

Natural Beauty Recipes for VISTA Volunteers



“When you’re on a budget, Find
beauty in your Kitchen Cupboards”

Created by MyBeautyRecipes.com

Lip Balms

When you're on a budget, everything is expensive.

These natural lip balms will keep your lips smooth, soft, and kissable.

Basic Lip Balm Recipe

- 1/2 ounce beeswax beads
- 4 ounces sweet almond oil
- 1 teaspoon colored jojoba beads
- 2 teaspoons essential oil

Put the 4 ounces of sweet almond oil in glass measuring cup, add beeswax beads and jojoba beads and melt in microwave. Stir with spoon. Let it cool for a few minutes, then add essential oil. Pour into lip balm jars.

Aloe Vera Lip Gloss Recipe

Homemade Recipe for lip gloss made with Aloe Vera that will leave your lips soft and moisturized.

Ingredients

- 1 tsp. Aloe Vera gel
- 1/2 tsp. coconut oil
- 1 tsp. petroleum jelly

Combine the ingredients in a small glass bowl until well mixed. Heat for about 2 minutes in the microwave. Stir and pour into a small container. Let cool completely before use.

Create a Day Spa in your Home. No Appointment Necessary.

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Facials

It only makes sense to use the ingredients provided by nature to have natural beauty. You won't find chemicals or artificial ingredients in these recipes.

Moisturizing Honey Mask

Ingredients

- 2 tbsp of honey
- 2 tsp of warm milk

Mix the honey with the warm milk. Apply all over your face. Let it soak in for 10 minutes. Rinse with plenty of warm water.

Homemade Facial Night Cream Recipe

Nourish your skin with this facial night cream after a long day.

Ingredients

- 3 tablespoons lanolin
- 1 tablespoon sunflower oil
- 1 tablespoon almond oil
- 1 teaspoon oil of lavender

Melt the lanolin in a double boiler or in a bowl over a pot of boiling water.

Add the sunflower and almond oil. Beat well to combine.

Remove from the heat and let it cool.

Beat as the mixture thickens, then stir in the oil of lavender.

Pour into a small jar and cool completely before closing the lid.

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Avocado Banana Facial Mask

Homemade Recipe for a Nourishing and Moisturizing Facial Mask for Dry Skin

Ingredients

- 1/2 overripe banana, mashed
- 1/2 overripe avocado, mashed
- 2 tbsp plain yogurt (not nonfat)
- 1 tsp olive oil

Combine ingredients and mix well. Apply to clean face and neck. Leave on for 20 to 30 min. Rinse with plenty of warm water.



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Lotions

Use these recipes with natural oils and vitamins to moisturize your dry skin.

Homemade Lotion Recipe for Dry Skin

Homemade lotion recipe for a body lotion that's perfect for dry skin.

Ingredients

- 3/4 cup of almond oil
- 1/3 cup of coconut oil or cocoa butter
- 1 teaspoon lanolin
- 1/2 oz grated beeswax
- 2/3 cup rosewater
- 1/3 cup aloe vera gel
- 1 to 2 drops rose oil
- 1 vitamin E capsule

Melt almond oil, coconut oil, lanolin and beeswax over low heat. Mix well and let cool.

Mix rosewater, aloe vera gel and rose oil. Add the contents of the vitamin E capsule. Whip this mixture into the beeswax mixture until well blended. Store in a jar with a tight lid.

Aloe Vera Lotion

- 1 cup aloe vera gel
- 1 teaspoon lanolin
- 1 teaspoon Vitamin E oil
- 1/3 cup coconut oil
- 1/2 to 3/4 ounce beeswax
- 3/4 cup almond oil
- 1 1/2 teaspoons essential oil

Use a blender to mix the aloe vera gel, lanolin, & vitamin E oil. Microwave coconut oil & beeswax in a glass container on high 30 seconds, and stir. Repeat heating in 10-second blocks until fully melted. Stir in almond oil, reheating if necessary. Run blender or processor at low to medium speed, then pour in melted oils in thin stream. As the oil is blended in, the cream will turn white and blender's motor will start to grind. As soon as melted oils are added and you've achieved mayonnaise-like consistency, stop the blender, add essential oil and pulse-blend. Do not over blend. Transfer cream to glass jars while still warm - the lotion will thicken quickly.

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Hair Care

After being in the sea, your hair can feel like sea weed.

Natural Shampoo

- 1 oz. Olive oil
- 1 egg
- 1 Tablespoon lemon juice
- 1 teaspoon apple cider vinegar.

Combine all ingredients in a blender. Blend until well combined. Use like regular shampoo. Discard any leftovers.



Natural Conditioner

- 1 egg yolk
- 1/2 tsp olive oil
- 3/4 cup lukewarm water

Beat the egg yolk until it's thick and white. Add the oil and mix well. Then add the water into the egg mixture and mix well. Massage into clean, damp hair. Rinse with plenty of warm water after about 10 minutes.

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