skin, making sure the mixture is thick enough to stay on blemished areas, such as cheeks, forehead, or chin.
- Add a bit more oatmeal to thicken the mask, if necessary.
- Leave on 10 minutes.
- Scrub off with a clean washcloth dipped in warm water.

9.8. Cucumber Mask For Oily Skin

Number Of Applications : 1 Preparation/Application Time : 0:30

Ingredients:

1/2 cucumber
1 egg white
1 Tablespoon lemon juice
1 teaspoon dried mint flakes

- Puree all ingredients in blender.
- Refrigerate for 10 minutes.
- Apply mixture to face.
- Leave on 15 minutes.
- Rinse with hot water, then cool water.

9.9. Fruit Salad Body Mask

NOTES : Softens and exfoliates the skin, leaving you feeling cool and clean.
Number Of Applications : 1 Preparation/Application Time : 1:45

Ingredients:

2 slices pineapple --rind removed
1/2 medium honeydew melon --rind removed
1 dozen green grapes
1 medium banana --peeled
1 medium pear --cored
1 medium kiwi fruit --peeled

- Puree all ingredients in food processor. Mixture will be slightly lumpy.
- Refrigerate for 1 hour.
- Smooth onto body and/or face, leaving on for half an hour.
- Rinse off with tepid water.

9.10. Honey & Lemon Face Scrub

Number Of Applications : 1 Preparation/Application Time : 0:10

Ingredients:

1 medium lemon --juice of
2 Tablespoons finely ground almonds
1 Tablespoon honey

- Combine all ingredients.
- Massage mixture into face and neck.
- Leave on for 5 minutes.
- Rinse off with warm water.

9.11. Acne Treatment

Ingredients:

Carrier Oil--1 ounce
Basil, Sweet--10 drops
Geranium-- 2 drops
Lavender--3 drops
Tea Tree--5 drops

Pour carrier oil into a very clean glass bottle. Add essential oils and close tightly. Mix well. Apply a small amount to the face, neck or back. Caution: be certain to avoid the eyes, lips, nostrils and inside the ears. Do not wear in the sun, (or delete the Bergamot).

9.12. Egg & Honey Facial:

This easy mask is suitable for all skin types. It clarifies and moisturizes the skin, leaving it cleansed and silken.

Egg yolks contain anti-oxidants, which are very beneficial to our skin.

Ingredients:

1 egg yolk
1 tsp. honey
1 tsp. vitamin E oil
1 tsp. almond oil

Mix all ingredients together, stirring until smooth. To use, apply to face and rinse with warm water after 15 minutes.

10. Lip Balms / Gloss



10.1. *Basic Lip Balm Recipe*

Ingredients:

4 oz. Almond Oil (may be substituted for another carrier oil, but do not use mineral oil)
1 oz. beeswax
1 capsule of Vitamin E
Flavoring or Essential Oil

Combine almond oil and beeswax. Warm slowly until beeswax is melted. Remove from heat. Pierce Vitamin E capsule and squeeze into the mixture. Add a half teaspoon of flavoring or up to 5 drops of essential oil and mix. Pour into small jars or lip balm tubes and let harden.

10.2. *Honey Lip Balm*

Number Of Applications : 100 Preparation Time : 0:15

Ingredients:

2 Tablespoons olive oil
1/2 teaspoon honey
3/4 teaspoon beeswax --grated
1/2 teaspoon cocoa butter
flavored oil of your choice -- to taste
1 vitamin E capsule

- In a small saucepan, melt oil, honey, wax and butter over low heat.
- Remove from heat and allow to cool for 2 to 3 minutes.
- Stir in flavoring and contents of vitamin E capsule.
- Pour into container(s) of your choice.

10.3. Lip Gloss

Ingredients:

2 tsp. beeswax

7 tsp. castor oil or Jojoba or sweet almond oil

1 tsp. honey

5 drops of an essential oil such as lemon, peppermint, orange, lime, tangerine

Melt the oil and beeswax together in a little pan over low heat until the beeswax is melted. Take off the stove and then add in your honey and whisk it all together. When the mixture is nearly cool add in your essential oil, mix it up again and then pour into your lip balm container. Since this comes out to be more like a gloss you can always add more beeswax to it so that it is a little harder. Maybe another 1/2 tsp. would do it.

10.4. Chocolate Lip Gloss

Ingredients:

3 Tablespoon. Cocoa Butter

4-5 Chocolate Chips

1 capsule, Vitamin. E

Melt, and blend ingredients with a spoon until smooth, put into a container and refrigerate until solid.

10.5. Peppermint Lip Balm

Ingredients:

2 Tablespoon. petroleum jelly

1 tsp. beeswax

10-14 drops peppermint Essential Oil

In a small pot, melt the petroleum jelly, then add beeswax. When melted, remove from heat and add peppermint Essential Oil. Pour into a lip pot and cool.

