

COCONUT OIL FACE CREAM

TIME TO MAKE: 15 MINUTES

RESULT: HYDRATED, GLOWING SKIN

Ingredients:

1/4 cup of organic coconut oil

1 tablespoon of organic shea butter

1 tablespoon of organic beeswax pellets

1 teaspoon of vitamin E oil (optional)

5-10 drops of your favorite essential oil (optional)

A small glass or plastic jar for storing the cream

Directions:

1. **Melt Ingredients:** In a heat-resistant bowl, combine 1/4 cup of organic coconut oil, 1 tablespoon of organic shea butter, and 1 tablespoon of organic beeswax pellets. Create a makeshift double boiler over low heat, stirring until fully melted.
2. **Add Extras:** If desired, include 1 teaspoon of vitamin E oil for added benefits and 5-10 drops of your preferred essential oil for fragrance. Thoroughly mix everything.
3. **Transfer and Cool:** Carefully pour the liquid face cream into a clean, sanitized glass or plastic jar. Allow it to cool for a few minutes without letting it solidify. Store the jar in the refrigerator for a creamier texture or at room temperature for a softer consistency.
4. **Label and Use:** Label your homemade Coconut Oil Face Cream with the date and ingredients. Apply a small amount to clean, dry skin before bedtime, gently massaging it in. Store in a cool, dry place away from direct sunlight.

ALOE VERA & HONEY FACE MASK

TIME TO MAKE: 5 MINUTES

RESULT: SOOTHING, MOISTURIZED SKIN

Ingredients:

2 tablespoons of fresh aloe vera gel

1 tablespoon of raw honey

Directions:

1. **Prepare Mixture:** Start with a clean face, free from makeup and dirt. In a small bowl, combine 2 tablespoons of fresh aloe vera gel and 1 tablespoon of raw honey. Mix until you have a smooth paste.
2. **Apply to Face:** Spread the mask evenly over your face, avoiding the sensitive eye area. Allow it to sit for 15-20 minutes. During this time, relax and let the soothing combination of aloe vera and honey work its magic.
3. **Rinse Off:** After the recommended time, rinse the mask off with lukewarm water. Gently pat your face dry with a clean towel.
4. **Follow Skincare Routine:** Proceed with your regular skincare routine. Your skin will feel refreshed, moisturized, and rejuvenated thanks to the natural benefits of aloe vera and honey. Incorporate this mask into your skincare routine for a soothing treat.

GREEN TEA TONER

TIME TO MAKE: 5 MINUTES

RESULT: REFRESHED, BALANCED SKIN

Ingredients:

1 green tea bag or 1 tablespoon
of loose green tea leaves

1 cup of hot water
(preferably filtered)

Directions:

1. Prepare your green tea toner by steeping either a green tea bag or 1 tablespoon of loose green tea leaves in a cup of hot water. Allow it to infuse for about 10-15 minutes until the tea has cooled down to room temperature.
2. Once the green tea has reached the desired temperature, use a cotton pad or cotton ball to apply it to your clean face and neck after cleansing.
3. Gently sweep the toner across your skin, avoiding contact with your eyes.
4. Allow the toner to dry naturally or pat it lightly with a clean towel.
5. Follow up with your favorite moisturizer and the rest of your skincare routine.
6. Store any excess green tea toner in the refrigerator for future use.

APPLE CIDER VINEGAR RINSE

TIME TO MAKE: 2 MINUTES

RESULT: SHINY, BALANCED HAIR

Ingredients:

1 part apple cider vinegar
(e.g., 1/4 cup)

3 parts water (e.g., 3/4
cup)

Directions:

1. To create your Apple Cider Vinegar Rinse, you'll need 1 part apple cider vinegar and 3 parts water. For example, you can use 1/4 cup of apple cider vinegar and 3/4 cup of water.
2. Mix the apple cider vinegar and water in a container to create your rinse.
3. After shampooing your hair, pour the apple cider vinegar rinse evenly over your hair and scalp.
4. Gently massage your scalp and hair to distribute the mixture.
5. Leave the rinse on for a minute or two to allow it to work its magic in balancing your hair's pH and removing any buildup.
6. Rinse your hair thoroughly with cold water. The cold water helps to seal the hair cuticles and leave your hair shinier.
7. You can continue with your regular conditioner or simply enjoy the refreshed feeling of your hair.

