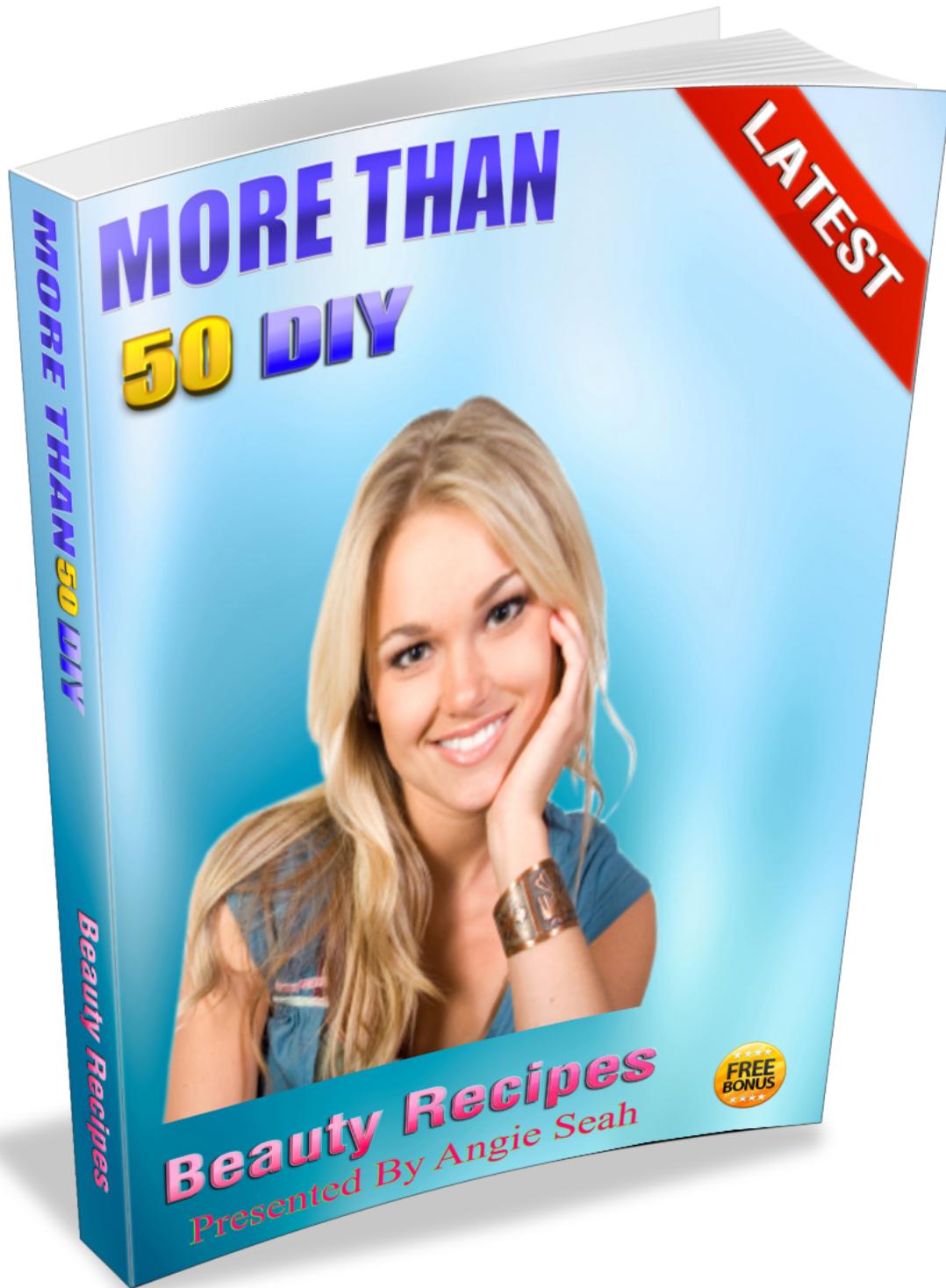


SPECIAL EDITION



THANK YOU FOR INTEREST ABOUT THE DIY BEAUTY RECIPES.

