



DIY COSMETICS



It's quick and easy to make many of your own cosmetics from ingredients you already have in your pantry. Here are three tried and true recipes, but look for others online. You can make these items for presents and play with different combinations of essential oils to suit different people.*

Deodorant

Ingredients:

- 1/4 cup bicarb
- 1/4 cup cornflour
- 2 tablespoons coconut oil to bind
- 20 drops essential oils*

Method:

1. Take equal parts of bi carb and cornflour
 2. Add coconut oil (you may need to microwave it to turn it to liquid - coconut oil melts at about 24 degrees)
 3. Add your essential oils
 4. Mix well
 5. Pack in to a silicone mould and refrigerate
- Keep it in a jar or on a saucer and rub the deodorant bar on armpits. You will need to keep in the fridge during summer.



*Note essential oils are natural but are still powerful and can be poisonous if used incorrectly. Please check warnings for oils you intend to use. Look for a good reference book or check online.





Lip balm

Ingredients:

- 4.5 tablespoons grated beeswax
- 7.5 tablespoons jojoba oil
- 1.5 teaspoons honey



Method:

1. Grate the beeswax (or purchase pelletised bees wax)
2. Melt the beeswax and oil in a double boiler (a small pot in a larger pot with boiling water)
3. Remove from heat and stir in honey thoroughly
4. Pour into little pots or jars

Toothpaste

Ingredients:

- 1/3 cup bicarb
- Coconut oil to bind
- Pinch salt
- 5 drops peppermint oil *

Method:

Combine ingredients in a jar and use as per regular toothpaste. Due to the coconut oil it will go a little hard during winter.

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