


Fruity Beauty **RECIPE** **BOOK**



PROTECT YOUR HEALTH BY AVOIDING HARMFUL CHEMICALS IN
CONVENTIONAL CONSUMER PRODUCTS

BODY CARE // HYGIENE // CLEANING

**MAKE YOUR OWN HEALTHY
ORGANIC ALTERNATIVES**



Women's
Environmental
Network



FRUITY

Beauty



All Natural Recipe Book

The human desire to look, smell and feel good is one of our oldest and most ingrained. For centuries, people have been using cosmetics to enhance and alter their appearance. However, these days, a lot of the products we put on our bodies may actually be causing more harm than good. What we put on the body can have as large an effect on our health as what we put into it.

The majority of modern cosmetics are complex mixtures of industrially produced synthetic chemicals. Individually, these cosmetic products contain very small amounts of chemical ingredients- it is the cumulative and combined effect of applying these ingredients that gives cause for concern. Some commonly used chemicals can trigger allergic reactions or chemical

sensitivity. Some are suspected hormone disruptors and may affect immune and nervous systems. Others have been linked to birth defects, male infertility and the early onset of puberty in girls. Without being a trained, professional chemist, it can be very difficult to identify harmful chemicals in products. The ingredient list on the back of the bottle is usually full of long, unrecognisable words that mean very little to most of us.



At the Women's Environmental Network, we believe that the best way to avoid harmful chemicals in cosmetics and everyday products is to make your own alternatives using all natural, organic ingredients.

In this book, you'll find recipes to make your own skincare, haircare and household cleaning products, which are made using all natural ingredients. These recipes are designed to provide you with a guideline for creating your own healthy alternatives to the products you use everyday. Feel free to experiment with different essential oils, base oils and other ingredients to create customised products that work specifically for you and your body.



WHAT CAN

YOU DO?

Still concerned about the harmful effects these products are having on your health?

Here are some tips for other ways to ensure you are staying healthy ••••••••

Never mix cosmetics- such as remnants of your old shampoo- as they may not be made to be mixed with other chemicals, and could cause your skin to have a negative reaction.

Never allow cosmetics to exceed their sell by date- if there is not one listed it means the product has been formulated to have a minimum shelf life of 30 minutes.

Wear less makeup!

Try to avoid products in unnecessary packaging.

Caution!

Before you apply anything to your skin liberally, do a patch test to make sure that you aren't allergic to the ingredients. When using essential oils, it is advisable to check whether they are suitable for use directly on the skin. Many need to be diluted with a base oil before being applied.

ESSENTIAL OILS



Essential oils have a wide range of health, skincare and haircare benefits and are great to incorporate into your beauty recipes. Below are some recommendations of oils which are especially useful, and the different benefits of each. If you are pregnant or nursing it is recommended that you consult a doctor before using any essential oil on your skin as some could be harmful to you and your baby.

Carrot Seed Oil

This oil is full of antioxidants which can help repair damaged or dry skin by helping cell regeneration, as well as combating dullness. It is also suitable for use on oily skin.

Frankincense Oil



Frankincense oil has very good antibacterial and anti-inflammatory benefits and as such is great to use on oily or breakout prone skin. It can also promote cell growth and will help to tighten skin and fade scars. It is a good choice to include in a daytime moisturising oil blend as it is a natural toner, helping to minimise the appearance of pores.



Essential oils are incredibly strong and therefore should not be used directly on the skin. Instead, blend with a carrier oil of your choice (such as hemp seed oil, jojoba oil, avocado oil or castor oil) before use. They should be blended to a maximum dilution of 5% (equal to one drop of essential oil per 1 ml of carrier oil).

Geranium Oil



Geranium oil is good for balancing sebum production in oily skin and its anti-inflammatory properties are especially useful if your skin is also prone to breakouts. It also has excellent healing properties and can be used to treat bruises, minor cuts and grazes, minor burns and eczema.

