

HOMEMADE HAIR,
FACE AND BODY CARE
PRODUCTS FOR HEALTHY
AND RADIANT SKIN
FROM HEAD TO TOE,

NATURAL
Beauty
RECIPES

MAKE YOUR OWN TOOTH-PASTE,
○ SUN SCREEN, SHAMPOO, SOAP,
FACIAL SERUMS, CREAMS, MASKS,
MAKE UP, BODY LOTIONS, SCRUBS
AND DEODORANT

Ori Laor

Natural Beauty Recipes

*Homemade Hair, Face And Body Care Products For
Healthy and Radiant Skin From Head To Toe, Make
Your Own Tooth-paste, Sun Screen, Shampoo, Soap,
Facial Serums, Creams, Masks, MakeUp, Body
Lotions, Scrubs And Deodorant.*

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Thank you very much

Ori Laor

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How to use this book

The First step in any given day starts with cosmetic products like toothpaste and soap. Most of the products we need for this purpose we can make ourselves from products that can be found at home and in any health shop or market. In this book I will provides quite a lot of information about ingredients to use and the ones to avoid and why, which natural ingredients to look for, what makes them superior compared to synthetic and chemical ingredients, which organic products are truly natural, and what makes them effective and enjoyable to use. Natural Beauty Recipes is all about practice and experimenting.

I am very proud and anxious to share with you my explorations about how to prepare natural beauty products that really works, what makes natural cleansers so gentle, and how natural moisturizers actually moisturize. What's even more exciting is, how you can create them all by yourself, at very little cost, at home.

Natural Beauty Recipes provides you with a blueprint on how to make the green leap and formulate your own cleansers, toners, moisturizers, and body products from

scratch. You can use the finest organic raw materials, or use kitchen products directly from your cupboard. It's all up to you. No matter how much or how little you invest in your natural beauty ingredients, it will always work well for your skin because it is pure from earth.

I am absolutely sure that the result will be gorgeous, green, and amazingly beneficial for your health and for our planet. Many of the recipes presented in this book are currently used to make Homemade Skin Care For Hair, Face, Body, Natural makeup and Sun Screen Products. Natural beauty is all about ingredients, not the media hype or sleek packaging. That's why using pure, raw, or minimally processed ingredients are very important. I understand that this seemingly easy way will not work for all of us. Some of the most effective recipes in this book cost only a few cents to make, and the ingredients are right there, in your kitchen cupboards, in your local grocery store, or maybe in your garden. My favorite facial oil is made from jojoba and tea tree oils, my favorite body polish is nothing but olive oil and fine sea salt with a sprinkle of mandarin essential oil for that uplifting scent, the most effective hair rinse and shine booster I have tried is simply apple cider vinegar.

Most of the recipes include a few optional ingredients, which add value and aid performance but may be more expensive. You can add them replace them with other oils or skip them, the result will be just as good. Remember: you don't need to spend lots of money to look pampered, healthy, and gorgeous. What Makes these Recipes Different If you choose natural, you do that because you care for your health as well as the wellbeing of our planet. However, with the abundance of organic frauds and gimmicks, it may be hard to tell the genuine organic or natural product from "greenwashed" wannabe products that put "organic" on the label without any true relation to the contents of their tubes and bottles. Today, a company can call its products "natural," even if they use 0.01% of natural ingredients in their product! Remember many of the recipes in the natural realm are full of artificial and chemical ingredients.

My Personal Story

I personally like to incorporate Professional Products that contain Retinol, Alpha and Beta hydroxy acids and Peptides in my daily facial skin regime. I prefer always to use Professional and Natural Products like LAOR Products www.laorcare.com so I will not use any chemicals on my

skin and still get the benefits of what scientists have to offer. I use the professional creams and serums first and then apply the creams I prepare myself so I get my skin pampered with all its needs and I am very cautious about what I will apply to my skin.

From my young age, my mother stressed to me the importance of using clean quality products. When I was fifteen I had a lot of pimples, I saw that some girls and boys in my class started wearing makeup, so of course I wanted to conceal my problems with makeup as well. One day I came home with a drugstore bought powder compact in my back pocket. My mother noticed it and took it away from me. I was devastated, but then she explained that using cheap products would not be good for my acne skin. She bought me a makeup clean from mineral oil and paraben, and I could not argue with that quality that left my skin smooth with no new pimples. Thinking back, I'm so glad that she intervened and taught me to value my skin.

Our skin is the largest organ in our body and around 60% of what we apply to it gets absorbed into our bloodstream. That is the reason why what we put on our skin is equally important as what we put in our mouth because they both

have effect on our wellbeing as a whole. Therefore, by using products that contain chemicals, we end up exposing our bodies to carcinogenic (cancer-causing) substances such as parabens and phthalates that we would commonly not be allowed to ingest as a food or drug.

Biologically, our skin is our first line of defense. Culturally, skin defines much of our standard for beauty. Bright, youthful skin signals health and vitality. Like every part of our bodies, skin responds to care and attention. Proper treatment can revitalize skin and slow the aging process, keeping skin healthier, for longer.

Skin is our protective barrier, our natural heating and air conditioning system, and a way we connect with others through touch. So "love the skin" you're in and invest in it the years will show you it was worth it. If you need my help or advice you can always contact me at orilaor@outlook.com I will be happy to answer any question or concern.

Chapter 1

Why Use Natural Cosmetics?

As the News recently reported, a very known company was ordered to pay millions of dollars of damages to the family of a woman whose death from ovarian cancer was linked to her use of the company's talc-based Baby Powder and Shower Soap for several decades. But this isn't the only instance of a personal care products company being called out for harmful ingredients. In fact, with so many carcinogenic ingredients found in beauty products, it's dawning on women how imperative it is to pay attention to what we buy. After all, the skin is the largest organ of the body.

Nearly 20% of personal-care products contain at least one chemical linked to cancer, and yet the FDA has not regulated beauty ingredients since 1938. This, however, is evolving as consumers change their lifestyle and consumption habits. A 2004 study found parabens in 18 out of 20 samples of human breast tissue. Parabens are in almost 100% of drugstore skincare products and cosmetics.

Finally, only about 10% of the 10,000 chemicals commonly found in personal care products have safety data.

Now, we can begin to understand why you must throw away your non-natural and organic products. First and foremost, the toxic ingredients they contain can (and do) cause cancer. As the creams, lotions, serums, etc are absorbed through the skin, they are then traveling to your bloodstream and inside the body. Studies have shown that the toxic ingredients have been found in biopsy samples from breast tumors, ovarian cancer and more.

The chemical components of many products don't break down and instead accumulate in our ecosystems, harming our environment. Most of the damage is done when we wash our face or body and these chemicals are washed down our sinks, which are then streamed to our lakes, rivers, and the water systems. But of course, the manufacturing process of creating nasty chemical personal care products can be harmful to the environment, too. Just take petroleum based oils, for example mineral oil, these are byproducts of the oil industry. Most palm oil used in cosmetics is the result of razing rainforests to grow palm

plants, and non-organic rapeseed or cottonseed oil is almost always the result of GMO farming.

Read the Labels

One of the most important rules when choosing products for your skin is to look at the components of the product. Choose the most natural with no chemicals, Petroleum, S.L.S, and parabens. It is essential to choose an anti-aging cream that suits your skin type and needs. When you select an anti-aging cream make sure it is not too hard or very greasy as it can clog pores and cause a problem if it is left on overnight.

You should also avoid anything that contains DEA, MEA or TEA. The words are not usually written out, since the label on the container is so small, but just in case. Diethanolamine, monoethanolamine and triethanolamine are sometimes used to adjust pH levels. These chemicals are believed to cause cancer and their use have been restricted in Europe, but not in other areas of the world.

