

*From A to Z – A reference list of Essential Ingredients you need for making homemade personal beauty product recipes that are free from toxins and chemicals. The absolute finest quality organic herbs, teas, spices, essential oils, herbal products for all natural body care.*



A visit to this pristine valley of longevity in Ecuador was my inspiration to start my A1-Natural-Beauty.com site.

In the distance Vilcabamba

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# From A to Z

## How to create a Healthy Body and a Healthy Home Environment

1<sup>st</sup> Edition

by  
Ruth Chorney

[www.A1-Natural-Beauty.com](http://www.A1-Natural-Beauty.com)

[Updated Version](#)  
[February 11/18](#)

## **Introduction**

I believe that it is equally important to pay attention to what you put on your body as well as what you put in your body. I have been compiling information since 1985 and feel compelled to share with others all the wonderful information about the benefits of using only pure, natural, and organic products for the entire body. I offer a wide range of information appropriate for the whole family including skin care, acne care, scar care, hair care, body care, oral care, and deodorants.

In today's hectic lifestyle there seems to be too little time to take care of ourselves properly, but we have to! It has been said that we should plan what we eat as if our life depended on it. Well, guess what? It does. The same is true for what we put on our bodies, on our hair and our teeth. The chemicals in the commercial creams, gels, shampoos, deodorant, hair rinses, hair dyes, toner, scrubs, cosmetics, toothpastes and soaps all contribute to the ill health of many people. I continually strive to recommend the best natural, yet effective ingredients in my recipes, so you can be assured that you are putting the best possible natural products on your body.

Soaking in Herbal Baths, using natural products that don't contain chemical additives, and body lotions made with precious natural oils is my idea of good healthy practice.

Bathing with all natural botanical products can be a transforming and enhancing experience that provides you with numerous skin toning benefits while being gentle on your skin and the environment.

The bathing products recommended here do not contain synthetic ingredients derived from the petrochemical industry, nor will I offer products of a synthetic nature which may contain other chemical compounds.

All of the yummy bath delights offered here are of earth origin and made exclusively with natural, botanical, renewable or vegetable based sources. Soft, gentle and without compromise to the environment, I am sure that you will find a plethora of products kissed with botanical goodness and designed explicitly for the naturalist in mind.

A relaxing bath followed by a massage is an effective therapeutic treatment. Why not make your own homemade massage oil? I have personally been perusing alternatives to commercial products and in my search have found many wonderful suggestions for making Foot Balm, Herbal Deodorant, Hair Rinses, Anti-Wrinkle cream, Toner, Shower Gel,

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Body Scrubs, Homemade Shampoos, Natural Cosmetics, and Facial Scrubs. I have put them together on my site [A1-Natural Beauty.com](http://A1-NaturalBeauty.com) to share with others who may be of the same mind and on the same quest.

All the recipes pointed to on these pages are 100% free for you to experiment with. Depending on where you live, you may or may not find all the ingredients you will need at your local health-food store. For that reason I have included a link to resources for you to buy on every recipe page.

I have recently rebuilt the website to make it mobile friendly and have removed the A-Z list from the site. I was inspired to put together this e-book in order to have a handy reference guide and I'm making it available for free.

**NOTE:** In compliance with the FTC guidelines, please assume the following about links and in this e-book.

Any/all of the links in this e-book and on a1-natural-beauty.com contains affiliate links. If you purchase a product through one of the links in this book or the website I'll earn a small commission at no extra cost to you. As a1-natural-beauty.com has grown, so have costs associated with running and maintaining the site, and affiliate links are a way I help offset these costs.

My first priority is always providing valuable information and resources to help you create positive changes in your life and I will only ever link to products or resources (affiliate or otherwise) that fit within this purpose.

Everyday Thousands of People Are Getting online looking for information on **DIY Recipes** for the whole family.

To ensure your **DIY Recipes** are gentle, safe and contain all the natural nourishing ingredients, make your own.

There are many companies you could buy from but these are the **companies I recommend**.

*From A to Z – A reference list of Essential Ingredients you need for making homemade personal beauty product recipes that are free from toxins and chemicals. The absolute finest quality organic herbs, teas, spices, essential oils, herbal products for all natural body care.*

I suggest you check them out for yourself

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# Thank You For Your Support



## **aloe-vera concentrate**



### **Moisture treatment with aloe-vera:**

**Sea water, sand and sun can dry out the skin. To prevent damage, apply a cream containing aloe-vera after showering. A moisturizer, aloe-vera leaves the skin healthy and elastic.**

**[Recipe for Weather Protection](#)**





## **aloe-vera gel**



### **Aloe-vera gel for healing:**

**Aloe-vera gel is recognized as an effective aid in healing almost any type of burn or wound. It can help replenish the skin with moisture and foster cell regeneration.**

### **Recipe for After Sun Lotion**



## **aloe-vera gel**

### **Aloe-vera gel:**

**Extracted from the interior of aloe-vera leaves, aloe-vera gel has moisturizing properties that regenerate and heal rough, dry skin.**

**[Recipe for Night Cream](#)**



## **aloe-vera gel**



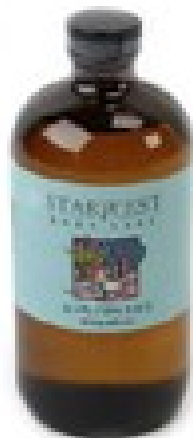
### **Moisture treatment with aloe-vera:**

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### **Recipe for Weather Protection**



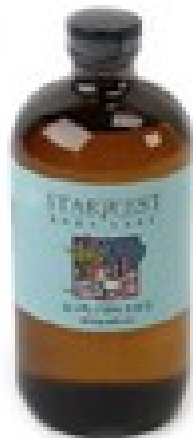
## **aloe-vera juice**



### **Aloe-vera juice:**

**Made from the healing gel extracted from aloe-vera leaves. Since it's mildly astringent, aloe-vera juice dries oily and soothes flaky, irritated skin. Juice purchased at stores is preferred for homemade cosmetics, since a gentle, non toxic preservative is added to it. Fresh-squeezed aloe gel spoils very quickly.**

**[Recipe for Cleansing Oil](#)**



## **aloe-vera juice**

### **Aloe-vera juice to cool and moisturize:**

**Gives your homemade deodorant a mildly cooling effect, especially pleasant and refreshing at hot times of year. Including the juice in your deodorant means you also benefit from aloe-vera's remarkable healing and moisturizing properties. These ensure that the skin is adequately conditioned and that any type of irritation or itchy allergic reaction is quickly and easily alleviated.**

**[Recipe for Herbal Deodorant](#)**



## **aloe-vera oil**



### **Aloe-vera oil for healing:**

**The aloe plant is renown for its healing and moisturizing properties. Oil extracted from aloe leaves and added to a base, such as hazelnut oil, is excellent for all skin types. This double dose of oils replenishes and provides skin with healing ingredients.**

### **Recipe for Moisturizing Oil**





## **almonds (finely ground)**

**For removal of scaly, tough, dry skin:**

**ground almonds prove both thorough and gentle, and provide more moisture. Wheat or oat bran is an excellent, non-abrasive and non-irritating exfoliator for sensitive skin.**

**[Recipe for Body Scrubs](#)**



## **apple-cider vinegar**

### **Apple-cider vinegar for blocked pores:**

**Unprocessed and unheated apple-cider vinegar, which is light brown, cloudy liquid, contains malic acid, a natural alpha-hydroxy acid. This substance gently loosens the dead skin cells on the surface of the face, leaving smooth, silky skin. Diluted apple-cider vinegar also acts as a normalizer, since it can regulate the oiliness of the skin. In addition, it helps prevent inflammation. You can find it in many health food-stores.**

**[Recipe for Toner](#)**





## **apple-cider vinegar**



### **Vinegar for hair repair:**

**Apple-cider vinegar smoothes the hair cuticle and protects against structural damage. This helps chemically treated hair, as chemical processing roughens and damages the cuticle.**

**[Recipe for Hair Setting Lotion](#)**



## **apple-cider vinegar**

### **Apple-cider vinegar for silkiness:**

**Adding a little bit of raw apple-cider vinegar to the deep-conditioning hair treatment provides an astringent effect; it works by tightening the cuticle, giving tresses shine and silkiness. In addition, it helps to ensure that the ingredients blend well. Raw apple-cider vinegar which has a cloudy appearance can be found in many grocery stores and is good for all hair types.**

**[Recipe for Hair Treatments](#)**



## **apricot-kernel oil**

### **Apricot-kernel oil for skin:**

**Apricot-kernel oil is a nurturing, conditioning treatment for normal skin. The oil's fine consistency allows it to quickly penetrate, giving your skin a naturally fresh and soft luster. It is also recognized as one of the most delicate oils, making it a good ingredient for use in homemade lotions. Apricot-kernel oil is an excellent basic massage oil, as well.**

**[Recipe for Body Lotion](#)**





## **apricot-kernel oil**



### **Oils for delicate skin:**

**Apricot-kernel oil contains vitamin A and has a light consistency, allowing it to penetrate deep into the skin. Hazelnut oil has a high vitamin-E content and is especially nurturing because of its unsaturated fatty-acid content.**

**[Recipe for Anti-Wrinkle Cream](#)**



## **apricot-kernel-oil**

### **Apricot-kernel oil for nourishment:**

**The light oil of apricot kernels can penetrate easily into the sensitive, delicate skin around the eyes, as well.**

**The oil from the first pressing of the apricot kernel is the most valuable, since it contains vitamins and minerals that are especially beneficial to ageing skin; it is also good for sensitive, inflamed skin. Apricot-kernel oil nourishes the skin and protects it from the cold and dryness, helping it stay supple and wrinkle-free.**

**[Recipe for Eye-Wrinkle Cream](#)**



## **arnica-flowers**



### **Healing arnica flowers:**

**Antiseptic arnica is a good remedy for skin irritations. Its flowers disinfect blemished skin and help heal acne, stimulating blood flow and reducing swelling.**

### **Recipe for Steam Facial**





## **Avocado oil**



### **Nourishing herbal oils for dry skin:**

**Thick, pale-green avocado oil conditions and regenerates dry, lacklustre skin and supplies it with essential fatty acids. Olive oil provides vitamins and makes the skin soft and smooth.**

**[Recipe for Body Lotion](#)**



## **Avocado oil**



### **Avocado oil to fight wrinkles:**

**Avocado oil is rich in vitamin A, B, D and E and lecithin, all beneficial for moisturizing, preventing the formation of liver spots and protecting the skin from sun damage. Eating avocados or other foods rich in these vitamins will also work to help protect the skin.**

**[Recipe for Anti-Wrinkle Cream](#)**





## **Avocado oil**

### **Avocado oil conditions and protects:**

**Oil from the fleshy part of the avocado is very beneficial for dry skin, as it contains high levels of vitamins, lecithin and unsaturated fatty acids. Avocado oil can be used as a light sunscreen and is good for long-term use, since it does not spoil easily. Be sure to use only cold-pressed, unrefined avocado oil.**

**[Recipe for Suntan Oil](#)**



## **Avocado Oil**

### **Avocado oil for softness:**

**Avocado oil, obtained from the flesh of ripe avocados, contains large quantities of vitamins and essential fatty acids, which are nourishing for dry skin. Its medium to fine consistency helps it penetrate the skin easily and help prevent wrinkles.**

**[Recipe for Facial Scrubs](#)**



## **Avocado - fresh**

### **Avocado for sensitive skin:**

**The essential fatty acids and vitamins in fresh avocado regenerate the skin while they nourish, invigorate and restore the uppermost layer. This provides protection against minor sun damage, chapping and small wrinkles. The vitamin E in avocado benefits the connective tissue from the inside out and counteracts cell damage.**

**[Recipe for Facial Pack](#)**



## **babassu-kernel**

**Babassu-kernel oil for softness:**  
**Pressed from South American babassu-palm trees, moisturizing, non-greasy babassu-kernel oil can soften both sensitive and oily skins.**

**[Recipe for Day Cream](#)**



## **Baby shampoo**

### **Baby shampoo for a base:**

**Unscented natural baby shampoo, available in health-food stores, makes a good base for a shower gel. It's gentle on the skin, lathers well and is suitable for personalizing with the scent of your favourite essential oil.**

**[Recipe for Shower Gel](#)**





## **baking soda** **Aluminum-Free**

### **Baking Soda for enhanced effects:**

Adding bicarbonate of soda (baking soda) to a sea-salt bath can leave the skin feeling clean and smooth. Baking soda also enhances the stimulating effect on the circulatory system, provides a refreshing quality and helps soothe skin irritations and itchiness. For fizzy bubbles, you can add 3-4 effervescent antacid tablets to your bathwater before stepping in. The tablets will not harm your skin and simply add to a "spa" effect. Baking soda can be purchased at pharmacies and grocery stores; carbonated bath tablets are available in some bath shops.

### **Recipe for Sea-Salt Bath**





## **basil essential oil**

### **To relax:**

**Peru-balsam essential oil, with its earthy and vanilla-like scent, can have a powerful calming and soothing effect on the whole body. Spicy basil oil is well suited to regenerating body and spirit. Caution: Do not use basil essential oil if you are pregnant or have epilepsy**

**[Recipe for Relaxing Baths](#)**



## **bay-laurel essential oil**

**Pregnant women and epileptics should avoid using bay-laurel, lemon and rosemary essential oils, since they can trigger contractions or seizures; lemon oil can also cause photo-sensitivity. Used in**

**[Recipe for Homemade Shampoo](#)**





## Flat Beer

### **Rinse with beer to add shine and body:**

**If you want to do something nice for your hair, rinse it once a month with flat beer. After applying the beer, you can rinse the hair with warm water or not, as you choose. The beer acts as a natural setting lotion, giving blow-dried hair increased vitality, resilience and hold. The B vitamins and natural sugar add body and shine. Don't worry: The stale-beer smell will disappear very quickly.**

**[Recipe for Hair Rinse](#)**



## **(unrefined) beeswax**

### **Unrefined beeswax for nourishing and soothing the skin:**

**Skin-nourishing propolis, a natural antibiotic, and trace amounts of vitamins and minerals are found in unrefined beeswax. Beeswax gives after-sun lotions a thick, creamy consistency. In addition, the beeswax prevents the loss of moisture from dehydrated skin.**

**[Recipe for After Sun Lotion](#)**



## **(unrefined) beeswax**

### **Beeswax for skin protection:**

**Natural beeswax is obtained from honeycombs and has a brownish yellow tint. Use refined beeswax rather than white beeswax, which has been bleached with chemicals. Beeswax helps to condition delicate skin and leaves lips with a creamy feel. It also contains propolis, a waxy material that fights infection and inflammation.**

### **Recipe for Lip Care**



## **(unrefined)beeswax**

### **Natural thickeners:**

**Beeswax and shea butter provide body lotions with a creamy consistency. Borax powder, available in grocery stores, is a gentle mineral emulsifier that gives the lotion some stability.**

**[Recipe for Body Lotion](#)**



## **(unrefined) beeswax**

### **Beeswax for skin protection:**

**Pure beeswax is obtained by cleaning and melting an empty honeycomb. It retains its original dark-yellow color. Beeswax acts as an emulsifier, providing a creamy consistency to homemade eye cream. At the same time, this natural product protects the delicate skin around the eyes by sealing in beneficial moisture and preventing it from evaporating.**

### **Recipe for Eye-Wrinkle Cream**





## **(unrefined) beeswax**

### **Healthful beeswax:**

**Melted wax from the bees honeycomb serves two purposes: It helps support the skin's natural ability to retain moisture and it acts as a thickening agent for the cream.**

