

Sweet Almond Lip Balm

Combine all ingredients except essential oil in a small sauce pan or double boiler. Melt, on low heat. Stir. Do not allow the ingredients to boil! Stir in essential oil. Pour immediately into small container. Allow to cool. Cap. (Use w/in a few months)

1 tsp shea butter
1 tsp grape seed oil
1 tsp beeswax
15 drops vitamin E oil or 1 capsule.
1 tsp almond extract.

Honey Vanilla Lip Balm

Combine all ingredients except essential oil in a small sauce pan or double boiler. Melt, on low heat. Stir. Do not allow the ingredients to boil! Stir in essential oil. Pour immediately into small container. Allow to cool. Cap. (Use w/in a few months)

1 tsp shea butter
1 tsp grape seed oil
1 tsp beeswax
1 tsp. honey
15 drops vitamin E oil or one capsule
15 drops vanilla essential oil

Mint Chocolate Chip Lip Balm

Combine all ingredients except essential oil in a small sauce pan or double boiler. Melt, on low heat. Stir. Do not allow the ingredients to boil! Stir in essential oil. Pour immediately into small container. Allow to cool. Cap.
(Use w/in a few months)

1 tsp cocoa butter
1 tsp coconut oil
1 tsp grape seed oil
6 organic chocolate chips
15 drops vitamin E oil, or 1 capsule
15 drops peppermint essential oil

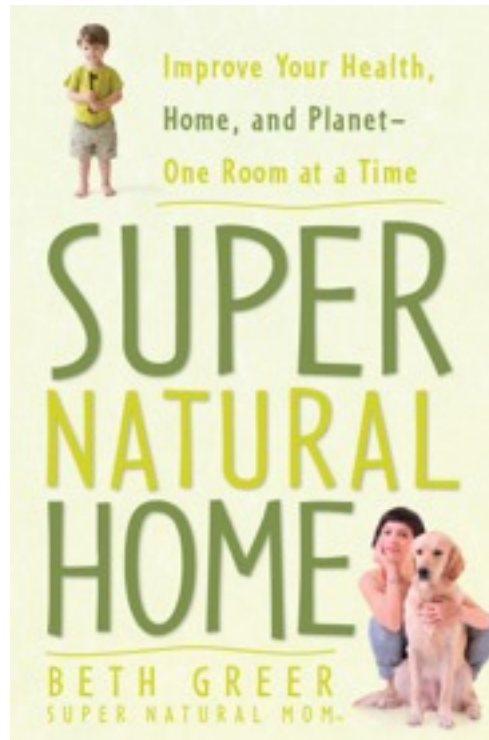
Coffee/Sugar Facial or Body Scrub

Make coffee using 8 T espresso + 1 3/4 cup water.
Use grounds after they are warm to touch (drink or discard the liquid coffee)

Per serving:

- 1 Tbsn coconut oil
- 1/2 Tbsn grounds
- 1 tspn sugar
- 1 drop of orange, lemon or mint essential oil

Apply to face and rinse off.
For body scrub use coarser coffee grounds for more exfoliation.



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Beth's Bodyworks

Products from your kitchen to use in your beauty routine

- Lemon juice to brighten yellowing nails. Soak cotton ball; dab on
- Champagne to brighten blonde highlights. Pour on hair, let saturate a few minutes, rinse.
- Strawberries to whiten teeth.
Mix = parts mashed strawberries w baking soda. Spoon in mouth guard/tooth tray; leave in 20-30 mins
- Potatoes to reduce eye puffiness & swelling. Cut a potato slice, chill in fridge, apply to under eye area to reduce eye bags and dark circles.
- Banana as shaving cream. Mash banana, add a little water, apply.

Natural Bug Spray

- 60 drops Eucalyptus essential oil
- 15 drops Rose Geranium
- 15 drops Lavender
- 15 drop Peppermint

Mix oils in 4 oz spray bottle.

Add 1 Tbsn vodka (or vinegar)

Swirl together

Fill bottle w water and shake well.

Apply often!

Salt Body Scrub

- Pour 1/2 cup almond or grape seed oil into a wide mouth 12 oz container.
- Add approx 60 drops of your favorite essential oil
- Examples: 20 drops peppermint + 15 drops lavender, + 8 drops rosemary
- Stir
- Add 1 cup Epsom salt or sea salt
- Stir and cover.

12 Ingredients to Avoid in Personal Care Products

- * Antibacterials
- * Coal tar colors: FD&C Blue 1, Green 3
- * Diethanolamine (DEA)
- * 1,4-Dioxane
- * Formaldehyde from quaternium 15
- * Fragrance
- * Hydroquinone
- * Mercury and lead
- * Nanoparticles
- * Methyl-, propyl-, butyl- and ethyl parabens
- * Petroleum distillates
- * Phenylenediamine (PPD)

Beth Greer, Super Natural Mom

Beth is a green, holistic health coach and one of the foremost experts on sustainable and toxin-free living. She is an award-winning journalist, healthy home specialist, Huffington Post columnist, and author of the best-selling book, *Super Natural Home*, endorsed by Deepak Chopra, Ralph Nader, Dr. Joseph Mercola, among others.

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