HOW TO MAKE YOUR OWN COSMETICS

Danger of Commercial Cosmetics
"Good looks" is more than surface beauty. It often reflects the toxicity inside the body. The cosmetics on the market are not just expensive, they have many toxic ingredients in them that are potential harmful.

Propylene Glycol:
This is a common substance used in cosmetics to hold moisture. It is also used as an industrial anti-freeze which, besides being a significant skin irritant, has been known to cause liver and kidney damage.

Sodium Lauryl Sulfate:
This is in practically every soap, exfoliant, facial cleanser and shampoo. It is also the ingredient used in automobile engine cleaners! It cleans by corrosion. A 1968 study suggested that sodium lauryl sulfate could dissolve the lipids (fats) resulting in the loss of water binding ability. Also, it penetrates into the eyes, causes cataracts, affects vital tissues such as brain, heart, liver.

Formaldehyde:
Virtually every nail polish contains this. Does the ingredients of nail polish penetrate into the nail and the body? Many feel that at the edges of the nail where it is attached, it does penetrate. Some feel that if the chemical is powerful enough (and formaldehyde is), that it can penetrate right through into the skin below. Formaldehyde by the way has been banned as a health hazard for the use of insulation of homes.

Glycerin:
This is a combination of water and fat. It improves the spreading qualities of creams and lotions and prevents them from losing water through evaporation. It absorbs moisture from the air to keep the moisture in creams, but if the humidity in the air is less than 65%, it will pull the moisture out of the skin instead. This may be good for Vancouver, not so good in the Okanagan.2.

Bentonite:
This mineral is used in facial mask but it is not like clay because when it mixed with liquid it turns into a gel. The danger here is that it can have sharp edges which may scratch the skin. Bentonite is also drying to the skin.

Biotin:
This is also known as Vitamin H and is very beneficial for the skin and hair but doesn't absorb well through the skin. Better to take it internally in the diet.

Collagen, Elastin:
These have molecules that are too large to penetrate the skin properly.

Human Placenta Extract:
This looks like another money making hype. There is no evidence that this works. The extract usually comes bundled with preservatives and chemicals also.

Mineral Oils, Lanolin, Clay, Petroleum Jelly
These have their purposes but remember, while they are on the skin they are cutting off the oxygen to the cells.

Abbotsford Illness:
A few years ago, in the news we were informed about an outbreak of illness in the Abbotsford area. It appears many people were coming down with the Chronic Fatigue Syndrome. The cause was linked to to the water that had excessive amounts of pesticides and nitrates in it.

Strangely, everyone has forgotten the report done in 1982 that warned about this problem occurring. At that time it was found that recent immigrant farmers could not properly read the labels of the pesticide products they were using and were using the products incorrectly. Those poisons have now leached into the drinking water of the whole community.

The Cosmetic Industry:
This is now a 15 billion dollar industry. Most of our products come from the United States. Approx. 250 cosmetic manufacturers well 90% of the products in the United States. The same manufacturers also self-regulate their own powerful trade organization, the "Cosmetic, Toiletry, and Fragrance Association" ("CTFA").

Less than 4% of these manufacturers report incidences of adverse reactions from their cosmetics so it is very difficult to determine how many people have had reactions to products.

If you are counting on the FDA (Federal Drug Administration) to come to the rescue, don't hold your breath. They spend less than 1% of their budget on cosmetics regulations which mostly goes to pay for the overhead of the staff and very little to research. It is the responsibility of the FDA to show that the risk to humans is greater than the economic benefit of producing the product. This is an expensive undertaking for each product that may appear on the market.

Manufacturers know that "women are a soft touch for a pretty package and cosmetic companies know it...60-80% percent of the cost of the average tube of lipstick comes from the container".

A study done at Cornell University says that Cosmetologists are two times more likely to have mutagens in their urine than are control workers of dental workers who handle mercury and other toxic materials.

A Word about Beauty coming from within.....
The foods you eat, how your body assimilates and eliminates them is just as important to your good looks as the cosmetics you apply on the outside of your body.

Herrings Law of Cure:

All healing comes from above => down

Healing comes from inside => out

All symptoms leave the body in the reverse order of the disease process they came into the body.

Here is a blueprint guide for healthy eating and living habits to get you started in the right direction:

Daily food should be whole, natural, organic, unrefined, balanced, seasonal, locally grown, home-cooked.

Lifestyle should be clean, orderly, active, real.

Outlook should be peaceful, grateful, flexible, co-operative.

Avoid: processed, artificial, chemical, refined, extreme, unseasonal, transcontinental, pre-cooked, polluted, disorderly, sedentary, synthetic, complaining, arrogant, rigid, competitive

- Avoid overeating. Chew food 50 - 100 times per mouthful until food becomes liquefied.
- Don't eat for three hours before going to bed. Food eating during that time often becomes surplus and still serve to accelerate indigestion, gas, mucus and fat formation and enhance development of cancer.
- Drink moderately when thirsty.
- Avoid eating much fatty animal foods including meat, eggs, poultry, dairy food and other oily, greasy foods including those of vegetable quality.
- distilled water is hungry water. If there are mineral deposits in the body, it is good to drink, the mineral deposits will be pulled out. eg. arthritis. However, distilled water is not to be taken indefinitely because it

will constantly be robbing the body of minerals (need to put them back in - see super foods). When not drinking distilled water, best water is reverse osmosis water.