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

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

Getting Started

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

There are no preservatives in these recipes so take precautions to avoid contamination by bacteria. Avoid touching products like lip gloss with your fingers – instead use a cotton swab to apply.

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

RECIPES

For Lips

For Face

For Acne

For Hands and Feet

For Body and Bath

Deodorant

Hair Care

1. Beet Red Lip Gloss

Ingredients:

$\frac{1}{4}$ cup beeswax $\frac{1}{4}$

cup castor oil

2 tablespoons sesame oil

beet juice

Instructions:

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

2. Honey Lip Balm

Ingredients:

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

Instructions:

Melt the beeswax and carrier oil together in the top of a double boiler, stirring to combine. Remove from heat; add honey and essential oil. Mix thoroughly so the honey does not clump. To add a little color, stir in a tiny dab of lipstick with a coffee stirrer.

3. Chocolate Facial

Pour the mixture into containers; let sit 20 minutes before covering or moving. For glossier lip balm, use 2 teaspoons wax and 8 teaspoons carrier oil.

Chocolate Facial Mask

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

Ingredients:

1/3 cup cocoa

3 tablespoons heavy cream

2 teaspoons cottage cheese

1/4 cup honey

3 teaspoons oatmeal powder

Instructions:

Mix all ingredients together and smooth onto face. Relax for 10 minutes, then wash off with warm water.

4. Frozen Egg & Honey Facial Mask

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

Ingredients:

1 egg

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

1 tablespoon honey

Instructions:

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

5. Avocado Carrot Cream Mask

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

Ingredients:

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

Instructions:

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

6. Cucumber Eye Gel

Ingredients:

1/4 large cucumber
1 ounce aloe vera gel

Instructions:

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

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

7. Silky Clay Mask for All Skin Types

Ingredients:

½ teaspoon kaolin clay

1½ tablespoons aloe vera gel
1 tablespoon rosewater

2 drops rose essential oil

Instructions:

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

8. Herbal Acne Treatment

Skin Care for Acne-Prone Skin

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

Ingredients

Lavender

Chamomile

Honey water

Rosewater

Marigold tea

Instructions:

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

9. Baking Soda Mask to Fight Acne

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

Ingredients:

1 tablespoon baking soda (NOT baking powder) 1-2
tablespoon water

Instructions:

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

10. Egg White Mask

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

Ingredients:

2-3 egg whites

Instructions:

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

11. Egg Yolk Mask

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

Ingredient:

1 egg yolk

Instructions:

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

12. Acne Tonic with Basil

Ingredients:

2 to 3 teaspoons dried basil leaves

1 cup boiling water

Instructions:

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

13. Blackhead Remover Mask

Check availability of these unusual ingredients **before** you get **started**.

Ingredients:

1/2 cup fuller's **earth**

1 teaspoon tincture of **benzoin**
distilled witch **hazel**

Instructions:

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

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

14. Banana Mask for Oily or Acne-Prone Skin

Ingredients:

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

1 tablespoon honey An orange or a lemon

Instructions:

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

15. Strawberry Hand and Foot Exfoliant

Ingredients:

8-10 strawberries

2 tablespoons apricot oil (you may substitute olive **oil**)

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

Instructions:

Mix together all ingredients, massage into hands and feet, rinse and pat dry. Strawberries contain a natural fruit acid that aids in exfoliation. natural fruit acid that aids in exfoliation.

16. Orange Ginger Warming Foot Scrub

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

Ingredients:

1/4 cup sugar (white or brown)
1/4 cup sweet almond oil
6 drops orange essential oil
2 drops ginger essential oil
1 level teaspoon powdered cayenne pepper

Instructions:

In a plastic bowl, mix together the sugar and almond oil. Add the essential oils and stir. Add the cayenne pepper last and stir well to mix. To use, sit comfortably in the tub or over a pan of water and/or a large towel to catch the sugar scrub as it is applied. Scoop up a handful of the scrub for each foot and massage vigorously yet with care over heels, ankles, toes, arches and the balls of your feet. Be sure to scrub any rough areas especially well. Don't forget to rinse the tub well when you're finished; you don't want to take a bath in cayenne pepper!

