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Body Care Recipe's & Ideas

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For the body

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Lotions

While cruising use what's available. If you have papaya's or avocado's make a face mask. If it's lemon, use it as astringent, if you find palm oil, use it all over! Most fruits and some veggies make great additions to a recipe. You'll smell great too!

Lotion alternatives:

- Bag Balm
- Olive oil
- Palm oil
- Coconut oil
- add rosewater or lavender

Avocado Eye Cream

5 drops almond oil
3 ripe avocado slices

Blend almond oil into avocado. Dab around eyes and leave on for 5 minutes. Rinse.

Cocoa Butter Body Lotion

1/4 cup grated cocoa butter
1 tablespoon coconut oil
3 tablespoons sunflower oil
11 tablespoons grated beeswax

Combine all ingredients, then melt in a glass container in the microwave. Stir well, and continue stirring until the mixture cools. Allow to cool completely, then stir a little more. Spoon into small jars with lids.

Milk and Honey Lotion

Instant conditioner and refresher.

1/4 cup milk or cream

1/4 cup honey

Mix milk (or cream) and honey in a small glass or enamel pan. Warm until the honey melts, then remove from heat. When it is cool enough to tolerate, apply to face and neck (or your entire body if you have time). Let it stand for 15 minutes, then rinse or shower off with warm water. The mix can be made in larger quantities, and it will keep for a week if refrigerated.

Face Creams

Awesome Moisture Cream: This wonderfully rich cream provides dry and maturing skin with the moisturizing nutrients it craves. Use it at night for maximum affect.

Face Lotions

Orange Blossom Oil free lotion: If you have acne prone or oily skin this is the lotion for you! All ingredients have been tested and will not clog pores. This is a light textured lotion that you can use during the day under makeup or on its own. To make your own Sunscreen see Make-it-yourself Tip section on Sun protection.

Orange Hand Lotion

1 ounce warmed olive oil

1 ounce orange juice

1/2 ounce melted cocoa butter

2 drops orange flower oil

Apricot hand moisturizer

Ingredients

- 6 dried apricots
- 1 ounce grated beeswax
- 2 cups of water
- 1 cup of apricot oil
- 1/2 cup of coconut oil
- 1/2 cup of aloe vera gel
- 5 Vitamin E capsules (broken open)

Preparation

- Using a saucepan, bring water and dried apricots to a boil
- Simmer for 20 minutes
- Set aside to cool down
- Using a double boiler, combine beeswax, apricot oil and coconut oil
- Stir constantly for about 10 minutes
- Pour this into a glass container and leave aside
- Blend the water and apricots until smooth
- Strain using a gauze and discard the solids. Pour the liquid back into the blender
- Add aloe vera gel and Vitamin E capsules
- Blend and slowly drizzle the beeswax mix into the blender and continue with blending until the mix resembles frosting
- Pour the mixture into glass jars and store in a cool and dry place. The mix will harden as it cools down
- Apply to hands every time you wash them

How to prepare it...

Ingredients

- 2 egg yolks
- 1 teaspoon of sugar

Preparation

- Whisk the egg yolks until the mass is firm and consistent
- Add sugar gradually and mix well to combine the two
- Apply on the face and leave on for 25 minutes
- Wash off with warm water using a wash cloth

Coconut hand cream

Ingredients

- 1/4 cup of beeswax
- 1/4 cup coconut oil
- 3 tablespoons of baby oil
- 1/3 cup of glycerin

Preparation

- Melt the beeswax and coconut oil over a double boiler
- Add the rest of the ingredients and heat until the mix is smooth. This will take around 5 minutes
- Pour into a clean container. The mix will harden as it cools

This recipe yields 1 cup.

Almond hand cream

Ingredients

- 1/4 cup beeswax
- 1/2 cup of almond oil
- 1/2 cup of coconut oil
- 1/4 cup of rosewater

Preparation

- Melt the beeswax and coconut oil over a double boiler
- Add the rest of the ingredients and mix until the mass is consistent
- Pour into a clean container, and let it cool down. The mix will harden

This recipe yields about half a cup.

Aging Skin Fighter

2 teaspoons plain yogurt
1/2 teaspoon honey
1/2 teaspoon lemon juice
3 capsules vitamin E (equivalent of 300 units)

Combine yogurt, honey and lemon juice. Prick open the vitamin E capsules and fold contents into the mix. Leave on skin for 15 minutes.

Anti-Aging Cream

1 ounce glycerin
1 ounce witch hazel
1/2 ounce rose water
3 tablespoons honey
3 tablespoons wheat germ oil

Combine ingredients in a glass or ceramic bowl and gently whisk until they are thoroughly combined. Store the emulsion in a tightly sealed container at room temperature. It should last for at least 1 month.

Massage the solution into the skin around your eyes and mouth, using a circular and

upward motion. This motion will counteract the natural droop of gravity. If you have the time, it's a good idea to hang your head over the edge of the bed and massage the cream in while you're partially upside down.