- Synthetic clothing impedes regular flow of energy through the body, don't wear directly next to skin.
- television, esp. colour, exerts draining influence on organism, view in moderation.
- free circulation of air and open sunshine in the room you are in.
- green plants in a room stimulate deeper breathing and stronger metabolism.
- keep long hot baths or showers to a minimum as they deplete the supply of minerals in the body.
- keep environment open, happy, free of any dark or heavy features including reading material and conversation.
- walking outdoors, self-massage, yoga can help, don't become tired or overworked
- general fatigue, mental irritability, unnatural metabolism can result from high voltage lines, electrical appliances, communication equipment in vicinity.
- Algae (blue green) or Chlorella due to its high chlorophyll contain can counteract the harmful effects on living cells of known cancer-causing chemicals. Cooking destroys chlorophyll.

THE SKIN

The molecules of the amino acids, collagen, procollagen, elastin, hyaluronic acid, proteins, DNA, Vit. E, Vit A, hormones, placental extracts, algae, allantoin, liposomes, eggs, milk, honey and royal bee jelly are too large to penetrate the skin.

Sunscreens

Sunscreens block out the UBV rays, but 95% of the UVA rays go right through most sunscreens.

Too much sun exposure results in overdosing on Vit. D3 which results in skin cancer, now happening at alarming proportions in the world, especially in North America where the skin is quite fair and the ozone layer is quite thin.

Protect yourself, wear hats, thin shirts and pants instead of bare heads, arms and legs. Forget tanning on the beach, it only lasts for 2-3 months and ages you by 10 years during your lifetime.

Healthwise, you only need 10-20 minutes worth of D3 each day and the best time to get it is early in the day, say before 10:30, or after 5:00 when the sun is not so strong.

HOW TO HELP YOUR SKIN

Cells are constantly dying off and being replaced by new ones. Encourage this process and you will bring healthier tissues faster. Chemical abrasion and peeling is one way to do this, however that is a harsh and often expensive way to deal with the skin. Here are some naturally healthy ways to help your skin:

Include these super foods in your diet. Note, these are not to be taken during acute situation, too powerful, but when convalescing they are fine. Be sure to take in spring time as a tonic:

Alfalfa: Contains Vit. A,E,K,B,D, iron, potassium, phosphorus, chlorine, sodium, silicon, magnesium. Good source of protein and fiber

Algae (Blue Green): Contains 60% of high quality proteins (kelp is 25% protein and alfalfa is 23% protein). Contains valuable minerals, vitamins, enzymes. Best, it contains 6% chlorophyll which has potential as being cancer-preventing agent. Other foods that have chlorophyll: brussel sprouts, broccoli, spinach, leafy lettuce. Cooking destroys chlorophyll.

Bee Pollen: 20% is high quality protein, 15% is lecithin, the balance is carbohydrates, vitamins, minerals, enzymes. It contains 15 vitamins, 16 minerals, 18 amino acids, 18 enzymes or co-enzymes. It has 57

different flavonoids. It is rich in the B complex vitamins esp. pantothenic acid and biotin (good for the skin). You can also get it in Chinatown cheaply sold as Royal Jelly.

Brewer's Yeast: Rich in chromium, selenium, lecithin, B vitamins including B12, and 50% of its dry weight is protein including all of the essential amino acids.

Garlic: Benefits circulatory system, protects against heavy metal poisoning, dilates blood vessels thereby reducing blood pressure, purifies blood, best source of sulfur of all vegetables, highest level of selenium also. Kyolic is capsule form you can take without getting bad breath.

Kelp: Contains all the mineral elements found in sea water: iodine, calcium phosphorus, iron, copper, potassium, magnesium, sodium, chlorine, manganese, sulphur, zinc. Contains Vit. A, B complex, C,E,D,K. Contains 20 amino acids. Contains silicon which keeps skin from wrinkling and sagging and protects roots of hair from falling out.

Lecithin: May be useful in treating psoriasis, helps utilization of Vit. A and D. When added to diet helps overcome nervous exhaustion, headaches, insomnia, brain fog, stress, senility. Found in soybeans, egg yolks, liver and supplemental form also.

Wheat Germ: Rich in Vit. E and B complex. Valuable source of protein. One-half a cup of raw wheat germ is equivalent to protein of 4 eggs. Perishable so refrigerate.

Wheat Grass: Excellent source of chlorophyll and fiber. Don't overdo it.