17. Coffee Body Scrub

Ingredients:

2 cups coarsely ground coffee

1/2 cup raw sugar or sea salt

2-3 tablespoons massage oil

Instructions:

Mix all ingredients together.

Take a hot shower to moisten

your skin and open your pores.

Using wide, circular motions, rub

the coffee exfoliate onto your

skin with strong, even pressure.

Shower off, pat skin dry and

apply a thin layer of your

favorite body lotion.

18. **Grapefruit Sugar Scrub**

Ingredients:

1-1/2 cups white table sugar
8 drops grapefruit essential oil
1/4 cup jojoba oil
1/4 cup liquid castile soap

Instructions:

Place sugar into a large bowl and stir to break up any clumps. Add the essential oil. Add the jojoba oil and castile soap next, a little at a time, stirring after each addition. Mix well and pour into clean container. To use, stand in the tub or shower and massage the sugar scrub onto your skin from head to toe. Rinse.

19. **Massage/Bath Oil**

Try one of the following combinations of essential oils in a warm (not hot) bath or as a massage oil. Use therapeutic grade essential oils for the best results.

Ingredients:

For relaxing muscles/easing stress:
3 drops lavender (*Lavandula angustifolia*)
2 drops petitgrain (*Citrus aurantium* var. *amara*)
1-2 drops frankincense (*Boswellia cateri*) - optional

For a sensual experience:

3 drops ylang ylang

3 drops sandalwool

Instructions:

-Draw the bath first, add the essential oils, swirl them around with your foot, get in and relax. Allow yourself 10 to 20 minutes. Do not get the bath water in your eyes, as the oils will sting. Use this formula up to once a day for 3 days a week over a two- to three-week period.

-To create a massage blend, add the above oils to a tablespoon of carrier oil (like sweet almond oil or a “massage base” oil, which is usually a blend of sweet almond, grape seed and jojoba oils). If you’d like to store the oil for later use or package it as a gift simply use the same ratio of carrier oil to essential oil, and pour carefully into a clean, dry glass jar.

20. Softening Body Oil

Before taking a shower, brush your skin gently. This exfoliating will stimulate blood circulation and aid in skin absorption. For best absorption, apply the body oil while

your skin is still moist. This combination is ideal for skin that has been exposed to too much sun or for extra-dry areas, such as heels and elbows.

Ingredients:

1 cup (237 ml) sweet almond oil
1/2 cup (118 ml) jojoba or hazelnut oil (or combination of the two)
2 tablespoons (30 ml) apricot kernel oil
Essential oil (optional)

Instructions:

-Combine the oils in a sealed bottle and gently turn it several times to mix. Apply as needed.

-For an uplifting oil experience, try 3 drops of ylang ylang, 2 drops geranium and 3 drops orange or bergamot. For an exotic oil experience, try 3 drops ylang ylang, 2 drops rose, 1 drop patchouli and 1 drop geranium.

21. Chocolate Bubble Bath

Ingredients:

1 cup of unscented bubble bath 1/3 cup of unsweetened soy milk
3 oz. of grated or powdered dark chocolate

Instructions:

Heat the soy milk and add the grated or powdered chocolate. Stir well until melted and blended, but do not boil. Allow to cool. Mix well again just before adding to your bath.

22. Chocolate Bubble Bath

Ingredients:

1 cup of unscented bubble bath

1/2 cup of dried milk powder or soy milk

3 oz. of powdered unsweetened chocolate

Instructions:

Mix the powdered milk and chocolate well, until blended. Stir into bubble bath until well mixed. Add to your bath in the amount desired.

23. Red Wine and Honey Bath

The red wine and the honey together clarify and moisten.

Ingredients:

4 cups of the cheapest red wine available
1 cup of honey

Instructions:

Add wine and honey to **bath**.