Lotion Bars

Choose from our "Cocoa butter or Shea butter lotion base" create a moisturizing lotion bar, add a sunscreen or even a bug repellent. We recommend patch testing of all bodycare products prior to use.

1) Place container of lotion bar base in a warm water bath or microwave on low for 30 second intervals until material becomes soft.

2) Pour or scoop entire lotion bar base into a stainless steel pot or use glass microwavable measuring cup. Heat gently on low until material melts and becomes clear.

3) Remove from heat and allow to cool slightly (the mixture will become slightly cloudy). Stir to blend and add essential oils (approx 25 drops per 100ml) or other additives while stirring.

4) Pour into twist up or push up (deodorant style) container or plastic moulds and allow to cool.

If using a mould, allow lotion bar to cool completely prior to removing. For best shelf life store in cool dark place. Shelf life for finished product is approximately 6 months

Add Natural Bug Repellent

Add 25 drops Catnip essential oil per 100 grams to step 3.

Add Natural Sun protection

Great Sun Protection for all your summer activities

Tip: Certain essential oils are phototoxic and skin sensitizers. These oils are best avoided while exposed to the sun. Angelica, Bergamot, Grapefruit, Lemon, Lemon Verbena, Lime, Mandarin, Orange, and Sweet Birch.

Follow directions above until step 3...

3) Remove from heat and add Titanium powder to mixture. Beat until cool and creamy. Scoop into twist up (deodorant style) container or mould and allow to set up completely prior to use.

For best shelf life store in cool dark place. Shelf life for finished product is approximately 6 months

SPF 15 or 30

(SPF 15) 1 tsp Titanium Dioxide per 100 grams of Lotion bar base

(SPF 30) 1 1/2 tsp Titanium Dioxide per 100 grams of Lotion bar base

Cocoa butter hand moisturizer

Ingredients

- 2 cups of warm water
- 1 1/2 cups of glycerin
- 1/2 ounces spirits of ammonia
- 1/2 ounces cocoa butter
- 1/2 teaspoon of boric acid
- 1 cup of stearic acid

Preparation

- Using a glass pan, combine the cocoa butter, glycerin and stearic acid.
- Melt over a low heat
- Remove from the heat and add ammonia
- Stir until the mass becomes milky
- Add boric acid to warm water
- Mix using a beater set at high for 10 minutes
- You could add a drop or two of your essential oil to perfume the mass
- Pour into a plastic container and set aside for 2 weeks, it needs to age before it can be used.

Create your own formulas using Botanicals and Essential oils to try:

Botanicals

Essential Oils

Moisturizing: Marigold, Patchouli, Rose Petals, Frankincense gum and Oakmoss.

Pain relief: Willow bark, *Arnica, Myrrh gum, Nettle leaf, Marigold

* Do not use this herb on open wounds

Healing: Lavender, Horsetail, Comfrey, Rosehips, Orange Blossoms and Chamomile
Add 1/2 tsp Honey per batch for it's wonderful healing properties. (dark or buckwheat honey is best)

Moisturizing: Rose, Jasmine, Patchouli, Oakmoss, Peru Balsam, Frankincense, Sandalwood, Neroli or Vetivert

Pain Relief: Clary Sage, Sweet Birch, Peppermint, Marjoram or use: Cranberry Lane's "Muscle Therapy" Essential oil blend

Healing: Lavender, Tea Tree, Chamomile, Geranium

Scrubs

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Apricot Hand Scrub

Ingredients

- 1 1/2 cup of brown sugar
- juice of 1/2 lemon
- 2 tablespoons of apricot oil

Preparation

- Combine all the ingredients
- Immediately rub the mix into the hands and continue gently rubbing and massaging
- Rinse with warm water and pat dry

Brown sugar is a universally used ingredient in any scrub. Body scrubs use it and so do foot scrubs. Brown sugar is full of molasses which makes it brown and moist. Its grains are smaller than of regular, white sugar which makes it a perfect exfoliant. It is not too harsh on the skin, it is gentle and easily sloughs off dead skin cells. It smells great, warms the skin up, and leaves it smooth and luscious.

Natural body scrub

Combine a base ingredient with an exfoliate to create a scrub.

The base ingredient is either an oil, vegetable butter or liquid soap. Exfoliate ingredients include sea salt, epsom salt, white sugar, brown sugar, cornmeal and oatmeal. Mix and enjoy!

Salt Scrub Glow

(Makes One Body Treatment)

1/2 cup Fine Sea Salt or Dead Sea salt

4 Tbsp (60ml) Grapeseed Oil (if used immediately) or Vegetable Glycerin (for longer shelf life)

¼ cup Baking Soda
5-6 drops of Essential oil

Mix all ingredients together in a bowl.

To use: Standing in bath tub, wet hands and apply mixture, (using small circular motion) starting with feet and work upwards towards the neck (do not apply to neck area).