COCONUT OIL HAIR MASK

TIME TO MAKE: 2 MINUTES

RESULT: SOFT, NOURISHED HAIR

Ingredients:

2 tablespoons of organic coconut oil (adjust quantity for longer hair)

Directions:

- 1.Begin by melting 2 tablespoons of organic coconut oil in a heat-resistant bowl. You can achieve this by placing the bowl in a microwave and heating it for 15-20 seconds until the coconut oil has turned into a liquid.
- 2.Make sure the oil is warm but not too hot to touch. You want it to be comfortably warm.
- 3.With your hair dry or slightly damp, apply the warm melted coconut oil to your hair, starting at the roots and working your way to the tips.
- 4.Ensure that every strand of your hair is coated with the coconut oil.
- 5.After applying the oil, gently massage your scalp for a few minutes to promote circulation and relaxation.
- 6.Once your hair is thoroughly coated, use a shower cap or plastic wrap to cover your hair and lock in the moisture.
- 7.Leave the coconut oil hair mask on for at least 30 minutes. For a more intensive treatment, you can leave it on overnight.
- 8.After the recommended time, rinse your hair thoroughly with warm water.
- 9.Use your regular shampoo to wash your hair, and you might need to shampoo twice to ensure all the oil is removed.
- 10.Enjoy the soft, nourished, and shiny results of your Coconut Oil Hair Mask!

AVOCADO HAIR MASK

TIME TO MAKE: 5 MINUTES

RESULT: STRONG, SHINY HAIR

Ingredients:

1 ripe avocado
2 tablespoons of olive oil
1 tablespoon of honey

Directions:

1. To create this nourishing Avocado Hair Mask, start by selecting a ripe avocado.
2. Cut the avocado in half, remove the pit, and scoop the flesh into a bowl.
3. Add 2 tablespoons of olive oil and 1 tablespoon of honey to the bowl with the avocado.
4. Use a fork or a blender to mash and mix the ingredients together until you have a smooth and creamy hair mask.
5. With your hair dry or slightly damp, apply the avocado hair mask from the roots to the tips, ensuring every strand is coated.
6. After applying the mask, use a shower cap or plastic wrap to cover your hair and lock in the nourishment.
7. Leave the mask on for about 30 minutes for optimal results. You can also leave it on longer for a more intensive treatment.
8. After the recommended time, rinse your hair thoroughly with warm water and use your regular shampoo to wash your hair. You may need to shampoo twice to remove all traces of the mask.

OATMEAL SOOTHING FACE MASK

TIME TO MAKE: 2 MINUTES

RESULT: CALM, REFRESHED SKIN

Ingredients:

2 tablespoons of finely ground oatmeal

1 tablespoon of plain yogurt

1 teaspoon of honey

Directions:

- 1.Begin by grinding 2 tablespoons of oatmeal into a fine powder using a blender or coffee grinder. Ensure the oatmeal is finely ground.
- 2.In a small bowl, combine the finely ground oatmeal, 1 tablespoon of plain yogurt, and 1 teaspoon of honey.
- 3.Mix these ingredients thoroughly until you have a smooth, uniform paste.
- 4.Before applying the mask, ensure your face is clean and free from makeup.
- 5.With clean hands or a brush, gently apply the oatmeal soothing face mask to your face and neck. Avoid the sensitive eye area.
- 6.Allow the mask to sit on your skin for 15–20 minutes, giving it ample time to soothe and hydrate your skin.
- 7.After the recommended time, rinse off the mask with lukewarm water.
- 8.Gently pat your face dry with a clean towel.
- 9.Follow up with your regular skincare routine to lock in the moisture and enjoy the refreshed and rejuvenated feeling of your skin.

BROWN SUGAR BODY SCRUB

TIME TO MAKE: 2 MINUTES

RESULT: SMOOTH, MOISTURIZED SKIN

Ingredients:

1 cup of brown sugar

1/2 cup of olive oil

10–15 drops of your favorite essential oil (e.g., lavender, peppermint)

Directions:

1. To create this indulgent Brown Sugar Body Scrub, start by gathering your ingredients: 1 cup of brown sugar, 1/2 cup of olive oil, and 10–15 drops of your preferred essential oil.
2. In a bowl, combine the brown sugar and olive oil. Stir them together until they form a thick, grainy mixture.
3. Add your chosen essential oil to the mixture. Adjust the number of drops based on your preference for fragrance.
4. Mix the essential oil into the scrub until it is evenly distributed, and the fragrance is well incorporated.
5. In the shower, take a handful of the brown sugar body scrub and gently massage it onto your damp skin. Use circular motions to exfoliate and remove dead skin cells, focusing on rough areas like elbows and knees.
6. Rinse thoroughly with warm water, and enjoy the soft, smooth feeling of your moisturized skin.
7. Pat your skin dry with a clean towel.
8. Store any leftover brown sugar body scrub in an airtight container for future use.

