

Making Your Own Natural Cosmetics

Collected by Barbara Harrison

Basic Recipes

Rosemary Gladstar's Facial Scrub

2 c. finely ground oats

2 c. White Clay

¼ c. finely ground almonds

1/8 c. finely ground Lavender

1/8 c. finely ground roses

Can add lavender, peppermint or orange e.o. if you like

Moisturizing Handcream

(by Rosemary Gladstar via Tasha Tudor)

Melt these over low heat then cool to room temperature:

¾ c. apricot or almond oil

1/3 c. coconut oil or cocoa butter

1 tsp. lanolin

½ oz. grated beeswax

Blend together:

2/3 c. rosewater

1/3 c. aloe vera gel

1-2 drops rose oil

1 vitamin e cap

Whip the 2 mixtures together until they reach the consistency of buttercream frosting

Using Essential Oils

The Bath

Essential oils can be used in 5 ways in the bath:

- Neat - Drop 5-8 drops of essential oils into bath after the water is run. Swish around & immerse body for 15-20 minutes.
- With Emulsifier - *Mix* 1 part essential oil(s) to 3/4-part emulsifier & add all to bath. Use any of the following as emulsifiers: milk, honey, unscented liquid soap, sulfated castor oil, emulsifier from coconut oil

- Bath Oil - Add 20-40 drops of essential oil to 1 oz. of base oil. Add a capful to bath
- Liquid Soap - Use 120-150 drops of essential oil(s) in 4 oz. of unscented liquid soap. Makes 15-30 baths

Bath Salts Recipes

Bath Salts Base

Equal parts of sea salt, Epsom salts, baking soda; or 3 parts Epsom salts, 2 parts baking soda, 1 part salt

To Make Scented Bath Salts

To bath salts base, blend in essential oils of your choice until it smells nice and strong. Cover container with porous material & let sit for several days to dry out. Store in a tightly covered container. Let sit for several weeks. When ready to bathe, add a handful of bath salts after you've run the water & swish around to dissolve. Soak for 15-20 minutes (Suggestions: lavender, rose geranium, or fir)

Other

Massage Oil

For a massage oil, add 10-30 drops per ounce of base oil

Powder

Favorite Base: Equal parts of cornstarch, white clay, & arrowroot

To your powder base, add drops of essential oil until you get your desired scent. Mix well! Allow to cure for 2-3 weeks in tightly covered container, adding more essential oil if needed. When complete, pour into a covered container. Use a soft dusting puff or feather to apply.

Cream Sachet

1 TBL. Beeswax, 1 TBL sweet almond oil, 1 - 2 tsp. essential oil of your choice

Melt beeswax over low heat. At same time, warm almond oil & beat into wax. Stir in essential oil. Let sachet cool & become almost solid. Scoop into small containers with tight fitting cover. Lasts a long time!