On a scale of 1-10 (10 being the best), here is a summary of the chlorophyll foods:

Alfalfa: 5
Barley grass: 5-6
Spirulina: 7 (ocean environment, high allergic rate)
Chlorella: 8-9 (oldest known species on planet with a nucleus)
Blue/Green Algae: 8-9 (from fresh water)
Kyo Green: 7-9 blend of various, expensive
Wheatgrass: 10 (must be eaten raw)

1. **Raw pineapple and papaya eaten or put on the skin dissolves old collagen.**
2. **Beta Carotene protects against UV damage.**
3. **PABA is the best protection against the UV rays of the sun. It is used in almost all sunblocks. A good block is 15 or better on the scale.**
4. **Crushed garlic on skin helps skin problems.**
5. **Some skin problems can be helped by crushing chrysanthemum stems and rubbing into area (about 5 times a day).**
6. **Soak feet, especially big toe. Big toe is where the meridian ends and toxins should go out.**
7. **Eat white part of watermelon. Chinese therapy for skin.**
8. **Chinese food for dry skin: eat pigs feet with red chinese dates and peanuts with skin on.**
9. **Chinese: Blue patches on skin? Cucumber skin boiled - drink the water.**
10. **Chrysanthemum tea.**
11. **To remove blemishes, pimples and spots from the skin:**
    4 ounces freshly grated horseradish
    1 qt. buttermilk
    4 fl. ounces glycerine
    Put all into half gallon jar, shake well. Let stand overnight in a cool place, shake well in morning and run the preparation through a sieve. Bottle and keep in the refrigerator.
    In the evening, wash area to be treated in warm water, dry well, then rub formula into every affected part. After skin has been thoroughly saturated it tingles with warmth. Surplus formula should be wiped off before retiring. Organic sulphur and calcium in the lotion will cure pimples and produce a clear, healthy complexion.
12. **Tone of the Skin:**
    Dry, contracted skin, tight and irritable. A toneless quality is followed by increased pigmentation. This can be helped by alteratives and antioxidants.

    Relaxed skin that is moist, puffy, cold, becoming pallid and slack over time can be helped by using astringents, dry skin brushing with air and sun bathing.
13. **Aromatic Essential Masks:**

    Basic ingredients for facial masks: clay, oatmeal, fruits, or vegetables, vegetable oil, floral water (rose, sage, rosemary, lavender, cypress) and essential oils. Put a few spoonsful of clay and soaked oatmeal in a bowl. Add the fruit or vegetable pulp and juice and slowly add a teaspoon of vegetable oil (wheat germ or almond

oil) and five drops of essential oils. Stir and add floral water, herb tea or plain, purified water until the mixture has the right consistency. Apply with fingertips and let dry for up to 15 minutes then gently take it off with a wet sponge. Dab on floral water to close pores. Normal skin needs a mask every week or two.

For special conditions, use these ingredients along with the oatmeal, clay, essential oils and floral water:

For acne: cabbage, grape, yeast
For oily skin: cabbage, cucumber, lemon, grape, pear, strawberry
For dry skin: melon, carrot, avocado, wheat germ oil
For sensitive skin: honey, melon, apple, grape
For mature skin: apple, avocado, wheat germ oil
For normal skin: avocado, lemon, peach, wheat germ oil

14. **Essential Oils: add a drop of patchouly and rosewood in base and apply to face. Mix patchouly and chamomile together.**

Geranium is good for dermatitis, eczema, psoriasis, vitiligo, herpes, shingles, bleeding, tumor growths, hormone imbalances, ache, burns, circulatory problems.
Patchouli helps prevent wrinkles or chapped skin, is a tonic and stimulant, antimicrobial, antiseptic, helps relieve itching. Use for dermatitis, eczema, hemorrhoids, tissue regeneration, itching from hives, dandruff, congestion, chapped and loose skin, fluid retention.
Bergamot has been used for oily complexions for centuries.
Lavender regenerates tissue, good for scars from burns.
Rose oil regenerates skin tissue.

15. **Herbs for external soothing: Chickweed, comfrey, marshmallow, plantain, rose petals, slipper elm.**
16. **Herbs that tightens skin and mucous membranes: bayberry, oak bark, plaintain, raspberry, rosemary, slippery elm, yarrow.**
17. **Herbs to reduce inflammation: chamomile, marigold, St. John's wort, white willow, witch hazel.**
18. **Men: use honey & marmalade on face after a shave.**
18. **Cornmeal acts as grit to cleanse.**
19. **Use cornmeal as grit to cleanse.**
20. **Use ripe banana to cleanse. Can add strawberry, lemon juice, grapes, pear, corn syrup or honey. Put honey on face first to act as moisturizer. Then put mixture on face. Leave on for 5 min. each morning.**
21. **Use jello as hair conditioner. The sugar in it bonds it.**
22. **Leg peel: sugar & lemon mixed together.**

AGING THIN SKIN

1. **Unless you are drinking just plain water, your skin is dehydrated. Every other liquid that you drink has other substances in it, and the body treats it as food and it is processed accordingly. Therefore, have several glasses of just plain water each day (3-10) are needed to hydrate your skin. If you eat a lot of meat you will need to increase that to 8 glasses a day.**

2. **The reason aging skin is less elastic is because the collagen of the skin loses its elasticity. That is what keeps the skin plumped up. You need to add silica to the diet. Silica helps with the toughness and elasticity of aging skin. Silica can also help relieve symptoms of itching, rashes, eczema, injuries, etc. It will also help with artery problems in the legs. Silica will help rejuvenate skin to a certain extent even though the sun has done some damage.**

When you are in the health food store, ask for vegetal silica supplements to take. By the way, you can add it to your shampoo and it is good for your hair also.

You can add silica to fortify a moisturizing cream that you apply after bathing or showering also.