24. Herbal Spa Wrap

Ingredients:

1 cup corn oil

1/2 cup grapefruit juice 1

teaspoon dried thyme

Instructions:

Combine ingredients and massage into skin. Wrap targeted areas of the body (arms, legs, back) with a towel to lock in body heat. Lay a heating pad over each treatment area for five minutes at a time.

25. Bath Bombs

This recipe makes 4 to 6 bath bombs. You can buy molds in craft stores or online. Do not oil the molds beforehand; just make sure they are clean and dry.

Dry Ingredients:

1 cup baking soda

1/2 cup citric acid (do not substitute ascorbic acid) 1/2
cup corn starch

1/3 cup Epsom salts or coarse sea salt

Wet Ingredients:

2 1/2 tablespoons sunflower or other light oil (like sweet almond oil)

3/4 tablespoon water or rosewater (be careful not to start the fizzing action by adding too much water)

1/4 – 1 teaspoon essential oils

1/4 teaspoon borax as an emulsifier

vegetable or other natural colorant (optional)

Instructions:

Sieve the dry ingredients together until they are well blended. Measure and combine all the wet ingredients and borax in a clean jar. Cover tightly and shake vigorously. Slowly drizzle the wet ingredients into the dry ingredients, gently stirring to prevent the reaction from starting. Make sure you mix in all of the wet ingredients.

Afterward, you'll find that the mixture is dry and crumbly and has to be packed in the molds quite firmly to keep shape. The mixture should just start to hold together when pressed in your hand, like slightly moist fine sand. You can unmold the bombs after 30 minutes, and let them dry for a few days before using them. Store them in a dry place.

26. Bath Cookies

Ingredient:

2 cups finely ground sea salt 1/2

cup baking soda

1/2 cup cornstarch

2 tablespoons light oil

1 teaspoon vitamin E oil 2

eggs

5-6 drops essential oil of your choice

Instruction:

Preheat your oven to 350 F. Combine all the listed ingredients and form into a dough. Using a teaspoon or so of dough at a time, roll it gently in the palm of your hand until it forms a ball. Form all dough into one-teaspoon balls, and gently place on an ungreased cookie sheet. Consider sprinkling the bath balls with herbs, flower petals, cloves, citrus zest and similar aromatic ingredients. Bake your bath cookies for 10 minutes, until they are lightly browned. Do not over-bake.

Allow the bath cookies to cool completely. To use, drop 1 or 2 cookies into a warm bath and allow to dissolve. Yield: 24 cookies, enough for 12 baths.

27. New Moon Milk Bath

Ingredient

2 cups dry nonfat powdered milk 1/2 cup Epsom salts

1/2 cup baking soda

6 drops sandalwood oil

5 drops vanilla fragrance oil

4 drops gardenia fragrance oil 4

drops orange oil

Instruction

Mix all ingredients together and pour into a container. To Use: Pour 1 cup into the bath as you fill the tub and stir well.

28. Oatmeal Milk Bath

Milk is excellent for you inside and out. These recipes for herbal milk baths are inexpensive and luxurious at the same time. Take a few minutes out of your busy, hectic day and slip into a warm bath laced with any of the below or use your own imagination and come up with a new twist on the ones I've shared!

Ingredient

1/4 c. oatmeal

1/2 c. powdered milk 1

T. hazelnut oil

6 drops lavender oil

Instruction

Put oats in muslin bag. Add the rest of the ingredients directly to bath.

Ingredients:

1/2 cup unscented shampoo

3/4 cup water

1/2 teaspoon salt (regular table salt is fine)

15 drops cherry fragrance oil

Instruction:

Pour shampoo into a bowl and add water. Stir gently until well mixed. Add salt, and stir until mixture thickens. Add cherry fragrance and place in decorative bottle. Can also be used to make a body wash!

30. Tropical Dream Bubble Bath

Ingredients:

3 drops rose fragrant or essential oil

2 drop jasmine fragrant or essential oil 1 ounce glycerin

1 ounce coconut oil

1 bar castille soap(grated) 1 quart water

Instruction:

Mix all ingredients together. Store in a container. Pour in running water.