Myrrh Oil

Myrrh oil is a great for more mature skin, as over time it can improve skin elasticity and firmness, as well as providing effective relief for sun damage, dry or chapped skin and rashes.

Rosemary Oil



Rosemary oil is a natural antiseptic and has anti-inflammatory and astringent properties. It is good for healing acne and can also be added to any body skincare recipes as it is effective at boosting circulation and its uplifting scent is very invigorating. Massaging the scalp with rosemary oil can stimulate follicles, help with dandruff and could even slow down premature hair loss and greying. Be careful if you have high blood pressure, Crohn's disease or ulcers as rosemary oil is not suitable for you.

Tea Tree Oil

Tea tree oil is one of the most well known essential oils and is primarily used to treat acne breakouts on the skin due to its strong antibacterial properties. Unlike other essential oils, tea tree oil can be directly applied to skin provided it is in small amounts and concentrated on the site of the breakout.



Basil Oil

Basil oil can be used on the skin and hair to combat dullness and be added to moisturiser and scrub recipes to energise and boost circulation. It is also very effective at relieving itching from an insect bite or a bee sting.

Ylang ylang oil

This oil has a strong floral fragrance and can be used to scent any DIY beauty recipe. It is also especially good for use in a facial oil blend for acne-prone and oily skin for its antiseptic and anti-inflammatory properties and also due to its ability to regulate oil production.

Neroli Oil

Neroli oil is a great oil for use on more mature skins and helps with improving skin firmness and tone. It contains the chemical citral which promotes cell regeneration, making neroli oil also suitable for use on scars and stretch marks. It is also a natural toner and can be used to minimise the appearance of pores on the face.

For more information on the uses of essential oils, recommended quantities and suitable carrier oils, visit the Neal's Yard website:

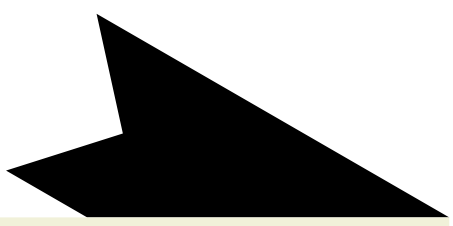
www.nealsyardremedies.com

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≡≡≡ MOISTURISERS ≡≡≡


GRAPEFRUIT AND COCONUT OIL BODY MOISTURISER



2 tbsp shea butter
4 tbsp coconut oil

2 tbsp avocado oil
2 tbsp olive oil


10 drops essential oils
(we love refreshing grapefruit!)



Mix all the ingredients together in the order they are listed, then store in a sealed container - simple! Coconut oil and shea butter are solid at room temperature but still maleable. To make them even easier to mix, put the amount you need in a glass jar then pop that into a few inches of boiling water to melt the oils a little. Shea butter and coconut oil have high comedogenic ratings (see next page) so avoid using this on your face, but it's perfect for the rest of your body! We chose grapefruit for its summery smell and energising properties, but use whichever oil you like! To make a gorgeous foot cream, use a mixture of peppermint and teatree oil.

NO COCONUT BODY BUTTER

If you have very sensitive skin, very oily skin or suffer from acne, coconut oil might not be for you! Try this coconut-free recipe instead...



8 tbsp shea butter

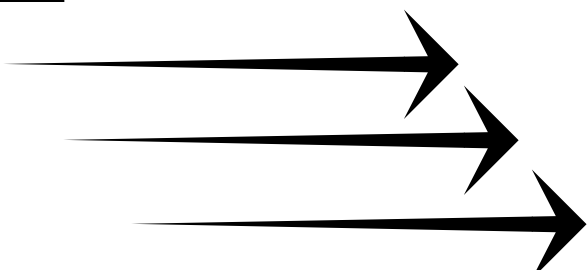
2 tbsp avocado, apricot, jojoba or
sweet almond oil (nourishing oils)

15 drops lavender essential oil
10 drops rosemary essential oil



Melt shea butter in a saucepan over a low heat. Add in the 2 tbsp nourishing oil and mix. Chill the mixture in the freezer for 15-20 minutes until solid (but not too hard!) Add in the essential oils and whip until soft and buttery. You can use an electric whisk or do it by hand – think of it as a workout! Store at room temperature.

