

Natural Cosmetics Workbook



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Herbal Cosmetics Workbook

Introduction

More and more people want a natural alternative, whether that's food, medicine or skin care. All of the recipes in this workbook use natural ingredients and no preservatives or chemicals. The recipes are the basic recipes but really you are only limited by your imagination in the flavours and combinations you choose.

Natural preservatives

When making any natural cosmetic the most important thing to consider is how long you want it to last. Many truly natural products have a very short shelf life as they go mouldy very quickly. The following natural ingredients act as natural preservatives;

- Essential oils
- Herbs high in essential oils
- Alcohol
- Citric acid

Lip balms

A lip balm is a form of herbal ointment that has additional beeswax to give it a firmer texture. Lip balms can be medicinal, for example anti cold sore, or for dry cracked lips. Or they can be for general protection from the elements.



Basic lip balm recipe

10g oil
5g cocoa butter
5g beeswax

Face mask powder – Face masks can be a treat or used to balance oily skin, or add moisture to dry skin.

Basic face mask powder

5g bentonite clay powder
5g kaolin clay powder
5g Moroccan clay powder
10g green clay powder
5g oat bran (optional)
2g poppy seeds (optional)



To make into a face mask add 2tbsps of the face mask powder to any of the following (or a mixture of several of them), water, aloe vera gel, oat bran, poppy seeds, avocado, egg white, honey, oil.

Masks (homemade or otherwise) should stay on for 10-15 minutes. Follow with a cleansing and a thin layer of moisturiser.

Body scrub – Body scrubs can be made from many things and most of them you'll probably already find in your house. The base of a body scrub is something that can exfoliate the skin; this can be salt, sugar, grains, oats etc. You need to be careful of the size of the grain as too big can cause skin irritation.

There are several ways of making a body scrub, you can make a dry mixture and that will become a body scrub once used, or a soap based body scrub that can be used as an exfoliating shower gel, or an oil based body scrub to exfoliate and condition the skin (this can be done as a treatment for dry skin).

Dry base recipe

4 parts main exfoliator (e.g. sugar, salt, oats, bran)
1 part added exfoliator (e.g. poppy seeds, herbs)



Soap based recipe

200ml of shower gel / liquid soap of choice
1 tbsp of exfoliator (e.g. poppy seeds)
1 tsp of herb (if wanted)
1-10 drops of essential oil (amount depending on oil chosen)

Oil based recipe

As dry base recipe, but with infused / pressed oil added (enough to moisten all ingredients).

Foot scrub – Like body scrubs, foot scrubs can be made from many different things. However, to remove rough skin from feet we often need to use something more abrasive, like pumice powder.

Basic foot scrub recipe (dry)

2tbsp of pumice powder
1tbsp fullers earth powder/clay
2 tsp poppy seeds
5 drops of essential oils (and herbs of your choice – if wanted)

To use, simply add to wet feet, massage, then rinse.

Bath salts – Bath salts are very easy to make and make a wonderful gift. There are different sizes of salt available and it's nice to have a mixture in a good bath salt. There are many different flowers and herbs that you can add, as well as fragrances and colours.

Basic bath salt recipe

150g of dead sea salt
50g of normal sea salt
Herb or exfoliator of choice
Powder of choice (e.g. clay, kelp, powdered herb)
1-10 drops of essential oil (depending on oil) – optional



Bath bombs – Bath bombs are easier to make than they look and you're able to add anything to main recipe.

Basic bath bomb recipe

3tbsp of bicarbonate of soda

½ to 1tbsp citric acid

Natural colouring from clay, fruits of vegetables

Dried herbs or fruits of your choice (optional)

1-3 drops of essential oil of your choice



Add to a bowl and spray with water until you get a mixture that will just hold together.

If you are using a mould add the mixture to the mould, then remove the mould and leave to dry. If you are not using a mould, add extra water to hold the shape.

Leave the bombs for 24 – 48 hours to dry completely.