31. Shea Butter Soap

Ingredients

2 cups glycerin soap base, melted in a double boiler

2 tbsp shea butter, melted separately
Several drops of your favorite essential oil (optional)

Instructions

Mix well, pour into molds (you can use regular food storage containers) and cool.

32. 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)

Instructions

Follow basic cold-process soapmaking 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.

33. Oatmeal Soap

Ingredients

10 oz. palm oil

4 oz. coconut oil

2 oz. olive oil

1/4 c. oatmeal, run through
the blender or coffee grinder 2 oz. lye

1 c. water

Scent (optional)

Instructions

Mix lye and water

and set aside to cool.

Melt palm oil and

coconut oil together

and set aside to cool.

Mix the olive oil and

oatmeal. When the

lye reaches 100

degrees and the fats

are 120 degrees,

pour the lye into the

fats and stir until it

traces.

Add the oatmeal, and stir until well mixed. Pour the soap into molds. Allow to sit for 24-48 hours.

Unmold and cut if needed.

34. Body Butter

Ingredients

1/4 cup grated cocoa butter

1 tbsp coconut oil

2 tbsp sesame oil

1 tbsp avocado oil

1 tbsp grated beeswax

Instructions

Combine all the ingredients in an ovenproof glass container. Place the container with the mixture in a pan with a 1- to 2-inch water bath. Melt the oils and wax gently. Pour the melted mixture into a clean jar and allow to cool. Stir the cooled mixture. Spread the butter on your body and massage into the skin. Yields 4 oz.

35. Basic Deodorant Powder Formula

Ingredients

1/2 cup baking soda

1/2 cup cornstarch

Instructions

Antibacterial essential oils such as cinnamon, rose, birch or lavender, as preferred

Place the baking soda and cornstarch in a glass jar. Add the essential oils; stir and cover. Dampen a powder puff, cotton ball or sea sponge and dab into the mixture (or sprinkle the mixture on the sponge); pat underarms. Makes 1 cup.

36. LIQUID HANDSOA

Ingredients

1 bar Ivory soap, grated

1 cup washing soda (NOT baking soda) 1

saucepan

1 bucket

Instructions

Put soap gratings in pan, and cover with water. Heat on medium heat until the soap has dissolved. Stir constantly and do not let boil. Add soapy water to 3 gallons of hot water in the bucket. Stir, then slowly add washing soda. Keep stirring until all is dissolved. Put into pump when cool. Shake before using.

37. SIMPLE FANCY SOAP

Ingredients:

Petroleum jelly for greasing the soap molds

1 bar of pure white soap (such as Ivory or Pure and Natural; glycerin and Castile soaps work well too)

grated - -

approximately 1 1/4 cups 1 tablespoon of water

Instructions

Lightly grease the inside of your soap mold using a small amount of petroleum jelly. Place the soap and water into the top part of a double boiler or in an oven proof dish in a saucepan of water and heat gently over medium heat. Stir occasionally until all the soap is melted and resembles and smooth, fluffy white pudding. This may take up to 30 minutes.

The soap will start out looking very dry and grainy, then turn thick and smooth. Do not allow the mixture to boil.

When all the soap is melted, carefully spoon it into your prepared molds. Overfill the molds just abit; the soap may settle, and you can always trim away any excess after it has cooled. You need to work quickly because the soap cools quickly.

Tap the edge of your molds gently to remove any air bubbles.

Allow the molds to sit until the soap is completely cool.

Tap the soap shapes from the bottom of the molds and place on a wire rack to dry. Let the soap sit for at least 24 hours on the rack. If your shapes seem a bit rough around the edges, you can smooth them out with a sharp knife. For gift-giving, wrap your soaps in pretty boxes, paper, fabric, or netting tied with ribbon. Don not use airtight containers because it's important to let the soap breathe.

38. Olive Oil Soap

Ingredients

16 oz. pure olive oil

2 oz. lye

6 oz. water

Instructions

Heat oil to 150 degrees and add the lye to the water slowly while stirring with a wooden spoon. Mix lye solution and oils when the oil is at 120-130 degrees and the lye between 90-100 degrees. Mix them together until it comes to a trace. Pour it into a mold and let set 72 hours before unmolding. You can add scents, colors, herbs, etc. at trace.