Dioxane is often used in anti aging skin care products to make harsh ingredients milder. You will see the ingredient

in exfoliating creams and the like. Using harsh ingredients is a bad idea in the first place, but adding dioxane to make them milder is a really bad idea. It is another of the known carcinogens and scientists suspect that it is toxic to the kidneys, nerves, and respiratory tract.

Then there are the "fragrances". Most of us use cologne, deodorant, shower gel, shampoo and a list of other beauty aids that contain fragrances. Whenever possible, you should avoid artificial fragrances. They are known to affect the central nervous system causing depression, irritability and hyperactivity.

You might think that an ingredient like mineral oil is natural and good for you. The truth is that it clogs your pores and encourages acne, blackheads and pimples.

The Beauty of Ingredients

Most commercial cosmetics contain very little in the way of nutritional ingredients that can truly benefit your beauty. Instead of helping boost the health of your hair, skin or nails they use chemicals to temporarily mask any issues you may have. Organic products and products you make at home, on the other hand, are often rich in ingredients like:

Vitamin C: A superpower when it comes to antioxidants and it fights free radicals, which attack the skin's support structure and leads to imparting collagen and the aging of skin.

Vitamin E: Another powerful antioxidant that soothes out the skin and help reduce fine lines and wrinkles.

Vitamin A: Vital for the repair of skin. If you notice your skin is dull, flaky, or quite brass, look for products that include this.

Most organic and natural brands include these essential vitamins and more in their products and you can also purchase pure nourishing ingredients on your own.

Protect your children

What most people don't realize is that non-organic products not only affect you, but also your children, especially when in the womb. Organic beauty products help protect our children so that they are healthy, strong, and don't have any birth defects. According to The Lancet Neurology study, toxins in cosmetics can affect brain development and lead to neurobehavioral problems like

autism, ADHD, and dyslexia. Disorders of neurobehavioral development affect 10–15% of all births and are steadily increasing. Of course, it's impossible to know which percentage of these are related to toxic chemicals in personal care products, but why take any risk.

Value for Money

There's a misconception that organic skin care and makeup is more expensive than mainstream brands, but that's far from the truth. Have you checked the labels and prices of the Top Brands which are highly chemical? Sure, organic products may not be as dirt cheap as mass produced chemical supermarket brands, but think of it like this: junk food is way, way cheaper than organic food, but wouldn't you rather spend \$1 on a few organic bananas instead of a huge bag of free-radical oily, salty, MSG riddled chips? You know the answer which is Better for you.

So, why use organic skincare? It should be pretty obvious by now. Organic products are healthier, cheap, and only include ingredients that will nourish your skin and body. It's important to only put high-quality organic creams on your delicate skin. After all, it is your largest organ, and you only deserve the best.

Learn to Use Pure Oils

Do not be afraid of applying oil to your face. Oil, alone, will not bring you blemishes. Pimples, cysts, zits, blackheads, whiteheads, these are a result of several different factors including hormones, bacteria, dead skin cells and the buildup of these factors. Your skin naturally produces oil because it needs it. It is not a malicious force to be reckoned with; it is there for the benefit of your skin, allowing your largest organ to function properly. It is naturally occurring. Not only does your natural oil help lubricate, it also heals, protects, and moisturizes your skin so that it may function properly. Properly functioning skin is beautiful, clear, and glowing. Learning to work with your skin, not against it is the goal.

While we're talking about clarifying your skin externally, we must also touch on the internal aspect. WATER! Drink no less than 8 glasses of water a day. If your skin has issues with blemishes, drink up! Water will help release and remove the toxins from within, lessening the load on your skin to push the toxins out. Carry a bottle of water around with you throughout the day so water is always available.

The Oil Cleansing Method

First and foremost, this is typically done in the evening, prior to bed. There should be no need for deep cleansing in the morning if you're waking up with skin cleansed the night before. In the morning, a quick wipe with a warm washcloth should suffice. We don't want to over cleanse our skin as this will serve only to irritate and cause more oil production. The objective of using this cleansing method is to deep clean while balancing our skins oil production at the same time.

You'll need a soft washcloth, your oil blend, and hot, running water.

- Pour a generous puddle of oil into the palm of your hand. Roughly, the size of a quarter. Rub your hands together to warm the oil and smooth it over your face.
- Begin massaging the oil into your face. This will remove sunscreen, makeup, dirt, and other impurities, so there is no need to use a makeup remover or wash your face prior to the massage. I've found that this removes even my stubborn waterproof mascara and concealer.

- Using slow, firm motions across the skin, massage the oil deeply into your pores. Take your time and focus on your problem areas. You want the oil to work into your pores so that blackheads and impurities can be dissolved and steamed away.
- As you're massaging, let your mind drift off to something calming and breathe deeply. Take this time to relax and release some of the stress that your body is harboring. Sit down, breathe deeply, and take your time. Give the oil enough time to work on dissolving the impurities in your pores and give yourself enough time to unwind.
- Once you're satisfied that your pores are saturated and you're feeling calm, pick up your washcloth and soak it in clean, steamy water. We want the water to be warm enough to further soften your pores and remove the oil. Cool water will not soften your pores, nor will it remove the oil efficiently. We're not scalding our skin, we're steaming to coax our pores to release the oil carrying the impurities. We're essentially steaming our skin as an esthetician would, but without the luxury of a steam machine.
- Hold the washcloth to cover your face. Allow it to stay until it cools. You will feel your pores softening and releasing the impurities. Wipe the oil gently away and rinse the washcloth well in hot, running

water. Hold the washcloth to your face again, allowing it to cool. Wipe gently, rinse well and repeat two or three more times. Avoid any temptation to scrub, as you will find it's completely unnecessary and your skin will be soft, smooth, and free of flakes without the additional manual exfoliation and irritation that will result. Impurities, dead skin cells, and bacteria will be gently swept away.

- Have no fear of the oil, as the steamy washcloth will, remove it. The castor oil, though it is an oil, will help with the removal of the other oils, as well. It is our main cleansing oil and is easily removed with warm water.
- If your skin feels tight, take a tiny drop of your oil blend, rub it between your clean, damp palms and pat it onto your damp skin. Gently massage any oil residue into your skin so there is no film of oil left sitting on the surface. Your skin should now glow.

This deep cleansing method should be done regularly, but not too frequently. You'll know if you're deep cleansing too frequently by the dryness that your skin will exhibit. Don't be surprised if you find out that you've unblocked an oil flow for the first few days. Once you remove the old plugs from your pores, they will begin functioning properly

again. The perfect skin won't happen overnight and while it should take a few massages to achieve your goal, you should notice a huge difference in your skin after the first deep cleansing massage. Give your skin a few days to adjust and adapt to being clean and clear of blockages; understand that the new oil coming from your skin is actually a good sign and will balance out very shortly. You'll find redness and irritation subsiding. You'll find your skin losing that "congested," and thick feeling.

Chapter 2

Start Your Day Clean and Healthy

Natural Toothpaste

Having healthy teeth is easy. But it's hard to distinguish between all the methods and the chemicals that are used to do that. Personally, I mix between natural Ayurvedic toothpaste and homemade toothpaste I make myself, sometimes with Baking soda and sometimes without, so I will get all the benefits of different cleansing methods. I knew a very old dentist who cleans his teeth with baking soda for almost two centuries and he says he got all his teeth in his mouth, I saw it myself.

These are the best Ingredients to clean the teeth you can make this recipe with or without Baking Soda I recommend to prepare two so you can mix between them.

Coconut oil- which has antibacterial properties that help keep your mouth clean.

Bentonite clay- which is a polishing cleanser with antibacterial properties that has been used for centuries to

promote digestive health. It's also been known to help remineralize the teeth.

Real sea salt- which helps to gently scrub teeth and also has some antibacterial properties.

Peppermint essential oil- which add that minty freshness that so many people have come to love about commercial toothpastes.

Ingredients:

4 tsp Coconut Oil.