**[Recipe for Neckline Care](#)**



## **(unrefined) beeswax**

### **Beeswax and honey to soothe and protect:**

**Beeswax is obtained by melting and cleaning empty honeycombs. It helps protect the skin naturally against bacteria because it contains antibacterial propolis. Honey soothes skin and firms tissue by plumping cells up with water**

**[Recipe for Anti-Wrinkle Cream](#)**



## **(unrefined)beeswax**

### **Natural ingredients for consistency:**

**Lanolin, which is especially skin-friendly, helps to make day cream spreadable. Beeswax and cocoa butter also add to its consistency.**

**[Recipe for Day Cream](#)**





## **(unrefined) beeswax**

### **Beeswax to prevent moisture loss:**

**Unfiltered, unrefined beeswax is obtained naturally by melting empty honeycombs. It gives foot balms a creamy consistency and a hint of sweet honey fragrance. Beeswax contributes to the health of the skin by coating it to prevent dehydration. Plus, the propolis, or "bee resin" in the wax is a mild natural antibiotic that aids healing of minor infections.**

**[Recipe for Foot Balm](#)**



## **(unrefined) beeswax**

### **Beeswax as an emulsifier:**

**Pure, unrefined beeswax has a golden color and the sweet smell of honey. It is used to thicken natural lotions, salves, lip balms and creams. It also acts as an emulsifier to help bind oils and water together.**

**[Recipe for Healing Salve](#)**



## **(unrefined) beeswax**

### **Natural ingredients for better consistency:**

**The thin consistency of mosquito repellent can be thickened by adding a little bit of beeswax and shea butter, which makes it easier to apply. The addition of borax powder helps to stabilize the water-oil emulsion.**

### **Recipe for Mosquito Repellant**



## **benzoin**

### **For fullness and harmony:**

**Benzoin and cedarwood oils give the perfume a lasting fullness. They bind the mixture of essential oils together and harmonize well with the fresh citrus oils**

**[Recipe for Perfume](#)**



## **bergamot oil**

### **For freshness:**

**Oils from the skins of a variety of citrus fruits provide the perfumes fruity, fresh note. Lemon, grapefruit, bergamot and bitter orange oils are used as light scent oils. They give a refreshing top note and also provide the perfume with its delicate, invigorating scent.**

### **Recipe for Perfume**





## **birch leaves (dried)**

**Pour the water over the birch leaves:**

**steep until it cools a bit. Strain. Effect:**  
**When used regularly, this hair rinse will help to maintain the health of the scalp and may even be a good choice for preventing hair loss. It also keeps the hair soft and gives a silky sheen.**  
**Contraindications: Do not use this rinse on blond or grey hair, as it may darken the color.**

**Recipe for Hair Rinse**





## **bitter-orange oil**



### **For freshness:**

**Oils from the skins of a variety of citrus fruits provide the perfumes fruity, fresh note. Lemon, grapefruit, bergamot and bitter orange oils are used as light scent oils. They give a refreshing top note and also provide the perfume with its delicate, invigorating scent.**

**[Recipe for Perfume](#)**



## blue-cypress essential oil

### **Protect your skin from winter weather:**

**The skin is subject to particular stress in winter. To guard against damage from cold, dry air, apply a moderately thick coat of a pure oil-based cream to cleansed skin. It will protect against dry skin and broken capillaries.**

### [Recipe for Weather Protection](#)



## **borax powder**



### **Natural thickeners:**

**Beeswax and shea butter provide body lotions with a creamy consistency. Borax powder, available in grocery stores, is a gentle mineral emulsifier that gives the lotion some stability.**

### **Recipe for Night Cream**



## **borax powder**



### **Natural ingredients for better consistency:**

**The thin consistency of mosquito repellent can be thickened by adding a little bit of beeswax and shea butter, which makes it easier to apply. The addition of borax powder helps to stabilize the water-oil emulsion.**

### **Recipe for Mosquito Repellant**



## **Brandy or Vodka**



### **Brandy or vodka as an emulsifier:**

**An emulsifier is needed in a natural mouthwash to ensure that the essential oils will blend well with warm water. Either vodka or brandy is recommended for this purpose, as it will help stimulate circulation in the gums and firm the tissue, in addition to acting as an effective emulsifier.**

**[Recipe for Mouthwash](#)**



## **Brewed coffee**

### **Highlighting the hair:**

**Use herbal rinses to bring out your hair's natural highlights. Steep the recommended herbs in 3 cups boiling water for 30 minutes, and strain. After shampooing, squeeze out excess water and saturate hair with herbal rinse. Towel dry using a dark towel. To cover up gray, mix 1/2 cup of neutral henna with enough brewed coffee-usually about 1 cup-to make a gooey paste. Leave on hair for 30 minutes.**

**[Recipe for Natural Cosmetics](#)**





## **burdock root**

### **Burdock root soothes and adds shine:**

**The tannic acid contained in burdock root is very soothing to oily, irritated skin. As a mild astringent, burdock root will help smooth the cuticle and remove oil from hair, adding shine.**

**[Recipe for Hair Treatments](#)**



## **Calendula flowers** to make extract

**Other name: marigold, pot marigold**

**Fresh flower, 1:2 alcohol ratio**

**How to make an extract**

**Prep your calendula flowers and place them in an airtight container.**

Pour the alcohol on top, until you've covered the contents in the jar.

Seal the jars, and let sit in a cool, dry place. ...

Once your desired flavour has been attained, strain out the flavourings.

**Recipe for Healing Salve**





## **Calendula essential oil**

### **Calendula for healing:**

**Calendula pedals yield a deep-orange essential oil that has an intoxication herbal fragrance. Calendula oil's antiseptic, antifungal and anti-inflammatory properties make it a good choice for healing wounds, burns, acne, insect bites and cuts. The oil is also gentle enough for use on both infants and children.**

### **Recipe for Anti-Scar Oil**



## **Calendula essential oil**

### **Calendula oil for sensitive skin:**

**Calendula essential oil, extracted from calendula flowers, can inhibit inflammation and help heal wounds. It also protects sensitive skin from environmental damage and has a warm, pleasant, earthy scent.**

**[Recipe for Facial Scrubs](#)**



## **Calendula essential oil**

### **For rough hands:**

**A water-based cream containing the antioxidant vitamin E and A can prevent infection of hands with tiny cracks and other wounds. Add German-chamomile or calendula essential oil to the cream, and rub it into your hands several times a day.**

### **Recipe for Weather Protection**





## **Calendula flowers**

### **Highlighting the hair:**

**Use herbal rinses to bring out your hair's natural highlights. Steep the recommended herbs in 3 cups boiling water for 30 minutes, and strain. After shampooing, squeeze out excess water and saturate hair with herbal rinse. Towel dry using a dark towel. For blonde or light-brown hair, blend 1 tablespoon each of dried chamomile, comfrey and calendula.**

### **Recipe for Natural Cosmetics**





## **carrot-seed essential oil**

### **Carrot-seed essential oil for healing:**

**The oil extracted from crushed carrot seeds has an earthy, warm fragrance and can help nourish, tighten and revitalize the skin. It also promotes healing of minor wounds, making it especially effective for treating chapped hands and cracked or weak cuticles.**

**[Recipe for Hand-Care Treatments](#)**



## **carrot-seed essential oil**

### **Essential oils to protect skin:**

**Both palmarosa and carrot-seed essential oils nourish, sooth and smooth dry, mature skin while providing protection from wrinkles and chapping.**

### **Recipe for Moisturizing Oil**



## carrot juice



### **Carrots for conditioning:**

**The vitamins and minerals in fresh carrots will condition stressed skin and help it maintain its natural resilience. Carrot juice is very calming to irritated or sunburned skin.**

**[Recipe for Facial Pack](#)**



## castor oil



### **Castor oil for dry skin:**

**Thick and translucent, yellow castor oil is derived from the castor bean. An emollient, the oil is particularly good for brittle nails and dry skin, because it provides a heavy protective layer that seals in moisture and soothes the skin**

**[Recipe for Hand-Care Treatments](#)**



## **castile soap -liquid**

### **Liquid castile soap for sensitive skin:**

**A truly luxuriant, extra mild and gentle liquid soap made from certified organic ingredients. Liquid castile soap is a concentrated solution of an olive-oil based soap. It makes a perfect shower-gel base for those with very sensitive skin. The resulting product also has a thinner consistency than baby shampoo.**

### **Recipe for Shower Gel**





## **catnip leaves**

### **For overworked body and mind**

- 2 oz. chamomile flowers
- 1 oz. lemon-balm leaves
- 1 oz. St. John's wort or catnip leaves

Place the dried leaves, blossoms and roots into an enamelware pot. Pour 1 qt. of boiling water over the mixture and simmer, covered, for about 20 min. Start your bath; when the water is ready, pour the herb blend through a sieve and add the liquid to the bath. Squeeze any extra moisture from the reserved herbs and place them in cotton sachet or a small muslin bag with a draw string. Tie the bag shut and add to the bathwater. Squeeze the herb sachet from time to time as you soak.

### **Recipe for Relaxing Baths**





## **catnip leaves**



### **For overworked body and mind**

**The ultimate feline herb, for centuries cats have been going crazy over this plant. It makes them happy and spunky, yet has a more sedating effect on people. Catnip has been used in European folk medicine for generations as a calming agent for body and mind.**

### **Recipe for Relaxing Baths**



## **cedarwood essential oil**

### **Cedarwood balances:**

**Cedarwood essential oil balances the scalp's oil production by increasing blood circulation and cleaning out clogged follicles. Cedarwood oil specifically helps to heal dandruff and thinning hair. It has a refreshing, evergreen scent, lends body to your hair and adds a silky shine.**

### **Recipe for Hair Treatments**

**NOTE: There are 2 different oils mentioned here. Can be used interchangeably. Check out this [Blog](#) for more information.**



## **cedarwood essential oil**

### **For fullness and harmony:**

**Benzoin and cedarwood oils give the perfume a lasting fullness. They bind the mixture of essential oils together and harmonize well with the fresh citrus oils.**

### **Recipe for Perfume**

**NOTE: There are 2 different oils mentioned here. Can be used interchangeably. Check out this [Blog](#) for more information.**



## **cinnamon-leaf essential oil**

### **Cinnamon-leaf oil for strengthening:**

**The essential oil produced from the leaves and twigs of the cinnamon tree helps to strengthen connective tissue and stimulate blood flow.**

**[Recipe for Anti-Cellulite Oil](#)**



## **cistus essential oil**



### **Essential oils to protect skin:**

**Cistus essential oil can help to normalize oily skin and reduce puffiness, as it promotes lymph drainage.**

### **Recipe for Moisturizing Oil**





## **citronella essential oil**

### **Essential oils to ward off biting insects:**

**The essential oils in natural mosquito repellent are the active constituents that help to ward off bugs and insects. Tea-tree oil, which is a potent antiseptic and anti-bacterial essential oil, has a slightly medicinal scent. The light flora aroma of lavender oil has a refreshing, soothing effect, while the citrus like fragrance of both citronella and lemongrass oils is a mood lifter. Finally, sage oil acts as an antiseptic and skin toner.**

### **Recipe for Mosquito Repellant**





## **chamomile flowers - dried**



### **Marigold and chamomile for reddening:**

**Dried marigold and chamomile flowers have a soothing effect on the skin. They also alleviate itching and reddening, which can often occur after washing skin that is dry and sensitive.**

**[Recipe for Cleansing Talc](#)**



## **chamomile flowers - dried**



### **Chamomile for skin inflammation:**

**Both Roman (*Anthemis nobilis*) and German (*Matricaria recutita*) chamomile are rich in antibacterial and analgesic volatile oils. Use either form of chamomile to relieve such skin inflammations as eczema and psoriasis.**

**[Recipe for Herbal Baths](#)**



## **chamomile flowers - dried**



### **To help you sleep:**

**The dried blossoms of hops and lavender have sedative and toning effect on the whole body. They facilitate falling asleep and aid restful, deep sleep. Chamomile blossoms help dispel restlessness and gently calm the body and spirit, setting the stage for peaceful sleep..**

**[Recipe for Relaxing Baths](#)**



## **chamomile flowers - dried**

### **Highlighting the hair:**

**Use herbal rinses to bring out your hair's natural highlights. Steep the recommended herbs in 3 cups boiling water for 30 minutes, and strain. After shampooing, squeeze out excess water and saturate hair with herbal rinse. Towel dry using a dark towel. For blond or light-brown hair, blend 1 tablespoon each of dried chamomile, comfrey and calendula.**

**[Recipe for Natural Cosmetics](#)**



## **chamomile tea**



### **Tea bag bath:**

**If you don't have dried herbs on hand, you can use tea bags containing appropriate herbs, such as chamomile or peppermint. Pour 1 qt. of boiling water over 6 tea bags; then steep, covered for 30 min. Add the tea and the tea bags to the bathwater.**

### **Recipe for Relaxing Baths**





## **chamomile water**

### **German-chamomile water for inflammations:**

**A by-product of German-chamomile essential oil, German-chamomile water is high in alpha bisabolol and chamazulene, both antiseptics and anti-inflammatory.**

**Use this water, which is available in health-food stores, in place of tap water in your facial scrub.**

**Recipe for Facial Scrubs**







## **citrus oils - bergamot**

### **Citrus oil for refreshment:**

**Gently uplifting and soothing citrus oils, such as neroli and bergamot, provide a fruity, floral freshness to a perfume's fragrance.**

**[Recipe for Perfume](#)**



## clary-sage essential oil

### **Essential oils for your hair type:**

**Adding essential oils to conditioners can help address your particular hair-care needs. Clary-sage oil can give hair a delicate sheen.**

**[Recipe for Hair Conditioner](#)**



## **clove essential oil**



### **Clove essential oil for pain:**

**Clove oil has a mild antiseptic effect, dulling nerve sensation, and thus making it effective for toothache pain. It can also help prevent infection. A very hot and spicy oil, it should always be diluted for use.**

### **Recipe for Mouthwash**



## clove essential oil



### **Clove essential oil for pain relief:**

**Cloves are an ancient toothache remedy; clove oil is a mild anaesthetic that temporarily deadens the nerves of the teeth. Clove-oil toothpaste is a boon for very sensitive teeth and for pain caused by sweet, cold or hot foods or drinks.**

### **Recipe for Toothpaste**



## cocoa butter



### **Cocoa butter for protection:**

**Cocoa butter, by-product of cocoa-bean processing, thickens lotions, lending a creamy consistency and a hint of its chocolate aroma. Suitable for all skin types, it is a protective emollient that prevents dehydration.**

### **Recipe for Cleansing Lotion**



## cocoa butter



### **Natural ingredients for consistency:**

**Lanolin, which is especially skin-friendly, helps to make day cream spreadable. Beeswax and cocoa butter also add to its consistency.**

### [Recipe for Day Cream](#)





## **cocoa butter**



### **Cocoa butter for volume:**

**The butter from the beans found in cocoa pods helps protect hair from dryness and subsequent damage and can make it easier to style and shape.**

**[Recipe for Hair Treatments](#)**



## coconut oil



### **Coconut oil:**

**Coconut oil can help to nourish dry skin while protecting it from moisture loss. In addition, it helps replenish the skins depleted supply of natural oil.**

**[Recipe for Night Cream](#)**



## **comfrey leaves**

### **Highlighting the hair:**

**Use herbal rinses to bring out your hair's natural highlights. Steep the recommended herbs in 3 cups boiling water for 30 minutes, and strain. After shampooing, squeeze out excess water and saturate hair with herbal rinse. Towel dry using a dark towel. For blonde or light-brown hair, blend 1 tablespoon each of dried chamomile, comfrey and calendula.**

