

Healthy Spa Recipes

Making your own cosmetics is not only a fun and rewarding experience; it is also a great way to save money and contribute to an Earth-friendly environment. Homemade cosmetics can be placed in recycled containers. They do not contain harmful chemicals or preservatives, which are often used in commercial products. You can develop them to suit your own skin care needs. Homemade cosmetics also make great gifts for Christmas and other special occasions.

Honey Tonic

- Apply 1-2 drops of honey onto a wet palm and massage onto face. Do not rinse. Pat dry. The secret is to use only 1-2 drops, on a very wet palm, and pat delicately onto your skin.

Honey and Almond Hand Treatment

Works great for dry skin. *Note: This recipe needs to be made on a stove.*

- 2 ounces of honey
- 4 ounces of lanolin
- 2 ounces of almond oil.

Melt the honey in a double boiler. Add the lanolin and mix thoroughly. Remove from heat and let cool. When cooled, add the almond oil, stirring well.

Wrinkle Cream

Note: This recipes needs to be made on a stove.

- 1 tablespoon of lanolin
- 2 teaspoons of sweet almond oil
- 2 teaspoons of water
- 2 teaspoons of cod liver oil.

In a double boiler, melt the lanolin with the almond oil. Add the water, then remove from heat and allow the mixture to cool. Add the cod liver oil. Apply gently to the face.

Eye Makeup Remover

- 1 tbsp castor oil
- 1 tbsp light olive oil
- 2 tsp. Canola oil

Blend the above ingredients together. Apply with tissue or cotton ball to remove makeup around the eyes.

Coffee Body Scrub

- 2 cups of coarsely ground coffee
- 1/2 cup raw sugar or sea salt
- 2-3 T massage oil

Mix all ingredients together. Take a hot shower to moisten your skin and open your pores. Using wide, circular motions, rub the coffee exfoliant onto your skin with strong, even pressure. Shower off, pat skin dry, and apply a thin layer of your favorite body lotion. For a milder scrub, substitute white sugar for the raw sugar or sea salt.

Pine Toner

- 2 cup fresh pine needles
- 1 cup distilled water
- 1/2 cup witch hazel

Place pine needles in small saucepan with distilled water. Bring water to boil. Allow water to cool completely then remove pine needles. Pine needles can be thrown away. Add witch hazel and stir well. Pour into a clean bottle or other container. Apply to skin with a cotton ball. Store in a cool dark place.

Lemon Toner

- 1/2 cup lemon juice
- 1 cup distilled water
- 2/3 cup witch hazel

Blend the above ingredients together. Apply with tissue or cotton ball.

Lavender and Rose Wash Balls

2x5 oz bars plain Castile soap, finely grated
8 fl oz rose or lavender water
5 drops lavender essential oil
5 drops rose essential oil

Heat 3 fl oz of the rose or lavender water and pour it over the soap. Let it stand for about ten minutes. Mix well and then incorporate the rose and lavender oils. Leave to harden for two days. Then make the mixture into small balls, each one about the size of a table tennis ball or slightly smaller, and leave to dry in a dry airy place. When the wash balls have completely hardened, you can polish them with cloth moistened with the rest of the rose or lavender water, or alternatively wet your hands with the rose or lavender water and rub the balls between your hands. Allow to dry out.

Strawberry Hand and Foot Exfoliant

Note that this product should be used shortly after making and kept refrigerated since it contains ingredients that spoil.

- 8-10 strawberries
- 2 tablespoons apricot oil (you may substitute olive oil)
- 1 teaspoon of coarse salt, such as kosher salt, or sea salt

Mix together all ingredients, massage into hands and feet, rinse, and pat dry. Strawberries contain a natural fruit acid, which aids in exfoliation.

Avocado Carrot Cream Mask

This mask combines avocados, which are rich in Vitamin E, with carrots, which are high in beta carotene and antioxidants, and cream, which is high in calcium and protein. These ingredients will rebuild skin collagen, improve tone and texture, and fade age spots. Note that this product should be used shortly after making and kept refrigerated since it contains ingredients that spoil.

- 1 avocado, mashed
- 1 carrot, cooked and mashed
- 1/2 cup heavy cream
- 1 egg, beaten
- 3 tablespoons honey

Combine all ingredients in a bowl until smooth. Spread gently over your face and neck, and leave in place 10-15 minutes. Rinse with cool water and follow with your favorite toner.

Lip Balm *Note: This recipes needs to be made on a stove.*

- 3 tsp. grated unbleached beeswax
- 5 tsp. carrier oil (sunflower, castor, or jojoba)
- 6 or 7 drops essential oil (such as lime, lemon, tangerine, grapefruit, or peppermint)
- 1 tsp. honey, for flavor

Melt the beeswax and carrier oil together in the top of a double boiler, stirring to combine. Remove from heat; add honey and essential oil. Mix thoroughly so the honey does not clump. To add a little color, stir in a tiny dab of non-toxic lipstick. Pour the mixture into containers; let sit 20 minutes before covering or moving. For glossier lip balm, use 2 teaspoons wax and 8 teaspoons carrier oil.