4 tsp Bentonite Clay.

1 tsp Filtered water.

2 tsp Real sea salt.

1 tsp Baking Soda (Optional).

10 Drops of Peppermint essential oil (Optional).

Directions:

Mix coconut oil, clay, and salt and baking soda in a small bowl. Start with just one tablespoon of water. Working with the back of a spoon, smooth the ingredients together to a paste and add more water until you like the consistency.

Add in the peppermint oil (or cinnamon or spearmint) and then mix until well combined Store in air tight container.

To use: Place a pea-size amount on your toothbrush and the brush and Rinse.

Deodorant for Sensitive Skin

Like so many other cosmetics, several of the ingredients used in most deodorants and antiperspirants are not so good for you. Like Aluminum, Parabens, Propylene glycol, Phthalates, Triclosan all of them are considered carcinogenic. Do you really want to put this stuff on your body? I don't think so.

Make your own homemade deodorant. My original homemade deodorant recipe for sensitive skin is still one of my most durable and trusted recipe. I've used that recipe for several years. It's worked better than any commercial Deodorant I used and a whole lot safer.

Keep in mind that this is not an antiperspirant, but that's a good thing. You need to sweat, it's one of the ways your body naturally detoxes.

Ingredients:

60 ml Coconut oil.

2 tsp Baking soda.

20 gr Cornflower powder.

10 Drops of Grape-fruit Essential oil.

10 Drops of Tea Tree Essential oil.

Directions:

Mix the coconut oil, baking soda, and Cornflower powder in the small mixing bowl. Use the back of the spoon to help paste the ingredients until you have a consistency you like.

Mix in essential oils. This is a optional step, but I think it makes it more fun. You can choose whatever oils you want. Some love lavender or Vanilla or you can add Tea tree oil this oil has properties that aid in curing infectious organisms and is an excellent natural remedy for fungus and bacterial skin irritations.

Put mixture in small container. To use simply swipe two fingers gently into the mixture and rub on your underarms. Wait two minutes before dressing to avoid any smearing on your clothes.

Foaming Facial Cleanser

When I clean my face, I want something that leaves it clean and soft, but I rarely use conventional products that contain harsh chemicals. I've been a fan of the Oil Cleansing method for a long time, but I sometimes I like something different and quicker.

Ingredients:

50 ml Any Cheap Natural Soap like Castile soap or Sugar beetroot soap.

50 ml Distilled water.

2 tsp Almond oil or jojoba oil.

2 tsp Aloe Vera gel.

2 tsp Vegetable Glycerin.

10 Drops of Geranium or Lavender essential oil.

Directions:

Blend all ingredients, except for the soap, in a blender.

Now smell it. See how you like it, if you want to add more essential oils, or different scents.

Lastly, add the soap and blend on low speed just long enough to mix everything together well.

Carefully pour it in your bottle. If it still ended up a bit foamy, you might just want to let it settle before pouring it to your favorite bottle.

Tea Tree Oil Facial Cleanser

This Oily soap is made from a combination of four natural ingredients that aid in healing and contains anti-inflammatory properties good for all skin types especially oily skin:

Ingredients:

50 ml Castor oil.

100 ml Grape seed oil.

50 ml jojoba oil.

10 Drops of Tea tree oil.

Directions:

Add all four ingredients to a clean bowl and mix to combine.

Store in a clean glass jar with a tight lid.

How to use:

Wet your fingertips with the oil. Gently massage the oil into your skin for 1 minute, making sure you migrate to your neck region.

Wet a clean washcloth with hot water and place the cloth over your entire face. Steam your face until the cloth cools. Repeat if desired. I usually steam my face twice.

Rinse the washcloth and wipe the oil off of your face.

Pat your face dry with a clean towel.

Tip: If you eliminate the tea tree oil this can make a great eye makeup remover.

Gentle Resurfacing Peeling

Making your own facial cleanser is a great way to avoid putting chemicals on your skin. Cleansing grains gently exfoliate as well as clean the skin. Create your own cleansing grains by grinding almonds, chia seeds, ground sunflower seeds, wheatgerm, ground rice, ground sunflower seeds, oats or any other ground grains into a fine powder and mixing with liquid to form a paste.

Ingredients:

1 tsp Honey.

1 tsp Lemon Juice.

1 tsp Almond Milk or Coconut milk.

1 tsp Coconut Oil.

4 tsp your favorite ground grains.

1 tsp Real Sea Salt (optional).

1 tsp Baking Soda (Optional).

10 Drops of Your Favorite essential oil.

Directions:

Mix everything together in a small bowl. Working with the back of a spoon, smooth the ingredients together to a paste and add more Almond Milk or Lemon Juice

To use: Gently massage paste into skin, avoiding the eyes. Wash off with warm water.

This type of cleanser needs to be made on an as-needed basis. However, the process can be expedited by keeping a jar of dry grains in the bathroom cabinet along with a small bowl and spoon for preparing the cleanser.

As you can see, it doesn't have to be difficult to make and use natural cleansers.

Natural Sunscreen

Conventional sunscreen can be full of harmful chemicals and toxins. Instead, try this homemade sunscreen recipe! Not only does it protect your skin from getting burnt, but also nourishes and hydrates your skin with essential vitamins and nutrients this sunscreen is equivalent to about 15-20 SPF of regular sunscreen so it good mostly for the body.

Ingredients:

10 Drops of lavender essential oil.

10 Drops of Vitamin E oil.

1 tsp Pomegranate oil or Grape seed oil.

50 ml Coconut oil.

2 tsp Shea butter.

5 tsp Zinc Oxide.

1 Jar

Directions:

Combine all ingredients except zinc oxide in a jar

Place a saucepan with 2 inches of water on stove over medium/low heat.

Place jar in saucepan and stir contents until ingredients start to melt.

Once all ingredients are combined, add in zinc oxide and stir well.

Store in a cool place.

Chapter 3

Prepare Natural Hair Products

How to Rinse Hair with Apple Cider Vinegar

Add shine, bounce and remove buildup from your hair with a simple apple cider vinegar rinse. Apple cider vinegar is a well-known health food and folk remedy. Acetic acid, the main ingredient, will remove buildup from styling products and conditioners and strengthen the hair shaft, leaving you with soft, glimmering strands. Apple cider vinegar hair rinse will also balance hair's pH level, kill bacteria and is a great cure for dandruff. This rinse is not recommended for color-treated or processed hair, as acetic acid is a clarifier and can strip hair of its color.

Apple Cider Vinegar Hair Rinse

Step 1- Make the rinse by mixing 60 ml of apple cider vinegar with 120 ml of distilled water. Put the mixture in a plastic bottle and bring it into the shower or bath.

Step 2- Shampoo hair and rinse well. Apply the apple cider vinegar rinse to your hair. Leave it in for a few seconds.

Rinse your hair using cold water to seal the hair shaft and create more shine. Because vinegar is acidic, using the rinse daily is not advised. Try it once a week at most. Pay attention to how your hair responds and adjust use accordingly. You don't need to condition hair after the rinse.

Step 3- Dry your hair with a towel. If you notice a vinegar scent after you're done rinsing, The smell will disappear after your hair dries.

Herbal Apple Cider Vinegar Rinse

Step 4- Bring 1 cup water to a boil. Add 3 Tbsp of your chosen dried herb like chamomile or green tea, into a tea ball or muslin bag. Place the ball or bag in hot water. Let the mixture infuse for two hours.

Step 5- Pour the mix into a glass jar when the herbal tonic is cooled, and add 1 cup of apple cider vinegar. Shake well. Apply the same way as the basic vinegar rinse.

Step 6- Add a few drops of lavender, rosemary, lemon or rose essential oil to the basic vinegar rinse recipe if you're not motivated to make an herb tonic.

All Natural Shampoo

Ingredients:

100 ml distilled water.