Fill bath tub with warm water and add essential oils.

Relax for at least 15 minutes allowing skin to absorb ingredients.

Optional ingredients:

Green Tea Extract: Excellent antioxidant properties. Add 20ml per treatment

Masks

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Beet Moisturizing Mask

1 raw beet, grated

1 cup sour cream

Whirl both ingredients in a blender.

Blueberry Tonic

Soothes and nourishes skin.

Make this mask the day you plan to use it.

3 tablespoons steamed, crushed blueberries

1/2 cup sour cream or plain yogurt

Pure ingredients in a blender at low speed until well mixed and fluffy. Apply to face and neck. Rinse off with tepid water after 15 to 20 minutes. If mask is too runny after blending, refrigerate for one hour.

Mud Masks

(Makes One Body Treatment)

2 Tbsp Sea Mud Base, (Sea Kelp, Green Clay, Calcium Carbonate, Baking soda, Xanthan gum)

5-6 drops of *Essential Oils

1 cup distilled or filtered water (heated)

Blending Mask:

Beat all ingredients together, using a whisk or hand blender, until mask begins to

thicken into a paste. Add essential oils and or other optional ingredients see below, blend well.

If mask is not being used immediately, pour into a clean plastic bag, knot the end and refrigerate (3-4 days).

Place bag in boiling water until warm to use your mask. Shelf life for mask is 2 weeks refrigerated

Hydra-Soak Mask: Most Convenient Method

1. Exfoliate skin, by dry brushing with a loofah, brush or towel, or use Sea Salt Scrub.
2. While standing in the tub, apply warm mask beginning with the feet and massaging upwards finishing with neck. Avoid contact with eyes.
3. Fill tub with warm water. Relax for approximately 10-20 minutes.
4. Rinse excess mask off in warm shower. Pat skin dry with towel. Apply body lotion or massage oil.

Intense Spa Mask: Apply to clean, dry skin

1. Exfoliate skin, by dry brushing with a loofah, brush or towel, or use Sea Salt Scrub.
2. Apply warm mask beginning with the feet and massaging upwards finishing with neck. Avoid contact with eyes.
3. Wrap body in large garbage bag, or thermal survival sheet to insulate body and activate mask ingredients.
(Relax for approximately 10-20 minutes.)
5. Rinse with warm water, pat skin dry with towel.
6. Apply body lotion or massage oil.

Mask tips:

Always apply to clean dry skin for maximum benefit

Make sure your room is warm.

Remember to hydrate your body, drink lots of water!

Lip Balm

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Cranberry Lane's Lip Colour Recipe

Instructions:

Ingredients (makes approx: 35ml = 7 tubes or 3 pots)

1 tsp of Beeswax Pellets

1/2 tsp Carnauba wax

2 Tbsp of Cranberry Lane's Face Rich Oil Blend

Flavours & Optional ingredients:

Essential oils: Use Peppermint, Spearmint, Orange, Lime, Grapefruit essential oil or a combination. Use approx 3 drops per lip balm container

Natural fruit flavours: (and extracts) 1/2 tsp per batch

Sun Protection: 1/2 Teaspoon of Titanium Dioxide, for approx SPF of 30

1. Melt wax and Lip colour oil blend together in a small pot on the stove (do not use aluminum) or use a microwaveable bowl. Heat all until melted.

2. Remove from heat, add optional ingredients stir and pour directly into lip balm container. Allow to cool before capping and using.

Tooth Paste & Mouth Wash

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Toothpaste:

3 parts baking soda, 1 part salt, 3 teaspoons glycerine for every 1/4 cup of dry mixture, enough water to make a paste, 1-3 drops of peppermint oil. Sweet and minty!

Stevia Toothpaste

2 tablespoons baking soda

1/8 teaspoon white stevia powder

1/2 teaspoon cinnamon powder

Blend the ingredients in a small glass jar. Scoop on a dampened toothbrush and brush as usual.

Herbal Tooth Paste

Ingredients

8 Level tbsp Tooth Paste Powder

50ml (2 1/2 Tbsp) Tooth Paste Gel

20 drops Flavour

Flavour choices:

Fresh Mint Essential oil blend

Licorice Zest Essential oil blend

Strawberry Sensation natural flavour

Other flavours to try: Fennel, Cinnamon, Spearmint, Peppermint, Anise

- 1) Blend Powder, Gel and flavour together using a fork, wire whisk or hand blender until smooth.
- 2) Pour into a plastic bottle with flip top or pump or a tottle container.

Store powder and gel ingredients for up to one year in a cool dry place. Shelf life of finished tooth paste is approx. 6 months.

Occasionally shake or stir tooth paste as some settling and separating may naturally occur.