TURN OVER TO FIND OUT ABOUT
WHAT DIFFERENT OILS
DO FOR YOUR SKIN...





OILS & SKINCARE



There are several oils which can be used to moisturise the skin, either on their own or combined in an oil blend. Here are some useful examples:

Jojoba oil

Comedogenic Rating: 2

This lightweight oil is suitable for all skin types, though it works best for those with combination or oily skin. It is very similar to sebum, the skin's natural lubricant, which regulates how much oil the skin produces naturally. Jojoba oil is also an excellent carrier oil (for mixing with other exciting things!)

Rosehip oil

Comedogenic Rating: 1

This oil is great for healing scar tissue as it is rich in Omega-3 and Omega-6 essential fatty acids and Vitamin C, so try it on stretchmarks! It is also high in retinoic acid, which can help reduce the appearance of wrinkles and brighten the skin.

Hemp Seed Oil

Comedogenic Rating: 0

Hemp seed oil has a low comedogenic rating, which means it does not clog pores! Perfect for use on the face, and also has effective anti-inflammatory properties. It is also believed to contain the ideal ratio of Omega 3 to Omega 6 essential fatty acids, allowing it to sink into the skin well. Take care to store hemp seed oil in the fridge or freezer as it will spoil if left at room temperature. It works best when mixed into a carrier oil, such as jojoba or castor oil.

Almond Oil

Comedogenic Rating: 2

Almond oil is rich and indulgent. Use it on dry skin for deep moisturising. You probably won't need to use it every day, so alternate with a lighter oil.

Comedogenic Ratings

The comedogenic rating is a measure of how pore-clogging an oil is. The lower the rating, the less pore clogging the oil will be and the more suitable it is for use on the face. The scale goes from 0 (low) to 5 (high). These ratings are easy to find online or you can ask in health food shops.



SCRUBS & EXFOLIANTS

Exfoliation - removing dead skin cells from the surface of the skin - has been used in skincare for thousands of years. Recently however, cosmetic companies have begun using synthetic exfoliants, called 'microbeads', in face and body scrubs. Not only are these little plastic particles bad for your skin and overall health, they are also too small for waste water treatment to catch, so they flow straight from your shower to the sewer and out into the sea. Microbeads are disastrous for marine life, contributing to the plastic soup in our oceans and even ending up in the food chain. Because they don't biodegrade, microbeads in the sea can end up in the fish we eat. Nasty, right? These recipes for homemade scrubs are totally microbead free, good for your health and the planet, and, most importantly, gorgeous. Make sure you use all organic ingredients!

VANILLA CHAI SUGAR BODY SCRUB

5 chai tea bags
80g each brown & white sugar

Half tsp ground cinnamon
6 tbsp coconut oil

1 tsp wild/local honey
2 tsp vanilla extract

Tear open the tea bags and mix the contents with the sugar and cinnamon. Then add the coconut oil, honey and vanilla extract and mix well. Use with warm water in the shower or bath on any part of the body to leave skin glowing and soft. Store in a sealed jar and keep for up to 12 months. Enjoy!



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Fruity Beauty Recipes



ALMOND OATMEAL FACE SCRUB

2 tbsp ground almonds
4 tbsp oatmeal

1 tbsp corn starch
1 tbsp loose leaf chamomile tea

2 tsp sweet almond oil
Dried lavender (optional)

Mix all the ingredients together and store in a sealed jar. To use, mix one tablespoon of scrub with a little water to make a paste. Massage onto damp skin and rinse off with warm water or a damp flannel. Oatmeal is amazing for dry and sensitive skin!