100 ml Any Cheap Natural Soap like Liquid castile soap or Sugar beetroot soap.

10 Drops of Rosewood essential oil.

10 Drops of Tea Tree essential oil.

2 tsp Vegetable Glycerin (optional).

Directions:

Put the above ingredients in a bottle. Shake well before each use. Pour a little over your head, Gently massage in the scalp for a minute or two. Rinse completely.

Natural Shampoo & Conditioner

Ingredients:

100 ml Distilled water.

100 ml Liquid Castile soap or sugar beetroot soap.

2 tsp Avocado oil.

2 tsp Coconut oil.

10 Drops of Lavender essential oil.

10 Drops of Tea Tree essential oil.

2 tsp Vegetable glycerin (optional).

Directions:

Put the above ingredients in a bottle. Shake well before each use. Pour a little over your head. Lather well. Gently massage in the scalp for a minute or two. Rinse completely.

Prepare Your Personal Hair Mask

Natural ingredients will help you fix your hair quickly. Whether it's dry, oily, dull or damaged, there are things you can find in your kitchen to help restore its condition. As well as being cheaper and customizable to your needs, homemade hair masks contain no harsh chemicals. Best of all, you can tinker with the mask until it exactly matches your own hair's needs.

Step 1- Decide what problems you are aiming to fix with your hair. Then you can decide on which ingredients will be right for you. Have a look at the list below to give you a general idea of what hair type category you fit into.

Dry Hair: looks dull, has split ends, damages easily, and breaks easily. This could be due to damage or just lack of oil production.

Oily Hair: becomes greasy if not washed daily and loses its shine.

Combination Hair: oily at the roots, but dry and damaged towards the ends. This is often due to over-styling and brushing.

Normal Hair: doesn't have many problems, usually looks shiny, not many split ends, easy to manage, this type may not need a hair mask.

Step 2: Make a selection of ingredients from the advice below and make your mask. Then, wash your hair as normal but don't apply conditioner, just stop after shampooing. Squeeze any excess moisture out of your hair and comb. Then, take your mask (make it in a bowl before going for your shower), and apply evenly through the hair. Leave for 10-20 minutes and rinse with lukewarm water. Finish with a cold rinse to close the hair follicle. Follow these instructions unless indicated to do differently with any of the ingredients below.

Masks for Dry or Damaged Hair

Use the following suggestions for dry/damaged hair. The ingredients mentioned in this section will aim to provide much needed oil and moisture to help protect against further damage. They give your hair some shine back. Mix and match depending on what you have available and what matches your specific needs.

Avocado: Avocado is one of nature's greatest moisturizers, rich in vitamins such as E & B and nutrients. Its natural oils will give your hair the moisture it's lacking. Use about half a avocado, mash it, use on it's own or with other ingredients.

Banana: Rich in vitamins and oils, especially good for improving hair elasticity, therefore preventing split ends and breakage, and also good for dandruff. Mash about half a banana, use on its own or with other ingredients. Freezing and thawing the banana before use can help to reduce lumps, which are difficult to wash out of hair.

Honey: Honey is moisturizing and a humectant (has the ability to cling onto moisture) making it suitable for dry hair. Be aware that it also lightens the colour of your hair (bleaching effect). Use as much as necessary (not too much or you'll be left with sticky hair), can be mixed into other ingredients such as the avocado or banana.

Natural Mayonnaise: Sounds disgusting, but mayonnaise is made of eggs, vinegar and oil, all three of which have been used for many years to give volume, shine and hydration to hair. For dry and damaged hair it's best used mixed with avocado, although it can be used alone.

Olive oil: Try to use extra virgin olive oil for best results, this has been used for centuries for hair and skin moisturizing as it is nourishing and strengthening, perfect for dry and damaged hair! Can be mixed in with other ingredients such as avocado or banana, OR to use on its own; work it through warm, damp hair as needed (not too much or risk not being able to rinse it) from roots to tips. Wrap either a warm towel or a plastic bag over your hair and leave for 20 minutes, then rinse.

Coconut Oil: Not surprisingly, coconut oil is good for dry or damaged hair because it soaks into the hair shaft and coats the hair with it's nutrients. Coconut oil is also good for all parts of your body, so while you leave it in (You can use it on it's own, or as part of a hair mask), you can put some on your face or nails or even your feet! - To help keep them soft and shiny. To use, you can wet your hair - but preferably leave it dry - then leave in for twenty minutes to an hour, after that, shampoo a few times - once or twice - to get all of the grease out of your hair (Or you can leave some on and sleep with it, and wash it out in the morning, for extra shine) and then, if you'd like to, condition as normal.

Eggs: Commonly used due to their high levels of Omega-3 fatty acids, xanthophylls, immunoglobulins, vitamins and other micro-nutrients, eggs are good for strengthening the hair and hair follicles meaning that they are ideal for damaged hair. Can be used alone or mixed into other ingredients, in particular olive oil for a super moisturizing hair mask

Gelatin: If allowed to set on hair, unflavored gelatin can provide a protective protein coating to the hair. Combine with water, vinegar, and a humectant, and deep condition afterwards for best results.

Glycerin: A strong humectant like honey, but without its bleaching properties. Always mix it with water before use.

Masks for Oily Hair

Note that this hair type will benefit from making homemade hair masks because you'll be avoiding all of the heavy things like silicone, found in many shop-bought products, which tend to cause greasy hair. These ingredients will aim to leave your hair feeling refreshed, but without drying it out.

Apple cider vinegar: Sounds a bit weird, but apple cider vinegar contains nutrients which make hair stronger, shinier and generally more healthy, and as well as that it removes any residue from cosmetic products which may be what's causing your hair to feel heavy, so it'll give your hair it's bounce back! It also regulates the pH of the scalp so is good for those of you who get dandruff. To use, add 60 ml Tbs to other ingredients of your choice, or it can be used alone as a rinse by diluting 1 part vinegar to 2/3 parts water.

Strawberries: Strawberries are good at regulating oil production in the scalp and rinsing off any oil from your hair, plus they are packed full of vitamin C, which is essential for hair health. Mash a few up and apply to hair either alone or with other ingredients of your choice. You may choose to mix with a lightly moisturizing ingredient such as mayonnaise to prevent over-drying. Leave on for just 10 minutes.

Baking soda: This is an effective ingredient for removing build up of cosmetic products, grease and dirt from the hair. A tablespoon could be added to a moderately

moisturizing ingredient, or it can be mixed with water to make a paste and used in place of shampoo.

Lemon juice: A well known astringent, it closes the pores on your scalp, reducing oil production. Be warned that lemon juice may lighten hair colour if used regularly, especially if you go in the sun with it will still remain on your hair. It can be used alone or to rinse hair, or can be added to a mask.

These ingredients are mostly aiming to absorb or rinse away any oil and dirt. Unless your hair is extremely greasy, it's best to only use these a maximum of once a month to avoid taking away too much oil which can cause the scalp to overproduce oil, otherwise try to use them with moisturizing things, either from the dry hair section, or combination hair section to ensure that the hair isn't being over-dried.

Masks for Combination Hair

Use these suggestions if you have combination hair. Most of the suggestions below aim to give the best combination of ingredients mentioned in the previous two methods, seeking to fix both issues.

Goat Yogurt: Probiotic, natural yogurt provides essential nutrients and moisture, including protein which is important as protein is the building-blocks of hair. It encourages hair growth and repair, but also helps to rinse away build up and grease making it ideal for combination hair. It's easily combined with other ingredients such as avocado if you wanted extra moisture, or strawberries if you need more oil regulation.

Organic Mayonnaise And Strawberries: Mayonnaise provides moisture and nutrients to help moisturize and repair the dry areas of your hair, while the strawberries regulate oil production, and give a boost of vitamin C to the hair. Try using three mashed strawberries mixed into two or three tbsps mayonnaise.