10.6. Orange-Mango Lip Butter

Ingredients:

4 tsp. infused olive oil

1 tsp. grated beeswax

2 tsp. mango butter

15 drops sweet orange EO, to taste

Vit E capsule (as a preservative)

Melt wax, butter, and oil in a double broiler, allow to cool slightly, then add EO and Vitamin E and pour into clean containers.

10.7. Cranberry Lip Stain

Ingredients:

Cranberry Sauce - canned or fresh

Petroleum Jelly/Vaseline 1 tsp. of Cranberry Sauce Juice

Just take a little juice from the cranberry sauce before you serve it.

1 Tablespoon. of Petroleum Jelly

Mix ingredients together thoroughly with a spoon. Apply to dry lips or use as a lip gloss. Store in a small glass or plastic jar and refrigerate when not using cranberry juice may spoil.

10.8. Lip Stick

Ingredients:

3 nontoxic Crayola crayons

pure beeswax candle (1 inch in diameter)

3 tablespoons of mineral oil

Peel the paper off your chosen crayons and put the crayons in a plastic baggie. Smash 'em with a hammer until they break into bits. Combine the bits, a 1 inch slice of candle and the mineral oil in a small, heat resistant cup. Place the cup in a saucepan and fill the pan with enough water to reach about an inch up the side of the cup. Heat on the stove On low, stirring occasionally, until the cup contents melt together. Cool for 15 minutes

11. Teeth Care



11.1. *All Natural Toothpaste*

Ingredients:

- 1/4 tsp peppermint oil
- 1/4 tsp spearmint
- 1/4 cup arrowroot
- 1/4 cup powdered orrisroot
- 1/4 cup water
- 1 tsp ground sage

Mix all of the dry ingredients in a bowl. Add water until the paste is desired the consistency. Store at room temperature in a tightly covered jar.

You can also substitute 1/2 tsp each of oil of cinnamon and oil of cloves for peppermint/spearmint if desired.

11.2. *Breath Fresheners*

- 1) Chew fresh parsley to sweeten the breath.
- 2) Chew fennel seeds to freshen the breath.
- 3) Chew anise seeds to freshen the breath.
- 4) Chew a few peppermint or spearmint leaves or drink a cup of peppermint tea
- 5) Add 1 drop of myrrh oil to 1 cup of cooled, boiled water. Use as gargle/mouthwash. tea

11.3. *Old Fashioned Tooth Powder*

Ingredients:

- 2 Tbsp dried lemon or orange rind
- 1/4 cup baking soda
- 2 Tsp salt

Place rinds in food processor, grind until peel becomes a fine powder. Add baking soda and salt then process a few seconds more until you have a fine powder. Store in an airtight tin or jar. Dip moistened toothbrush into mixture, brush as usual.

11.4. Basic Toothpaste

Ingredients:

1 Tsp of the Old Fashioned Tooth Powder
1/4 Tsp Hydrogen peroxide

Mix into a paste and brush as usual.

11.5. Loretta's Toothpaste

Ingredients:

1 Tsp baking soda,
1/4 Tsp hydrogen peroxide
1 drop oil of peppermint

Mix to make a paste, dip toothbrush into mixture, brush as usual.

11.6. Lemon Clove Tooth Cleanser

Ingredients:

Small amount of finely powdered sage
1 ounce of finely powdered myrrh
1 pound powdered arrow root
3 ounces powdered orris root
20 drops oil of lemon
10 drops oil of cloves
12 drops oil of bergamot

Mix the ingredients.

Rub oils into the powdered ingredients until thoroughly mixed.

11.7. Rosemary-Mint Mouthwash

Ingredients:

2 1/2 cups distilled or mineral water
1 tsp fresh mint leaves
1 tsp rosemary leaves
1 tsp anise seeds

Boil the water, add herbs and seeds, infuse for 20 minutes. Cool, strain and use as a gargle/mouthwash. If you wish to make up a larger quantity, double or triple the recipe then add 1 tsp of tincture of myrrh as a natural preservative.

12. Nail Care



12.1. *For dry nails*

Ingredients:

2 tsp. gelatin

1/2 glass fruit juice

Mix together, drink at once. Repeat daily for at least 6 weeks. Regularly, soak fingernails in a bowl of warmed olive oil for about 5 min. Dry with soft towel, gently pushing back cuticles.

12.2. *Dill And Horsetail Nail Bath*

Ingredients:

2 tb (30ml) chopped horsetail

2 tb (30ml) dill seed

1 c (225ml) boiling water

Pour the water over the two herbs and steep for at least an hour. Strain the liquid into a bottle

Both these herbs contain silicic acid, which helps to strengthen nails. Warm the mixture before using and soak your nails in it for ten minutes every other day.

12.3. *For weak nails*

Massage wheat germ oil into cuticles.