Include foods high in silica:
(from highest to lowest)

Oats
Millet
Barley
Potatoes
Whole grain wheat
Brown Rice
Red Beets
Jerusalem artichoke
Asparagus
Corn
Sunflower seeds
Green Peppers, Parsley, Lettuce

That old weed, horsetail, is very powerful in silica. Don't attempt to do anything with it on your own but there are preparations of it in the health food stores in teas and capsules, tablets.

- **Sulphur keeps the skin smooth and youthful. It is found in garlic, onions, eggs, asparagus and the amino acid L-cysteine which can be purchased in pill form.**
- **Vitamins A and E are the most beneficial to the skin. Are you taking beta carotene or fish liver oils? You should be taking 400-800 I.U. of vitamin E a day. You can take up to 60,000 I.U. of beta carotene a day, or 20,000 I.U. of fish liver oils.**
- **For the gouges or tears in the skin, the calendula or marigold cream is good.**
- **Do not use margarine. Instead use very small amounts of butter if you have to use fat. You can also whip butter up with canola oil (50/50) and it becomes easily spread and a good source of the right kind of oil in the diet. In order to obtain margarine, they have added hydrogen to hydrogenated the vegetable oil. They have also added chemicals.**

SKIN CREAMS

All skin creams are based on a combination of melted waxes, oils, scented waters, which must all be at a similar temperature. The waxes are melted over a low heat, the oils are warmed and beaten into the waxes, then the heated waters are dribbled slowly into the blended wax and oil, and the mixture is stirred until cool. It is like making mayonnaise, only easier - a 10 minute operation.

The proportions are decided by how firm or fluffy you want the mixture. For firmness, add beeswax; for softness add oil; adding water will make it lighter and fluffier but also makes the ingredients more prone to separation. Adding herbs like marshmallow and houseleek which contain an emollient mucilage will make a cream spongier. Add a few drops of essential oil for both the fragrance and its beneficial properties. Rose, geranium and lavender are particularly good for all skin types.

Spooning creams into small jars is an acquired skill. It is best to begin with a small spoon and to use a knife around the inside edge to remove any air pockets. Some lotions become firmer after a few hours so until you are familiar with a recipe, put your creams into wide-necked jars. What you pour into a bottle may become too thick to pour out. Gently reheat to remove if this does happen.

Always label and date products immediately. As keeping a record of each recipe and its success. Perishable ingredients are involved, refrigerate creams and use within a few weeks. To prevent the possibility of introducing bacterial, make sure your hands are clean before dipping into your creams or use a small spatula or surgical gloves.

For those with highly sensitive skins, the following ingredients can cause allergic reactions:

Agrimony	**Glycerin**	**Lovage**	**Henna**
Almond oil	**Cowslips**	**Lanolin**	**Ivy**
Lime blossom	**Cocoa butter**	**Primrose**	**Nettles**
Violet Leaves	**Pennyroyal**	**Cucumber**	

Some essential oils can irritate sensitive skins, particularly on the face. Oils to watch out for are:

Bay	**Bergamot,**	**Geranium**	**Neroli**
Sage	**Pennyroyal**	**Peppermint**	**Spearmint**

Dictionary of plants used in creams and lotions:
Aloe vera: sap from leaves. Soothing, healing.
Avocado: skin food. High vit. E and A. Use skin to rub on elbows & knees. The vit. E comes out onto your skin.
Borage: for dry, sensitive skin
Calendula: healing herb for rough, damaged, problem skin
Chamomile: gentle, soothing, softens, whitens
Comfrey: healing, soothing, contains allantoin, a protein which speeds up cell renewal. Good for rough and damaged skin. Place leaf on wound for speedier healing.
Cucumber: cleansing agent and toner. Soothing, healing. Peel of cucumber skin can take away headache.
Dandelion: rich emollient useful in cleansing lotions for dry, mature and sallow skins
Elderflower: good tonic for all skins, esp. mature or sallow. Softens, smooths wrinkles, fades freckles, soothes sunburn.
Fennel: cleansing, soothing. Add crushed seeds to face packs.
Houseleek: healing, softening, soothing. Esp. good for dry, sensitive skins.
Ivy: relieves sunburn. Helps disburse trapped fluids and toxins in the fight against cellulite.
Lady's mantle: Healing herb for soothing dry, sensitive, skin and rough hands, makes good astringent for large pores.
Lavender: healing, gentle cleanser, tonic for all skin types.
Lemon: astringent that restores skin's natural acid balance.
Linden blossom: soothes, softens. Deep cleansing.
Lupine seed. Cleanser, pore refiner for oily skin.
Marshmallow: healing softener for dry skins, chapped hands, sunburn.
Nettle: deep cleanser, particularly good for oily skin.
Orange flower: excellent skin tonic, said to help restore skin's acid barrier. Also treats dry skin and broken capillaries and stimulates cell replacement.
Parsley: conditioner for dry, sensitive and troubled skins.
Peppermint: stimulant astringent that clears the complexion.
Rose: soothing, gentle cleanser that has a refining and softening effect on skin.
Rosemary: invigorating tonic and antiseptic which boosts circulation and deep skin cleansing
Sage: cleansing, stimulating astringent which also tightens pores.
Thyme: stimulating gentle antiseptic cleanser
Violet: gentle, soothing astringent.
Watercress: expressed juice can help to clear blemishes.
Witch hazel: soothing and astringent. Distilled witch hazel contains 15 percent alcohol.
Yarrow: healing and cleansing astringent.

