

Natural Deodorant Recipe

Ingredients

- 1/3 cup coconut oil
- 1/3 cup baking soda
- 1/3 cup arrowroot or cornstarch
- Few drops scented essential oil (optional)

Directions

1. Mix ingredients with fork.
2. Store in small container.
3. Apply as needed.
4. No need to refrigerate.

Rose Water Soothing Face Mist

Ingredients

- 1 cup organic rose petals or rose buds
- 2 cups boiling water
- 2 tablespoons aloe vera gel
- 5 drops lavender essential oil (optional)
- One medium size mason jar or other glass container with lid

Directions

1. Place rose petals and water in Mason jar.
2. Let sit for 8 hours - Shake or periodically.
3. Strain with fine mesh colander or cheese cloth or a coffee filter.
4. Add aloe vera gel and essential oil.
5. Apply with cotton ball or small mist pump bottle.
6. Store unused mist in refrigerator.

Natural Mouth Wash

Ingredients

- 2 tablespoons organic whole cloves
- 2 cups boiling water
- ½ teaspoon salt or salt to taste
- One medium size mason jar or other glass container with lid

Directions

1. Place cloves and water in Mason jar.
2. Let sit for 8 hours - Shake periodically.
3. Strain with fine mesh colander or cheese cloth or a coffee filter.
4. Add salt and shake to dissolve salt.
5. Rise, do not swallow.
6. Store unused portion in refrigerator.

Natural Lip Balm

Makes 10 tubes

Ingredients

- One tablespoon bees wax
- 3 tablespoons coconut oil
- Few drops vitamin E oil (optional)
- 10 – 20 drops food grade flavoring
- Pyrex measuring cup
- 10 lip balm tubes or other containers

Directions

1. Using a Pyrex measuring cup and a small pan melt wax and oil using a double boiler method.
2. When wax has melted, remove from double boiler, let cool slightly (about one minute) and add vitamin E oil and flavoring.
3. Quickly and carefully pour mixture into desired containers.
4. Enjoy.

Natural Moisturizing Liquid Hand Soap

Ingredients

- One cup Castile Soap
- One cup Distilled Water
- Few drops vitamin E oil
- 20 drops of Tea Tree Essential Oil
- 10 drops of Lavender Essential Oil
- 10 drops of Lemon Essential Oil
- One teaspoon Vegetable Glycerin (optional)
- One soap pump container
- Funnel (optional)

Directions

1. In a bowl, add water first, followed by all other ingredients (gently as not to bubble)
2. Carefully pour mixture into desired container (using a funnel if needed)
3. Shake gently before use.

Other DIY Tips

Make Up Remover

Place a small amount of Coconut Oil on a cotton ball to remove make up