Hair rinses – Hair rinses are simple to make, they are simply a herbal tea for the hair. Make into a strong herbal tea and leave to infuse for longer. You can add it to your hair either warm or cold. You can rinse it out with water or leave it in.

Try the following hair rinses, nettle (for dandruff), horsetail (for condition), chamomile (for shine).

Soap – There are three main ways that you can make soap. From scratch, adding fat to lye, from soap flakes, or from a soap base. The easiest method is from a soap base. Soap bases can be bought online and are easy to use, simply melt the soap in a double boiler, add herbs, essential oils, colouring etc and pour into a mould.

Try making the following soaps: Calendula (for healing hands), Tea tree (antibacterial), and Horsetail (for strengthening nails).

The following websites sell soap base and moulds.

- www.justasoap.co.uk
- www.soapkitchenonline.co.uk

Please check the ingredients you are using for additional chemicals, the supplier should have a list of every ingredient in the soap base.

Shampoo – Like soap, there are several different ways of making shampoo. You can buy a solid soap base or a liquid soap base and then add ingredients or you can make solid or liquid shampoos from scratch.

To make a solid shampoo you can buy the shampoo base and then melt in a double boiler and add the ingredients you want.

Try making the following shampoos: Hibiscus for red hair, Chamomile for blonde hair, burdock for brown hair, nettle and tea tree for dandruff, horsetail for damaged hair.

(See soap suppliers above)

Cleansers – Facial cleansers are simple and easy to make. Use a flower water as a base and add half of water. Add an essential oil of your choice. Shake well before each use.

Other natural health and beauty treatments you may like to try

Honey and avocado hair treatment

Makes 1 application

1 medium avocado — peeled and stoned
2 tablespoons honey

Mash together the ingredients in a small bowl, massage into hair, leave for 20-30 minutes, wash hair as usual.

Vegetable oil nail strengthener

Makes 20-30 applications

2 tsp castor oil
2 tsp salt
1 tsp wheat germ oil

Pour all ingredients into a sealable bottle, before each use shake well, rub a small amount of the mixture onto your nails, leave on for 3-5 minutes, wipe off with a cotton pad.

Honey cocoa butter lip balm

Makes 100 applications

2 tbs. olive oil
1/2 tsp. honey
3/4 tsp. beeswax — grated
1/2 tsp. pure cocoa butter
Flavored oil of your choice (like peppermint or vanilla)
1 vitamin E capsule

In a small saucepan, heat oil, honey, wax and butter over a low heat until just melted. Remove from heat and allow to cool for 2-3 minutes. Stir in flavoring and contents of vitamin E capsule. Pour into containers of your choice.

More great recipes can be found at

<http://www.thedailygreen.com/living-green/diy-natural-beauty-products-recipes-461108#slide-1>

After trying these recipes you may be interested in selling herbal products, there are however, strict rules in this area.

- To sell an item it must have an individual licence from a toxicologist. You need to have a separate licence for each different item you have, for example, a calendula soap would need one licence and a horsetail soap would need another. These licences can be very expensive, up to £80,000.
- You also need the toxicology details for each of the ingredients in each product.
- You need labelling that meets EU legislation.
- You need to have insurance.

There are alternatives though, that may be more cost effective if you still want to sell herbal products. There are natural cosmetic companies that sell kits to make your own products and it comes with a licence. This can be useful but you will be limited to the range they product and you will not be able to add anything to it.

Suppliers

Herbs, oils, clay

- www.baldwins.co.uk
- www.cotsherb.co.uk
- www.indigo-herbs.co.uk

Essential oils

- www.baldwins.co.uk
- www.essentialoilsdirect.co.uk

Soap, Shampoo, bath bomb and bath salt ingredients

- www.justasoap.co.uk
- www.soapkitchenonline.co.uk

For ready made natural products

- www.greenwyse.co.uk
- www.greenpeople.co.uk
- www.baldwins.co.uk