Eggs and apple cider vinegar: eggs provide protein which is essential for repairing any damaged areas of the hair, as well as giving the hair nutrients and moisture without being too heavy. The apple cider vinegar would get rid of any dullness, rinse away any build up of grease and cosmetic product residue while being kind to the scalp by regulating its pH and helping with dandruff. Try mixing 1 or 2 tablespoons apple cider vinegar into two beaten eggs.

Baking soda and yogurt: baking soda loosens any dirt, grime, grease or build up from the hair and scalp, while the yogurt would ensure that the hair receives all the nutrients and moisture it needs. Try mixing a teaspoon of baking soda into two tablespoons of yogurt.

Experiment: To find what works for your hair, and what doesn't, try different combinations of ingredients which you think might work for your hair type, adjust the length of time to leave it on your hair (generally between 10 and 20 minutes is fine), and the quantities of each ingredient in the mixture you use. Everybody's hair is different, so your ideal recipe will be unique too. Enjoy your healthy, voluminous, shiny, clean hair.

Mask Recipes Examples

Avocado Coconut Oil Hair Mask

Avocado and coconut oil will create a super soft and luxurious hair mask which will not only boost hair growth, but also prevent hair fall and add a shine to dull hair.

Ingredients:

2 tsp Avocado.

2 tsp Coconut oil.

10 Drops of Lavender Essential oil.

Directions:

Blend the above ingredients till you get a smooth and thick mixture. Using clean fingers, scoop this mixture and rub it gently onto your scalp and hair locks. Wait for 10 to 15 minutes for the hair mask to sink in before washing off thoroughly with cold water. As with all hair masks, apply this hair mask over your bathroom/kitchen sink to avoid drips.

Tip: It's a must to blend your avocado thoroughly till you get a lump free hair mask mixture. A lumpy hair mask will be very hard to rinse off.

Goat Yogurt Olive Oil Honey Hair Mask

These three amazing hair mask ingredients will help stimulate the hair follicles, thereby promoting growth. Say

goodbye to frizzy and dry hair with goat yogurt, olive oil and honey.

Ingredients:

20 ml Goat yogurt.

1 tsp honey.

1 tsp olive oil.

Directions:

Mix the above ingredients thoroughly in a clean bowl. When you're ready to apply the hair mask, scoop some up with clean fingers and massage it onto your scalp and slather some on your locks. Wait for 10 to 15 minutes for the mask to penetrate then rinse off very well with tepid to cold water. Wrap your hair in a fluffy towel.

Tip: Wear an old T-shirt before applying this hair mask to prevent ruining your clothes with drips.

Chapter 4

Prepare Natural Face Products

Natural Facial Toner

Using a toner as part of a regular skin care routine is helpful in removing dirt, tightening pores, and preparing the skin to be moisturized. Toners are also known to remove excess oil from the skin, which is helpful for those with extremely oil skin. The pore-tightening effects of toner are beneficial to most skin types. Many of you may already use toner, and I expect you've also heard that witch hazel is an excellent, inexpensive alternative to any toner. So, today I'd like to share a few different ways you can make toner at home.

Basic Toners (no recipe required)

Dry Skin Chamomile Toner- Brew a cup of chamomile leaves and allow to cool. Use a cotton ball to apply to skin. Chamomile especially helpful in soothing irritated skin or sunburns.

Oily Skin Witch Hazel Toner- Easily found at the grocery store or pharmacy, witch hazel is an excellent toner for oily

to normal and combination skin. It is best avoided on sunburned or extremely dry skin. Because of its anti-bacterial properties, witch hazel is useful in treating acne prone skin. You can make it yourself very easily, just Brew a cup of witch hazel dried herb and allow to cool. Use a cotton ball to apply to skin.

Combination Skin Aloe Vera juice- Apply pure aloe vera juice as you would any other toner. This is most suitable for oily skin but can be soothing to sunburned or wind burned skin. It is not recommended for extremely dry skin. If you find aloe vera too drying, dilute with up to 50% distilled water.

More Toner Recipes

If you would like to try your hand at making toner, the following three recipes are simple and quick to prepare and suits all skin types.

Soothing Chamomile Toner

Ingredients:

200 ml Distilled water.

50 ml Vodka.

50 ml Witch hazel water.

50 ml Chamomile tea.

Directions:

Add ingredients to a clean jar, close with a tight -fitting lid.

Shake to blend.

Sweet Orange Toner

Ingredients:

100 ml Witch hazel Water

10 Drops sweet orange essential oil.

Directions:

Add ingredients to a clean jar, close with a tight -fitting lid.

Shake to blend.

Mint-Vinegar Toner

Ingredients:

1 tsp Dried Mint leaves.

2 tsp Apple cider vinegar.

100 ml Distilled water.

Directions:

Mix all ingredients, cover and allow to sit for three days.

Strain out the mint leaves and pour toner into a clean container with a tight-fitting lid.

Toner For Acne Prone Skin

Ingredients:

100 ml Strong green tea.

50 ml Apple cider vinegar

10 Drops Tea Tree essential oil.

Directions:

Simply pour the green tea, apple cider vinegar and Tea Tree Oil into a glass jar or a glass spray bottle. Use a cotton ball to apply your homemade toner after cleansing or as often as desired. Store this toner in the refrigerator, it should keep for about two weeks this way.

While these two ingredients alone are enough to make a spectacular homemade toner, you can also experiment with adding things like: Orange essential oil (astringent, oil-reducing, stimulates collagen production), Lavender essential oil (antimicrobial, soothing, anti-inflammatory). Lemon juice (brightening, toning, helps reduce red marks).

How To Use This Toners

Clean skin with cleanser, wash off with warm water.

Pat excess water off with a dry towel.

Pour a small amount of toner onto a cotton ball and apply to the face. If you do not wish to use cotton balls, you may also spritz the face with toner stored in a spray bottle. Just make sure you close your eyes first.

Cell Boosting Serum

My homemade anti-aging serum recipes are very intensive and highly concentrated, if you use one of these under your homemade moisturizer it will help it penetrate the skin. It will also boost hydration by forming a barrier to reduce water loss.

Ingredients:

30 ml Olive Squalane Oil.

10 ml Evening Primrose Oil.

5 ml Avocado Oil.

5 Drops Geranium Essential Oil.

Directions:

Mix the ingredients together and store in a dark bottle.

How To Use:

Remember to shake your serum well before using. Apply all over your face then add your homemade moisturizer.

Golden Serum for Dry Skin

When creating a homemade serum I try to go with light oils that can penetrate the skin easily without greasiness that will still hold all the active ingredients deep within the skin.

Ingredients:

15 ml Olive Squalane Oil.

10 ml Soybean Oil.

10 ml Evening primrose Oil.

10 ml Borage Oil.

5 ml Sea Buckthorn Oil.

5 ml Rosehip Oil.

1 ml Vitamin E Oil.

5 Drops Lavender Essential Oil.

Directions:

Mix the ingredients together and store in a dark bottle.

How To Use:

Remember to shake your serum well before using. Apply all over your face then add your homemade moisturizer.

Luxury Evening Serum

Ingredients:

10 ml Olive Squalane.

10 ml Argan Oil.

10 Drops Jasmin Essetial Oil.

Directions:

Mix the ingredients together and store in a dark bottle.

How To Use:

Remember to shake your serum well before using. Apply all over your face then add your homemade moisturizer.

Correcting Eye Serum

Use this around the eyes and mouth daily being careful not to get it in your eyes

Ingredients:

10 ml Olive Squalane.

10 ml Rosehip Oil.

10 ml Vitamin E Oil.

Directions:

Mix the ingredients together and store in a dark bottle.

How To Use:

Remember to shake your serum well before using. Apply around the eyes then add your homemade serum and moisturizer.

Healing Lip Serum

Use on chapped and sore lips.

Ingredients:

10 ml Olive Squalane.