### **Recipe for Natural Cosmetics**



## **comfrey root**

### **Comfrey root for emollient benefits:**

**Comfrey-root extract contains essential nutrients, such as allantoin, emollients and mucopolysaccharides. It also helps to minimize inflammation and counteract cellular aging. To apply comfrey to affected skin areas, simmer 3 ½ ounces of fresh or dried peeled root in 1 pint of water for 10 or 15 minutes and soak a cloth in the liquid, says the University of Michigan Health System. Then, you can apply the cloth to the skin area for about 15 minutes several times each day. You can also use ointments or creams**



**containing 25-percent comfrey root extract. Discuss this application method with your doctor first.**

**[Recipe for After Sun Lotion](#)**

**Comfrey for knitting tissues:**

**Comfrey (*Symphytum officinale*) is a perennial plant growing in moist meadows and wastelands throughout the United States, reaching a height of 3-4 feet. Its roots and leaves have been used medicinally for hundreds of years to help heal a myriad of conditions, such as cuts, bruises, burns, insect bites and sore throats. A poultice made from the rootstock, when applied externally, can**





**bring relief to inflamed arthritic joints, sprains and cystic acne. Comfrey encourages tissues bones and ligaments to reknit together; the herb has also been called "knit bone."**

**[Recipe for Healing Salve](#)**



## **corn starch**

### **Cornstarch for sensitive skin:**

**Cornstarch is a very fine, starchy, white powder made from dried corn kernels. The powder not only absorbs perspiration but also is soothing to the skin. It is especially recommended for infants and, alone or in a body-powder recipe, for people with inflamed or very sensitive skin.**

**Recipe for Body Powder**





## **cosmetic clay (WHITE)**



### **White cosmetic clay to treat blemishes:**

**White cosmetic clay is high in calcium, silica, zinc and magnesium, which are beneficial for oily, blemished skin. The clay's mildly drying and disinfectant properties help heal existing blemishes and inflammations, while preventing new ones from forming.**

**[Recipe for Bran Bath](#)**



## **cosmetic clay (WHITE)**

**Gently abrasive clay for plaque removal:**

**Mineral-rich cosmetic clay is available in most health-food stores and comes in the form of a white powder. It is gently abrasive, but also suitable to use on sensitive teeth. The cosmetic clay can remove stubborn plaque deposits and contains minerals that help to strengthen tooth enamel, the basic shield against tooth decay.**

**[Recipe for Toothpaste](#)**



## **cucumber juice**



### **Cucumber juice to tighten skin:**

**Fresh cucumber juice contains vitamins and large amounts of natural sulfur, which help to tighten pores and disinfect the skin, giving it smooth, clear and healthy appearance.**

**[Recipe for Toner](#)**





## **cypress essential oil**

### **Cypress oil for detoxification:**

**Cypress essential oil, distilled from cypress needles and cones, is a strong astringent that reduces water retention, stimulates circulation, firms tissue and detoxifies blood. This spicy oil, which smells like pine or cedar, helps treat varicose veins and is also an excellent anti-cellulite oil.**

### **Recipe for Anti-Cellulite Oil**



## **cypress essential oil**

### **Essential oils for your hair type:**

**Adding essential oils to conditioners can help address your particular hair-care needs. For instance Dandruff may benefit from cypress oil, which gently cleanses the scalp without drying it out, and from tea-tree oil, which helps fight bacterial infections that can occur with severe cases of dandruff. Invigorating rosemary oil stimulates circulation and promotes vigorous hair growth, which can counteract hair loss and dandruff**

**[Recipe for Hair Conditioner](#)**



## **cypress essential oil**

### **For warmth and spice:**

**The addition of lemongrass, cypress, neroli and verbena oils gives the perfume a mild spicy, slightly woody scent.**

**Recipe for Perfume**



## **Dead Sea Black Mud**

### **Consider your skin type:**

**Because of its mineral and salt content, Dead Sea mud affects each skin type differently. If you have oily skin, you can use it up to three times a week; for normal skin, up to twice a week; for dry skin, no more than once a week. Dead Sea mud is easy to apply, covers the skin nicely and can be easily rinsed off.**

**Your skin will become accustomed to the mud's stimulating ingredients - most notably, iodine, magnesium and bromide. You can also apply heated mud to relieve morning stiffness or joint inflammation.**

### **Recipe for Dead Sea Mud Facial**





## **Dead Sea Black Mud**

### **For a mud mask:**

**Applied to the entire body or just the face, Dead Sea mud opens clogged pores and is deep-cleaning and invigorating. It stimulates and tightens your skin, leaving it refreshed.**

### **Recipe for Dead Sea Mud Facial**





## **Dead Sea Black Mud**

### **For healthy hair:**

**Dead Sea mud applied to your hair strengthens the roots and cleans the scalp of dandruff and oils. Your hair will be thoroughly cleaned and conditioned, soft and shiny, tangle free and full of body. Apply as you would a mask; let sit for 30 minutes; then rinse thoroughly.**

### **Recipe for Dead Sea Mud Facial**



## **Dead Sea Black Mud**

### **For an exfoliant:**

**Apply a mask to scaly, dry parts of the body (such as knees and elbows). The dead skin will rinse off with the mask, leaving your skin moisturized and smooth.**

### **Recipe for Dead Sea Mud Facial**



## **Dead Sea Salt**

**A luxuriant sea salt extracted and solar dried from the saline and mineral rich marshes of the confined Southern Dead Sea Isreal. Dead Sea salt is a nutrient rich, extremely fine, and partially moist salt perfect for bath products and scrubbing blends.**

### **Rich in minerals:**

**Sea salt, which is available at most health-food stores, contains a higher mineral content than regular table salt, has not been bleached with chemicals and is believed to be more effective in a bath. Sea salt is obtained by evaporating seawater that has been purified and**



**filtered multiple times. It consists of about 80 percent sodium chloride and 20 percent minerals and trace elements. Salt that comes from the Dead Sea is especially rich in potassium, magnesium, iodine, bromine and sulfur. These substances remove waste products from the body and can help protect against cellulite and edema in the tissues of the skin. 100% Pure Bath Salt - For Psoriasis, Eczema, Arthritis, Dermatitis, Acne, Dry Skin, Dandruff, and Other Skin Disorders. Highest Mineral Content for Cleansing and Detoxifying. Relaxes Skin and Muscles**

**[Recipe for Sea Salt Bath](#)**



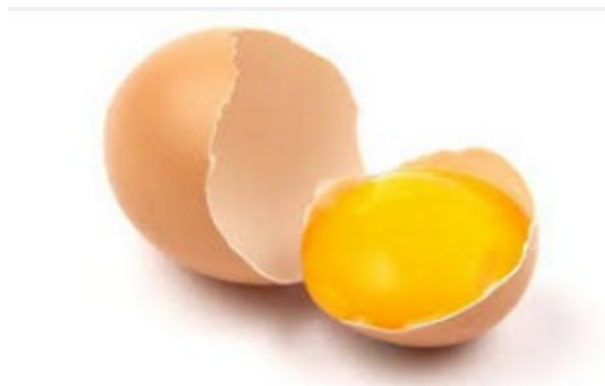
## **Echinacea tincture** **(Echinacea Glycerite)**

### **Echinacea for inflamed skin:**

**Echinacea has antibacterial properties and restores inflamed connective tissue. The alcohol extract is readily available in health-food stores. Note: The alcohol in echinacea tincture evaporates when it is heated, leaving behind the herb's potent healing properties.**

**[Recipe for Body Lotion](#)**





## **Egg yolk**

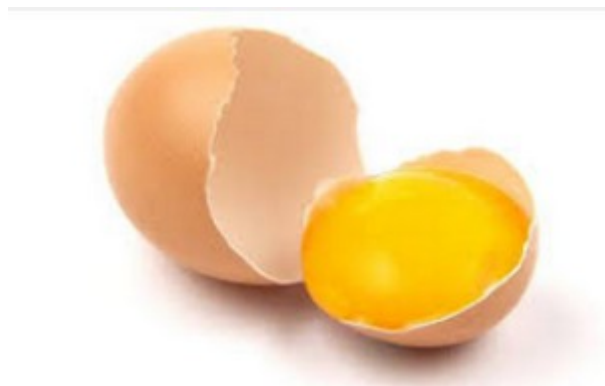
### **Egg yolk for elasticity:**

**The lecithin in egg yolk is completely absorbed by the skin and used as "skin food." Yolk gives the skin a fine, rosy appearance and maintains the elasticity of its upper layers.**

**[Recipe for Facial Pack](#)**



## Egg yolk



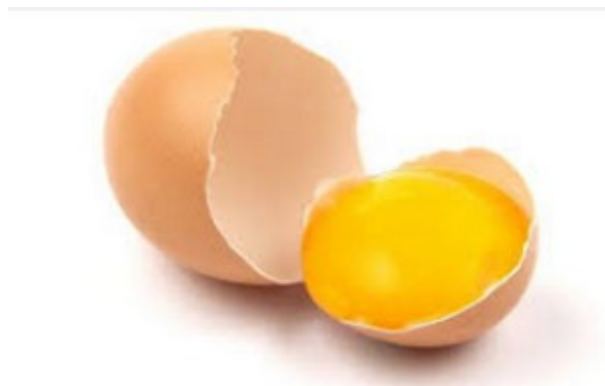
### **Natural lecithin for beautiful hair:**

**Enrich vegetable hair tints by adding an egg yolk, which contains lecithin, a hair-softening emollient. This adds protein, which helps to smooth the hair cuticle and boost shine.**

**[Recipe for Hair Tinting](#)**



## **Egg yolk**



### **Lecithin for nourishment:**

**Egg yolks contain large amounts of lecithin and supply valuable conditioners that do not weigh down the hair. The scalp, too, can benefit from the lecithin, as it is very nourishing for the skin.**

**[Recipe for Hair Treatments](#)**



## **Eleuthero Root powder** **Siberian ginseng**

### **For mental and physical stress:**

**Siberian ginseng, or eleuthero, is best known as being an adaptogen in the ginseng family and has been part of the herbal repertoire in Chinese medicine for thousands of years. When stress levels run high, Siberian-ginseng root can be beneficial in reducing stress levels, but if you are pregnant or suffer from epilepsy, avoid using it. For more information see**

**[Recipe for Relaxing Baths](#)**



## **elderflower glycerite**

**This toner is especially good for thirsty, dehydrated skin.**

I am having a hard time finding a good source for elderflower *glycerite* so make the following suggestion. Since you are already into making your own natural products, buy the [elderflowers](#) and follow the following directions. Herbal glycerite may be prepared using two methods. In one method, dried or fresh herbs are blended with [pure vegetable glycerin](#). The resulting mixture is shaken each day for two weeks, then pressed or squeezed through a filter to produce a clear product. Alternatively, a glycerite may be





**prepared by slowly evaporating the alcohol from a tincture and then adding a volume of glycerin equal to the original amount of alcohol. Making your own is the least expensive method and you'll have lots for future toner treatments.**

**[Recipe for Toner](#)**



## **emulsifying wax (NF)**

**Emulsifying wax is an ideal medium for the blending of fine creams, lotions and other fluid cosmetics which contain oil and water. Extraction Method: Fatty acid and ester isolation from plant fats.**

**You cannot make any of the creams or lotions mentioned in this e-book without using Borax or Emulsifying Wax. All the recipes call for borax. Emulsifying wax is an alternative. The following are a list of recipe that you can make and replace Borax with Emulsifying Wax.**

**Mosquito Repellent, Neckline Care, Night Cream, Sunscreen Lotion, Weather Protection, Eye Wrinkle Cream, Day**

*From A to Z – A reference list of Essential Ingredients you need for making homemade personal beauty product recipes that are free from toxins and chemicals. The absolute finest quality organic herbs, teas, spices, essential oils, herbal products for all natural body care.*



**Cream, Cleansing Lotion, Body Lotion ,  
Anti-Wrinkle Cream and After Sun Lotion.**



## **eucalyptus essential oil**

### **Natural help for dandruff:**

**If you have dandruff, use a shampoo containing eucalyptus essential oil. Each time you wash your hair, the eucalyptus essential oil will remove existing flakes and help purify your scalp.**

**[Recipe for Shampoo](#)**



## evening primrose oil



### **Evening-primrose oil for easing inflammation:**

**A natural anti-inflammatory, evening primrose oil aids in healing irritated skin, making it good for people with blemishes or skin problems.**

**[Recipe for Mosquito Repellant](#)**





## evening primrose oil

### **Evening primrose oil to reduce inflammation:**

Skin that tends to develop blemishes may have a deficiency in gamma linolenic acid (GLA). As a result, pores tend to become clogged with debris. Evening primrose oil is rich in GLA and also has a natural anti-inflammatory action on the skin. Taken either internally (follow label directions) or applied externally, this oil helps reduce acne inflammation and encourages the skin to remain moist and soft.

[Recipe for Night Gel](#)



**everlasting oil**  
**aka Helichrysum oil**

**Everlasting oil protects against inflammation:**

**The everlasting oil protects against damage from irritation and inflammation and supports the natural functions of your skin.**

**Recipe for Toner**



## **eyebright**

### **Soothe and Clear Eyes:**

**Eye baths made with eyebright tea soothe and clear the eyes while helping to ease puffiness and swelling. As its name suggests, eyebright has been used for centuries to promote healthy vision. This tea has natural antihistamine properties that may reduce allergies, which often irritate eyes. Eyebright tea bags have also been used as a compress to alleviate eye irritation and inflammation, but there is some question about the safety of this use. Check for safety [HERE](#).**

**[Recipe for Eye Baths](#)**



## **fennel seeds**

### **Fennel seeds for tired, dry eyes:**

**An eye bath with fennel-seed tea is clarifying, cleansing and refreshing for tired eyes. It also helps lubricate dry eyes. Fennel-tea eye baths are ideal for individuals who must work in front of computers or strain their eyes in other ways, since they relax the eye muscles and relieve eyestrain.**

### **Recipe for Eye Baths**

**(use coffee grinder to grind seeds)**



## **fennel seeds**

### **Fennel seeds for tired, dry eyes:**

**An eye bath with fennel-seed tea is clarifying, cleansing and refreshing for tired eyes. It also helps lubricate dry eyes. Fennel-tea eye baths are ideal for individuals who must work in front of computers or strain their eyes in other ways, since they relax the eye muscles and relieve eyestrain. Buy in bulk and grind your own.**

### **Recipe for Eye Baths**

**(use coffee grinder to grind seeds)**





## **flaxseed**

### **Flaxseeds for sensitive skin:**

**Fresh, finely ground flaxseeds are suitable for scrubs for all skin types, but are especially good for normal or oily skin; these types are prone to surface dehydration and irritation. The slippery and mucilaginous qualities of flaxseeds not only serve to gently exfoliate the skin, but also to soften and moisturize it.**

### **Recipe for Facial Scrubs**

**(use coffee grinder to grind seeds)**





## **frankincense essential oil**

### **Frankincense oil for stressed skin:**

**Frankincense essential oil, extracted by steam distillation from the resin of a scrubby tree native to Africa and India, is often added to skin-care products. The oil helps to rejuvenate tired, wrinkled skin and is perfect for dry and mature skin types. In addition, its anti-inflammatory properties benefit sensitive and environmentally damaged skin.**

**[Recipe for Facial Scrubs](#)**



	<b><u>French green clay</u></b>
	<p><b>Components:</b></p> <p>Different trace minerals and plant materials, depending on the clay's origin, create clays with different properties and different colours, including white and green (the most popular) as well as yellow, red, brown, black and grey. White clay contains magnesium, silica, aluminum oxide, zinc and calcium; green clay also contains silica, calcium and magnesium, along with potassium, sodium, iron and, of course, plant materials that give it its hue.</p> <p><b><u>Recipe for Clay Treatments</u></b></p>



