



PROJECT CARD

Homemade Health & Beauty



Important Note: These recipes may or may not work for your particular needs. Please review each recipe and decide if you want to give it a try.

1 BASIC SUGAR SCRUB

What you'll need . . .

- » ½ cup sugar (white or brown, preferably organic)
- » ½ cup oil (olive or coconut work great)
- » **Optional: Essential oils of your choice**

Mix all ingredients and store in an air tight jar. Use 1 Tablespoon as needed in the shower. Scrub skin with the mixture and rinse well. It will leave your skin feeling like silk.

2 PUMPKIN PIE SUGAR SCRUB

What you'll need . . .

- » 1 cup brown sugar
- » ½ cup coconut oil
- » ½ tsp. Vitamin E oil
- » ½ tsp. pumpkin pie spice

Mix all ingredients and store in an air tight jar. Use 1 Tablespoon as needed in the shower. Scrub skin with the mixture and rinse well. It will leave your skin feeling like silk.

3 VANILLA BROWN SUGAR SCRUB

What you'll need . . .

- » 1 cup brown sugar,
- » ½ cup almond oil
- » ½ tsp. Vitamin E oil
- » 1 tsp. real vanilla extract

Mix all ingredients and store in an air tight jar. Use 1 Tablespoon as needed in the shower. Scrub skin with the mixture and rinse well. It will leave your skin feeling like silk.

4 HOMEMADE SPRAY CLEANER

What you'll need . . .

- » 1 cup white vinegar
- » 1 cup water

Mix in a spray bottle.

5

HOMEMADE GLASS CLEANER

Mix in a spray bottle.

What you'll need . . .

- » 1 cup rubbing alcohol
- » 1 Tbsp. white vinegar
- » 1 cup water

6

STRONG GLASS CLEANER

Mix in a spray bottle.

What you'll need . . .

- » 1 cup rubbing alcohol
- » 1 Tbsp. clear, non-sudsing ammonia
- » 1 cup water

7

STRONG ALL-PURPOSE CLEANER

Mix in a spray bottle.

What you'll need . . .

- » 1 Tbsp. clear, non-sudsing ammonia
- » 1 Tbsp. clear dishwashing liquid
- » 2 cups water

8

HOMEMADE FURNITURE POLISH

Using funnel, pour olive oil, vinegar and lemon oil into bottle. Shake well to emulsify. Squirt polish onto microfiber cloth and run onto finished-wood furniture. Always go with the grain and evenly distribute polish. Remove any excess polish with a clean cloth.

What you'll need . . .

- » 2 Tbsp. olive oil
- » 1/4 tsp lemon oil (or fresh lemon juice)
- » 1/4 cup distilled white vinegar

9

DRY SHAMPOO

Put the drops of essential oil into the arrowroot or cornstarch and mix with a spoon. Store the mix in a small jar or old powder container. Apply with an old make-up brush to the roots or oily parts of your hair. Applying with the brush is optional, but it removes the need to comb through as much and is better for styled hair. If you don't use the brush, comb the powder through your hair and style as usual.

What you'll need . . .

- » 1/4 cup arrowroot powder or organic cornstarch
- » 2 Tbsp. cocoa powder
- » 5 drops essential oil (your choice)
- » 2 Tbsp. arrowroot or cornstarch and

10

SHEA BUTTER DEODORANT

What you'll need . . .

- » 3 Tbsp. coconut oil
- » 2 Tbsp. Baking soda
- » 2 Tbsp. Shea Butter
- » 2 Tbsp. Arrowroot or organic cornstarch
- » Essential oil if desired

Melt shea butter and coconut oil in double boiler over medium heat until barely melted. Remove from heat and add baking soda and arrowroot. Mix well. Add essential oils and pour into glass container for storage. It does not need to be stored in the fridge. If you prefer, you can let it cool completely and put into an old deodorant stick for easier use. It may melt in the summer!

11

LEMON CASTILE GROUT CLEANER

What you'll need . . .

- » 1 cup baking soda
- » 1/2 cup 3% hydrogen peroxide
- » 1 tsp. liquid castile soap
- » 40 drops lemon essential oil

To a small bowl or jar, add all ingredients and stir to combine. Using a spoon, drizzle cleaner onto grout lines and let sit for 30 minutes. Use a sponge or rag to wipe away cleaner from lightly soiled area. For tougher stains use a toothbrush to scrub grout, then wipe away. Use a wet sponge to clean off any residue.

Note: While hydrogen peroxide is safe to use, it can sting cuts. Inhaling large amounts can also irritate the lungs. Wear gloves and a mask when handling.

Sources: allyou.com, cleaneating.com, HGTV.com, Wellness Mama Blog