2 ml Castor Oil.

1 ml Vitamin E Oil.

1 ml Jojoba Oil.

Directions:

Mix the ingredients together and store in a dark bottle.

How To Use:

Remember to shake your serum well before using. Apply all day on the lips.

Simple Homemade Moisturizer

In the name of simplicity, I bring you a true beauty recipe, a homemade moisturizer. One which will leave you smelling of sweet lavender while at the same time moisturizes and heals your skin. Three ingredients and takes only seconds to make.

Ingredients:

50 ml Coconut oil.

2 tsp vitamin E oil.

10 Drops lavender essential oil.

Directions:

Combine the coconut oil, vitamin E or tea tree oil, and lavender in a bowl. Now mix.

If you're making this moisturizer in the colder months, when coconut oil tends to be very solid, you can whip these ingredients together with your hand mixer creating for a smooth, creamy product.

Anti-Aging Rose Cream

Rose essential oil is the crème de la crème of essential oils for combating wrinkles but its extremely expensive. But if Rose essential oil is out of your budget try Rosewood or Geranium, although not quite as potent it's a very good substitute

Ingredients:

15 ml Avocado oil.

10 ml Wheatgerm oil.

1 ml Vitamin E oil.

20 gr Bees Wax.

50 gr Distilled water.

5 Drops Lavender essential oil.

5 Drops Rose essential oil (or Rosewood).

Directions:

Use a digital scales to weigh out all the oils (excluding essential oils) and Bees Wax into a heatproof container.

Place the waters into a separate heatproof container.

Place both containers into a double boiler pan.

Once the Bees Wax has melted remove both containers from the pan then combine the waters and oils together; mix it for at least 3 minutes.

Continue to stir at regular intervals until the cream cools to below 45C.

If separation occurs in cool down phase, place the container back into the pan of simmering water until melted, remove from the heat then continue stirring until cool.

As your mixture starts to thicken add your essential oils, stir well and move into a clean jar.

Recovery Night Cream

Ingredients:

15 ml Avocado oil.

15 ml Argon oil.

5 ml vitamin E Oil.

20 gr Bees Wax.

50 ml Distilled Water.

3 Drops Patchuli essential oil.

3 Drops Neroli essential oil.

Directions:

Use a digital scales to weigh out all the oils (excluding Essential oils) and Bees Wax into a heatproof container.

Place the waters into a separate heatproof container.

Place both containers into a double boiler pan.

Once the Bees Wax has melted remove both containers from the pan then combine the waters and oils together; mix it for at least 3 minutes.

Continue to stir at regular intervals until the cream cools to below 45C.

If separation occurs in cool down phase, place the container back into the pan of simmering water until melted, remove from the heat then continue stirring until cool.

As your mixture starts to thicken add your essential oils, stir well and move into a clean jar.

Brightening Day Cream for Oily Skin

Grape seed oil is rich in vitamin C and antioxidants, it absorbs into the skin very quickly taking all the other oils with it. Grape seed oil also holds great healing and skin protecting properties. Jojoba oil is also rich in vitamins; it's a great choice for combination skin, the antioxidant properties are ideal for clearing excess oil and conditioning the skin. I've also added a little wheatgerm oil to increase the vitamin E content to help sooth and hydrate.

Ingredients:

15 ml Grape seed oil.

15 ml Jojoba oil.

5 ml Wheatgerm oil.

15 gr Bees Wax.

50 ml Distilled Water.

3 Drops Parsleyessential oil.

3 Drops Grapefruit essential oil.

Directions:

Use a digital scales to weigh out all the oils (excluding essential oils) and Bees Wax into a heatproof container.

Place the waters into a separate heatproof container.

Place both containers into a double boiler pan.

Once the Bees Wax has melted remove both containers from the pan then combine the waters and oils together; mix it for at least 3 minutes.

Continue to stir at regular intervals until the cream cools to below 45C.

If separation occurs in cool down phase, place the container back into the pan of simmering water until melted, remove from the heat then continue stirring until cool.

As your mixture starts to thicken add your essential oils, stir well and move into a clean jar.

Relaxing Turmeric Face Mask

Ingredients:

1 tsp Ground turmeric.

1 tsp Ground oats.

20 ml Witch hazel water.

1 tsp Honey.

Directions:

Mix the ingredients together.

Apply to your face.

Allow the mask to dry for about 20 minutes.

Wash off the mask, massaging the skin a bit as you do. (A shower is the easiest place for this.)

Invigorating Lemon Mask for Oily Skin

Ingredients:

3 tsp Lemon juice.

1 tsp Green Clay.

2 Egg whites.

2 tsp Honey.

4 Drops of jojoba oil

Directions:

Mix the ingredients together and apply immediately to the face for around ten minutes. This recipe will make enough for more than one mask. The treatment is most effective when applied fresh, so resist the urge to refrigerate the extras for later.

The Ultimate Clay Face Mask

This face mask can help you address a number of skin issues, like acne, dryness, and dullness. The star ingredient is bentonite clay, a super absorbent clay that absorbs excess oils and helps to dry out and eliminate blemishes. Bentonite clay also helps tighten your pores, which can keep dirt out of the skin.

Ingredients:

20 gr Bentonite clay.

2 tsp Ground oats.

1 tsp Sea Salt.

1 tsp Honey.

1 tsp avocado oil.

5 Drops lavender essential oil.

5 Drops Tea Tree essential oil.

20 ml Witch hazel Water

Directions:

Add all ingredients to a small bowl and stir. Add a small amount of Witch hazel water to achieve a smooth consistency.

Store the mixture in an airtight jar.

To use, spread a thin and even layer of the face mask onto your skin. Let it sit for 10-15 minutes.

Remove the mask with warm water and soft wash cloth.

Chapter 5

Prepare Body Creams and Lotions

Soft Hand and Body Cream

If you're looking for a homemade lotion or hand cream that will nourish your skin, look no further. This recipe is super nourishing, super versatile and super simple.

Ingredients:

20 gr Coconut oil.

20 gr Shea butter.

10 gr Cocoa Butter or Coconut Oil.

1 tsp Aloe Vera juice.

2 tsp Almond oil.

10 Drops Lavender essential oil.

Directions:

Heat the butter over low heat until melted.

Remove from heat

Add the aloe vera juice, liquid oil, and essential oils and stir to combine well

Store in container of your choice.

Body Lotion for Oily Skin

Ingredients:

2 tsp Beeswax.

40 ml Sweet Almond Oil.

1 tsp Vitamin E Oil.

2 tsp of Coconut.

20 ml Witch hazel Water

10 Drops essential oils.

Directions:

Melt the beeswax, almond oil, and coconut oil in a double broiler. Once they've melted add the vitamin E, a natural preservative, and excellent for nourishing skin. In the base of a blender add your water. Once the water is blending slowly stream in your oils. You're creating an emulsion. Do it Very Slowly. You will see it form into a thick and creamy consistency. Pour it into a jar and enjoy your skin.

Splendid Body Butter

Ingredients:

100 gr Shea Butter.

50 gr Coconut Oil.

50 gr Jojoba Oil.

15 Drops Lavender Essential Oil.

Directions:

Place shea butter, coconut oil, and jojoba oil in a glass bowl or measuring cup inside a saucepan. The saucepan should have enough water in it that the water touches the bottom of your glass double boiler, but doesn't spill out.

Over medium heat, whisk the oils together until they are melted and combined.

Mixture will go from white to semi-clear when ready.

Refrigerate melted oils for an hour or until white and solid.

With a stand mixer or hand mixer, beat the oils until they are fluffy like whipped cream. Add essential oils and beat to incorporate.

Fill your desired container with the whipped body butter and refrigerate another hour.

Tip: This body butter will keep about 6 months at room temperature. It may soften in warm weather because of the coconut oil. If this happens it can be stored in the refrigerator and It is especially effective if used after a scrub.

