

DIY Beauty/Self-Care Recipes and Ideas

Lip Gloss

Eyeliner

Blush

Face Wash

Toothpaste

Lip Scrub

Deodorant

Tick Repellant



Hibiscus Lip Gloss

1 Tbsp dried hibiscus leaves

2Tbsp aloe vera gel

1 Tsp shea butter

Instructions:

Steep dried hibiscus petals (or tea bags) in a couple of tablespoons of hot water and allow the liquid to cool.

Mix the hibiscus liquid extract with aloe vera gel and melted shea butter.

Blend until you achieve a smooth consistency.

Pour into a small container and refrigerate for a solid texture.

***Recipe by Elle Vida of Sparklebox**

<https://sparklebox.blog/>



DIY EYELINER

1 Tsp Activated Charcoal

Oil of Choice: Jojoba, Avocado or Sweet Almond

Spoon a little bit of charcoal into a container of choice. Drizzle a little bit of oil into the charcoal and stir it up. Add a few more drops as needed until it's a thick paste.

*** If you end up adding too much oil, just add a tiny bit more charcoal until you reach a consistency you like.**

***Recipe by Kathleen, contributor to redhoney.com**

DIY Blush

Pink With A Touch Of Bronze

2 teaspoons rose mica powder

2 teaspoons cacao powder or cocoa powder, depending on what you have

1 tablespoon kaolin clay (or arrowroot powder if you prefer to let more of the mica's shimmer come through)

**Mix together until thoroughly combined.
Apply to clean, moisturized skin.**

***Recipe by Heather Dessinger of mommypotamus.com**

Anna's DIY Face Wash

For normal skin:

1 part castor oil, 1 part olive oil

For oily skin:

2 parts castor oil, 1 part olive oil

For dry skin:

1 part castor oil, 3 parts olive oil



Mix oils in a small, clean glass bottle or jar.

Shake well before each use.

Apply about a quarter-sized amount to dry skin.

Massage gently into your face for 1-2 minutes.

Lay a warm washcloth over your face until it cools, to help open pores.

Wipe off the oil gently using the washcloth.

Use extra virgin olive oil and cold-pressed castor oil for best results.

*Recipe by Anna of happydancingturtle.com

Quinn's DIY Toothpaste

(an alteration from thecrunchymoos.com)

4Tbsp Coconut Oil

3 Tbsp Baking Soda

3 Tbsp Bentonite Clay

1 Tsp Xylitol

20 drops essential oil (food grade)

½ Tsp Sea Salt

Water as needed-3 Tsp

Mix in container, dip toothbrush and
brush as normal

*Recipe by Quinn of happydancingturtle.com

Liz's Favorite Lip Scrub

30g-40g Sugar

10g - 20g Coconut Oil

**1-2 drops Flavored Extract or Candy
Flavoring**

0g - 1g Natural Food Coloring

Measure out Sugar and Oil and mix together. To adjust the consistency, add more oil or more sugar until it's the desired texture.

Add in extract/flavoring along with choice of color then mix and pour into a small container.

Apply a small amount to damp lips in a circular motion to gently exfoliate, rinse off and enjoy soft, smooth lips.

***Recipe by Liz of happydancingturtle.com**

DIY Deoderant

1/4 Cup Baking Soda

1/4 Cup Arrowroot Powder

4 Tbsp Coconut Oil

1/4 Tsp Essential Oil*

*Tea Tree recommended

To Make:

Mix baking soda and arrowroot powder, Using your hands or a fork, work in the coconut oil until it looks like very crumbly dough. Add in essential oil.

Whip the deodorant together using a hand mixer. It will seem too dry at first, but it will come together. You do need a deep bowl, because the powder will try to escape. Transfer to clean jar/container. To use, use your fingertips and pull out a small amount of deodorant - really, a little goes a long way - and rub it into your armpit until it's invisible.

*Recipe by Quinn of happydancingturtle.com
via Stone Woman Herbals

Quinn's Homemade Tick Repellent

**When you live
where there
are ticks, this
is a
NECESSITY.**



2oz base oil

(such as Neem oil, Jojoba oil, or Sesame seed oil)*

8 drops of Thyme essential oil

16 drops Lemon essential oil

8 drops Lavender essential oil

8 drops Peppermint essential oil

****Use oil of your choice--Neem oil
is thick and has a distinctive smell, but also
the most repellent properties.***

***Recipe via Quinn of happydancingturtle.com**