HERBAL BATH SOAK

TIME TO MAKE: 2 MINUTES

RESULT: RELAXING, AROMATIC BATH

Ingredients:

1/2 cup of dried
lavender flowers

1/2 cup of dried
chamomile flowers

1 cup of Epsom salts

Directions:

- 1.To create a relaxing and aromatic Herbal Bath Soak, combine 1/2 cup each of dried lavender flowers and dried chamomile flowers in a bowl.
- 2.Add 1 cup of Epsom salts to the bowl and mix all the dry ingredients together.
- 3.Store the mixture in an airtight container until you're ready to use it.
- 4.When you're ready for a soothing bath, fill your bathtub with warm water.
- 5.While the water is running, add 1/2 to 1 cup of the herbal bath soak to the bathwater. Swirl the water to help the ingredients dissolve.
- 6.Step into the aromatic bath and relax for at least 20 minutes. Allow the soothing herbs and Epsom salts to create a calming bath experience.
- 7.After your bath, gently towel dry your skin and feel the relaxation take over.
- 8.Store any remaining herbal bath soak in a cool, dry place for future baths.

BEESWAX LIP BALM

TIME TO MAKE: 10 MINUTES

RESULT: SOFT, NOURISHED LIPS

Ingredients:

2 tablespoons of
grated beeswax

2 tablespoons of
almond oil

1/2 teaspoon of honey

Directions:

1. **Melt Beeswax:** In a heat-resistant bowl, melt 2 tablespoons of grated beeswax using a double boiler or by microwaving in short intervals. Stir until fully melted.
2. **Add Almond Oil and Honey:** Stir in 2 tablespoons of almond oil and 1/2 teaspoon of honey until well combined. This mixture will provide moisture and nourishment to your lips.
3. **Pour into Containers:** Quickly pour the warm lip balm mixture into clean lip balm containers or small jars before it solidifies.
4. **Cool and Set:** Allow the lip balm to cool and solidify for about an hour. Once set, use it to keep your lips soft and well-hydrated.

CUCUMBER EYE PADS

COOK TIME: 10 MINUTES

RESULT: SOOTHED, REFRESHED EYES

Ingredients:

1/2 cucumber

2 tablespoons of aloe vera gel

Cotton pads

Directions:

1. **Blend Cucumber and Aloe:** In a blender, combine 1/2 cucumber and 2 tablespoons of aloe vera gel until you have a smooth mixture.
2. **Soak Cotton Pads:** Submerge cotton pads in the cucumber and aloe vera mixture until they are fully saturated.
3. **Freeze the Pads:** Place the soaked cotton pads in a freezer-safe bag or container and freeze them.
4. **Apply as Needed:** When your eyes need a refreshing treatment, take out a pair of the frozen cucumber eye pads and place them on your closed eyelids for 10-15 minutes. Relax and enjoy the soothing sensation.

NATURAL DEODORANT

TIME TO MAKE: 10 MINUTES

RESULT: EFFECTIVE, CHEMICAL-FREE DEODORANT

Ingredients:

3 tablespoons of coconut oil
2 tablespoons of baking soda
2 tablespoons of arrowroot powder
10-15 drops of essential oil
(e.g., tea tree, lavender)

Directions:

- 1. Mix Ingredients:** In a bowl, thoroughly blend 3 tablespoons of coconut oil, 2 tablespoons of baking soda, and 2 tablespoons of arrowroot powder. This combination offers natural odor protection and moisture absorption.
- 2. Add Essential Oil:** Incorporate 10-15 drops of your chosen essential oil for fragrance and additional benefits. Stir well to ensure an even distribution of the scent.
- 3. Transfer to Container:** Transfer the completed deodorant mixture into a clean, empty deodorant container or a small jar.
- 4. Cool and Use:** Allow the deodorant to cool and solidify at room temperature or in the refrigerator. Apply it as needed to stay fresh throughout the day, knowing you're using an effective, chemical-free deodorant.

ROSEWATER MIST

COOK TIME: 30 MINUTES

RESULT: REFRESHED, FRAGRANT SKIN

Ingredients:

1 cup of fresh rose petals
(organic/pesticide-free)

2 cups of distilled water

Directions:

1. **Gather Rose Petals:** Collect about 1 cup of fresh pesticide-free rose petals. Ensure they're free from chemicals for pure rosewater.
2. **Create Rosewater:** In a pot, combine the rose petals with 2 cups of distilled water. Simmer gently for 20-30 minutes to infuse the water with the fragrance and benefits of roses.
3. **Cool and Strain:** Let the rosewater cool and strain it into an airtight container, separating it from the petals.
4. **Refrigerate for Freshness:** Store the rosewater in the refrigerator for a cooling effect.
5. **Spritz and Revitalize:** Use as a facial toner or refreshing mist throughout the day. Enjoy revitalized, fragrant skin.