Test for reactions:

Place a spot of any ingredient on the inner gauze area of a Band-aid and attaching this to your inner arm, between the wrist and elbow. Leave in place for 24 hours by which time any reaction you may have should show.

Glycerin and Rosewater cleansing cream:

4 tbsp lanolin
1 tsp zinc oxide
2 fl. oz almond oil
6 drops essential oil of rose
3 tbsp rosewater
1/8 tsp borax
1 tbsp glycerine

1. Melt lanolin, gently heat almond oil and glycerine together. Slowly pour oil and glycerine mixture into the lanolin, beating constantly.

2. Dissolve borax in warmed rosewater, gradually add to the lanolin and oil mixture, beating all the time. Leave to cool.

3. When cool and creamy, beat in the zinc oxide and rose oil. Spoon into prepared jars and label.

Chamomile Cleansing Milk:

1/2 cup creamy milk
2 tbsp chamomile flowers (or elderflowers, sweet violets or lime blossom) fresh or dried

Heat together in double boiler 30 min. Do not let milk boil or form skin. Leave to infuse 2 hours, strain. Keep refrigerated and use within 1 week. Apply with cotton wool and remove excess with tissues.

Orange-flower cleansing cream (for dry & normal skin)

5 drops Neroli essential oil

2 tbsp soy oil
2 tbsp almond oil
1 oz cocoa butter
1 tbsp beeswax
1 tbsp orange-flour water
1/8 tsp borax.

Mix and warm the oils. Melt cocoa butter and stir it into the oils. Melt beeswax, beat it into the oil mixture, a little at a time.
Warm orange-flower water and dissolve borax in it. Beat this into main mixture. Leave to thicken and cool.
As mixture starts to thicken, stir in essential oil. Once cool, spoon into prepared jars, label.

Cucumber and yarrow cleanser (for oily skins)

1 tsp emulsifying wax
4 tbsp soy oil
1/4 cucumber, pureed in blender and strained to make 2 tbsp
6 tbsp yarrow infusion
5 drops tincture of myrrh

Melt wax over low heat. Warm soy oil, slowly add oil to wax, beat well.

Heat cucumber juice with yarrow infusion, blend into oil and wax, take off heat and beat until mixture cools. Once cool, stir in myrrh. Spoon into jars and label.

Fennel and buttermilk cleansing milk (oily skin)

Fennel helps remove impurities with deep cleansing action.
1/2 cup buttermilk **2 tbsp fennel seed, crushed.**

Gentle heat milk and seed together in double boiler 30 min. Leave to stand and infuse for a further 2 hours, strain, bottle, refrigerate, use within 1 week.

Lemon cleansing cream (for oily skin)

1 tbsp beeswax **1 tbsp lemon juice strained**
1 1/2 tbsp petroleum jelly **1/8 tsp borax**
3 tbsp mineral oil **1 tbsp witch hazel**
6 drops lemon essential oil

Melt beeswax and petroleum jelly together over low heat. Warm mineral oil, gradually add to wax mixture, beating 3-5 minutes.

Add witch hazel to lemon juice, warm gently, stir in the borax until dissolved. Slowly add this to the wax mixture, beating steadily until it is creamy and cool.

Once cool, stir in the lemon oil. Spoon into clean jars and label.

Rosewater Toner for dry skin

3/4 cup rosewater **6 drops glycerin** **2/3 cup witch hazel**

Blend all in bottle and shake well before use.

Sage astringent for oily skin

4 tbsp dried sage **1/4 tsp borax**
4 tbsp ethyl alcohol **3 tbsp witch hazel**
(or 6 tbsp vodka) **10 drops glycerin**

Macerate sage in alcohol for 2 weeks, then strain.

Dissolve borax in witch hazel, stir into alcohol. Mix in glycerin and decant into bottle with tight-fitting lid. Shake before use.

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Agrimony	**Glycerin**	**Lovage Henna**	
Almond oil	**Cowslips**	**Lanolin Ivy**	
Lime blossom	**Cocoa butter**	**Primrose**	**Nettles**
Violet Leaves	**Pennyroyal**	**Cucumber**	

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Light Rose Moisture Cream (all skin types)

Daytime use

1 tsp beeswax	**3 tbsp rosewater warmed**
1 tsp lanolin	**6 drops rose oil essence**
1 tbsp almond oil	**or Rose geranium**
few drops red food	**1/2 tsp wheat germ oil**
coloring if desired	**1/8 tsp borax**

Melt beeswax and lanolin together, stirring constantly.

Warm oils gently and gradually heat them into the waxes. Dissolve the borax in the rosewater and slowly add to the oil and wax mixture, beating constantly until cool. Stir in the rose oil as the mixture begins to thicken.

Spoon into jars and label.

Rich Moisturizing Cream (for dry skin)

very penetrating if applied before a bath, as the steam will help the skin absorb the oils and moisture in the cream.

1 tsp beeswax	**1 tsp glycerin**
2 tsp emulsifying wax	**4 tbsp rosewater**
1 tbsp lanolin	**1/4 tsp borax**
2 1/2 tsp avocado oil	**6 drops neroli oil**
1/2 tsp wheatgerm oil	**few drops red food coloring if desired**

Melt beeswax, emulsifying wax and lanolin in double boiler. Warm avocado and wheatgerm oils with the glycerin and then gradually beat into the waxes until creamy. Remove from heat.