## **French green clay**



### **French Green Clay:**

**A powdery, astringent "healing earth" called French green clay may be purchased in health-food stores. This mineral-rich clay reduces sebum production and keeps moisture in the tissues.**

### **Recipe for Facial Pack**



## **White Cosmetic Clay**

### **White and green clays:**

**White clay is the best choice for normal, dry and sensitive skin. It's also the best clay for use in powders, deodorants and bath additives. French green clay, with its rougher texture and greater astringency, is excellent for oily skin and for treating conditions that require exfoliation, circulation stimulation and toxin removal, such as acne and eczema.**

**[Recipe for Clay Treatments](#)**





## **cosmetic clay (WHITE)**



### **Clay baths for sore muscles:**

**Health spas offer clay or mud baths in which the body is submerged for up to one hour. The warm, thick, therapeutic mud can relieve muscle soreness resulting from sports injuries, overexertion or tension. After rinsing off, an hour of rest is usually prescribed.**

**[Recipe for Clay Treatments](#)**



## **fruit juice**

### **Oats, yogurt and fruit juice for skin tone:**

**Finely ground oats act as a gentle exfoliant and can remove dead skin cells. They also possess a mild bleaching property, helping to reduce spots and blotches on the skin. Yogurt contains small amounts of lactic acid, which has a mild germicidal action and helps maintain the skin's pH balance. The citric acid in fresh fruit juice also helps to even out blotchy skin.**

**[Recipe for Hand-Care Treatments](#)**



## geranium essential oil



### **Essential oils for your hair type:**

**Adding essential oils to conditioners can help address your particular hair-care needs. For instance, myrrh and geranium oils can help repair dry, damaged hair.**

**[Recipe for Hair Conditioner](#)**



## geranium essential oil



### **Geranium for aroma:**

**Geranium oil is great for setting lotions. It has a soothing aroma as well as as a cleansing, antiseptic effect.**

**[Recipe for Hair Setting Lotion](#)**



## geranium essential oil



### **Geranium oil for harmony and balance:**

**This delicate, rosy fragrance is very effective in treating stress, fatigue and anxiety, and it is an inexpensive alternative to genuine rose oil.**

**[Recipe for Perfume](#)**





## geranium hydrosol

### **Geranium hydrosol for clear skin:**

**Aromatic geranium hydrosol, distilled from the rose-geranium plant, helps regulate sebaceous-gland activity. A stunning application for complex and combination skin types. Lovely in the bathtub and very exotic. Regular use will help to reduce infection and inflammation. Geranium hydrosol is available at natural-food and herbal stores.**

**[Recipe for Day Cream](#)**



### **German-chamomile essential oil** (Chamomile, Blue essential oil)



#### **For rough hands:**

**A water-based cream containing the antioxidant vitamin E and A can prevent infection of hands with tiny cracks and other wounds. Add German-chamomile (blue) or calendula essential oil to the cream, and rub it into your hands several times a day.**

#### **Recipe for Weather Protection**



### **German-chamomile essential oil** (Chamomile, Blue essential oil)



#### **Chamomile for skin inflammation:**

**Both Roman (*Anthemis nobilis*) and German (*Matricaria recutita*) chamomile are rich in antibacterial and analgesic volatile oils. Use either form of chamomile to relieve such skin inflammations as eczema and psoriasis.**

**[Recipe for Herbal Baths](#)**



## **Chamomile hydrosol**



### **Chamomile hydrosol for redness:**

**Chamomile hydrosol is a watery by-product of the essential oil that helps to soothe and heal the skin. It also protects sensitive skin from redness and irritation. You can find this ingredient in health-food stores.**

**[Recipe for Day Cream](#)**



## **German-chamomile water**

### **German-chamomile water for inflammations:**

**A by-product of German-chamomile essential oil, German-chamomile water is high in alpha bisabolol and chamazulene, both antiseptics and anti-inflammatory.**

**Use this water, which is available in health-food stores, in place of tap water in your facial scrub.**

**[Recipe for Facial Scrubs](#)**







## **ginger essential oil**

### **Essential oils for cold feet:**

**Cold feet are often caused by poor circulation. A foot balm containing the essential oils of ginger and sage will help stimulate blood flow. Ginger oil warms the feet, and sage oil helps reduce perspiration that makes feet clammy.**

### **Recipe for Foot Balm**



## **glycerin**



**This pure, certified organic vegetable glycerin is derived from soy and is used in cosmetics and body care products to assist in retaining moisture and is helpful in pulling oxygen into the skin. It is invaluable as a natural source ingredient with emollient like properties which can soften and soothe the skin. Vegetable glycerin is used in a range of items from cosmetics to foods, as well as herbal supplements. There are a number of Recipes mentioned in this e-book that call for the inclusion of Glycerin such as: [Body Lotion](#), [Cleansing Oil](#), [Cleansing Talc](#), [Toothpaste](#), [Toner](#), and [Mouthwash](#).**



## **glycerite**

**Glycerites are sweet herbal tinctures which use vegetable glycerin to extract the medicinal constituents and flavor from an herb. Herbal tinctures are typically made from alcohol, but glycerin is a good alternative for children, animals, and adults when palatability and alcohol sensitivities are primary considerations.**

**I started a [blog](#) for A1-Natural-Beauty around October 2016 and hope to include many interesting topics. For now you can get information on making your own Glycerites at the**

**[Mountain Rose Herbs Blog](#)**





## **grapefruit essential oil**

### **Citrus oils for astringency:**

**Lemon, lime and grapefruit essential oils have a potent astringent effect. They strengthen the capillaries, tighten skin tissue and reduce water retention in cells. Since they also increase circulation, they prevent lymph accumulation. Orange oil is slightly less astringent, but it has the same general properties and is gentler on the skin. It also has a calming effect.**

### **Recipe for Anti-Cellulite Oil**



## **grapefruit essential oil**

### **Essential oils for fragrance and healing:**

**Grapefruit essential oil gently stimulates and refreshes, adding a slight deodorizing effect. Juniper oil is especially useful for combating water retention as well as stress and fatigue. Essential oil of lavender can help heal painful fissures and minor inflammations.**

### **Recipe for Body Scrubs**





## **grapefruit essential oil**

### **For freshness:**

**Oils from the skins of a variety of citrus fruits provide the perfumes fruity, fresh note. Lemon, grapefruit, bergamot and bitter orange oils are used as light scent oils. They give a refreshing top note and also provide the perfume with its delicate, invigorating scent.**

**[Recipe for Perfume](#)**



## **grape-seed oil**



### **Nourishing grape-seed oil:**

**Oil produced from grape seeds has a very fine consistency, which makes it particularly well suited for use in light skin-care lotions. Grape-seed oil also helps nourish the skin without leaving a feeling of greasiness.**

**[Recipe for Neckline Care](#)**



## grape-seed oil



### **Carrier oils for moisture and softness:**

**Grape-seed, hazelnut and soybean oil, used in many body scrubs, penetrate the skin readily. They supply essential fatty acids to the skin, lending it increased elasticity and a soft sheen.**

### [Recipe for Body Scrubs](#)



## grape-seed oil

### **Vegetable Oils for intensive care:**

**Vitamins and essential fatty acids are present in vegetable oils, which can strengthen the hair. Olive oil conditions and nourishes normal hair. Fine hair, however, benefits from grape-seed oil since it helps plump the hair shaft, making it much more resilient. Finally, wheat germ oil provides vitamin E, which adds a healthy and lustrous glow to both types of hair.**

### **Recipe for Hair Treatments**





## **grape-seed oil**



### **Grape-seed oil provides nutrients:**

**The thin, pale yellow oil pressed from grape seeds provides the hair with trace minerals and other nutrients, and conditions the hair.**

**[Recipe for Hair Treatments](#)**





## **grape-seed oil**

### **Grape-seed oil for nourishment:**

**Grape-seed oil has a light, thin consistency that allows it to penetrate the skin especially well. It also has an appealing yellow-green color and is practically odorless. Typically available in its refined form, grape seed oil nourishes and conditions the skin and protects it from cold weather, which can cause drying and cracking.**

**[Recipe for Lip Care](#)**





## grape-seed oil

### **Grapeseed oil:**

**Grapeseed oil is thin-bodied and is one of the lightest oils. It is clear in color and has hardly any odor. Its thin consistency allows it to penetrate rapidly into the skin, quickly transporting healing components into skin tissue. Grapeseed oil is particularly good for mixed skin types, as well as greasy skin with blemishes or acne.**

### [Recipe for Massage Oil](#)





## **grape-seed oil**



### **Grape-seed oil for nourishing the skin:**

**This oil has a nourishing and protective effect on normal and sensitive skin types. Grape-seed oil's fine, thin consistency does not clog pores.**

**[Recipe for Mosquito Repellant](#)**



## **green tea bulk**



### **Green tea for toning and oily buildup:**

**The caffeine contained in green tea helps to tighten and tone the skin. The tea is also quite beneficial for oily skin, as the tannic acid works to remove any excess oil.**

### **Recipe for Body Scrubs**



## **hazelnut oil organic**

### **Hazelnut oil for softer skin:**

**Due to its light consistency, hazelnut oil deeply penetrates and softens the skin.**

**[Recipe for Anti-Cellulite Oil](#)**





## **hazelnut oil organic**

### **Hazelnut oil as a base:**

**Extracted from pressed hazelnuts, this clear, pale-yellow oil has a mild fragrance and is high in vitamin E and fatty acids. Hazelnut oil is one of the best base oils for homemade creams, oils and lotions because of its lightness and resistance to spoilage.**

**[Recipe for Anti-Scar Oil](#)**



## **hazelnut oil organic**



### **Oils for delicate skin:**

**Apricot-kernel oil contains vitamin A and has a light consistency, allowing it to penetrate deep into the skin. Hazelnut oil has a high vitamin-E content and is especially nurturing because of its unsaturated fatty-acid content.**

### **Recipe for Anti-Wrinkle Cream**



## hazelnut oil organic

### **Carrier oils for moisture and softness:**

**Grape-seed, hazelnut and soybean oil, used in many body scrubs, penetrate the skin readily. They supply essential fatty acids to the skin, lending it increased elasticity and a soft sheen.**

### [Recipe for Body Scrubs](#)





## **hazelnut oil organic**



### **Hazelnut oil to soften skin:**

**Light and penetrating, this oil is suitable for all skin types; it softens and conditions your hands and cuticles. Made from the pressed kernel of the hazelnut, the pale-yellow oil is rich in vitamin E and fatty acids and has a mild, nutty fragrance. It also resists going rancid.**

**[Recipe for Hand-Care Treatments](#)**



## **hazelnut oil organic**

### **Hazelnut oil nourishes:**

**This fast-penetrating, extremely light oil is one of the best oils for cosmetic use. It is high in vitamin E and unsaturated fatty acids, which nourish the skin.**

### **Recipe for Suntan Oil**





## **helichrysum essential oil**

**A widely popular oil in the perfume and skincare industries.**

**Helichrysum is considered a medicinal plant with many promising pharmacological activities because it operates as a natural antibiotic, anti-fungal and antimicrobial and it's commonly referred to by other names, such as Everlasting, Immortelle or the Curry Plant. It is widely used as a Sunburn Relief and Skin Cancer Protector. Try using it in a massage oil or a facial and body moisturizing oil. Reduce mental fatigue and open your breathing with the sweet aroma diffused around you.**

**[Recipe for Body Lotion](#)**



	<b><u>henna powder</u></b>
	<p><b>Henna adds strength and shine:</b></p> <p>Henna not only gives hair a deep, bright red tint, but strengthens it, coating the hair and tightening the cuticle, the exterior layer of the hair shaft that protects the inner layers. The result is a rich, healthy shine. However, henna and other natural tints are only temporary; they last six to eight weeks and gradually fade because they don't penetrate the hair shaft (as chemical colorants do). Although your hair must be re-colored more often with natural tints, what you sacrifice in "permanence" you gain in damage prevention.</p> <p><b><u>Recipe for Hair Tinting</u></b></p>



## **herbal shampoo** **(castile soap -liquid)**



### **Gentle herbal shampoo as a base:**

**A good base for natural shampoo is a mild herbal shampoo. Buy a soap-based shampoo made with coconut, soy, olive or palm-kernel oil. Another good choice is to make your own with castile liquid soap. Avoid shampoos that include olefin sulfate, lauramide DEA, cocamide DEA, sodium lauryl sulfate, sodium laureth sulfate, sodium C14-16 or cocamidopropyl betaine, as they tend to be too harsh.**

### **Recipe for Shampoo**



## **herbal teas**



**Unlike commercial boxed tea bags, these loose-leaf herbal teas are fragrant, delicious, long-lasting, and economical.**



## **honey raw organic**



### **Beeswax and honey to soothe and protect:**

**Beeswax is obtained by melting and cleaning empty honeycombs. It helps protect the skin naturally against bacteria because it contains antibacterial propolis. Honey soothes skin and firms tissue by plumping cells up with water.**

**Recipe for Anti-Wrinkle Cream**





## **honey raw organic**



### **Honey for minor inflammations:**

**The enzymes and organic acids in raw honey helps to soften the skin, while giving it a warm sheen. Honey is also mildly antibacterial and can help heal minor inflammations.**

**Recipe for Bran Bath**



## **honey raw organic**

### **Honey for natural hold and conditioning:**

**The components in honey will condition and nourish your hair and scalp. Honey provides hair with natural hold, shine and volume. It also keeps your scalp from drying out, which helps prevent the formation of dry flakes.**

**[Recipe for Hair Setting Lotion](#)**



## **hops flowers**

### **To help you sleep:**

**The dried blossoms of hops and lavender have sedative and toning effect on the whole body. They facilitate falling asleep and aid restful, deep sleep. Chamomile blossoms help dispel restlessness and gently calm the body and spirit, setting the stage for peaceful sleep.**

**Recipe for Relaxing Baths**





## hydrosol

**The condensed water that is left behind when plants are steam distilled to make essential oil. A little like waters made from roses and lavenders and other herbs, except more pure and a little more concentrated. You can make your own waters, just by steeping an herb in warm water and straining. Or, you can purchase hydrosols. See below.**

**What is a hydrosol?**

**[Recipe for Anti-Wrinkle Cream](#)**

**[Recipe for Day Cream](#)**



## **jasmine oil**



### **Jasmine oil for intense richness:**

**Used to make fine perfumes, jasmine flowers are picked before dawn to prevent any of the soft and sensuous oil from evaporating. It takes approximately 2,000 lbs of jasmine flowers to produce 1 lb of oil. This oil will darken with age.**

**[Recipe for Perfume](#)**





## **jojoba oil**



### **Jojoba oil as a preservative:**

**Though jojoba oil is expensive, it doesn't go rancid, and even helps preserve other oils; it also makes them easier to apply. Jojoba oil softens the skin and balances sebum production.**

### **Recipe for Anti-Cellulite Oil**



## **jojoba oil**

### **Jojoba oil for oily skin:**

**Oily skin that tends to develop blemishes often has an imbalance of acid and alkaline, usually because of the use of harsh astringents and cleaners. The skin, therefore, can't adequately protect itself from bacteria. To restore balance to the skin's protective coating, use a body lotion which contains jojoba oil. It will help to ease inflammation and encourage skin flora to normalize. Plus, jojoba oil is highly penetrative and will not further clog your pores.**

### **Recipe for Body Lotion**





## **jojoba oil**

### **Jojoba oil for delicate skin:**

**This superior grade non-greasy oil is prized for its ability to easily penetrate and to protect the three layers of your skin. Jojoba oil is a natural antioxidant; it also acts as a sunscreen with a sun protection factor (SPF) of 16. The oil's vitamin E and minerals make your skin feel especially soft and moist.**

**[Recipe for Eye Wrinkle Cream](#)**





## **jojoba oil**



### **Conditioning jojoba oil:**

**Jojoba oil is really not an oil at all but a plant wax, similar to human sebum. Rich, thick and gentle, it penetrates the skin deeply.**

**Recipe for Facial Pack**



## **jojoba oil**

### **Jojoba oil for rashes and inflammations:**

The pea-sized seeds of this evergreen desert plant yield jojoba oil, a liquid wax which solidifies when allowed to cool. The many unsaturated fats in jojoba oil moisturize and protect the skin's surface; the oil also deeply penetrates into the skin to keep it supple. Jojoba has anti-inflammatory effects, bringing relief to skin plagued by eczema or psoriasis.