Peppermint Whipped Body Butter

Ingredients:

30 ml Coconut oil.

30 ml Cocoa butter.

10 gr Shea butter.

10 ml Sweet almond oil.

1 tsp vitamin E oil.

5 Drops peppermint essential oil.

Directions:

Place coconut oil, cocoa butter, and shea butter in a medium sized pot over low heat. Stir to combine until it melts completely. Remove from heat.

Thoroughly mix in the sweet almond, vitamin E, and peppermint oils.

Chill in your refrigerator for an hour or two. You want the mixture to firm up without getting too hard.

Once chilled, use a stand mixer or hand mixer to mix until you get a decadent whipped consistency. Scoop into a jar or

container. As long as you are using quality oils this homemade lotion should last for 6 - 12 months at room temperature.

Lightening Body Lotion

Ingredients:

50 gr Shea Butter.

20 ml Sweet Almond oil.

5 Drops of Lemon oil.

10 Drops of Lavender oil.

5 Drops of Carrot seed oil.

3 Drops of Tea Tree oil.

Directions:

Place shea butter in a saucepan, then melt it over medium-low heat. Add the nourishing oil to it and turn off the heat. Next, you pour it into a bowl. Put it in the freezer, and let it cool and return it to a solid form. This process is about 15-20 minutes. Remember not to freeze this mixture. After, when it looks solid, remove it from the freezer. Add in the oils and carrot seed oil. Using a blender, whip this mixture until it becomes soft and looks like buttery whip cream. Remember not to over- whip. Place into a jar and then store

at room temperature. You can apply this homemade lotion to both face and body as desired.

Tip: You can skip the melting process when you do not have time to melt and freeze ingredients. Simply whip the shea butter and nourishing oil together, adding more oil if necessary.

Happy Sugar Scrub

Ingredients:

100 gr Brown sugar.

50 ml Sweet Almond oil.

10 Drops of Mandarin Essential oil.

Directions:

In a glass or ceramic bowl, add essential oil to sugar and stir thoroughly. Add almond oil gradually, stirring continuously. Stop when the scrub reaches the consistence of moist sand.

Serious Salt Scrub

Ingredients:

150 gr Finely ground Sea Salt.

60 ml Sweet almond oil or Grape Seed oil.

10 Drops of Grape-fruit Essential oil.

5 Drops of Geranium oil.

3 Drops of Tea tree oil.

Directions:

In a glass or ceramic bowl, add essential oil to sugar and stir thoroughly. Add almond oil gradually, stirring continuously. Stop when the scrub reaches the consistence of moist sand.

Awakening Coffee Body Scrub

Ingredients:

30 gr Ground Coffee.

1 tsp Sea Salt.

20 ml Sweet almond oil or other carrier oil.

1 tsp Ground Cinnamon.

10 Drops of Orange Essential oil.

5 Drops of Melisa oil.

3 Drops of Lavender oil.

Directions:

Mix coffee, salt, and essential oils in a glass or ceramic bowl.

Add almond oil slowly, stirring continuously, until mixture reaches the consistency of moist sand.

Delicate Oatmeal Body Scrub

Ingredients:

100 gr Finely ground Oatmeal.

50 ml Sweet Almond oil or other carrier oil.

2 tsp Honey.

10 Drops of Rosewood Essential oil.

5 Drops of Fennel oil.

3 Drops of Chamomile oil.

Directions:

In a glass or ceramic bowl, add essential oils drop by drop, stirring constantly to avoid clumps. Store in an airtight jar in the fridge - keeps for up to 1 year. To use, combine one Tbsp of the mix with a little water to form a paste, then gently rub onto skin.

Chapter 6

How to Prepare Natural Make-Up

Natural Liquid Foundation

This recipe for a liquid foundation offers coverage and looks amazing on skin but doesn't look like a mask. It combines many favorite natural skin ingredients like shea butter and argan oil with natural minerals and clays. Once I discovered how to make a good base for this recipe, it was easy to create natural creme blush and concealer as well.

Ingredients:

2 tsp of Argan oil or Jajoba oil.

1 tsp of Shea Butter.

1 tsp Bees Wax.

1 tsp Aloe Vera gel.

10 tsp Witch hazel Water

1 tsp Zinc Oxide.

1 tsp Cocoa Powder.

2 tsp Mica powder.

2 tsp clay.

OR 2-3 Tbsp of All-natural mineral powder in color of choice

Directions:

Melt the shea butter, argan oil and emulsifying wax in a double boiler until completely melted.

Add the Aloe Vera gel and witch hazel and whisk until completely incorporated and smooth.

Turn heat off.

Slowly, start adding colors. Start with zinc and clays until desired coverage is reached. It will still be too pale at this point.

Add mica powders and cocoa powder a tiny pinch at a time until desired color is reached.

Dip the tip of a spoon into the mixture and let cool for a few seconds. Test the color and coverage on your forehead to make sure you've achieved the right tone for your skin.

Spoon the mixture into the desired container and let cool.

Natural Face Bronzer

Ingredients:

1 tsp Cinnamon powder.

0.5 tsp Cocoa powder.

0.5 tsp Nutmeg powder.

0.5 tsp Cornstarch.

7 Drops of Lavender.

Directions:

Mix all ingredients together and put in a proper container.

Powder Foundation for Oily Skin

Ingredients:

30 gr Cornstarch.

1 tsp finely ground Oats.

0.25 tbsp spice for color – Cinnamon, instant Coffee, or Cocoa powder.

10 Drops of Grapeseed or Sweet almond oil or liquid vegetable glycerin.

7 Drops of lavender.

Directions:

Whisk all of the dry ingredients together except for the spice. Begin adding in small amounts of the spices you chose until you get the desired shade. If there are larger pieces from the oats, you'll want to sift these out.

Add the liquid a few drops at a time. The powder will gather around the liquid and form a lump. Mash this into the rest and mix it in. You may need to do this several times.

Add essential oils. You may need less or more oil – adjust it to your liking.

You can make this into a face powder with sunscreen by adding zinc oxide if you like. It is a white powder that mixes well in make up and is not harmful. Be sure to purchase non-nano zinc oxide so particle size is large enough to stay on top of the skin.

Tip: To use your powder, place it in a wide, short jar. Using a fluffy brush, tap down into the jar to get some on the brush. Tap the brush on the sides of the jar to get any excess off. Swirl the brush on the inside of the lid – this helps pack some of the powder into the brush. Tap against the lid once more and dust onto your face and neck. Don't stop at the jawline, but go over and onto the under side of the jaw. Once it is well blended, you're done. You may need to touch it up once in a while, but it should last most of the day.

Natural Blush Powder

Ingredients:

50 gr Cornstarch, Tapioca Flour or Rice Flour.

0.5 tsp Beet Root Powder.

0.1 tsp or less powdered Activated Charcoal.

Directions:

In a small bowl, add the cornstarch or rice powder.

Add a small amount of one of the other coloring powders. You could also add a small amount of powdered blue malva flowers for a more bluish tone. If you want it a bit darker, add a small amount of charcoal.

Be sure to mix well so that you don't have clumps of pink or black. Keep adding small amounts of color until you reach the right shade. When you get the mixture to the desired color, place it in the jar and keep it tightly sealed.

Tip: Dip the brush into the mixture slightly and tap off any excess. Apply to hollows or apples of the cheeks, starting at

the hairline. The most blusher will be applied to the area touched first, so start on the outside and work inward.

Natural Glamour Eyeshadow

Ingredients:

For the base:

Cornstarch, Tapioca flour or Rice Flour, Shea Butter

And a combination of any of the following:

Cocoa Powder. Nutmeg, Dried Beet Powder, Turmeric,

Directions:

Start by placing 0.25 Tbsp of base powder in a small bowl. The more base powder you use the lighter and more subtle the color of your homemade eyeshadow will be. You can always add more, so start with less.