Warm Rosewater and dissolve the borax in it. Dribble rosewater into the cream, beating all the time. Keep stirring until the mixture cools and thickens. As it cools, stir in the neroli oil.

Spoon into jars and label.

Avocado and Nettle Moisturizer (for oily skin)

1 tsp beeswax	**1/8 tsp borax**
2 tsp emulsifying wax	**2 tbsp strong nettle infusion,warm**
8 tsp hazelnut oil	**4 drops cedarwood essential oil**
4 tsp avocado oil	

Melt waxes together. Warm oils and gradually beat them into waxes.

Dissolve borax in warm infusion. Slowly beat this into the first mixture.

Allow to cool, then mix the essential oil. Spoon into jars and label.

Comfrey and calendula cream (nourishing cream for all skin types)

Good for rough, dry skin as these herbs are nourishing and healing. This also makes an excellent hand cream for sore, chapped hands. Comfrey contains a substance that helps cell renewal.

1 tbsp beeswax
1 tbsp lanolin
1 tbsp cocoa butter
1 1/2 tbsp calendula oil
1 tsp glycerin
1/4 tsp borax
2 tbsp comfrey leaf infusion
6 drops petitgrain essential oil

Melt beeswax. Melt lanolin and cocoa butter and gradually stir into beeswax.

Warm calendula oil and glycerin and slowly stir into first mixture.

Dissolve borax in the warm comfrey infusion and then add this to the main mixture, stirring well. Continue stirring until thick and cool, then mix in the essential oil.

Spoon into jars and label.

Ivy Cellulite Cream

Massage into areas of cellulite.
2 tsp beeswax
1 tsp emulsifying wax
3 tsp almond oil
1 tsp avocado oil
4 tbsp double strength ivy decoction
8 drops each essential oils of oregano, fennel, rosemary

Melt waxes in double boiler. Warm oils and then stir them in well.

Beat in ivy decoction and allow mixture to cool before stirring in essential oils.

Spoon into jars and label.

Another Cellulite Treatment to try:

1 oz lemon essential oil (or Lemongrass essential oil)
1/4 oz lime or grapefruit essential oil
3 oz vodka or 3 oz coconut oil or almond oil
Mix essential oils together and massage into the cellulite area.

Also, don't forget those seaweed pods that are scattered on the beach.. Open the pods, take out the jelly like substance and rub into the skin to add to the bath to help remove cellulite.

Sesame Suntan Lotion

Bergamot improves skin's ability to produce melanin, the substance that darkens the skin, but after a report suggesting it may have harmful effects, the research body for the world's performers recommended a maximum of 2 percent bergamot as a safe level.

1 tbsp lanolin
4 tbsp sesame oil
6 tbsp rosewater
1 tsp cider vinegar
2 drops essential oil of bergamot

Melt lanolin, warm sesame oil, gradually blend the two together.

Add rosewater and vinegar, beating vigorously to create the lotion.

When cool, add bergamot oil. Bottle, label.

Fruit Nourishing Facial

Blend:
1 ripe banana
1/2 cup whole ripe strawberries
10-15 grapes
1 Pear

Blend, adding 1 tbsp lemon juice and a tsp corn syrup.

Brush honey on face, then the above mixture, let sit on face for 5 minutes each morning.

Lavender Sunburn Oil

Astringent and moisturizing, this lavender-scented oil can cool and soothe a minor sunburn. For serious sunburns consult a doctor.

6 tbsp olive oil 1/2 tsp iodine 3 tbsp cider vinegar 10 drops lavender oil.

Blend all together, bottle. Apply very gentle to relieve sunburn.

Facial Steams

To Remove impurities: fennel, nettle, linden blossom

To boost circulation, aid deep cleansing: nettle, rosemary

Soothing and Gentle cleansing: applemint, lemon balm, chamomile, chervil, lavender, rose petals, spearmint, thyme

Healing: comfrey roots and leaves, fennel

Oily skin: calendula flowers, geranium (herb robert), horsetail, crushed lupine seeds, sage, yarrow

Dry, sensitive skins: borage, cornflower, houseleek, lady's mantle, marsh mallow (roots and leaves), parsley, salad burnet, sorrel, sweet violet (flowers and leaves)

Mature or sallow skins: dandelion, elderflowers, lemon verbena, red clover (flowers and leaves), Tansy (flowers and leaves).

Assemble 2 handfuls fresh herbs or 3 tbsp dried herbs. Tie back your hair, remove makeup, clean your face in your normal fashion. Place herbs in bowl or jug, pour over 6 cups boiling water. Stir briefly with wooden spoon or chopstick.

Hold face 12 inches away (18" for sensitive skin) and make tent over your head and the bowl with a towel. Keep eyes closed, remain like this 10-15 minutes.

Rinse with tepid to cool water, and few minutes later, splash with cold water or witch hazel.

A diluted herbal vinegar or an infusion of elderflower, peppermint, sage or yarrow dabbed on with absorbent cotton will tighten pores.

Avoid sudden changes of temperature and don't go outdoors for an hour or so.

Face Packs

Draws out impurities, stimulated circulation, tightens skin. Very effective when applied after a facial steam before the pores have closed.