**Recipe for Foot Balm**





## **jojoba oil**



### **Vegetable oils prevent split ends:**

**Before a treatment with henna or a walnut shell tint, rub a bit of olive oil or jojoba oil into your palms and apply it to the ends of your hair to discourage split ends, especially if your hair tends to be dry. These oils also nourish the scalp and smooth out the cuticle of each individual hair, making it easier to comb.**

**[Recipe for Hair Tinting](#)**



## **jojoba oil**



### **Jojoba oil for a perfume base:**

**This medium weight, golden oil is a liquid plant wax. Produced from cold-pressed jojoba seeds, it makes an excellent carrier for natural perfumes since it has a very long shelf life, is easily absorbed by the skin and is non-greasy.**

**Recipe for Perfume**



## **jojoba oil**

### **Jojoba oil:**

**Jojoba oil is pressed from the nutlike seed of the jojoba bush. Because of its chemical structure, it solidifies into a wax at 45°F. Appropriate for sensitive skin, jojoba oil is highly penetrative and adds extra fluidity to a massage blend. Because it is expensive, you may want to blend it with other quality base oils.**

### **Recipe for Massage Oil**





## **jojoba oil**

### **Enhancing the eyes:**

**Jojoba oil is a great nighttime eye moisturizer. Dab the oil around the eyes with your finger, avoiding the lashes and lids. To relieve puffy eyes, place a cold teabag over each eye and rest. For strained eyes, dip cotton balls in cold witch hazel, milk or tea, and apply to eyes.**

**[Recipe for Natural Cosmetics](#)**





## **juniper essential oil**



### **Juniper and rosemary oils for circulation:**

**Both juniper and rosemary oils are stimulating and refreshing. They help increase circulation, decongest sluggish and under active tissues and stimulate the body's metabolism.**

### **Recipe for Anti-Cellulite Oil**



## **juniper essential oil**



### **Essential oils for fragrance and healing:**

**Grapefruit essential oil gently stimulates and refreshes, adding a slight deodorizing effect. Juniper oil is especially useful for combating water retention as well as stress and fatigue. Essential oil of lavender can help heal painful fissures and minor inflammations.**

### **Recipe for Body Scrubs**





## lanolin



### **Lanolin for a creamy consistency:**

**Lanolin added to antiwrinkle cream gives it a fine consistency. It's obtained from cleaned sheep's wool and is a natural moisturizing emollient and emulsifier.**

### **[Recipe for Anti-Wrinkle Cream](#)**



## **lanolin**



### **Natural ingredients for consistency:**

**Lanolin, which is especially skin-friendly, helps to make day cream spreadable. Beeswax and cocoa butter also add to its consistency.**

### **Recipe for Day Cream**



## **anhydrous lanolin**

**Anhydrous lanolin, one of the ingredients in the homemade body lotion, is simply lanolin with the water removed.**

**Fragrance-free pure lanolin from Australia pharmaceutical grade 57gr/2oz Pure Lanolin is ideal for use as a protective barrier and rejuvenating balm for skin damaged by extremes of climate, detergents, gardening, etc. Ideal for protecting and nourishing split heels, tender skin and scar tissue. Lanolin for our products is harvested from happy sheep that graze in pesticide-free fields, purified to pharmaceutical-grade, and imported to the U.S. If you do comparison shopping, please make sure**

*From A to Z – A reference list of Essential Ingredients you need for making homemade personal beauty product recipes that are free from toxins and chemicals. The absolute finest quality organic herbs, teas, spices, essential oils, herbal products for all natural body care.*



**you compare products of similar purity  
because purification to pharmaceutical-  
grade is the most expensive step in the  
process.**

**[Recipe for Body Lotion](#)**



## hydrous lanolin

**90g Pure Lanolin (Hydrous Wool Fat EP ELP); This Product Contains Lanolin; Presented in Mitchell's Glass Screw Topped Jar; First produced in the early 1930's by Bradford chemist Fred Mitchell**  
**Hydrous lanolin is the easiest form of lanolin to use in any recipe because it contains a small amount of water—just enough to make it easier to mix.**

[Recipe for Night Cream](#)



## lavender blossoms

### **To help you sleep:**

**Both the Greeks and the Romans had many uses for it, the most popular being for bathing, cooking, as an ingredient in perfume, healing wounds, and as an insect repellent. Lavender was used as an after-bath perfume by the Romans, who gave the herb its name from the Latin**

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**r**

**e, to wash. The dried blossoms of lavender**

**[Recipe for Relaxing Baths](#)**





## **lavender essential oil**



### **Essential oils to protect skin:**

**Lavender oil is known for its skin healing properties and its use as a sedative. The herb has been used for strewing, and the flowers are used as an aromatic. Itchy skin can benefit from lavender essential oil, which also protects the skin from dermatitis and eczema.**

### **[Recipe for Moisturizing Oil](#)**



## lavender essential oil



### **Essential oils for fragrance and healing:**

**Essential oil of lavender can help heal painful fissures and minor inflammations.**

**[Recipe for Body Scrubs](#)**



## **lavender essential oil**



### **Beautiful hair with lavender oil:**

**The ancient Romans used lavender oil as a special additive to washes because of its effectiveness as a cleansing agent. Lavender oil gives hair a pleasant scent, a silky fullness and a light, fresh appearance.**

**[Recipe for Shampoo](#)**



## **lavender essential oil**

### **Lavender for deep cleansing:**

**Lavender (Lavandula angustifolia or Lavandula vera) is derived from the Latin word lavare, which means "to cleanse". A fragrant additive in lotions, lavender is not only a relaxant but an antiseptic, as well. It can help to heal acne and other skin irritations, such as minor cuts, scrapes and burns.**

**[Recipe for Herbal Baths](#)**



## **lavender essential oil**

### **Essential oils to ward off biting insects:**

**The essential oils in natural mosquito repellent are the active constituents that help to ward off bugs and insects. Lavender is also an age-old ingredient in natural mosquito repellents. It works especially well when combined with other essential oils like citronella. The light flora aroma of lavender oil has a refreshing, soothing effect. (on you, not the insect)**

### **Recipe for Mosquito Repellant**





## lavender flowers



### **Lavender flowers for soothing fragrance:**

**Lavender flowers are sweetly fragrant. They lend a refreshing and very calming note to powders. They also help keep the skin soft and smooth.**

**[Recipe for Body Powder](#)**





## lavender flowers



### **Lavender for gentle healing:**

**Lavender flowers offer gentle yet potent skin-healing effects. Lavender speeds cell renewal, acts as an antiseptic and calms irritated skin.**

### **Recipe for Cleansing Talc**



## **lavender hydrosol-** **lavender water**

### **Hydrosol**

**The condensed water that is left behind when plants are steam distilled to make essential oil. A little like waters made from roses and lavenders and other herbs, except more pure and a little more concentrated.**

**You can make your own waters, just by steeping an herb in warm water and straining. Or, you can purchase hydrosols.**

**See below**

**What is a hydrosol?**

**Recipe for Sunscreen Lotion**

*From A to Z – A reference list of Essential Ingredients you need for making homemade personal beauty product recipes that are free from toxins and chemicals. The absolute finest quality organic herbs, teas, spices, essential oils, herbal products for all natural body care.*



## lavender hydrosol- lavender water

**Natural hydrosols:**  
**lavender hydrosol conditions normal**  
**skin.**

**Recipe for Night Cream**



## **lavender hydrosol-** **lavender water**

### **Lavender hydrosol for sensitive skin:**

**Lavender hydrosol, a thin, watery liquid that is a by-product of lavender oil production, can help heal sensitive, slightly chapped skin and protect it against environmental irritants.**

### **Recipe for Mosquito Repellant**



## **lavender hydrosol-** **lavender water**

### **Lavender-flower water for conditioning:**

**Lavender-flower water soothes, heals and conditions all skin types. The water is obtained when the essential oil is extracted. You can make your own waters, just by steeping Lavender Flowers in warm water and straining.**

### **Recipe for Cleansing Lotion**



## **lavender tea**

**made from lavender blossom**

**Making your own lavender tea is fairly easy:**

**Boil 8 oz. of water.**

**Place 4 tsp. of fresh lavender blossoms into a tea ball or sachet.**

**Place the tea ball and water into a teacup.**

**Let steep for 10 minutes.**

**or an alternate recipe**

**3 Tablespoons fresh Lavender flowers  
or 1 1/2 Tablespoons dried Lavender  
flowers**





**2 cups boiling water**

**honey and lemon if desired**

**To make Lavender tea put the flowers in a teapot or container along with the boiling water allowing them to steep a good 4 to 5 minutes.**

**Pour into cups straining if necessary to remove the flower buds. Serve Lavender flower tea with honey and sliced lemon.**

**Lavender Tea benefits include that of being calming and relaxing. Great for jangled nerves, and soothing stomach discomforts.**



## lecithin- liquid



### **Liquid lecithin to soften the skin:**

**Made from pure soybean oil, this emulsifier is high in the B vitamins choline and inositol, which are vital for healthy skin. Lecithin also helps to soften and condition the skin.**

### [Recipe for After Sun Lotion](#)



## **lemon balm leaves**

### **Lemon balm for relaxation:**

**A lemon-balm (*Melissa officinalis*) bath is a perfect way to end your day. Its tart, lemony scent helps revive spirits, lifting depression.**

**The use of lemon balm goes back thousands of years to the time of the ancient Romans and Greeks. One of its first recorded uses was as a wine infused liniment (topical preparation) applied for insect bites and stings.**

### **Recipe for Herbal Baths**



## **lemon balm leaves**

### **For mental and physical stress:**

**When stress levels run high, delicately scented lemon-balm leaves can help relieve symptoms by combating muscle and nervous tension.**

### **Recipe for Relaxing Baths**



## lemon balm leaves



### **Toning lemon balm:**

**Lemon Balm firms and tones slack, limp skin. It's especially useful for cleansing normal skin and healing oily, acned skin.**

**[Recipe for Steam Facial](#)**



## **lemon-balm glycerite**



### **Or Make your own:**

**In an extraction method using vegetable glycerin instead of alcohol. For instructions visit the**

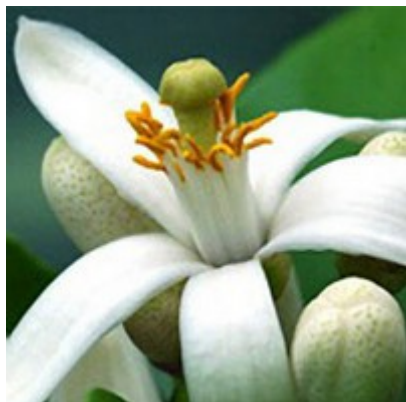
**[How to make a glycerite](#)**

**It is used in a recipe mentioned here.**

**This blend is ideal for chapped skin.**

**[Recipe for Toner](#)**



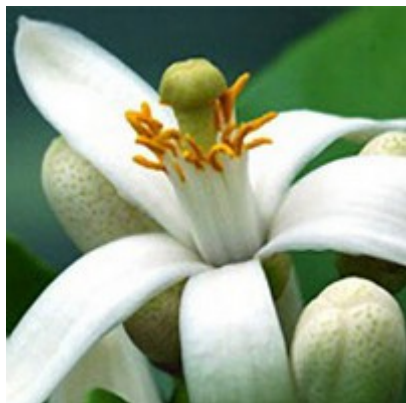


## **lemon essential oil**

### **Citrus oils for astringency:**

**Lemon, lime and grapefruit essential oils have a potent astringent effect. They strengthen the capillaries, tighten skin tissue and reduce water retention in cells. Since they also increase circulation, they prevent lymph accumulation. Orange oil is slightly less astringent, but it has the same general properties and is gentler on the skin. It also has a calming effect.**

### **Recipe for Anti-Cellulite Oil**



## **lemon essential oil**

### **Lemon essential oil to deodorize:**

**The oil from lemon peel acts as a powerful deodorizer, a disinfecting astringent and refreshing stimulant to keep the teeth and gums healthy. It provides a fruity flavor.**

**[Recipe for Mouthwash](#)**



## **lemon essential oil**

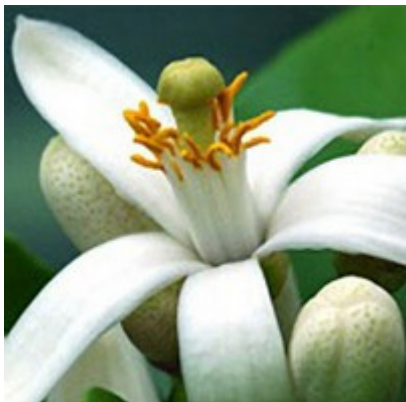
### **Essential oils for for acne:**

**Thyme, lemon and yarrow essential oils are germicidal and anti-inflammatory, and have a healing effect on acne. Mix 10 drops each of these oils with 8 ounces of witch hazel. Saturate a cotton ball and apply to the face, neck, chest or back three times daily to disinfect the skin and remove oil. Store in a dark glass bottle and shake well before using.**

### **Recipe for Night Gel**



## **lemon essential oil**



### **For freshness:**

**Oils from the skins of a variety of citrus fruits provide the perfumes fruity, fresh note. Lemon, grapefruit, bergamot and bitter orange oils are used as light scent oils. They give a refreshing top note and also provide the perfume with its delicate, invigorating scent.**

### **[Recipe for Perfume](#)**



## **lemon essential oil**



### **Essential oils for scent and shine:**

**Lemon essential oil can give your hair a healthy shine. Peru-balsam oil conditions fine hair and makes it easier to comb.**

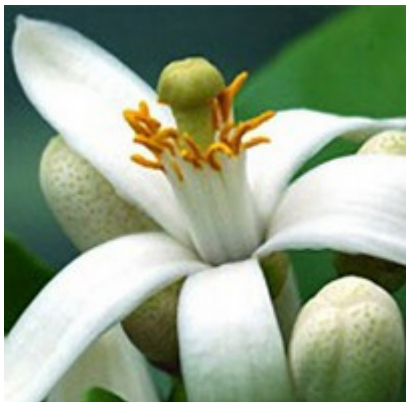
**Rosemary oil is also good for natural shampoos, since it contains components that help invigorate and strengthen both your scalp and your hair.**

**[Recipe for Shampoo](#)**





## lemon essential oil



### **Caution:**

**Pregnant women and epileptics should avoid using bay-laurel, lemon and rosemary essential oils, since they can trigger contractions or seizures; lemon oil can also cause photosensitivity.**





## **Fresh squeezed lemon juice**



### **Lemon juice for beautiful shine:**

**Fresh-squeezed lemon juice gives your hair a lovely shine. It also lightens blonde, medium-blond hair. If your hair tends to be dry, however, do not use lemon juice.**

**[Recipe for Hair Setting Lotion](#)**



## **lemongrass essential oil**

### **Essential oils to ward off biting insects:**

**The essential oils in natural mosquito repellent are the active constituents that help to ward off bugs and insects. The citrus like fragrance of both citronella and lemongrass oils is a mood lifter.**