12.4. *Fingernail Treatments*

Ingredients:

1 egg yolk

pure castile soap and water

wheat germ

- 1) Beat 1 egg yolk in a small bowl. Soak fingernails for 5 minutes. Rinse.
 - 2) Forget the Palmolive Madge! Make a solution of pure castile soap and water in a large bowl, soak hands and nails for about 10-15 minutes.
 - 3) Soak fingernails in warmed wheat germ oil for about 5 minutes. Wipe off oil, then massage nails. Strengthens
-

13. Eye Care



- 1) The best overall eye tonic is eyebright (an herb). Make a tea of it and either use the teabags or soak cotton balls or soft gauze in the tea and apply to eyes as a compress while lying down.
- 2) For puffy and swollen eyes, make a wet compress of 4 Tbsp. freshly grated raw potato. Place on the eyes for about 15 minutes, then rinse with cold water.
- 3) To reduce swelling and for bags under the eyes, brew a cup of strong rosehip tea. Soak 2 cotton balls in the tea or use 2 tea bags, lie down and place over the eyes.
- 4) For dark circles, cut a fresh fig in half, place a half over each eye.
- 5) To soothe tired, irritated eyes, cut the end of a cucumber into 1/4 in thick slices. Apply a cool slice to each eye.
- 6) Raw potato slices laid on sore eyes reduces heat and redness.
- 7) For eye puffiness, any tea bag (herbal is better, especially eyebright), slightly cooled, placed on the eyes while you rest.
- 8) For tired or bloodshot eyes, soak sterile cotton balls or soft cloth in cold skim milk. Place over eyes for 10 minutes. Rinse entire face in warm, then cool, water.
- 9) To lighten dark circles under your eyes, wrap a grated raw potato in cheesecloth and apply to eyelids for 15-20 minutes. Rinse with warm water.

14. Massage Oils



14.1. *Common questions about making massage oils.*

1) What Are Carrier Oils?

Carrier oils are vegetable oils used to dilute the concentrated essential oils, they help to slow down the evaporation of the essential oils and help absorb them into the skin. The carrier oils should be "Extra virgin or cold pressed vegetable oils" for maximum benefit. Some good carrier oils include mineral oil, grapeseed, canola, safflower, sunflower, sesame, wheat germ, olive and peanut oil.

2) What are the main Essential oil types?

The 5 main essential oil types:

Floral, Spicy, Woody, Citrus, Green

Quick fact: Essential oils are distilled from herbs, fruits, petals, bark, rind, sap, flowers, roots, seeds, leaves, grasses.

3) How Do I Store The Essential Oils?

Store essential oils in brown or dark blue colored glass bottles with a close fitting plastic screw cap. Do not store in plastic containers, they could become contaminated. Keep them in a dark, cool place to prolong the shelf life. Always store out of reach of children.

4) What Safety Precautions Should I Take?

Essential oils are highly concentrated extracts so keep away from the eyes (If oil comes in contact with the eyes, rinse it out with a few drops of pure Sweet Almond Oil, not water. Seek medical attention.) and never take them internally. They should not be applied directly to the skin but mixed with a carrier oil such as mineral oil to dilute them as the oils are in concentrated form. Never increase the dose of essential oil. Some oils are toxic in large amounts.

*NOTE: Do not go out in the sun for at least 6 hours after using any of these oils in your recipes: Ginger, lemon, orange and Bergamot, they can cause skin irritations if exposed to sun.

*Do not use on Pregnant women or children under the age of two.

14.2. Basic Massage Oil

Ingredients:

6 teaspoons carrier oil of your choice
8 drops of essential oil of your choice

Blend ingredients well, warm up oil before doing any massage including your fingertips.

14.3. Rose and Sandalwood Massage Oil

Ingredients:

Rose--25 drops (1/4 tsp)
Sandalwood--25 drops (1/4 tsp)
Macadamia Oil--1/4 Cup
Sweet Almond Oil-- 1/4 Cup

Put all in a bottle and shake gently. Can also be put in a plastic spray bottle.

14.4. Minty Fresh Massage Oil

Ingredients:

10 teaspoons Grapeseed oil
3 drops of Eucalyptus
4 drops Rosemary
2 drops Peppermint

Blend ingredients well, warm up oil before doing any massage including your fingertips. Oriental

14.5. Spice of Life Massage Oil

Ingredients:

10 teaspoons olive oil
6 drops of ginger
4 drops jasmine essential oil
2 drops orange essence

Blend ingredients well, warm up oil before doing any massage including your fingertips.

14.6. Night Dreams Massage Oil

Ingredients:

10 teaspoons grapeseed oil

6 drops of chamomile
4 drops jasmine
2 drops rose
1 drop lavender

Blend ingredients well, warm up oil before doing any massage including your fingertips.

14.7. *Anti-cellulite Massage Oil*

Ingredients:

Base oil: Almond oil--2 tablespoons

Carrot Tissue--5 drops

Jjoba--5 drops

Blend well.

Essential oil blend:

Fennel--8 drops

Grapefruit--14 drops

Lemon--8 drops

Blend well. Then add to base oil blend. Blend well.

14.8. *Fat Attack Massage Oils*

Ingredients:

Essential Oil Blend--30 drops

Sweet Almond Oil--2 Tbsp

Carrot Tissue Oil--10 drops

Blend the almond and carrot oil together before blending in the essential oils.

15. Acknowledgement

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