Lemon Verbena Bubbles

- 12 oz pure soap flakes
- 3/4 pint spring water
- 1/4 fl oz lemon verbena essential oil
- 1 fl oz vodka
- 2 fl oz glycerin

Heat the water and dissolve the soap flakes in it. In another container, mix the essential oil with the glycerin and vodka. Combine these two mixtures and add a drop of yellow or green food coloring if you wish. Store in a wide-mouthed jar with a sealed lid.

Chocolate Facial Mask

This decadent mask is actually an excellent moisturizer—it leaves your skin baby soft. Recommended for normal skin. Note that this product should be used shortly after making and kept refrigerated since it contains ingredients that spoil.

- 1/3 cup cocoa
- 3 tbsps. heavy cream
- 2 tsp. cottage cheese
- 1/4 cup honey
- 3 tsp. oatmeal powder

Mix all ingredients together and smooth onto face. Relax for ten 10 minutes, then wash off with warm water.

Orange Ginger Warming Foot Scrub

This warming foot scrub is great for the winter, and leaves your feet feeling soft and relaxed.

- 1/4 cup sugar (white or brown)
- 1/4 cup sweet almond oil
- 6 drops orange essential oil
- 2 drops ginger essential oil
- 2 teaspoons cayenne pepper

In a plastic bowl, mix together the sugar and oil. Add the essential oil and stir. Add the cayenne pepper last and stir well to mix. To use, sit comfortably in the tub or over a pan of water and/or a large towel to catch the sugar scrub as

it is applied. Scoop up a handful of the scrub for each foot and massage vigorously yet with care over heels, ankles, toes, arches and the balls of your feet. Be sure to scrub any rough areas especially well. (*Don't forget to rinse the tub well—you don't want to take bath in cayenne pepper!*)

Grapefruit Sugar Scrub

- 1-1/2 cups white table sugar
- 8 drops grapefruit essential oil
- 2 drops red food coloring (optional)
- 1/4 cup jojoba oil
- 1/4 cup liquid castile soap

Place sugar into a large bowl and stir to break up any clumps. Add the essential oil. Add one or two drops of red food coloring if you'd like it pink. Mix very well to make sure the color is evenly dispersed. Add the jojoba oil and castile soap next, a little at a time, stirring after each addition. Mix well and then pour into clean container. To use, stand in the tub or shower and massage the sugar scrub onto your skin from head to toe. Rinse.

Softening Body Oil

Before taking a shower, brush your skin gently. This exfoliating will stimulate blood circulation and aid in skin absorption. For best absorption, apply the body oil while your skin is still moist. This combination is ideal for skin that has been exposed to too much sun or for extra dry areas, such as heels and elbows.

- 1 cup (237 ml) sweet almond oil
- 1/2 cup (118 ml) jojoba or hazelnut oil (or combination of the two)
- 2 tablespoons (30 ml) apricot kernel oil
- Essential oil (optional)

Combine the oils in a sealed bottle and gently turn it several times to mix. Apply as needed.

Orange Blossom Bath Salts

8 oz baking soda

1 lb coarse sea salt

1/2 fl oz neroli (orange blossom) essential oil

Stir together the baking soda and sea salt, then add the essential oil and store in a sealed jar. Food coloring may be added if you wish. Use three tablespoons per bath.

Chocolate Bubble Bath

Note: This recipe needs to be made on a stove. This product should be used shortly after making and kept refrigerated since it contains ingredients that spoil.

- 1 cup of unscented bubble bath
- 1/3 cup of unsweetened soy milk
- 3 oz. of grated or powdered dark chocolate

Heat the soy milk and add in the grated or powdered chocolate. Stir well until melted and blended, but do not boil. Allow to cool. Mix well again just before adding to your bath.

Or, try this:

- 1 cup of fragrance free bubble bath
- 1/2 cup of dried milk powder or soy milk
- 3 oz. of powdered unsweetened chocolate

Mix the powdered milk and chocolate well, until blended. Stir into bubble bath until well mixed. Add to your bath in the amount desired.

Bubble Baths

You can make a variety of bubble baths using different essential oil combinations. Use this basic formula and add oils as listed below to customize:

1 quart of distilled water

1 bar of castile soap. (4 oz. Bar)

4 ounces liquid glycerin

Directions: mix the water, soap and glycerin together and stir. Now add your essential oils to the mixture.

Sweet Dreams Bubble Bath

This bubble bath has lavender and patchouli oils to relax you before bedtime. Use soft music and lighted candles in your bathroom for a soothing effect. Add to basic recipe above:

6 drops of lavender oil

3 drops of patchouli oil

Cold Season Bubble Bath

This bubble bath will help you breathe easier, with eucalyptus oil to ease the cold congestion. This is perfect for the cold season. Add to basic recipe above:

- 6 drops of eucalyptus oil
- 3 drops of spearmint oil
- 3 drops of peppermint oil

Pure Sunshine Bubble Bath

This citrusy bubble bath will cheer you up and energize you. Perfect for a morning bath or use after exercising. Add to basic recipe above:

- 6 drops of orange oil
- 4 drops of grapefruit oil
- 3 drops of lemon oil

Love Potion Bubble Bath

This bubble bath will put you in a romantic mood. All of the ingredients are considered known aphrodisiac – so look out! Add to basic recipe above:

- 6 drops jasmine oil
- 3 drops rose oil
- 3 drops vanilla oil
- 6 drops ylang ylang oil