Apply to slightly moist skin, then rest with feet higher than head so gravity forces blood to facial skin. Make cooling eye pads of cucumber or absorbent cotton soaked in herbal infusion and place them against your eyelids to increase the absorption. Leave the mask on for 20 to 30 minutes before removing with warm water.

Finish with pore-closing infusion such as elderflower water, then a moisturizer.

Do not apply face mask just before preparing for special occasion as the drawing power of the mask, particularly one with a cereal or clay base, can flush the skin.

Green herbal mask

Use any of the herbs recommended for a facial steam. Take 2 handfuls fresh leaves or 3 tbsp dried (softened by soaking in boiled water overnight).
Add 2 tbsp. distilled or mineral water and blend at high speed for few minutes

This makes a rather wet mixture, but if you are in a bath or lying on a towel, it can be applied as it is. To thicken, add fuller's earth or ground almonds until it reaches the desired consistency.

Paste face pack:

Ground oatmeal, almonds or fuller's earth used either singly or in combination form the basic carrier of the paste

face pack. Each has the ability to draw impurities from the skin.

To 2 tbsp of this basic carrier, add 2-3 tbsp strong herbal infusion, or the juice of the herbs obtained using a juice extractor.

Deep pore Cleansing Mask

1 tsp beeswax
1 tbsp lanolin
3 tbsp rosewater
1 tbsp fuller's earth
optional: 1 tsp irish moss or pounded quince or flax seed

Melt wax and lanolin together over gentle heat, stirring continuously.
Remove from heat and add rosewater, stirring until it has cooled.
Mix in fuller's earth (and optional additions) stirring until you have a smooth paste.

Herbs for face packs:

Normal skin: fennel, juniper berries, lady's mantle, linden flowers, mint, nettle
Dry/sensitive skin: comfrey, houseleek, marsh mallow, pounded flax or quince seed (which contain a softening mucilage)
Oily skin: sage, yarrow; 2 tbsp pounded fennel or lupine seed to refine pores.

Non-herbal ingredients for Face packs:
- milk products soften and mild bleach. Substitute 1 tbsp herbal infusion for 1 tbsp creamy milk, or sour cream for dry skin, or yogurt or buttermilk for oily skin.
- add 1 tsp honey for its healing properties
- a few drops lemon juice or cider vinegar help to restore skin's acid mantle
- eggs are an excellent binding agent. Add an egg yolk for dry skin and beaten egg white for oily skin
- mashed cucumber, strawberries, tomatoes, lemon juice, grapefruit juice are all good astringents. Avocado and ripe peach are rich moisturizers.

Herbal Soaps

Making soap from scratch involves use of caustic soda, a dangerous ingredient to work with. It is much safer and easier to start with a bar of pure castile soap as the base.

Lemon and rosemary wash-balls (all skin types)

5 oz bar castile soap, grated
1 tsp dried, powdered lemon peel
6 drops essential oil of lemon
1 tbsp rosemary leaves,pulverized
3 tbsp lemon juice
4 tbsp calendula infusion
4 drops essential oil of rosemary
1 tbsp calendula infusion to moisten hands.

Place grated soap, lemon juice, calendula infusion in enamel saucepan, heat gently till soap melted, stirring with wooden spoon.

Leave to cool 10 min or till cool enough to touch, knead with hands to make smooth paste. Add rosemary leaves, lemon peel, oils.

Leave 10 min till begun to dry and is malleable. Form into approx. 6 plum sized balls. Leave in warm place 2 hours covered with plastic wrap so outside does not crack. Then remove the plastic wrap, moisten your hands with the remaining calendula infusion, smooth balls until shiny.

Cover with plastic wrap again, return them to a warm place to dry (approx. 24 hours). Wrap in tissue paper and store in a warm dry place for a month before using.

Lavender and Oatmeal Soap

5 oz bar castile soap, grated
1 1/2 cups lavender infusion
1/3 cup ground oatmeal
few drops lavender oil.

Put grated soap flakes and lavender infusion in an enamel saucepan, heat gently until soap has melted. Stir occasionally.

Remove from heat and cool a little, then stir in the oatmeal and add the lavender oil.

Pour into small oiled moulds and allow to set. This can take from a few hours to a week. When dry, unmold, wrap in tissue and leave for a month in a dry cupboard.

HAND CREAMS

Heavy duty barrier cream

4 tbsp petroleum jelly
2 handfuls fresh elderflowers
Melt jelly, add flowers. Leave to macerate 45 min, reheating jelly each time it solidifies.
Warm to a liquid, strain through a sieve into screw top jar. Cool, seal.

Glycerin and rosewater hand cream

4 tbsp glycerin 3 drops rose oil 1 cup rosewater 4 tbsp cornstarch
Blend glycerin, rosewater, cornstarch. Heat mixture over double boiler, till thickened.
Allow to cool, add rose oil, stirring well. Pour into screw-top jars, label.

Dill and horsetail nail bath

2 tbsp chopped horsetail 2 tbsp dill seed 1 cup boiling water.
Pour water over herbs, steep at least 1 hour. Strain liquid into bottle.