COCONUT LIME LIP SCRUB

Melt coconut oil in a glass jar or bowl in a pan of boiling water. Take it out of the water, then add the sugar and stir. After the oil has solidified again, add lime juice and stir well. Store in a sealed jar. Remember, lips are sensitive so scrub gently!

1 tbsp coarse sugar

1 tbsp coconut oil

1 tbsp lime juice

FOOT SCRUB (FOR SMELLY FEET)

60g coarse sugar
150g epsom salt (or coarse salt)

1 and 1/2 tbsp coconut oil
Half tbsp dried peppermint

5-6 drops peppermint essential oil
4 drops teatree essential oil

Combine sugar, salt and coconut oil and stir until the granules are coated in oil. Stir in essential oils and dried peppermint and keep in a sealed jar. For each 'treatment' use a third of this mixture. Apply to damp feet, scrub well, then (without washing, scrub off) put feet in warm water and soak for 10 to 20 minutes. Wash off, pat dry and voila! No more smelly feet.

SHAMPOO & HAIRCARE

Haircare is a huge part of nearly everyone's health and beauty regimes, however, it may actually be more harmful to your hair and general health than it is helpful. The main culprit is Sodium Laurel Sulphate, which has been linked to all sorts of nasty problems from skin and scalp irritation and disease to hair loss and even cancer. So why is it in our shampoo in the first place? SLS creates a foaming lather, something that many manufacturers and consumers associate with cleanliness. However, suds do not equal cleaning power. Instead of cleaning your hair, SLS is actually stripping it of the good, natural oils and bacteria. Making your own all natural shampoo is the most reliable way to ensure that you avoid exposing yourself to this harmful chemical.

The simplest shampoo to make is 1 part bicarbonate of soda to 3 parts water. Follow with a rinse of 1 part cider vinegar and 4 parts water with a few drops of essential oils. The bicarbonate of soda cleans your hair, and the vinegar replenishes its moisture.

Basic Shampoo

Mix all the ingredients together in an old shampoo bottle. Use as a basic shampoo recipe and experiment with adding different essential oils and teas (see reverse). Liquid castille soap is available from most pharmacies and very cheap online! Tip: if you already have quite oily hair, leave out the olive oil. If you have dry hair, add more!

200ml liquid castille soap

200ml water

1 tbsp honey
1 tbsp olive oil

Coconut and Honey Shampoo

$\frac{1}{2}$ cup liquid castille soap
 $\frac{1}{4}$ cup canned coconut milk

$\frac{1}{4}$ cup honey
2 tbsp olive or almond oil

20 drops essential oil (e.g.
lavender, orange, etc.)

Mix all the ingredients together. You can use different essential oils in this basic recipe depending on the results you want to achieve. Lavender oil prevents hair loss and encourages growth, and soothes a dry or itchy scalp. Tea tree oil works well for dandruff. Hemp seed oil will increase elasticity and shine.

Honey can help to reduce dandruff,
moisturise dry hair and make it
softer with less frizz!



Cucumber and Lemon Shampoo and Conditioner 2-in-1

1 peeled cucumber

1 peeled, deseeded lemon

Put the lemon and cucumber in a blender and blend until smooth. Massage the whole mixture into your hair then rinse out.

Shikakai and Reetha Shampoo

Mix shikakai powder (acacia concinna) and reetha powder (soapnut) with the warm water to form a paste, then massage through hair and rinse out. If hair is dry, add more shikakai than reetha. For an oilier scalp, mix the two in equal quantities.

This is a traditional Indian hair treatment provided by WEN volunteer Ria. Both shikakai and reetha are available in South Asian shops or online. They're super cheap, plus reetha is a natural insecticide - great for getting rid of head lice!

1 tbsp shikakai powder

1 tbsp reetha powder

250ml water

Colouring Your Hair

There are also many natural materials you can use to colour your hair...