Add your other spices/powders and mix thoroughly until you get the color you desire

Once you have a well-mixed color, add in 0.25-0.5 Tbsp of Shea butter. Use the back of a small spoon to smooth the butter in with the powder against the side of the bowl until you have a soft, creamy powder. The shea butter will help keep this homemade eyeshadow on your lids and provide moisture to the formula.

Some Color Options:

Pale Pink:

0.5 tsp Cornstarch, Tapioca Flour or Rice Flour.

0.25 tsp Dried Beet Powder.

0.1 tsp Cocoa Powder.

0.25 tsp Shea Butter.

Mauve:

0.5 tsp Cornstarch, Tapioca flour or Rice Flour.

0.75 tsp dried Beet powder.

0.25 tsp Cocoa powder.

0.5 tsp Shea butter.

Light Brown:

0.5 tsp Cornstarch, Tapioca flour or Rice Flour.

0.75 tsp Cocoa powder.

0.5 tsp Shea butter.

Golden Brown:

0.5 tsp Cornstarch, Tapioca flour or Rice Flour.

0.75 tsp Nutmeg.

0.5 tsp Turmeric.

0.5 tsp Shea Butter.

Tip: use your finger tip or a small brush. Tap off any excess and gently wipe as you would other eyeshadow.

Mineral Mascara

Ingredients:

1 tsp Coconut oil.

1 tsp Aloe Vera gel.

1 tsp Bees Wax.

0.5 tsp Cornstarch.

1-2 Capsules of activated charcoal (for black) or Cocoa Powder (for brown).

A clean mascara container

Directions:

Put coconut oil, Aloe vera gel, and grated bees wax in a small saucepan over low heat. Stir until beeswax is completely melted.

Open 1 - 2 capsules of activated charcoal and pour into oil mixture with the Cornstarch. Stir until completely incorporated. Remove from heat.

Pour into a small plastic bag, pushing the mixture down to one corner. Then cut a very small hole in the opposite corner of the bag.

Fold the corner with the cut whole until you have a small tip that you can push into the empty mascara tube.

Keep the small-hole-end securely in the tube. Begin pressing the mascara mixture toward the tube. Don't move too quickly or it will come out and you'll have mess to deal with. Keep moving the mixture into the tube until it's all in.

Place the inner cap in place and then twist the wand on tightly.

Tip: Like all mascaras, it is important that you use this homemade mascara wisely. Proper use of mascara includes disposal of tube and brush after four to six months. Homemade mascara should also be disposed of if found to smell different, strange, or especially pungent. It is unlikely and unusual, but all mascara does have the capability to grow bacteria. Make sure to keep the lid on tightly or this homemade mascara will dry out.

Chapter 7

Love Your Body

Your skin is the largest organ that you have. You have to take good care of your skin. Your skin is very delicate and has needs just like your other organs. It needs nourishment, hydration, and love. After all, the skin protects the body from so much.

Since everyone's skin and body needs are different, it's hard to say what's the best care out on the market today. Only you know what your body needs. All you have to do is select the product according to that. If you have dry skin, you should be on the look-out for the most advanced hydrating formula. If you have severe dry skin, you may want to see a dermatologist first. You can never be too sure, so do this to stay on the safe side. As far as anti-aging body care products go, there are so many products on the market today, the selection is endless. Did you know that every body part can give your age away? Your skin is very important and has to be well taken care of. Maintaining a young appearance isn't as complex as you think. Take care of your skin from day one. Apply moisturizer to the skin at

least twice daily. The foods that you eat contribute to how the skin looks and feels. Drinking water is the best skin care remedy there is. Water cleanses your system and flushes out toxins. Protein is very good for you as well. Foods such as peanuts, oatmeal, and whole grains make your skin radiant and glow. The only secret to healthy, younger looking skin is collagen. Even though you will still age, with collagen, the aging process contributes to your skin instead of destroying it. It kind of keeps everything in place. Collagen is known as the elixir of youth because of how it makes your skin look and feel.

Taking care of your skin in a natural way can be harder than others, but it can be done. Your skin will take care of you if you take care of it. The skin protects the rest of the human organs from so much. If skin is not taken care of properly, it will get very dry, flaky, and eventually peel and crack. Skin can always return to the state that it needs to be, it just has to be taken care of. Remember that no one's skin is the same and can't be taken care of the same way.

Tips for a Great Home Spa Day

A day at the spa can be a delightful way to melt away stress, take some time for yourself, and to simply forget about life for a while. However, sometimes taking a trip to a professional spa isn't an option. A quick internet search for DIY spa treatments will show that many ingredients are items you probably already have in your home. From masks for your hair and face, to a great body scrub and bubble bath, you'd be surprised how a quick glance in your pantry along with a run to the grocery store is all you'll need to gather your supplies.

Before you get started, there are few quick and easy steps to make sure your at-home spa day is as amazing as it can be.

Plan out your day- A few days beforehand, plan out what you'll want to do, and then gather the appropriate materials. Are you doing a hair or face mask? What kind of bath bomb do you plan on utilizing? Do an internet search of what you want to do, and write a list of what you'll need.

Prepare Your Linens- Make sure your favorite bathrobe, towels, and slippers are clean and ready to go. Use a few

drops of your favorite essential oil to give everything an extra scent boost in the dryer.

Give The Bathroom A Quick Clean- Sure it's not the most glamorous part, but by assuring that everything is sparkling and clean will make the whole experience that much more enjoyable.

Prepare Your Favorite Drink- Perhaps you'd enjoy a lemon-infused mineral water or a cup of your favorite herbal tea. Prepare these before-hand and have your preferred glass or mug clean and ready for use.

Clear the house-Start off your at-home spa day right by having the kids spend an afternoon and grandma's and send the hubby out for a day with the guys. No one wants to hear a million questions from those near and dear when you're trying to get a few minutes to yourself. Keep those distractions out of the equation by letting everyone have their own version of a relaxing day too.

Prepare Your Spa Natural Products- Make sure there are no allergy or sensitivity concerns before use, and use whatever recipes you find with caution.

Set The Mood-Start with a great spa playlist. Spa music playlists are even available on the many music streaming services. Get a great scented candle, and set the right lighting. If you don't have a dimmer on your switch, opt for a few candles, instead of just one.

Turn Off The World-Set the cell phone on airplane mode, turn off the tablet, and simply disconnect from everyday distractions, even if it's just for an hour or two.

Relax- Go ahead and enjoy all of your prep work! Sit back, have a soak, and feel amazing knowing that you had a great day that you did all by yourself.

Conclusion

Natural beauty doesn't have to take hours in front of a mirror, Whether you're looking to heal skin issues, look and feel years younger, or simply to love yourself more deeply, the "common knowledge" in modern society could be leading you astray. Are you ready to discover the true path to looking and feeling naturally radiant every day? The modern beauty industry is a profit-machine that is unfortunately not regulated as well as it should be. This often results in products that are potentially harmful being sold to us as a "remedy". When in reality they could be causing more harm than good. By now you should have discovered the truth of natural beauty and exactly how we can start to live a life of more energy and radiant vitality. With ancient knowledge, natural, and organic ingredients, you have the power to completely transform the way you look and feel.

Through DIY recipes, health guides, and little-known beauty secrets, The Natural Beauty recipe will take you by the hand into a world of more self love, radiance, and natural good looks.

I have made every attempt to only include instructions that include easy-to-find, relatively inexpensive ingredients. Depending on your skin and hair type, different people may get different results with these home preparations. Please use a little caution and a lot of common sense when trying them out. Always test a little on a small area of your body first to check for allergic reactions.

Thank you very much for reading the book. If you loved the book I will really appreciate it if you can write a review of one of my books for me. If you have any question about the book or any recipe feel free to contact me at orilaor@outlook.com

With sincere love Ori Laor