**The lemongrass oil is widely used as an addition to bug repellants, and for its lemony aroma.**

### **Recipe for Mosquito Repellent**



## lemongrass essential oil



### **For warmth and spice:**

**The addition of lemongrass, cypress, neroli and verbena oils gives the perfume a mild spicy, slightly woody scent.**

### [Recipe for Perfume](#)



## **lime essential oil**

### **Citrus oils for astringency:**

**Lemon, lime and grapefruit essential oils have a potent astringent effect. They strengthen the capillaries, tighten skin tissue and reduce water retention in cells. Since they also increase circulation, they prevent lymph accumulation. Orange oil is slightly less astringent, but it has the same general properties and is gentler on the skin. It also has a calming effect.**

### **Recipe for Anti-Cellulite Oil**



## **lime juice**

### **Lime to invigorate:**

**Freshly squeezed lime juice is slightly astringent and antiseptic. In a compress liquid, lime juice supports the invigorating effect of a cool facial treatment, as its sharp aroma eliminates fatigue. To make a quick, refreshing compress, combine the juice of half a lime with 1 quart of cool water. Take care to keep the compress away from your eyes and do not use it on sensitive or acned skin.**

**[Recipe for Facial Compress](#)**





## **linden flowers - dried**



### **Soothing linden flowers:**

**Linden flowers make a gentle tonic for dry and sensitive skin. They calm inflammations and leave the complexion fresh and clear.**

**[Recipe for Steam Facial](#)**





## **macadamia-nut oil**



### **Macadamia-nut oil:**

**Often referred to as "dry oil" macadamia-nut oil has an exceptionally light consistency that is readily absorbed by the skin. Rich in oleic acid, the oil provides moisture for all skin types.**

**[Recipe for Night Cream](#)**



## **Marigold/Calendula - dried**



### **Marigold and chamomile for reddening:**

**Dried marigold aka Calendula and chamomile flowers have a soothing effect on the skin. They also alleviate itching and reddening, which can often occur after washing skin that is dry and sensitive.**

### **Recipe for Cleansing Talc**



## **Milk – Cream powdered whole milk**

### **Cream and milk for dry, delicate skin:**

**Sweet cream contains fat, which softens and nourishes dry, flaky skin and keeps it smooth and elastic. If you have normal skin, you can use milk instead of cream; it is less heavy, but it also supplies the lipids that enhance the skin-softening effects of a bran bath.**

**[Recipe for Bran Bath](#)**





## **Milk – Cream powdered whole milk**

### **Powdered milk for smoothing:**

**Powdered whole milk nourishes skin, keeping it soft and elastic. Lactic acid in milk smoothes and refines the skin.**

**[Recipe for Cleansing Talc](#)**



## **Milk – Cream powdered whole milk**

### **Cream for chapped skin:**

**The high fat content of heavy cream will nourish dry and overly sensitive facial skin and give it a relaxed, well-cared-for appearance.**

**[Recipe for Facial Pack](#)**



## **Milk – Cream powdered whole milk**



### **Enhancing the eyes:**

**For strained eyes, dip cotton balls in cold witch hazel, milk or tea, and apply to eyes.**

**[Recipe for Natural Cosmetics](#)**





## **mint -peppermint leaf - hydrosol**

### **Mint hydrosol for inflammation:**

**The process of producing essential oils leaves behind watery by-products, or hydrosols, which retain the plants healing properties in diluted form. Mint hydrosol, which is made from the peppermint plant, can freshen and clarify oily, blemished skin. It also has a mild antibacterial effect and helps prevent the formation of red, inflamed, painful pimples.**

**[Recipe for Toner](#)**



## **myrrh essential oil**

### **Essential oils for your hair type:**

**Adding essential oils to conditioners can help address your particular hair-care needs. For instance, myrrh and geranium oils can help repair dry, damaged hair.**

**[Recipe for Hair Conditioner](#)**



## **myrrh-tincture**



### **Essential oils for your hair type:**

**Adding essential oils to conditioners can help address your particular hair-care needs. For instance, myrrh and geranium oils can help repair dry, damaged hair.**

[\*\*Recipe for Hair Conditioner\*\*](#)



## **myrrh powder**

### **Brushing without harsh chemicals:**

**Making your own tooth powder is simple**

**What you'll need...**

**2 tablespoons cinnamon powder**

**1 tablespoon myrrh powder**

**2 teaspoons licorice root powder**



## **cinnamon powder and**

### **(cont) Brushing without harsh chemicals:**

**Blend all the powders together and store in a small container with a lid.**

**To use the powder, wet your tooth brush. Then, using a small spoon or wooden stirring stick, heap a small mound of powder onto your toothbrush. I do this over the small container holding the powder so that I can trap any falling powder; however, you want to avoid getting drops of water into your powder.**





## licorice root powder



### **(cont) Brushing without harsh chemicals:**

**Lightly brush your teeth as you would with a toothpaste. As long as the powder is stored properly, this mixture should last indefinitely. If you regularly use this recipe, consider making it in larger batches.**





## **myrtle essential oil**

### **For Acne-Prone skin:**

**After cleansing in the morning, use a small applicator to remove a dollop of the day cream and gently smooth it onto your face, neck and upper chest with your fingers. Rub it into your skin with gentle motions, and then wipe off any excess with a tissue. This oil is known for its drying and expectorant properties.**

**Recipe for Daycream**



## **nettle leaves**



### **Nettle Tea for Allergies:**

**Nettle has been used worldwide for centuries in a variety of countries and cultures. Hay fever affects millions of people, and nettle tea is effective in controlling the itching and sneezing typically associated with it.**



## **neroli essential oil**

### **Neroli oil for eczema:**

**This essential oil is made from small white blossoms of the bitter-orange tree. Its sweet, fresh scent helps to ease itchy rashes and heal inflamed skin. In addition, neroli oil supports the skin's renewal process and acts as an effective, yet gentle, deodorizer. It takes approximately 100 lbs of blossoms to produce 1 lb of neroli essential oil.**

### **Recipe for Baby Oil**





## **neroli essential oil**



### **Skin-toning neroli oil:**

**Neroli essential oil, which is obtained from bitter-orange flowers, has a warm and rather intoxicating floral scent. It can benefit mature skin that lacks suppleness, vitality and tone. Neroli oil also has a mild sedative effect and can help relieve anxiety and insomnia.**

### **Recipe for Neckline Care**



## neroli essential oil



### **Citrus oil for refreshment:**

**Gently uplifting and soothing citrus oils, such as neroli and bergamot, provide a fruity, floral freshness to a perfume's fragrance.**

**[Recipe for Perfume](#)**



## **neroli essential oil**



### **Essential oils to protect skin:**

**Neroli essential oil helps to firm all skin types in need of vitality and elasticity.**

**[Recipe for Moisturizing Oil](#)**





## **neroli essential oil**



### **For warmth and spice:**

**The addition of lemongrass, cypress, neroli and verbena oils gives the perfume a mild spicy, slightly woody scent.**

**[Recipe for Perfume](#)**



## **oat bran**



**Wheat or oat bran**  
**is an excellent, non-abrasive and non-irritating exfoliator for sensitive skin.**

**[Recipe for Body Scrubs](#)**



## **oat bran**



### **Oat bran for smooth skin:**

**Bran from milled oats contains small amounts of salicylic acid and enzymes that stimulate circulation and gently exfoliate the skin. Oat bran is beneficial for all skin types.**

**[Recipe for Bran Bath](#)**



## **oats**



### **Rolled oats for exfoliating:**

**Finely ground old-fashioned rolled oats make a bland conditioning flower that also serves as an effective and gentle exfoliant. The oats are non-irritating for sensitive skin and gently bleach the skin of hyperpigmentation spots.**

**[Recipe for Cleansing Talc](#)**



## **oats**



### **Soothing oatmeal:**

**Old-fashioned oatmeal will refresh and calm inflamed, acned skin and help heal blemishes.**

**[Recipe for Facial Pack](#)**



## **oats**



### **Oat for strength:**

**Oats contains silicic acid, which strengthens the skin and increases its immunological response. This protects chapped and dry skin from irritation and from such conditions as eczema.**

### **[Recipe for Facial Pack](#)**





## **oats**



### **Oats for soothing and cleaning:**

**Finely-ground rolled oats gently remove dead skin cells. Oats contain pectin, gums and emollients that soothe and heal all skin types. With gentle use, an oat-based facial scrub will give skin a rosy glow and help keep the skin's pores free of debris.**

**[Recipe for Facial Scrubs](#)**



## **oats**

### **Oats, yogurt and fruit juice for skin tone:**

**Finely ground oats act as a gentle exfoliant and can remove dead skin cells. They also possess a mild bleaching property, helping to reduce spots and blotches on the skin. Yogurt contains small amounts of lactic acid, which has a mild germicidal action and helps maintain the skin's pH balance. The citric acid in fresh fruit juice also helps to even out blotchy skin.**

**[Recipe for Hand-Care Treatments](#)**





## olive oil



### **Nourishing herbal oils for dry skin:**

**Thick, pale-green avocado oil conditions and regenerates dry, lackluster skin and supplies it with essential fatty acids. Olive oil provides vitamins and makes the skin soft and smooth.**

**[Recipe for Body Lotion](#)**



## olive oil



### **Vegetable oils prevent split ends:**

**Before a treatment with henna or a walnut shell tint, rub a bit of olive oil or jojoba oil into your palms and apply it to the ends of your hair to discourage split ends, especially if your hair tends to be dry. These oils also nourish the scalp and smooth out the cuticle of each individual hair, making it easier to comb.**

**[Recipe for Hair Tinting](#)**



## olive oil

### **Vegetable Oils for intensive care:**

**Vitamins and essential fatty acids are present in vegetable oils, which can strengthen the hair. Olive oil conditions and nourishes normal hair. Fine hair, however, benefits from grape-seed oil since it helps plump the hair shaft, making it much more resilient. Finally, wheat germ oil provides vitamin E, which adds a healthy and lustrous glow to both types of hair.**

**[Recipe for Hair Treatments](#)**





## **olive oil**



### **Nourishing olive oil for normal skin:**

**Extra-virgin olive oil contains vitamin E and minerals, making it especially nourishing and gentle for the skin. Regular use will help to improve the skin's moisture balance, so include a scrub made with olive oil in your weekly cleansing routine.**

### **Recipe for Facial Scrubs**





## orange-blossom water



### **Invigorating orange-blossom water:**

**This flower water is a by-product of the steam distillation of neroli oil. It has the fresh, sweet scent of oranges and invigorates the skin.**

**[Recipe for Neckline Care](#)**



## **orange-blossom water**

### **Orange-blossom water for oily skin:**

**Orange-blossom water, sometimes called neroli water, helps improve and refine pores as well as refresh oily skin. When added to a shower gel, its astringent properties prevent blemishes from forming and improve the appearance of skin. Orange-blossom water, a by-product of essential-oil production, has an uplifting scent.**

**[Recipe for Shower Gel](#)**



## orange-blossom water

### **Orange-blossom water for gentle freshening:**



**Like rose water, orange-blossom water is a by product of the essential-oil extraction process. Made when producing neroli oil, it is mildly astringent and helps restore suppleness and vitality, which are often lacking in mature skin. It naturally soothes sensitive facial tissue and increases blood flow to the skin.**

**[Recipe for Toner](#)**



## **orange essential oil**



### **Orange and Roman-chamomile oils to help relax infants:**

**Orange and Roman-chamomile essential oils have a relaxing effect on babies when added to an aromatherapy lamp and placed in the nursery.**

**[Recipe for Baby Oil](#)**



## **orange essential oil**



### **Orange essential oil for stimulation:**

**A delicate cleansing lotion with with the essential oil of oranges has a fresh and revitalizing scent. When applied to the skin, orange essential oil stimulates circulation.**

### **Recipe for Cleansing Lotion**



## **orange essential oil**

### **Orange essential oil for fresh breath:**

**Orange essential oil helps to freshen the breath and leaves a delicate, fruity aftertaste.**

**[Recipe for Toothpaste](#)**





## palmarosa essential oil

### **Essential oils to protect skin:**

**Both palmarosa and carrot-seed essential oils nourish, sooth and smooth dry, mature skin while providing protection from wrinkles and chapping.**

**[Recipe for Moisturizing Oil](#)**



## **passionflower leaves**



### **For relieving nervousness:**

**The components in the roots of valerian, passionflower leaves and violet blossoms can calm irritated nerves, encourage peacefulness and strengthen the nervous system in general.**

### **Recipe for Relaxing Baths**



## **patchouli essential oil**

### **Patchouli oil for prolonging a fragrance:**

**This warm, earthy fragrance acts as a fixative, slowing evaporation and prolonging the scent.**

**[Recipe for Perfume](#)**



## **peppermint leaves - dried**

### **Peppermint to refresh:**

**A compress using peppermint makes skin feel cool and refreshed, and the herbs toning effect can rejuvenate slack, tired facial skin. It also stimulates perspiration, which encourages the elimination of waste products through the skin.**

**[Recipe for Facial Compress](#)**



## peppermint essential oil

### **Peppermint oil for cooling:**

**Essential oil of peppermint (*Mentha piperita*) is extremely refreshing and invigorating. When added to a body powder, it helps cool the body gently and continuously.**

**[Recipe for Body Powder](#)**





## peppermint essential oil

**Peppermint essential oil stimulates the scalp:**

**Peppermint oil is cooling and stimulating; its astringent properties help to treat oily scalp.**

**[Recipe for Hair Treatments](#)**





## Peru-balsam essential oil



### **Essential oils:**

**Essential oils are added to a night cream to customize them for a particular type of skin. Peru-balsam oil can regenerate dry flaky skin and is excellent for acne and oily skin, as well.**

### [Recipe for Night Cream](#)



## Peru-balsam essential oil



### **To relax:**

**Peru-balsam essential oil, with its earthy and vanilla-like scent, can have a powerful calming and soothing effect on the whole body.**

**[Recipe for Relaxing Baths](#)**

*From A to Z – A reference list of Essential Ingredients you need for making homemade personal beauty product recipes that are free from toxins and chemicals. The absolute finest quality organic herbs, teas, spices, essential oils, herbal products for all natural body care.*



## Peru-balsam essential oil



**Essential oils for scent and shine:**  
**Peru-balsam oil conditions fine hair and makes it easier to comb.**

**[Recipe for Shampoo](#)**



## **Primrose essential oil**

### **Rose and primrose oils to soften and protect:**

**The delicately scented essential oil obtained from roses can keep your baby's skin soft and smooth. One of the best skin oils for infant care, it imparts a light, gentle scent. The oil obtained from primrose flowers can protect skin from diaper rash and inflammations.**

### **Recipe for Baby Oil**



## raspberry - fresh

### **Raspberry for circulation:**

**Raspberry purée contains sulfur, which helps to counteract inflammation and promotes circulation.**

**[Recipe for Toner](#)**



## **Roman-chamomile essential oil**

**Orange and Roman-chamomile oils  
to help relax infants:**

**Orange and Roman-chamomile essential  
oils have a relaxing effect on babies  
when added to an aromatherapy lamp  
and placed in the nursery.**

**Recipe for Baby Oil**







## **Roman-chamomile essential oil**



### **Chamomile for skin inflammation:**

**Both Roman (*Anthemis nobilis*) and German (*Matricaria recutita*) chamomile are rich in antibacterial and analgesic volatile oils. Use either form of chamomile to relieve such skin inflammations as eczema and psoriasis.**

**[Recipe for Herbal Baths](#)**



## **Roman-chamomile essential oil**

### **Roman-chamomile essential oil for very sensitive teeth:**

**Roman-chamomile essential oil has a very relaxing, anti inflammatory effect that is especially good for small children who have irritation and pain from teething.**