Simple Herbal Mouth Wash

Ingredients

50ml (3 Tbsp) Witch Hazel
50ml (3 Tbsp) Distilled water
20ml (4 tsp) Vegetable Glycerin
5 drops Fennel
10 drops Peppermint

- 1) Mix all ingredients together and shake well.
- 2) Pour into a plastic bottle with flip top.

Shelf life of finished mouth wash approx. 6 months. Shake before use.

Deodorant

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Deodorant:

- 1 part baking soda
- 4 parts cornstarch
- enough oil to make a paste
- a few drops of an essential oil for scent (optional)

Mix together and store in a covered jar. Be careful of colored essential oils as they can stain clothing.

Foot Care

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Pamper your feet all year round!

Foot Soak

Instructions: makes 100g (1/2 cup) one treatment

1/4 cup Epsom salt
1/4 cup Baking soda
10-12 drops Essential oils

Add a herb soak by using 1 tsp each of:
Horsetail, Lavender and Peppermint Leaves
place in a tied cheese cloth and add to your water.

1. Mix Epsom salts and Baking soda together in a stainless steel bowl, add essential oils and mix well with fork.
2. Place in air tight glass jar (dark is best). Store in a dark cool area.
Use 2 Tbsp's of mixture per 4 Litre amount of water.
See list at bottom for Essential oil suggestions:

Foot Scrub

Instructions: makes 100g (1/2 cup) one treatment

1/2 cup Sea Salt, finely ground
1/2 cup Baking soda
10-12 drops Essential oils

1 Tbsp *Glycerin (Vegetable)

*You can use Vegetable oil such as Apricot, Sunflower, Grape seed, Almond instead of the Glycerin.

If using an oil instead of Glycerin shelf life is approximately one week.

Mix Sea Salt and Baking soda together in a stainless steel bowl, add essential oils and mix well with fork. Place in air tight glass jar (dark is best). Store in a dark cool area. Mix in Glycerin just prior to treatment.

Use the entire amount for one treatment of both feet.
See list at bottom for Essential oil suggestions:

Essential Oil Suggestions:

“Muscle Therapy”: Great for sore tired muscles. Helps relieve stiffness and pain.

“Fresh Mint“ : Invigorating and stimulating.

“Detox” : Detoxifying blend of Essential oils

“Relax”: Essential oils that help you relax from head to toe!

“Daily Deodorant”: A blend of Essential oils that help kill odor causing bacteria.

Foot Powder

Instructions: makes 100g (1/2 cup)

2 Tbsp Baking soda
4 Tbsp Cornstarch
1/4 tsp Orris root powder
10-15 drop of Essential oils

Mix essential oils with Orris root powder and add a small amount at a time to mixed baking soda and cornstarch until blended. Store in an air tight container in a cool place.

Foot Spray

Instructions: makes 60ml

3 Tbsp (45ml) Witch Hazel
1 Tbsp flower water (Rose or Orange blossom) Or Distilled water.
1/8 tsp Glycerin
10-15 drop of Essential oils

Mix all ingredients together Store in a glass container. If using plastic bottle use within 2 months.

For the Hair

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Shampoo

- Make your own with egg whites, honey, milk, oils, lemon juice, herbal teas or oils

Conditioners

- Sesame oil, whole eggs, jojoba oil, honey, yogurt and add some fruit!

HOW TO MAKE YOUR OWN NATURAL HAIR CARE SHAMPOO

Many shampoos (even the ones labeled "Natural") contain synthetic detergents which can cause damage to the hair shaft, irritate scalp and may be attributed to premature hair loss. Using a natural hand made shampoo will gently clean hair and nourish the scalp. A conditioner may not be necessary after using this shampoo, however if your hair is dry or damaged a moisturizing rinse or a simple conditioner could be applied. Always rinse hair thoroughly for an ultimate shine. If your hair has been chemically treated or is light coloured, you may find that you need to use a herbal rinse after shampooing.

The consistency of home made shampoo may not be as thick as the commercial versions. The effectiveness of shampoo is determined by the ingredients not the viscosity. Using shampoo in a liquid form enables you to achieve the medicinal benefits

of the herbs. Horsetail, Coltsfoot and Nettle leaf are excellent for hair care as they contain high percentages of Silica and Cystine. These ingredients help build and coat the hair shaft while nourishing the scalp. You can add extra foaming capabilities to your shampoo by adding a herb called Yucca root. Add one to two tablespoons per batch of shampoo.

The following essential oils can benefit the hair and scalp: Ylang Ylang, Chamomile, Clary Sage, Lavender, Lemon and Tea tree.

How to No 'Poo

Dissolve about 1 tablespoon of baking soda in just enough water to make a paste. Apply this to your roots only; work it in and let it sit for a minute.

In order to stimulate blood flow, clean your pores and get off built up grime, use your finger tips to scrub your scalp. Start by making a circle on the top of your head in the area you'd wear a crown. Focus on the back of this circle to begin with. Next, fill in the circle. This is where your part will be; grease here affects the way your hair looks. Trace while still scrubbing with your fingertips around the bottom edge of the circle. Keep making scrubbing circles underneath each one, drawing lines in circles around your head.