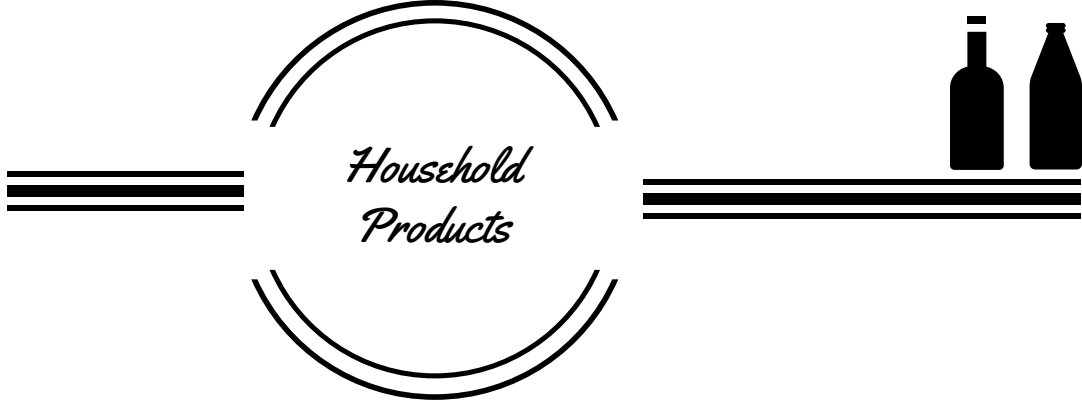
Use tea to colour your hair.

Steep 3-5 bags
for at least an hour

then drain before use.

Black tea will help to darken hair, rooibus tea will add red to hair. Chamomile can be used to lighten fair hair. To cover greys, add 1 tablespoon of sage. Remember that these will work gradually over time, so be patient to see the best results!

Use tea instead of water in any recipe to add colouring effects to your shampoo!



Several household cleaning products which widely available to buy contain ingredients which are known or suspected to be carcinogens, endocrine disruptors or neurotoxins (disrupt brain activity). Several products are also extremely harsh and corrosive and may even induce allergic reactions in some people. There are some simple, everyday alternatives you can use:

Adding a cup of white wine vinegar to your laundry will act as an effective fabric softener – great if you have sensitive skin.

Use vinegar to scrub stains from the toilet – simply pour it in the bowl and scrub well with a toilet brush.

The vinegar can also be used diluted:

Put equal parts water and white vinegar into a spray bottle and use to clean countertops, floors, tiled walls. Warming the mixture will help cleaning tough surfaces. You can add a few drops of citrus essential oil and use the mixture as a window cleaner.

White Wine Vinegar

Bicarbonate of soda is naturally abrasive. Sprinkle it onto a scourer and use to clean taps or the kitchen sink. For tougher surfaces, make a paste of baking soda and water, apply it to the surface and leave for 20 minutes before wiping off. Put 3 tablespoons down into the drain followed by a little hot water to keep pipes clear and fresh.

Bicarbonate of soda is also a natural deodorant. You can sprinkle some onto carpets or rugs, wait 15 minutes and then vacuum.

Bicarb onate of Soda

Furniture Polish

1 tablespoon lemon juice

1 tablespoon vegetable/ olive oil

Use it with a cloth to polish wooden furniture.



Moth Balls

Use cedar chips combined with rosemary and dried lavender. Tie everything together in a piece of muslin cloth and hang inside your wardrobe to deter moths.

Washing Up Liquid

3 tablespoons liquid Castile soap

500ml warm water

2 teaspoons glycerine

2 tablespoons white vinegar

10 drops Lavender or Tea Tree

essential oil for fragrance and

antibacterial properties

Mix all ingredients in a jar, cover and shake well to blend.

Use about 1 tablespoon for dish washing.



Glass Cleaner

1 cup water

1 tablespoon white wine vinegar

3 tablespoons corn starch

few drops essential oils (optional,
but helps to mask the vinegar
smell

Combine all the ingredients in
a spray bottle and wash
windows using a cloth.

Cornstarch stops it
leaving streaks!