

DIY Natural Cosmetics

Why make your own cosmetics? So you know what goes into them! Keep in mind your skin is an organ that absorbs what you put on it. Making your own products (from lip balm to deodorant to mouthwash to toilet cleaner) is also a great way to reduce waste – you'll buy many of the ingredients in bulk, or you may already have them at home, and you can reuse your containers. Going natural with your beauty, hygiene and home products is great for your health AND the environment!

- **Dry shampoo** is probably the easiest and most useful thing you could make.

For dark hair:

1 cup corn starch or arrowroot powder

½ cup cocoa powder

Store in a mason jar and apply with a clean blush brush at your roots, swirling in. Brush your hair and you're good to go! **For blonde hair**, omit the cocoa powder and add in a little ground ginger root. **Red hair**: use a mix of ground ginger and ground cinnamon to color. For white hair: just use corn starch!

- **Mascara** is a great thing to make because once you acquire the ingredients, you can make it for a lifetime! Consider going in on the stuff you'll need with a friend and making it together. Here are two recipes to try:

DIY Natural Homemade Mascara from <https://www.thankyourbody.com/all-natural-homemade-mascara/>

2 coconut oil

4 tsp aloe vera gel

½ - 1 tsp bees wax pellet

1-2 capsules of activated charcoal (for black) or cocoa powder (for brown)

A clean mascara container

Due to temperate differences you may want to add more beeswax to give more “hold” to your mascara. Keep in mind that coconut oil is a liquid above 75 degrees. I'd increase the beeswax to ¾ or even 1 tsp if it's really warm where you live... or if you want more of a “waterproof” mascara.

Activated charcoal can be found in most health food stores or online (and can be bought in bulk). This is *not* the same stuff you use to get your grill going, okay? Also, some people have mentioned that activated charcoal might not be good to use close to your eyes. If you're worried, go with the cocoa powder to be safe.

Directions:

1. Put coconut oil, aloe vera gel, and grated bees wax in a small saucepan over low heat. Stir until beeswax is completely melted.
2. Open 1-2 capsules of activated charcoal (depending on desired color, about ¼ - ½ tsp) and pour into oil mixture. Stir until completely incorporated. Remove from heat.
3. Pour into a small plastic bag, pushing the mixture down to one corner. Then cut a very small hole in the opposite corner of the bag.
4. Fold the corner with the cut hole until you have a small tip that you can push into the empty mascara tube. (It's much easier if you have an extra set of hands nearby to hold the tube in place!) Make sure the tip goes far enough into the tube or you'll have a big mess on your hands!
5. Keep the small-hole-end securely in the tube (or get your helper to hold it in place). Begin pressing the mascara mixture toward the tube. Don't move too quickly or it will come out and you'll have a mess to deal with. (I highly recommend doing this with a paper towel or napkin underneath.) Keep moving the mixture into the tube until it's all in.
6. Place the inner cap in place and then twist the wand on tightly. Voila! Homemade mascara!

DIY Natural Mascara from <https://wellnessmama.com/24899/natural-mascara-recipe>

¼ tsp black mineral powder
¼ tsp bentonite clay
1/8 tsp (about 4 drops) vegetable glycerine
¼ tsp (plus more if needed) aloe vera gel
5 drops lavender essential oil

What to Do:

1. Mix all ingredients in a very small bowl until completely smooth.
2. Add more aloe vera gel if needed to get a smooth consistency.
3. Carefully scoop into the medicine dropper with a spatula and slowly squirt into the mascara container (or jar)
4. Alternately, you can add the ingredients directly to the mascara tube and mix with the mascara brush, though it takes a while of mixing to get the ingredients smooth inside the tube.
5. Use as you would regular mascara.
6. To remove: Use a washcloth with warm water or use olive oil as a natural eye makeup remover.
- 7.

BONUS TIP: dust lashes with arrowroot powder or organic cornstarch first to thicken and lengthen even more. This works with a lash curler but I've found it is better to curl first, so they don't clump.

- **Lip Balm** is a great one to give as gifts!

Try this Homemade Natural Lip Balm from <https://www.diynatural.com/homemade-lip-balm-recipe/>

YIELD 8 - 1/2 OZ. TUBES

The wax you use varies in hardness, so you may need to remelt your finished product to discover your preferred texture. Add a bit more wax to make it harder or a bit more oil to make it softer.

Ingredients

- ¼ cup oil (like sweet almond, coconut, or grapeseed)
- ¼ cup butter (like shea, cocoa, or mango)
- enough wax to make ¾ cup total lip balm mixture (like beeswax or soy wax)
- several drops essential oil, for flavor
- *optional* - 1 teaspoon powdered herbs for color, such as beetroot powder or alkanet root powder

Instructions

1. Measure your oil and butter into a heatproof glass measuring cup. Microwave a minute or two until melted. (You can also melt the mixture by setting the glass measuring cup in a pan of gently boiling water - like a makeshift double boiler.)
2. Add enough wax to make a total of ¾ cup. Melt this in the microwave or the makeshift double boiler. The glass measuring cup will get very hot, so be extra careful when handling.
3. Take a stainless steel spoon and mix everything together. Pull the spoon out and wait a few minutes until what's left on the spoon hardens. Test this to see if it's hard or soft enough for your liking. Make your adjustments now (adding more oil if you want it softer, or more wax if you like it harder).
4. **Optional Step:** When the consistency is where you want it, add a few drops of an essential oil like peppermint or grapefruit. (One year for Christmas, I made lip balms in chocolate and orange. I melted some dark chocolate into it and added some orange essential oil.) You can color your homemade lip balm by adding small amounts of powdered herbs such as beetroot powder. Stir it in well so that there are no lumps.
5. Carefully pour into lip balm tubes or tins. You can clean and reuse old ones or buy new ones.

Where to Buy Natural Ingredients:

1. Sno-Isle Food Co-op, 2804 Grand Ave, has shea butter and other items in bulk
2. Mountainroseherbs.com (Essential oils, butters, carrier oils, herbs)
3. PackageFreeShop.com (tons of natural and zero waste products, plus you can reuse their containers)