Lastly, scrub the back of your skull and your temples/sideburns. This will result in less grease and more growth. After doing this, your scalp will feel alive. Many women swear their hair grows faster after a visit to the salon — it does, and this massage method is why.

When scrubbing, you're actually rubbing your fingers back and forth in short movements. Be gentle; you don't want to break your hair. Next, pour about 2 tablespoons of apple cider vinegar into a cup and add water. (I keep two plastic 12-ounce cups in my shower and just mix when I get in.) After you rinse the baking soda out, pour the apple cider vinegar over the ends of your hair, let it sit for a minute and then rinse it out. That's all there is to it!

No 'Poo Troubleshooting

Remember, there is a transition period from two weeks to two months depending on the person. Here are a few tips:

- If your hair becomes frizzy, try using less baking soda or leaving it on for a shorter period of time. Adding honey may also help.
- If your hair becomes greasy, try using less apple cider vinegar, switching to lemon or lime juice, leaving out the honey, and/or using a comb instead of a brush. Also, make sure you're applying the apple cider vinegar just to the ends of your hair.
- If your scalp itches, try the following essential oils; tea tree, lavender, rosemary. If your hair becomes dry, try a tiny bit of oil (any oil, I use olive) smoothed on bottom of hair.

Ready to make the change? Sure! Don't be afraid to go no 'poo. Y

First Aid

Swimmers ear

- Vinegar

Infections topically or internally

- Tea Tree Oil - any infections, great for nails, mouth and gum sores, in-grown toe nails

Insect repellent

20 drops eucalyptus oil

20 drops cedarwood oil

10 drops tea tree oil

10 drops geranium oil

2 oz carrier oil such as jojoba

Bug Off Spray

Instructions: makes 60ml

10ml Aloe vera gel

30ml Witch Hazel

10ml Grain Alcohol, use Vodka or Ethanol

10ml Filtered or Distilled water

Blend all ingredients together. Shake before use. Store in a cool dark location..

Shelf life up to 6 months.

Essential oils:

15 drops Catnip Essential oil

Optional: add 5 drops Geranium essential oil

Bug Off Skin Gel

Instructions: makes 125ml

25 ml Aloe vera gel

75 ml Witch Hazel

25ml Filtered or distilled water

1 tsp (level) Kelp powder (deodorized type)

20 drops Catnip Essential oil
5 drops Geranium Essential oil

Mix all ingredients together, use fork or whisk to blend Kelp powder until well dissolved. Store in a cool dark location. Shelf life up to 6 months.

For easy dispensing use the 30ml glass roll on bottles or plastic bottles.

Sunburn spray

1/2 tsp lavender essential oil
1/2 cup aloe vera juice
1 tsp vitamin E oil
1 tbs apple cider vinegar

Mosquito Repellent

Put some water in a white dinner plate and add just a couple of drops of Lemon Fresh Joy dishwashing soap. Set the dish on a porch or patio. No sure what attracts them, the lemon smell, the white color, or what, but mosquitoes flock to it, and drop dead, or fall into the water, or on the floor within about 10 feet. Works just super!

To **prevent sunburn** and sunburn itching and peeling, you can try this home remedy for sunburn:

- Peel and mash 3-4 apricots.
- Apply the mix on your face and leave on for 15 minutes.
- Wash off with lukewarm water.

Once the skin is red and irritated, you can be sure that the skin has suffered damage. There are no ways to cure sunburn, but you can apply some sunburn relief remedies to help the skin cool down a bit.

Take a long shower adjusting the water to almost cool temperature. Once you are done taking a shower, gently tap it to absorb the water, do not rub it as this will increase the irritation.

What to use as a home sunburn relief remedies?

Yogurt

It contains enzymes and acids that can help the sunburn. It might be a bit unpleasant to begin with, but once you apply it, relief comes in minutes. You can either soak a cloth in yogurt, or simply apply it on the area affected by sunburn.

Leave it on until it is dry (which is likely to happen soon after you placed it as the skin exerts high temperature). Rinse it off with cool water and repeat.

Lavender/yogurt remedy

Mix a few drops of lavender oil with yogurt and apply on skin.

Lavender has a soothing effect and diminishes the irritation and redness. Yogurt will cool the skin down, and trust me, you need a relief at times like that.

Cucumber and baking soda

Place chilled cucumber slices on the spots affected by sunburn. Take a bath in warm water in which you have previously added 2 cups of regular baking soda. Baking soda will neutralize any possible infections and prevent further irritation.

Cucumber is an ingredient that can be used for preparation of a facial peel recipe that is recommended as a sunburn home remedy as it nourishes the skin, and stops the inflammation.

Tea tree oil as a home remedy for sunburn

Tea tree oil wonderfully soothes the skin and prevents sunburn itching and peeling. Simply dilute 1 part of tea tree oil with 10 parts of olive oil and dab freely on the skin.

