

SIMPLE BEAUTY HACKS

10 RECIPES YOU CAN MAKE AT HOME



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Introduction

Many years ago I tried desperately to love makeup and skincare products but they always left me feeling yucky after using them. Some caused breakouts, others irritated my skin and their aroma always seemed overpowering. I wasn't using the cheap stuff either! It didn't matter what brand, it was always the same outcome.

I thought it was just me and my sensitive skin. So I tried products marketed for sensitive skin, but those didn't feel any better and didn't give me the results I was after.

Years later I discovered that I didn't actually have sensitive skin! I learned that many of the products I had tried had nasty ingredients in them like parabens, oxybenzone, hydroquinone and phthalates.. And it was these nasty chemicals that were not only causing irritation to my skin, but they were messing with my hormones, causing the breakouts.

Clever marketing makes us think we are buying a wonderful product, but the truth is, many out on the shelves today have such horrible ingredients that it shocks me that they are still being promoted!

A Better Way

My love of essential oils and aromatherapy put me on a path of making my own beautiful and safe products. Not only was it saving me endless amounts of money, but my skin and body thanked me for it. I'm going to share some of those recipes with you today.

For More Recipes

Check out my blog at AllNaturalMumma.com for more diy tips and tricks, recipes and so much more!

Castile Cleansing Wash

Ingredients:

- Filtered or distilled water
- 1/4 cup pure unscented liquid Castile soap
- 1/2 tsp organic sweet almond oil
- 3-4 drops vitamin E oil (optional)
- 8 drops of Frankincense essential oil (where to buy)
- 8 drops of Lavender essential oil (where to buy)

Instructions:

1. In a 4 to 6 oz. (120 - 180 mL) foaming soap bottle, add Castile liquid soap, sweet almond oil and vitamin E oil.
2. Add essential oils.
3. Fill water to the top, leaving space to close lid without spilling.
4. Mix gently and use as needed.

Gentle Rose Toner

Ingredients:

- 50 mL rosewater
- 10 mL aloe vera juice
- 1/4 tsp witch hazel
- 5 drops of Frankincense essential oil (where to buy)

Instructions:

1. Mix the Frankincense and witch hazel together in a glass jug.
2. Add the rosewater and aloe vera juice and mix again.
3. Pour all ingredients into a clean, glass, amber bottle.
4. Shake gently before use and store in the fridge.

** If you prefer, add the toner to a glass spray bottle and mist. **

Oily Skin Treatment

Ingredients:

- 50 mL jojoba oil
- 6 drops of Lemon essential oil (where to buy)
- 4 drops of Lavender essential oil (where to buy)

Instructions:

1. Add Lemon and Lavender essential oils to a glass dropper bottle.
2. Add the jojoba oil and gently tip up and down to mix.
3. Use a few drops after cleansing and toning before bed.

Chocolate Lip Balm

Ingredients:

- 15 g beeswax
- 5 g cacao butter
- 5 g local honey
- 65 mL jojoba oil
- 10 mL pure vanilla extract
- 20 drops of Peppermint essential oil (optional) (where to buy)

Instructions:

1. Melt the beeswax and cacao butter over a pot of boiling water.
2. Add the jojoba oil, honey and vanilla and stir.
3. Take off the heat and stir with an electric hand mixer to ensure all ingredients are well dispersed.
4. Add optional Peppermint essential oil to the mix as it begins to cool. Stir.
5. Pour into small jars and allow to cool and set.

Aroma-Facial Steam

Ingredients:

- 1 - 5 drops Lavender essential oil (where to buy)

Instructions:

1. Cleanse face and keep damp before steaming.
2. Add Lavender essential oil to a large bowl of steaming water. Start with 1 drop and add more if necessary.
3. Tie hair back and cover your head and pot with a towel, making a tent. Keep your face at least 30cm away from the water. More if your skin is delicate or has surface veins.
4. Allow the steam to cover your whole face.
5. After steaming, apply a face mask or rinse your face with the cooled, aromatic water.

Deep Cleansing Mask

Ingredients:

- 30 g green clay
- 50 mL orange flower water
- 5 mL vegetable glycerin
- 4 drops Lemon essential oil (where to buy)

Instructions:

1. Mix the orange flower water into the clay to form a smooth paste.
2. Add the glycerin and Lemon essential oil and mix thoroughly.
3. Apply a thin layer to a clean, damp face.
4. Leave on for ~ 15 minutes and remove with warm water before completely dry.

Cucumber Cooling Mask

Ingredients:

- Cold, cucumber slices

Instructions:

1. Take a cucumber out of the fridge.
2. Slice into very thin slices.
3. Apply to a damp face and relax.

Paw Paw Skin Scrub

Ingredients:

- 1 tsp semolina
- 2 tsp mashed paw paw

Instructions:

1. Mix together into a smooth paste..
2. Massage over a damp face.
3. Rinse off with warm water.

Lavender Facial Scrub

Ingredients:

- 1 tbl semolina
- 2 tsp kaolin clay
- 1 tsp local honey
- 2 tbl filtered or distilled water
- 5 drops lavender essential oil ([where to buy](#))

Instructions:

1. Mix the semolina with the kaolin clay.
2. Add the water to the dry ingredients and mix into a smooth paste.
3. Add the honey and Lavender essential oil and ensure that everything is mixed thoroughly.
4. Transfer to a glass jar.
5. Massage a small amount over a damp face then rinse off with warm water.

Orange Marmalade Scrub

Ingredients:

- 4 tbl sugar
- 2 tbl sweet almond oil
- 20 drops Orange essential oil (where to buy)
- 1 orange (zest only)

Instructions:

1. Grate the skin of the orange to make some zest.
2. Mix zest in a bowl with remaining ingredients.
3. Transfer to a glass jar.
4. Massage over your skin while showering or in the bath.



ESSENTIAL OILS

Want to start using essential oils but aren't sure how to get started or where to buy them?

It can be overwhelming with all the different info out there, I've been there.. and that's why I now teach others how to safely and effectively use their oils.

I've done my research and worked with essential oils for over 20 years so that I can provide you with the answers you are looking for.

If you're ready to get started and want to get a great deal (24% off retail prices), you can find out [where to buy here](#).

And then send me a message to let me know so I can send a welcome gift in the mail to you!