**[Recipe for Mouthwash](#)**





## **rose geranium essential oil**



**The rose geranium oil is high in terpene alcohol, which inhibits the proliferation of odor-causing bacteria.**

**[Recipe for Herbal Deodorant](#)**



## **rose absolute essential oil**

**Rose and primrose oils to soften and protect:**

**The delicately scented essential oil obtained from roses can keep your baby's skin soft and smooth. One of the best skin oils for infant care, it imparts a light, gentle scent. The oil obtained from primrose flowers can protect skin from diaper rash and inflammations.**

**[Recipe for Baby Oil](#)**



## rose-hydrosol - water

### **Rose water for gentle care:**

**Rose water is often found in commercial cosmetic products because of its fragrant, softening and mildly astringent properties. The delicate water is obtained from a steam distillation process that can extract the oil. Its gentle effect make rose water great for use in shower gels, creams and lotions.**

### [Recipe for Shower Gel](#)





## rose-hydrosol - water



### **Rose hydrosol for silkiness:**

**Rose hydrosol invigorates and softens the skin and regulates pH moisture balance.**

**[Recipe for Anti-Wrinkle Cream](#)**





## rose-hydrosol - water



### **Natural hydrosols:**

**Hydrosols, a water by-product of essential-oil production, make an aromatic substitute for the water portion in cream recipes. Rose hydrosol moisturizes dry skin; lavender hydrosol conditions normal skin.**

**[Recipe for Night Cream](#)**



## rose-hydrosol - water



### **Rose water for delicate skin:**

**Produced when extracting the essential oil of rose, rose water is a good base for a toner. It is added to many skin-care products because of its tightening, invigorating effect. Used alone, rose water nourishes the skin and helps make it stay soft and silky.**

**[Recipe for Toner](#)**



## rose-hydrosol - water

### **Hydrosol**

**The condensed water that is left behind when plants are steam distilled to make essential oil. A little like waters made from roses and lavenders and other herbs, except more pure and a little more concentrated. You can make your own waters, just by steeping an herb in warm water and straining. Or, you can purchase hydrosols. See below.**

**What is a hydrosol?**

**Recipe for Sunscreen Lotion**





## **Rose petals** - dried

### **Rose petals for a rosy glow:**

**The petals of the rose (*Rosa* spp.) are not only soothing, but also contain a small amount of vitamin C; ascorbic acid is known to smooth and tone the skin. Adding rose petals to your bath will lightly moisturize dry, sensitive skin and encourage a healthy, rosy glow.**

### **Recipe for Herbal Baths**



## **Rose petals - dried**

### **Rose blossoms for tender skin:**

**The conditioning ingredients contained in rose pedals help soothe and restore dry skin.**

**[Recipe for Cleansing Talc](#)**





## **Rose petals - dried**

### **Rose petals revitalize the scalp:**

**The components in rose petals tone and tighten the scalp with their gentle astringent action.**

**[Recipe for Hair Treatments](#)**





### **Rose petals - powdered**

**For medium to fair skin, mix the cosmetic clay with the rose petals. For medium to dark skin, mix the cosmetic clay with the walnut hulls. Apply your mixture lightly with a fluff brush or a cotton ball to set makeup, or use it throughout the day to absorb oil on the forehead, nose and chin.**

**[Recipe for Natural Cosmetics](#)**



**(ORGANIC) Rose-hip seed oil**

**Rose-hip-seed oil for damaged skin:**

**Rose-hip-seed oil has a clear, reddish colour. It is extremely high in essential fatty acids and is excellent for scarring, wrinkled or aging skin. The oil is also good for dry and sun damaged skin. Look for unrefined, organic rose-hip-seed oil; only this type should be used on your skin.**

**Recipe for Anti-Scar Oil**



## **dried red-clover flowers**



### **Red clover to soothe:**

**Red-clover flowers contribute anti-inflammatory substances that gently condition dry, sensitive skin and help alleviate mild sweating.**

**[Recipe for Facial Compress](#)**



## **rosemary essential oil**

### **Rosemary essential oil to boost cell formation:**

**This clear oil has a strong, earthy fragrance reminiscent of eucalyptus. It can stimulate new cell formation and is good for all skin types.**

**[Recipe for Anti-Scar Oil](#)**



## **rosemary essential oil**

### **Rosemary oil for a healthy scalp:**

**The component terpineol found in the essential oil of rosemary leaves will stimulate circulation in your scalp, strengthen the roots of your hair and generally promote healthy hair growth. This stimulating effect alleviates hair and scalp problems and prevents damage.**

**[Recipe for Shampoo](#)**



## **rosemary essential oil**

### **Essential oils for scent and shine:**

**Rosemary oil is also good for natural shampoos, since it contains components that help invigorate and strengthen both your scalp and your hair.**

**[Recipe for Shampoo](#)**





## rosemary essential oil

### **Juniper and rosemary oils for circulation:**

**Both juniper and rosemary oils are stimulating and refreshing. They help increase circulation, decongest sluggish and under active tissues and stimulate the body's metabolism.**

### **Recipe for Anti-Cellulite Oil**



## **rosemary essential oil**

### **Essential oils for your hair type:**

**Adding essential oils to conditioners can help address your particular hair-care needs. For instance, invigorating rosemary oil stimulates circulation and promotes vigorous hair growth, which can counteract hair loss and dandruff.**

### **Recipe for Hair Conditioner**



## **rosemary essential oil**

### **Rosemary for fine hair:**

**Rosemary essential oil improves hair structure and supports healthy scalp function. The oil gently conditions fine and brittle hair.**

**[Recipe for Hair Setting Lotion](#)**



## rosemary essential oil

### **Caution:**

**Pregnant women and epileptics should avoid using bay-laurel, lemon and rosemary essential oils, since they can trigger contractions or seizures; lemon oil can also cause photosensitivity.**



## **Rosemary leaf**

### **Rosemary for sore muscles:**

**The dried leaves of rosemary (*Rosmarinus officinalis*) have an invigorating and warming effect on the body. Added to bathwater, they make an excellent remedy for aching joints, sore muscles and poor circulation.**

### **Recipe for Herbal Baths**





## **Rose otto essential oil**

### **Essential oils:**

**Essential oils are added to a night cream to customize them for a particular type of skin. Rose-otto oil stimulates cell renewal and moisturizes dry or mature skin.**

### **Recipe for Night Cream**





## **sage essential oil**

### **Essential oils to ward off biting insects:**

The essential oils in natural mosquito repellent are the active constituents that help to ward off bugs and insects. Tea-tree oil, which is a potent antiseptic and antibacterial essential oil, has a slightly medicinal scent. The light flora aroma of lavender oil has a refreshing, soothing effect, while the citrus like fragrance of both citronella and lemongrass oils is a mood lifter. Finally, sage oil acts as an antiseptic and skin toner.

### **Recipe for Mosquito Repellant**



## sage essential oil



### **Essential oils for cold feet:**

**Cold feet are often caused by poor circulation. A foot balm containing the essential oils of ginger and sage will help stimulate blood flow. Ginger oil warms the feet, and sage oil helps reduce perspiration that makes feet clammy.**

### [Recipe for Foot Balm](#)



## **dried sage leaves**

### **Highlighting the hair:**

**Use herbal rinses to bring out your hair's natural highlights. Steep the recommended herbs in 3 cups boiling water for 30 minutes, and strain. After shampooing, squeeze out excess water and saturate hair with herbal rinse. Towel dry using a dark towel. To make dark hair more vibrant, add 1 tablespoon of each of dried comfrey, powdered black-walnut hull and sage.**

**[Recipe for Natural Cosmetics](#)**



## sage tea



### **Sage tea:**

**Antiseptic and anti-inflammatory sage helps curtail and heal existing pimples. To prepare sage tea to use in a facial pack, simply pour 1 cup boiling water over 1-2 teaspoons of dried sage leaves, steep for 10 minutes and strain.**

### **Recipe for Facial Pack**



## **sea salt**

### **Rich in minerals:**



**Sea salt, which is available at most health-food stores, contains a higher mineral content than regular table salt, has not been bleached with chemicals and is believed to be more effective in a bath. Sea salt is obtained by evaporating seawater that has been purified and filtered multiple times. It consists of about 80 percent sodium chloride and 20 percent minerals and trace elements. Salt that comes from the Dead Sea is especially rich in potassium, magnesium, iodine, bromine and sulfur. These substances remove waste products from**



**the body and can help protect against cellulite and edema in the tissues of the skin. Coarse- and fine-grained forms of sea salt are available; both types are effective when added to a therapeutic bath.**

**[Recipe for Sea-Salt Bath](#)**





## sea salt

### **Exfoliators for smoothing scrubs:**

**A number of natural substances can serve as exfoliating agents. Sea salt, fine or coarse, will help to remove toxins, supply minerals to tissue and stimulate stagnant circulation. It also aids in tightening and toning slack skin: A sea-salt scrub battles the dimpled look of cellulite that often appears on the thighs and buttocks by helping to break up fat and water deposits.**

**[Recipe for Body Scrubs](#)**





## **kelp seaweed powder**



### **Kelp to detoxify:**

**Kelp contains nutrients that help detoxify your body and nourish your skin.**

**Detoxification methods such as sea kelp powder baths help to remove toxins from your body and may improve overall health. A sea kelp bath may also increase your ability to lose weight. Toxins make your metabolism sluggish, reduce your ability to burn fat and inhibit your sense of fullness after eating.**

### **Recipe for Sea Salt Bath**



## **sesame oil**

### **Sesame oil protects against harmful rays:**

**Sesame oil, obtained by pressing the seeds of the sesame plant, provides the highest sun protection of all the natural oils. It is also very effective for softening and smoothing the skin. Be sure to use only cold-pressed, unrefined sesame oil, is dark in color. This unrefined variety of organic sesame oil has a mild, yet pleasant nutty aroma that will not disturb the scent of your cosmetic creations.**

### **Recipe for Suntan Oil**





## **sesame oil**

### **Apply sesame oil to reduce sun damage:**



The rays of the sun are extremely damaging to your hair, bleaching and drying it until it becomes brittle. Indeed, hair damage caused by too much ultraviolet radiation is irreparable. However, sesame oil can provide excellent sun protection. Massage a few tablespoons of the oil into your hair and scalp before going out into the sun for prolonged periods. Sesame oil includes natural SPF (sun protection factor) of about 2,5. For added protection you can blend the sesame oil with 10 drops of carrot-seed essential oil, which is high in antioxidants.

### **Recipe for Hair Rinse**



## **sesame oil**



### **Sesame oil:**

**This delightful, medium-bodied, golden oil is pressed from the sesame seed. It's good for all skin types, especially normal-to-dry skin, and is used for psoriasis, eczema and arthritis.**

**[Recipe for Massage Oil](#)**



## **shea butter**



### **Natural thickeners:**

**Beeswax and shea butter provide body lotions with a creamy consistency. Borax powder, available in grocery stores, is a gentle mineral emulsifier that gives the lotion some stability.**

### **Recipe for Body Lotion**





## **shea butter**



### **Natural ingredients for better consistency:**

**The thin consistency of mosquito repellent can be thickened by adding a little bit of beeswax and shea butter, which makes it easier to apply. The addition of borax powder helps to stabilize the water-oil emulsion.**

### **Recipe for Mosquito Repellent**



## Siberian ginseng root



### **For mental and physical stress:**

**When stress levels run high, delicately scented lemon-balm leaves can help relieve symptoms by combating muscle and nervous tension. Siberian-ginseng root can be beneficial in reducing stress levels, but if you are pregnant or suffer from epilepsy, avoid using them.**

### **Recipe for Relaxing Baths**



## **soybean oil**



### **Carrier oils for moisture and softness:**

**Grape-seed, hazelnut and soybean oil, used in many body scrubs, penetrate the skin readily. They supply essential fatty acids to the skin, lending it increased elasticity and a soft sheen.**

### **Recipe for Body Scrubs**



## spearmint essential oil



### **Spearmint for scalp stimulation:**

**Organic Peppermint & Spearmint oils provide a deep cleanse of hair & scalp whilst stimulating skin cells to promote hair growth. Spearmint oil is not as strong as peppermint oil and is considered a safer substitute in products for children.**

**[Recipe for Hair Conditioner](#)**



**spearmint leaves**  
**dried or fresh**



**For red, itchy eyes:**

**An infusion containing fresh or dried spearmint leaves can help to stimulate the production of tears and refresh the eyes when used as an eyebath. In addition, eye baths with spearmint tea alleviate burning and itching.**

**[Recipe for Eye Baths](#)**



## **St. John's-wort Extract**



### **St. John's-wort extract for rashes:**

**Skin irritations, eczema and painful itching can be alleviated by St. John's-wort extract. However, it tends to make the skin more sensitive to light, so it should not be used if your baby will be outdoors in direct sunlight.**

**[Recipe for Baby Oil](#)**





## **St. John's-wort extract**



### **Soothing oils for sensitive skin:**

**Sweet-almond oil is quickly absorbed into the skin, providing it with nutrients and essential fatty acids. Aromatic St. John's-wort oil soothes dry skin and helps heal irritations, reddening and dry, scaly patches caused by rashes.**

**[Recipe for Body Lotion](#)**



## **sunflower seeds** (finely ground)

### **Raw sunflower seeds for smooth skin:**

**Raw sunflower seeds can be finely ground to make soft granules that thoroughly remove flaky skin. The seeds also contain natural fatty acids that help cleanse your pores and soften and condition your skin.**

#### **Recipe for Facial Scrubs**

**(Use a coffee grinder to grind seeds)**



## **sunflower oil**



### **Sunflower oil:**

**The oil obtained by cold-pressing sunflower seeds has an appealing, mildly nutty scent. It benefits oily and acne prone skin.**

**[Recipe for Cleansing Oil](#)**



## **sweet-almond oil**



### **Sweet-almond oil for sensitive skin:**

**Sweet-almond oil is particularly well suited for babies' skin. The oil, which is extracted from pressed almonds, is mild and nourishing. It is gentle enough even for sensitive skin.**

### **Recipe for Baby Oil**



## **sweet-almond oil**



### **Soothing oils for sensitive skin:**

**Sweet-almond oil is quickly absorbed into the skin, providing it with nutrients and essential fatty acids. Aromatic St. John's-wort oil soothes dry skin and helps heal irritations, reddening and dry, scaly patches caused by rashes.**

**[Recipe for Body Lotion](#)**



## **sweet-almond oil**



### **Sweet-almond oil for nourishment:**

**The fine oil obtained from sweet almonds (Prunus dulcis) has a mild, nutty scent and is an all-purpose base for many lotions. It conditions, softens and nourishes the epidermis, increasing elasticity.**

**[Recipe for Cleansing Lotion](#)**





## **sweet-almond oil**



### **Sweet-almond oil for soft lips:**

**Sweet-almond oil is cold pressed from sweet-almond kernels. This high-quality oil is mainly used in cosmetics and massage oils, because it leaves the skin soft and smooth and is usually absorbed well by skin types.**

**[Recipe for Lip Care](#)**



## **sweet-almond oil**



### **Sweet-almond oil:**

**This delicate oil is pressed from sweet almonds. It is not too greasy and is appropriate for every skin type. It makes the skin soft and increases the elasticity of the skin surface. Sweet-almond oil is also used as a conditioner for dry hair to treat and nourish the scalp.**

### **Recipe for Massage Oil**



## **sweet-almond oil**



### **Softening sweet-almond oil:**

**The delicate oil pressed from sweet almonds is tolerated well by all skin types. Sweet-almond oil is easily absorbed by the skin; it can also help make the sensitive area of the upper chest soft, smooth and elastic.**