4 Natural Home Remedies to Ease the Pain of Sunburn

At some time or another, we have all experienced the effects of sunburn, be it a light burn or a more heavy burn.

Although the sting of regret of inadequate protection (from UV exposure) can be an excellent incentive to plan more carefully on future occasions, it is of little help in soothing the immediate physical sting (i.e. pain) accompanying sunburn.

However if you have found yourself having spent a little too much time in the sun, here are 4 natural home remedies to help ease the pain of sunburn, and assist in the body's healing process:

1. Cool Milk Compresses: - The fat and lactic acids in milk are known to have soothing qualities for sunburned skin. Soak a soft cloth or cotton gauze in cool whole milk, and dab carefully onto the burned skin. Do this for around 20 minutes, and follow by rinsing off with cool water. (Due to the importance of the milk's fat content, it is important that whole milk be used in this treatment).

2. Cool, sugarless tea: - The tannin in tea is the active ingredient here, which helps to soothe and relieve some of the discomfort of sunburned skin. After brewing a big pot of

tea, and allowing it to cool completely, slosh the affected areas with a soft sponge or washcloth. As with the vinegar (4), you could also fill a spray bottle, and spray the tea directly on the skin. And do not throw away the used (cool) teabags. These are especially good for sensitive areas around the eyes, simply place the teabags over your eyes if they feel hot and tired. (If you have St. Johns Wort, consider using this as it contains cooling properties, which can help tone down some of the heat in your skin, as well as soothing the nerve endings damaged by the sunburn).

3. Aloe Vera: - Aloe Vera is commonly used to treat sunburn. As well as providing soothing relief, it may also assist in the healing process. Apply to the affected areas as needed. Although the gel extracted directly from an aloe Vera plant works best, if you do not have ready access to one, you may use an over the counter Aloe Vera Cream that contains the gel. For this to be effective, just ensure that the cream contains a high concentration of Aloe Vera than it does water or other solutions.

4. Water: - When exposed to the sun, your body loses water and essential body salts. Dehydration occurs when your body loses too much fluid, and begins to reabsorb fluid from the blood and other body tissues. To prevent the consequences of dehydration, increase your fluid intake to ensure you adequately re-hydrate your body for optimum recovery and health.

Anti Fungal

Water preparation

This is an eye balling process. You will need a large pan to boil the water in. Have enough water to fill up the bowl where you will be soaking your feet. Boil the water and cool it down a bit until it is warm and pleasant to touch.

Add anti fungal agents

This is where regular soaks become foot soaks to cure fungus.

Ingredients you can add:

Vinegar
Tea tree oil
Bleach
Vitamin E oil
Salt.

Add half a cup of **apple cider vinegar** to the water you have prepared. Soak your feet for 10-20 minutes, rinse them off and dry well. You can do this a few times a week or until the fungus is gone.

Add a few drops of **tea tree oil** to the water. Again, soak your feet, rinse and dry well.

Dilute 1 tablespoon of **bleach** with approximately 1 gallon of water. Bleach is a potent anti fungal agent.

Note

Vinegar, tea tree oil, and bleach can be irritants. To make sure you can use them, do a skin patch test by applying a bit on your inner arm. If there is no irritation, proceed. If there is, do not use these foot soaks to cure fungus.

Salt can be added, a cup with work, to water. Soak your feet and then dry well.

Careful! If the fungus infection has progressed and there are blisters or open wounds, don't use it.

Finally, **Vitamin E** is an excellent soothing ingredient, and in this case, it will help the skin heal faster. Add a few drops of Vitamin E (break open a capsule or use a bottled version of the oil) into water. Soak your feet and pat dry. You don't have to rinse the feet off. When they're dry, using a Q-tip, add more Vitamin oil on the affected are for best results.

Arthritis

Relieve arthritis. Before each meal, drink a glass of water containing two teaspoons apple cider vinegar. Give this folk remedy at least three weeks to start working.

Bee Stings

Relieve by applying a poultice of baking soda and water.

Apply a freshly-cut slice of raw onion to the sting to help draw out the poison. Hold the onion in place with tape.

Black Fly Bites.

Rub regular underarm deodorant across the bite, and the bite will stop itching right away.

Boils or Pimples

To diffuse a boil or pimple, add two tablespoons of lemon to a cup of freshly-boiled water. Soak, clean, and disinfect the area with a cotton ball.

Burns

To soothe burns, dab pure vanilla extract onto a cooking burn to keep it from blistering.

Car Sickness

Sucking on a wedge of lemon will make you feel better. But be sure to rinse your mouth afterwards as lemon corrodes teeth enamel.

Chafed Skin

Gently pat a raw slice of potato over irritated nose, forehead, cheeks and chin. Rinse with cool water to close pores.

Contact Lenses

If they are lost, darken the room as much as possible. Shine a flashlight over the floor. The lens will glow.

