

Be your own beauty guru



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Sick of shelling out a small fortune for skincare? Make your own, and skip chemical additives and unnecessary packaging to boot.
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Rich body butter

- ½ cup shea butter
- ¼ cup coconut oil
- ¼ sweet almond, apricot kernel, avocado or Brazil nut oil
- 10-20 drops essential oil of choice

Combine shea butter, coconut oil, and the other oil of your choice in the top half of a double-boiler over low heat, stirring until mixture liquefies. Remove from heat and leave until partially set – it's ready when you can press a spoon or finger into the centre and the indentation remains. Add essential oil, and then beat with a hand mixer or stick blender until mixture is fluffy and holds its shape. Transfer to a lidded jar. To use, massage sparingly into skin.

Nourishing eye cream

- 2 teaspoons beeswax granules
- 1 tablespoon apricot kernel oil
- 1 tablespoon rosehip oil
- 1 tablespoon jojoba oil
- 1 tablespoon rosewater
- 5 drops carrot seed oil
- contents of 2 natural vitamin E capsules

Place beeswax in the top half of a double-boiler over low heat, and melt. Add first three oils and stir well. Remove from heat and stir in rosewater, carrot seed oil, and vitamin E oil. Pour into a small lidded jar and allow to set. To use, apply a small amount morning and night to under-eye area.

Honey lip balm

- 1 tablespoon beeswax granules
- 1 tablespoon coconut oil
- 1 teaspoon raw honey
- contents of 2 natural vitamin E capsules

Place beeswax in the top half of a double-boiler, and melt. Add coconut oil and honey, and stir until mixture has liquefied. Add vitamin E oil. Pour into a small lidded jar and allow to set. To use, smooth a small amount into lips.

Coconut scrub

- ½ cup oats
- ¼ cup raw honey
- ¼ cup coconut oil

Place oats in a food processor and whiz until finely ground, but stop before it turns into flour. Soften coconut oil (microwaving it for 20 seconds or so is a quick method), and combine with honey in a bowl, stirring until smooth. Tip in oats and mix until well blended. Transfer mixture to a wide-mouthed, lidded jar. To use, scoop out a small amount and massage into damp skin using gentle circular movements. Leave for five to 10 minutes, then rinse off with warm water and moisturise.

Gentle handwash

- 15-20 soap nut halves
- 1 litre filtered water
- 1-2 tablespoons apricot kernel or avocado oil
- few drops essential oil

Place soap nuts and water in a saucepan, bring to the boil, and then reduce heat and simmer for 10 minutes. Remove from heat. When mixture is completely cooled, strain it through two coffee filters and bottle the liquid. Add apricot kernel or avocado oil to a pump-dispenser bottle. Top up with soap nut liquid, shake well, and add essential oil.

Nail strengthener

- 20ml apricot kernel oil
- 3 drops wheatgerm oil
- 3 drops myrrh essential oil
- 3 drops frankincense essential oil

Combine all ingredients in a jug and mix well. Pour into a small, dark-coloured glass bottle. To use, roll bottle between your palms to warm the oil; apply to nails twice weekly, massaging in well.

Green tea bath salts

- juice and finely grated zest of 1 orange.
- 1 cup Epsom salts
- 1 tablespoon green tea powder

Combine juice, zest, and salts in a bowl and stir until salts are well coated with juice, adding

more salts if necessary. Add green tea and mix thoroughly. Transfer to a lidded glass jar and refrigerate. To use, sprinkle one or two tablespoons of the mixture to warm bathwater.

Natural sunscreen

- 15g beeswax granules
- 60g shea butter
- 60g coconut oil
- 35g zinc oxide powder
- contents of 4 natural vitamin E capsules

Place beeswax, shea butter, and coconut oil in the top half of a double-boiler over low heat, and stir until liquefied. Remove top container from heat, add zinc powder, and beat with a hand mixer or stick blender until well combined and smooth. Stir in vitamin E oil. Pour mixture into lidded glass jar. Note: This sunscreen offers around SPF30 protection, thanks to the quantity of zinc oxide; so, if you alter the quantities, ensure the zinc powder remains at 20 percent of the total. ✨



Tips and tricks

- Beeswax granules, shea butter, soap nuts and zinc oxide are available online. Check out eBay for suppliers.
- Use cold-pressed virgin oils, and organic ingredients where possible.
- Vitamin E acts as a preservative. Choose natural vitamin E, the d form, not dl, which is synthetic.
- Fill the bottom container of the double-boiler with enough water so it doesn't touch the base of the top container. Before putting ingredients in the top container, bring the water to the boil, then reduce heat to medium-low so the water is just simmering. No double-boiler? Improvise with a saucepan and a glass bowl that fits neatly into it.
- Sterilise the glass containers you plan to use.
- Allow the contents to cool before putting the lids on the containers.
- These products are highly perishable, so store in the refrigerator.
- If you wish, you can mix and match the oils to suit yourself, the only exception being coconut oil as it influences the texture of the finished product. Coconut oil also confers some protection against the sun.
- Sweet almond oil particularly suits young skin. It contains vitamins E and K, promotes circulation to the skin and possesses some natural UV-blocking properties. Jojoba oil mimics the skin's natural sebum.
- Apricot kernel oil is highly emollient, very hydrating, and contains nutrients that encourage the regeneration of collagen. Rosehip oil appears to reduce the depth of wrinkles, fade some lines, lighten age spots and possibly boost collagen.
- Highly emollient avocado oil is ideal for older skin. Avoid applying it around the eyes because it penetrates the thin tissue. Loaded with essential fatty acids and antioxidants, Brazil nut oil is highly emollient and moisturising, and therefore suitable for mature skin.

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