**[Recipe for Neckline Care](#)**



## **tea-tree essential oil**

### **Tea-tree oil for disinfecting:**

**A potent antibacterial and fungicidal agent, essential oil of tea tree (*Melaleuca alternifolia*) makes an excellent plant remedy for athlete's foot. The oil has an earthy, fresh scent.**

**[Recipe for Body Powder](#)**



## **tea-tree essential oil**



### **Essential oils for your hair type:**

**Adding essential oils to conditioners can help address your particular hair-care needs. For instance from tea-tree oil, which helps fight bacterial infections that can occur with severe cases of dandruff.**

**[Recipe for Hair Conditioner](#)**



## **tea-tree essential oil**

### **Tea-tree essential oil to fight infection:**

**Essential oil of tea tree (*Melaleuca alternifolia*) with its strong camphor like odor, is derived by distilling the plants leaves. It is a broad-spectrum antiseptic that combats bacterial, viral and fungal infections and can be applied directly to cuts, abrasions, nail fungus, athlete's foot, bleeding gums and acne.**

### **Recipe for Healing Salve**





## **tea-tree essential oil**



### **Essential oils for infection:**

**Such essential oils as tea tree oil have an antiseptic property that helps prevent infection. Other essential oils can add flavor and fragrance.**

**[Recipe for Lip Care](#)**



## **tea-tree essential oil**

### **Essential oils to ward off biting insects:**

**The essential oils in natural mosquito repellent are the active constituents that help to ward off bugs and insects. Tea-tree oil, which is a potent antiseptic and anti-bacterial essential oil, has a slightly medicinal scent.**

### **Recipe for Mosquito Repellant**



## **thyme essential oil**

### **Thyme essential oil for inflammation:**

**Painful gum inflammations can be greatly eased by the strong antiseptic and antibacterial effects of thyme oil in a natural, gentle mouthwash.**

**[Recipe for Mouthwash](#)**



## **thyme essential oil**

### **Essential oils for for acne:**

**Thyme, lemon and yarrow essential oils are germicidal and anti-inflammatory, and have a healing effect on acne. Mix 10 drops each of these oils with 8 ounces of witch hazel. Saturate a cotton ball and apply to the face, neck, chest or back three times daily to disinfect the skin and remove oil. Store in a dark glass bottle and shake well before using.**

### **Recipe for Night Gel**





## thyme leaves



### **Antibacterial thyme leaves:**

**Thyme leaves exude an intense and warming fragrance, and are a strong antibacterial agent. Add thyme leaves to steam facials if your skin is plagued by acne, psoriasis or poison ivy.**

**[Recipe for Steam Facial](#)**



## **Make your own tincture**

**Tinctures are alcohol-based solutions which draw out the healing ingredients from herbs and flowers. You can make tinctures using wild flowers or flowers from your garden. Simply use chopped flowers and pack it in a jar half filled with the strongest vodka. Use 100 - 150 gram of fresh flowers or herbs to 150ml alcohol. If you use dried herbs or flowers use only 10 - 15 gr. in 150ml alcohol. Seal the jar and leave it in on a sunny window sill for 2 - 3 days. Then store in a dark place at room temperature for 2 - 3 weeks, shaking it every day. Strain through muslin cloth and store in a dark bottle. The tincture will keep for 2 - 3 years.**

### **[Recipe for Toothpaste](#)**





## **unrefined beeswax**

### **Unrefined beeswax for nourishing and soothing the skin:**

**Skin-nourishing propolis, a natural antibiotic, and trace amounts of vitamins and minerals are found in unrefined beeswax. Beeswax gives after-sun lotions a thick, creamy consistency. In addition, the beeswax prevents the loss of moisture from dehydrated skin.**

**[Recipe for After Sun Lotion](#)**



## **valerian root**



### **For relieving nervousness:**

**The components in the roots of valerian, passionflower leaves and flowers and violet blossoms can calm irritated nerves, encourage peacefulness and strengthen the nervous system in general.**

**[Recipe for Relaxing Baths](#)**



## vegetable glycerin

### **Vegetable glycerin:**

**Vegetable glycerin is a natural humectant that absorbs excess water from the surrounding air to moisturize the skin. It also acts as a natural preservative for the cleansing oil and mixes well with both oil and water.**

### [Recipe for Cleansing Oil](#)





## vegetable glycerin

### **Vegetable glycerin for creamy consistency:**

**Vegetable glycerin provides a base for diluting the essential oils and gives the toothpaste a creamy consistency, so it can be spread easily over the teeth. It also imparts a sweet natural flavor that children will enjoy.**

### [Recipe for Toothpaste](#)





## **Verbena essential oil**

### **For warmth and spice:**

**The addition of lemongrass, cypress, neroli and verbena oils gives the perfume a mild spicy, slightly woody scent.**

**[Recipe for Perfume](#)**



## Vitamin-E oil



### **Vitamin E to preserve lotions:**

**Vitamin E, a powerful antioxidant, can help to heal damaged skin. In addition, it is a natural preservative, protecting after-sun lotions from fungal and bacterial growth.**

**[Recipe for After Sun Lotion](#)**





## **Vitamin-E oil**



### **Vitamin-E oil to help fade scars:**

**This oil is very popular as a skin softener and healer. Vitamin-E oil can also help fade scars. It is easy to use: Pierce a vitamin-E gel capsule with a sterilized needle and squeeze the content onto your skin. If you're going to make your own line of skin care products purchasing Vitamin-E Oil by the bottle would make more sense.**

### **Recipe for Anti-Scar Oil**



## Vodka



### **Vodka as a carrier oil:**

**High quality 80 or 100 proof vodka is virtually odorless, making it a good choice for an essential-oil carrier in natural perfume. Don't substitute other types of alcohol, such as rubbing alcohol, which has a powerful odor and quickly evaporates as well.**

**[Recipe for Perfume](#)**



## Vodka



### **Brandy or vodka as an emulsifier:**

**An emulsifier is needed in a natural mouthwash to ensure that the essential oils will blend well with warm water. Either vodka or brandy is recommended for this purpose, as it will help stimulate circulation in the gums and firm the tissue, in addition to acting as an effective emulsifier.**

**[Recipe for Mouthwash](#)**



## walnut oil



### **Walnut oil provides a golden glow:**

**This oil enhances tanning while helping to protect the skin from UV damage.**

**Walnut oil contains numerous essential fatty acids that nourish and hydrate the skin, which easily and rapidly absorbs the oil's thin consistency.**

### [Recipe for Suntan Oil](#)



## **walnut-shell powder** **(black walnut)**

### **Highlighting the hair:**

**Use herbal rinses to bring out your hair's natural highlights. To make dark hair more vibrant, add 1 tablespoon of each of dried comfrey, powdered black-walnut hull and sage.**

**[Recipe for Natural Cosmetics](#)**



## **wheat bran**



**Wheat or oat bran is an excellent, non-abrasive and non-irritating exfoliator for sensitive skin.**

**[Recipe for Body Scrubs](#)**





## **wheat bran**



### **Wheat bran to nourish the skin:**

**Wheat bran, produced by milled wheat flour, contains B-complex vitamins. It gently cleanses the skin and is especially good for sensitive skin, eczema and psoriasis.**

**[Recipe for Bran Bath](#)**



## **wheat-germ oil**

### **Wheat-germ oil:**

**Rich in vitamin A and E, wheat-germ oil fights free radicals, and helps heal blemishes. Added to sage tea, wheat-germ oil seals in much-needed moisture. Even oily skin can be moisture starved on the surface; when this occurs, the skin pumps yet more oil in an attempt to lubricate the top layer.**

**[Recipe for Facial Pack](#)**





## **wheat-germ oil**

### **Wheat-germ oil for nourishment:**

**Golden yellow with a pleasant, grainlike smell wheat-germ oil is obtained by cold-pressing wheat kernels. It contains high-quality plant lecithin and large amounts of unsaturated fatty acids. Its abundant levels of vitamin B and E smooth and nourish the skin, which make it an excellent remedy for dry skin.**

**[Recipe for Foot Balm](#)**



## wheat-germ oil

### **Vegetable Oils for intensive care:**

**Vitamins and essential fatty acids are present in vegetable oils, which can strengthen the hair. Olive oil conditions and nourishes normal hair. Fine hair, however, benefits from grape-seed oil since it helps plump the hair shaft, making it much more resilient. Finally, wheat germ oil provides vitamin E, which adds a healthy and lustrous glow to both types of hair.**

**[Recipe for Hair Treatments](#)**





## wheat-germ oil



### **Wheat-germ oil to revitalize the skin:**

**Wheat-germ oil contains high amounts of vitamin E and is beneficial for many skin types, but it is especially good for softening and conditioning dry, dull skin. This oil can also act as a preservative when added to other oil formulations.**

### [Recipe for Moisturizing Oil](#)



## **wheat-germ oil**



### **Wheat-germ oil smooths the skin:**

**This light, golden-yellow oil has large amounts of vitamin A, D and E, which help to smooth the skin by protecting it from tiny dry lines and wrinkles, as well as from loss of elasticity.**

**[Recipe for Suntan Oil](#)**





## **white cosmetic clay**

### **White cosmetic clay to treat blemishes:**

**White cosmetic clay is high in calcium, silica, zinc and magnesium, which are beneficial for oily, blemished skin. The clay's mildly drying and disinfectant properties help heal existing blemishes and inflammations, while preventing new ones from forming.**

**[Recipe for Bran Bath](#)**



## **white cosmetic clay**

### **Components:**

**Different trace minerals and plant materials, depending on the clay's origin, create clays with different properties and different colours, including white and green (the most popular) as well as yellow, red, brown, black and grey. White clay contains magnesium, silica, aluminum oxide, zinc and calcium; green clay also contains silica, calcium and magnesium, along with potassium, sodium, iron and, of course, plant materials that give it its hue.**

### **Recipe for Clay Treatments**



## **white cosmetic clay**

### **White and green clays:**

**White clay is the best choice for normal, dry and sensitive skin. It's also the best clay for use in powders, deodorants and bath additives. French green clay, with its rougher texture and greater astringency, is excellent for oily skin and for treating conditions that require exfoliation, circulation stimulation and toxin removal, such as acne and eczema.**

### **Recipe for Clay Treatments**



## **white cosmetic clay**

### **Clay baths for sore muscles:**

**Health spas offer clay or mud baths in which the body is submerged for up to one hour. The warm, thick, therapeutic mud can relieve muscle soreness resulting from sports injuries, overexertion or tension. After rinsing off, an hour of rest is usually prescribed.**

**[Recipe for Clay Treatments](#)**



## **witch-hazel extract**

### **Witch-hazel extract for skin problems:**

**A diluted extract of witch-hazel leaves and twigs will alleviate skin inflammation and acne. Witch-hazel has an anti-inflammatory effect and acts as a disinfectant, which enables it to provide relief of painful and slow-to-heal pustules. Witch-hazel is also mildly astringent, and will reduce and constrict your pores, making them appear smaller.**

**Recipe for Body Lotion**





## **witch-hazel extract**

### **Witch-hazel extract to inhibit sweating:**

**Witch-hazel extract, readily available in drug and grocery stores, is derived from the plant's bark, twigs and leaves. It inhibits inflammation, absorbs oil and is mildly astringent. With regular use it constricts skin pores and thus reduces excessive sweat formation. If you shave your underarms, apply witch hazel water just after shaving; it eliminates small pimples and reddening.**

**[Recipe for Herbal Deodorant](#)**





## **witch-hazel extract**



### **Enhancing the eyes:**

**Jojoba oil is a great nighttime eye moisturizer. Dab the oil around the eyes with your finger, avoiding the lashes and lids. To relieve puffy eyes, place a cold teabag over each eye and rest. For strained eyes, dip cotton balls in cold witch hazel, milk or tea, and apply to eyes.**

### **Recipe for Natural Cosmetics**



## **witch-hazel extract**

### **Essential oils for acne:**

**Thyme, lemon and yarrow essential oils are germicidal and anti-inflammatory, and have a healing effect on acne. Mix 10 drops each of these oils with 8 ounces of witch hazel. Saturate a cotton ball and apply to the face, neck, chest or back three times daily to disinfect the skin and remove oil. Store in a dark glass bottle and shake well before using.**

### **Recipe for Night Gel**



## **witch-hazel leaves and twigs**

### **White cosmetic clay for oily skin:**

**A diluted extract of witch-hazel leaves and twigs will alleviate skin inflammation and acne. Witch-hazel has an anti-inflammatory effect and acts as a disinfectant, which enables it to provide relief of painful and slow-to-heal pustules. Witch-hazel is also mildly astringent, and will reduce and constrict your pores, making them appear smaller.**

**[Recipe for Body Powder](#)**



## **witch-hazel leaves and twigs**

### **Witch hazel for toning:**

**Witch-hazel leaves and twigs serve as a gentle astringent, which naturally refines the surface of the skin. They are excellent for conditioning all skin types, from oily to normal.**

**[Recipe for Facial Compress](#)**



## **yarrow blossoms**



### **For blemished skin:**

**The yarrow blossoms in these blends release their healing properties in the steam, cleansing pores of debris, impurities and oil. All the herbs are used dried, except watercress, which is always used fresh. These have proved to be desirable steam facial products.**

### **Recipe for Steam Facial**



## **yarrow blossom - yarrow tincture**

### **Yarrow tincture for clear skin:**

**A tincture made from yarrow flowers and leaves can help control oil production because of the herb's astringent properties. It is also effective for treating inflamed, infected pimples. Yarrow tincture is available in health-food stores that specialize in herbal medicine or at the above link.**

**[Recipe for Toner](#)**





## **yarrow essential oil**

### **Essential oils to protect skin:**

**Yarrow essential oil's astringent anti-inflammatory and antiseptic properties can help dry and heal painful pimples.**

**[Recipe for Moisturizing Oil](#)**



## **yarrow essential oil**

### **Essential oils for for acne:**

**Thyme, lemon and yarrow essential oils are germicidal and anti-inflammatory, and have a healing effect on acne. Mix 10 drops each of these oils with 8 ounces of witch hazel. Saturate a cotton ball and apply to the face, neck, chest or back three times daily to disinfect the skin and remove oil. Store in a dark glass bottle and shake well before using.**

**[Recipe for Night Gel](#)**



## **ylang-ylang essential oil**

### **Ylang-ylang oil for relaxation:**

**Possibly the most erotic aroma on earth, this sweet, tropical scent is a reported aphrodisiac. It calms the senses and relaxes the muscles.**

**[Recipe for Perfume](#)**



## **non-fat yogurt**

### **Oats, yogurt and fruit juice for skin tone:**

**Yogurt contains small amounts of lactic acid, which has a mild germicidal action and helps maintain the skin's pH balance.**

**[Recipe for Hand-Care Treatments](#)**



## **zinc-oxide powder**

### **Zinc-oxide powder to neutralize odor:**

**Zinc-oxide powder is obtained from the mineral zincite. The powder has a slightly greasy consistency and will make your homemade deodorant appear milky. It has excellent properties for neutralizing body odor, will not irritate the skin and is slightly antiseptic and astringent. Since it is not completely water soluble, the powder tends to separate from liquids over time. Make sure to shake the deodorant before use.**

### **Recipe for Herbal Deodorant**



**For educational purposes only. This information has not been evaluated by the Food and Drug Administration.**

**This information is not intended to diagnose, treat, cure, or prevent any disease.**

**General: As with all essential oils, never use them undiluted, in eyes or mucus membranes. Do not take internally unless working with a qualified and expert practitioner. Keep away from children. If applying an essential oil to your skin always perform a small patch test to an insensitive part of the body (after you have properly diluted the oil in an appropriate carrier.**