39. Orient Nights Perfume

Ingredients:

4 drops sandalwood 4

drops musk

3 drops frankincense 2

teaspoons jojoba oil

Instructions:

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

40. Tantalizing Perfume

Ingredients:

8 tablespoons cornstarch
4 tablespoons baking soda
2 tablespoons liquid chlorophyll
4 tablespoons vodka
4 tablespoons distilled water
8 ounces beeswax
10-15 drops of your favorite essential oil

Instructions:

Melt wax over very low heat in a double boiler. Mix cornstarch, baking soda, vodka and distilled water well. Add to the melted beeswax and stir until well combined. Add chlorophyll and essential oils. Pour into mold and let it harden. Store in an airtight container.

41. 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

Directions:

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

42. Amaze Perfume

Ingredients:

2 cups distilled water

3 tablespoons vodka

5 drops hypericum
perforatum essential oil
(St.John's wort)

10 drops cypress
essential oil

10 drops rosemary essential oil

Directions:

Mix all the ingredients together, shake well. Then allow the perfume to settle for at least 12 hours. Store in a cool dry area. *do not use if you are pregnant

43. Stimulate Shampoo

Ingredients

1/4 cup distilled water

1/4 cup liquid Castile Soap - I use unscented, but you can choose your favorite 2 tsp jojoba oil

1/8 tsp peppermint ess oil

1/8 tsp tea tree ess. oil

Instructions

Mix all ingredients, then add 1/4 cup distilled water. Store in a bottle. Use as you would any shampoo, rinse well.

44. Soothe Shampoo

Chamomile makes this 'poo a calming treat. Chamomile also has natural lightening properties, so combine this with lemon juice if you want to lighten your hair!

Ingredients

1 cup distilled water
1 cup castille soap - try Lavender!
6 chamomile tea bag
1 1/2 tablespoons glycerin

Instructions

Steep the teabags in 1 cup of boiled water for 20 minutes.

Remove the tea bags and discard.

Add castile soap to the tea. Stir in glycerin until well blended.

Keep in a dark, cool place in a sealed bottle.

45. Olive oil shampoo

Ingredients:

2 tablespoons olive oil
1 egg
1 tablespoon lemon juice
1 teaspoon apple cider vinegar

Instructions:

Combine all ingredients in a blender. Blend until well combined. Use like regular shampoo. Discard any leftovers.

46. Shine shampoo

Fragrant and lively, try this recipe to add shine to your hair.

Ingredients

1/4 cup distilled water

1/4 cup liquid Castile Soap - try Lemon!

2 Tbsp dried rosemary

2 Tbps sweet almond oil

1/4 t lemon essential oil or fragrance oil

Instructions

Boil distilled water, add rosemary and steep until fragrant. Strain leaves and let cool. Mix all ingredients and add to water and stir well. Store in a bottle.

Use as you would any shampoo, rinse well.

47. Basic Shampoo

For normal hair, or as a base to add your own scents, use

Ingredients

1/4 cup distilled water

1/4 cup liquid Castile Soap - you choose your favorite 1/2 teaspoon jojoba, grape seed, or other light vegetable oil

Instructions

Mix together all the ingredients. Store in a bottle. Shake before use.

This mixture isn't as thick as commercial shampoos -you'll need to just tilt the bottle over your head.

48. Quench Shampoo

For dry hair

Ingredients

1/4 cup distilled water

1/4 cup liquid Castile Soap - your favorite scent

1/4 cup aloe vera gel

1 teaspoon glycerin

1/4 teaspoon avocado oil or jojoba oil

Instructions

Mix together all the ingredients. Store in a bottle and always shake well before using.

Apply to hair and allow to sit for a few minutes.

Rinse well with cool water.