Corns

To relieve corns, just before going to bed slice off one end of a lemon so that the "hole" that remains is the size of a penny. Insert the toe with the corn into the lemon. Put a sock on your foot to keep the lemon in place and repeat nightly until the corn disappears.

Cough

For relief of a common cough, mix honey and lemon together. Roast a lemon until it

breaks open, mix a teaspoon of warm lemon juice with half a teaspoon of honey, and take every half hour until cough goes away.

Fatigue

Start running warm water into the tub, then add 1-1/2 cups ordinary table salt to the bath. Have the water warm, but not hot.

Hemorrhoids

To relieve hemorrhoidal symptoms, dampen a cotton ball with lemon juice, then apply to the affected area.

Hiccups

Suck a wedge of lemon doused with Worcestershire sauce.

Hornet Sting

Wring out a towel in hot water and sprinkle a generous portion of meat tenderizer on the towel. Apply directly to the sting, re-treating the towel every five minutes for about half an hour. The hot towel causes the pores of your skin to open, and the tenderizer neutralizes the venom. If you do this quickly enough after the hornet's bite, there is no pain or swelling.

Insect Bites

To relieve the itch, cut an aloe leaf and rub its juice on your skin.

Treat with a poultice of either cornstarch or baking soda, mixed with vinegar, fresh

lemon juice or witch hazel.

Apply a paste made of meat tenderizer and water.

Rub bites with wet bar soap to help relieve itching.

Migraine Headaches

Nibble on four or five feverfew leaves to relieve headache.

Mosquito Bites

Rub regular underarm deodorant across the bite, and the bite will stop itching right away.

Poison Ivy

Apply a paste of 3 parts baking soda and 1 part water. Let dry, then wash off. This also works on poison oak, poison sumac, or other skin irritations.

Rubdown

For a super scented rubdown, spray two clean, dry bath towels with your favorite cologne. Toss the towels in the dryer for 3 minutes on a high setting so that they are heated through. Rub them vigorously over your body for sensational skin. Damp skin will more readily absorb the fragrance.

Sinuses

While you're in the shower, inhale the steam as deeply as you can. It will help loosen any nasal stuffiness. This also helps if you have a deep bronchial cough.

Sore Throat

For relief, mix a tablespoon of honey and the juice of one lemon into a cup of warm water, and sip.

Splinters

A drop of iodine or mercurochrome on a splinter will make it show up better.

Sunburn

To cool sunburn, dissolve 1/2 cup or more baking soda in a tub of lukewarm.

To relieve the sting of minor sunburn, cut an aloe leaf and rub its juice on your skin.

Ideas



Even the most common staples found in your pantry or refrigerator can have healing and rejuvenating properties for your skin. For example:

- Honey is a natural moisturizer and exfoliant and is found in many homemade skin care. Honey has been used throughout ancient times for beautiful skin, especially by the Greeks.
- Dairy products, especially milk and yogurt have enzymes that naturally exfoliate dead skin cells. Milk has been used for centuries for beauty skin. In fact, Cleopatra's favorite secret beauty tip was to soak in a milk bath to keep her skin soft.
- Vinegar has anti-itch/burn properties
- Olive oil is a natural moisturizer and skin softener
- Egg whites make an excellent mask and pore reducer
- Lemon juice cleans pores and reduces excess skin oil and is good for acne prone skin

Avocado Oil - The fatty acids in avocados help balance your skin moisture levels and give you a dose of anti-oxidant vitamins A, C, and E to protect your skin from damage.

* Combine equal amounts of avocado oil and evening-primrose oil in a sealable bottle and shake. Massage 5 or 6 drops into your skin and then cover with a warm washcloth for a few minutes.

Egg Facials - Yes, eggs are more than just edible. They can be a key ingredient to fabulous skin! Their high protein levels also help restore luster to your hair.

* Beat an egg white until stiff. Add one teaspoon of honey. Stir together and fluff onto your face. After 30 minutes, splash off with cold water.

* Using a cotton puff, apply egg white to your face and let it dry for up to 30 minutes. Splash off with lukewarm and then cold water.

Milk - The lactic acid in milk serves as a gentle skin exfoliant and the fat acts as a moisturizer.

* Add a gallon of whole milk to your bathwater and soak.

Oatmeal - It is more than just breakfast food. Oatmeal is soothing and anti-inflammatory.

* Put a handful of oats in a washcloth and secure with a rubber band. Dip the oats into a sinkful of warm water, squeezing every time you lift it out. Do this until the water is cloudy and then splash the water on your face and allow to air dry.

Apple Cider Vinegar - Beside having amazing healing properties, apple cider vinegar keeps skin supple. It's heavy concentration of enzymes helps peel off dead skin cells.

* Instead of using cleanser, moisturizer and/or toner, mix about 2-3 cups of distilled water with a 1/2 cup of raw organic, unfiltered Apple Cider Vinegar.