Lady's mantle hand lotion

2 tbsp glycerin 10 drops lemon oil, or rose, or geranium or sandalwood
2 tsp carragen moss 2 tbsp strong infusion of lady's mantle
melted in little hot water 4 tbsp alcohol
Stir glycerin into melted moss.
Add essential oil to alcohol, mixing well, and then blend two mixtures. Stir in herbal infusion, blending well.
Pour into screw-top jar and label. Shake before use if necessary.

Hand Mask

Once a week treat your hands to whiten, soften. Apply to hands 20 min. best just before you go to bed, wash off, apply rich moisturizing cream for night, wear cotton gloves while you sleep, wash off cream in the morning.

2 tbsp finely ground oatmeal 1 tsp avocado oil
1 tbsp calendula petals or 1 tsp lemon juice
lady's mantle infusion 1 tsp glycerin
Mix together into a smooth paste. Use as instructed above.

Lip Gloss

Melt 1/5 cup beeswax. Remove from heat, add 1/4 cup castor oil, 2 tbsp sesame oil and 2 tbsp liquid lanolin.
Or Melt 1 tsp olive oil, 1 tsp beeswax, 6 tbsp mink oil.

Lip Color

Rub piece raw beet over lips and cover with clear gloss.

Blusher

Rub piece of raw beet over skin until desired shade is reached. Works best if allied to bare skin then powder applied on top.

Face Powder

In dry skillet, brown oat flour, cornstarch, rice flour, or white clay to desired shade. Store in tightly covered jar, apply with cotton ball. Will be transparent when applied but gives skin soft look and smooth finish.

After wash

50% water and 50% apple cider vinegar splashed on the skin after a bath will help restore the PH balance

Antiperspirant

1/2 cup vodka, 2 1/2 cups pure water, 1 tbsp alum, 1 tbsp powdered zinc oxide in blender or food processor. Place in spray bottle. Shake before using.

Deodorant

Pure dry baking soda or white clay directly to underarm.

Mix baking soda with cornstarch, wheat starch, rice starch, or white clay. Apply to underarm.

Mix 2 tsp alum into 1 pint warm pure water. Place in spray bottle.

If you need to purchase in health food store: look for aluminum/zirconium-free. Tom's Unscented Roll-On Deodorant, Nature de France French Clay Deodorant. Mill Creek Roll-On Herbal Deodorant, Tom's Natural Deodorant.

Hair Therapy

Jello used on the hair can act as a conditioner. The gelatin is a natural conditioner and the sugar in the jello bonds it.

For beautifully conditioned hair and to promote hair growth and give additional body, rub a few drops of Rosemary essential oil into the hair and scalp before washing. Rosemary oil will prevent static electricity if dobbed on your hairbrush. Rosemary oil will also help to relax a curly permanent if applied as a hairdressing.

Elbow and Knee Helpers

1. **Rub with inside part of the skin of the avocado. The vitamin E oil comes out of the skin and nourishes, while the rough skin smooths. Initially it should feel oily and leave skin green, then as you rub it, it will feel more abrasive. Rub any excess oil into the skin as a moisturizer.**

2. **A half lemon stuck on the elbow will leave then soft and delicate.**

3. **Mix half glycerin and rosewater together, apply to elbows, knees, hands, feet, legs etc. If this is stored the mixture will separate and will need to be shaken before use each time. Rosewater is a little astringent and healing and glycerin acts as a moisturizer.**

4. **Mash avocado and salt together and rub firmly and vigorously into the knees or any part that needs softening. Follow with a nice bath.**

Foot Attention

1. Get a pair of good walking shoes eg. earth shoes and walk a half hour each day if you lead a sedentary life. Do not wear high heels.

2. Elevate feet as often as possible, say by lying on the floor with feet up on the couch or laying in bed with feet propped up on several pillows.

3. Massage feet with creams after a bath or shower. Good oils to massage feet with are Rosemary oil, Peppermint Oil. You can also blend Rosemary oil, salt, baking soda, in a foot bath to invigorate the feet.

4. Good herbs for foot baths to help tired feet: Yarrow, Lavender, Comfrey, Red Clover, Sage, Burdock, Mustard seed, Rosemary, Witch Hazel, Mugwort, Alder, Marshmallow root.

5. Try experimenting with your own foot bath. One recommended is: 1 oz. pennyroyal, sage, rosemary, angelica, juniper berries (all in herbal form). Place in foot bath, pour hot water over, put feet into tub, resting on the herbs, cover all with a towel to keep steam in. Keep feet in water until cooled, pat feet dry.

6. For corns: roast an onion or garlic clove, apply to corn, bind with soft bandage. Corn will loosen and can be removed in 2-3 days. Apply hot herb fomentations every other night, then renew the garlic or onion applications.

7. Foot softener: blend avocado pulp with juice of half a lemon and tbsp castor or other oil. Blend well, rub into toes, and other parts of foot, cover with white socks, leave on overnight. Wash thoroughly in morning with nail brush, hot water, soap, to loosen all dead skin.

8. Another foot softener: Rub feet with pumice stone, dry and apply 1 oz cocoa butter, 1 oz marshmallow root, some wheat germ oil, and 1 oz beeswax.

9. Callouses: Mash 1 tbsp avocado with 1 tbsp cornmeal, rub hands together, squish fingers about, interlock them, massage each joint one at a time with a bit of the meal. Cleanses and softens.