49 Nourshing Conditioner

Ingredients:

1 egg yolk

1/2 teaspoon olive oil

3/4 cup lukewarm water

Instructions:

Beat the egg yolk until it's thick and white. Add the oil and mix well. Then add the water into the egg mixture and mix well. Massage into clean, damp hair. Rinse with plenty of warm water after about 10 minutes.

50. Protein- Nourshing Conditioner

Ingredients:

1 egg white

5 tablespoons

plain yogurt

Instructions:

Beat the egg white until foamy. Gently fold in the plain yogurt. Apply to your hair and let it soak in for 10 to 15 minutes. Rinse with plenty of warm water.

51. Watercress Treatment for Oily Hair

Watercress appears to work on oily hair because it is rich in iron and phosphorus as well as vitamins A, C and E.

Ingredients:

1-2 large handfuls of fresh watercress
1 cup **water**

Instructions:

Blend watercress and water in a blender or food processor until well blended. If you have long hair you may need to use 2 full handfuls of watercress.

Heat mixture and boil for 10 minutes. Strain watercress, keeping only the liquid. Let the liquid cool and apply carefully to newly shampooed hair (try to get as much excess water out of the hair as possible first). Leave on for 20 minutes.

52. Hair Gel

Ingredients:

1 teaspoon unflavored gelatin
1 cup warm **water**

Instructions:

Dissolve 1/2 to 1 teaspoon of unflavored gelatin in 1 cup warm water. Keep refrigerated and use as you would a purchased gel.

53. Hair Spray

Ingredients:

1 or 2 citrus fruits (lemon or orange)

2 cups water

Instructions:

Chop 1 lemon (or

orange for dry

hair). Place in a

pot and cover

with 2 cups of hot

water. Boil until

only half remains.

Cool and strain.

Add more water if

needed.

Refrigerate in a

spray bottle.

54. Face Paint

To avoid heavy metals and other potentially harmful unknown ingredients in traditional face paint, try making your own using food-based ingredients. Remember, foods can cause allergies in some kids: always test your concoctions on a small patch of skin and read up on natural food colorings before sending your little ghouls out for a night of painted fun. And don't forget that some foods can stain skin and clothes.

55. Face Paint Made with Natural Food Coloring

Natural food coloring is available at health food stores and typically derived from foods and spices. We recommend reading up about natural food colorings and potential allergies first. Do not substitute conventional food coloring, which may contain synthetic chemical ingredients.

Ingredients:

Base of safe, unscented lotion (search Skin Deep for safe options) OR pure cocoa butter (available at health food stores) OR safe, fluoride-free toothpaste (search Skin Deep; avoid mint flavors, as they can make skin tingly) - Natural food coloring (see note above)

Mix a few drops of natural food coloring into the base ingredient of your choice. Test on a small patch of skin before applying to face or body.

56. Face Paint Made with Food

Make sure young children understand they can't eat these paints unless you make them without the base. Test a small patch of skin first to make sure your child isn't allergic to the food you're using. child isn't allergic to the food you're using.

Ingredients:

-Base of safe, unscented lotion (search Skin Deep for safe options) OR pure cocoa butter (available at health food stores) OR safe, fluoride-free toothpaste (search Skin Deep; avoid mint flavors, **as** they can make skin **tingly**)

-Turmeric, raspberries, blackberries, blueberries, beets, avocado, spiraling, cocoa, chocolate sauce, squid ink or other colorful foods, juices, herbs and spices

Instructions:

Yellow: Add 1/4 tsp. and a large pinch of stale turmeric into base.

Pink: Using a sieve, mash the juice from 3 fresh or thawed frozen raspberries, blackberries or beets directly into the base. Or, use a deeply colored berry juice or puree.

Mint green: With a fork, mash 1/4 of small avocado until creamy. Mix this into your base.

Emerald green: Add small amount spirulina or bright green chlorophyll to base.

Using a sieve, mash the juice from several fresh or frozen blueberries into the base. Or, use blue berry juice.

Brown: Add cocoa powder or chocolate sauce to base.

Black: Use a small amount of squid ink in base for true

White: Mix powdered sugar and water

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