* Mix apple cider vinegar in your bath water along with Rosemary and Lavender essential oils for an invigorating bath.

Sugar Scrub -

* Oat and Brown Sugar Scrub - Mix all ingredients in a clean bowl until you have a smooth paste. Gently massage onto damp skin, and rinse off with warm water.

Carrots - Carrots are very high in vitamin A and a source of vitamin C, folacin and potassium.

* Cook 2-3 carrots, then mash. Mix with 4 teaspoons honey. Apply gently to the skin, wait 10 minutes. Rinse off with cool water.

Natural Skin Care Aids and What They Do

Arrowroot

Dries up blemishes

Avocado

Moisturizes

Barley

Anti-blemish; refines pores; retards wrinkles

Beet

Moisturizes

Benzoin, Tincture of

Natural preservative for creams, lotions; chapped skin

Bicarbonate of Soda

Water softener

Borax

Skin softener; cleanser; bleach; emulsifier when mixed with other ingredients

Bran

Tightens large pores; combats dryness

Carrot

Sloughs; moisturizes

Castor Oil

Relieves itching; fades brown spots; eyelash treatment

Chamomile

Tones all types of complexions

Cocoa Butter

Cleanser; dry skin moisturizer

Corn Syrup

Humectant - holds moisture to skin

Cornmeal

Refines pores

Cornstarch

Natural thickener for creams, lotions, masks; body powder

Cucumber

Reduces under-eye puffiness; reduces wrinkles

Dandelion

Moistens dry skin

Egg

Conditions; whites best for normal and oily skin; yolks for dry to normal skin

Egg White

Adds silkiness and tightens

Elderberry Blossom

Moistens dry skin

Epsom Salt

Anti-blemish

Fennel

Combats wrinkles

Fuchsia

Soothes

Gelatin

Thickener for facial masks

Glycerine

Moisturizer; softener; emollient

Grapefruit

Tightens large pores

Herbs

Baths; facial steams; creams; lotions

Hollyhock

Dried petals provide emollient action; moistens dry skin

Honey

Refines pores; tightens skin; moisturizes; retards wrinkles; anti-blemish

Lanolin

Moisturizer; softener; emollient

Lard

Moisturizer; softener; emollient

Lavender

Soothes

Lavender Water

Softens; smooths

Lettuce

Conditioner

Lime

Acid; astringent

Marigold

Dehydrates - can help reduce excess body fluids

Marjoram

Eases tension

Mayonnaise

Cleans; moisturizes

Milk (including whole, skim, buttermilk, cream, sour cream)

Refines spores; soothes all skin types; cools sunburn

Mint

Stimulates

Mud (including clay, fuller's earth)

Large pores; oily skin; wrinkles

Nuts (almonds, cashews, pecans)

Scrub to refine pores, combat wrinkles, blackheads and dryness

Oatmeal

Soothes, heals, relieves itching

Oils

Dry skin: almond, olive, peanut

Oily skin: corn, safflower, sunflower, sesame

Any skin type: avocado, coconut, wheat germ

Okra

Dried leaves provide emollient action

Orange Water

Softens; smoothes

Pansy

Soothes

Papaya

Tenderizes; removes dead surface cells

Pineapple

Cleans; tones

Plum

Anti-blemish

Potato

Reduces under-eye puffiness

Rolled Oats

Softens skin

Rose

Has an astringent effect on oily skin

Rose Water

Softens; smoothes

Rosemary

Muscle stimulant; tightens skin

Sage

Tones oily skin

Salt

Invigorates

Strawberry

Tones oily skin; anti-blemish

Tapioca

Tightens skin; refines pores; aids sunburn and windburn;
demulcent - soothing to inflamed skin

Tea

Soothes sunburn; reduces eye puffiness; revs circulation

Thyme

Invigorates

Tomato

Unclogs pores

Turnip

Reduces redness and blotchiness

Vinegar

Refines pores; cleans; softens; aids blemishes, itchy skin, and sunburn

Wheat Germ

Refines pores

Whole Wheat Flour

Thickener for facials

Witch Hazel

Reduces eye puffiness; deodorant

Yeast

Used in masks for oily or blemished skin

Yogurt

Cleanser; bleach; for normal and oily skin

Herbs & Essential Oils to Try

Herbs

Essential Oils

Moisturizing and healing:

Marigold, Rosehips, Comfrey, Patchouli, Rose Petals, Frankincense gum and Oakmoss.

Moisturizing and healing:

Rose, Jasmine, Patchouli, Oakmoss, Peru Balsum, Frankincense, Sandalwood, Neroli or Vetivert

Pain relief:

Willow bark, *Arnica, Nettle leaf, Marigold

* Do not use this herb on open wounds

Pain Relief: Clary Sage, Sweet Birch, Peppermint, Marjoram or use: Cranberry Lane's "Muscle Therapy" Essential oil blend