

The Creative Homemaking Guide to

Make-It-Yourself Skin and Hair Care



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Introduction

Have you ever wondered what people used to use as beauty products before you could so readily buy them in the store? I also sometimes wonder what all of the complicated sounding ingredients are in a lot of the products I use. Everything from body cleansers to shampoos to facial scrubs--you can invest a small fortune in this personal part of your life. Sometimes it's fun to try something homemade. It's cheaper, you know what's in it, and if you don't like it you have nothing to lose. You might come up with your own combination of ingredients that you may prefer over the ones I have suggested. Many of these ideas are not new and have been around for a long time. Have fun with them and save yourself some money at the same time!

I have made every attempt to only include instructions that include easy-to-find, relatively inexpensive ingredients. Depending on your skin and hair type, different people may get different results with these home preparations. Please use a little caution and a lot of common sense when trying them out. Always test a little on a small area of your body first to check for allergic reactions.

Moisturizers



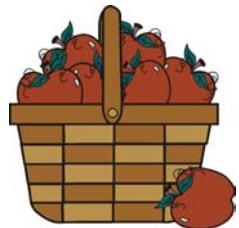
Vaseline petroleum jelly makes a wonderful moisturizer--for your face or you can also use it on other parts of the body. Just rub a tiny amount into your hands and then rub gently on your face. Your face will feel softer almost instantly. You can use a little extra on rougher parts of the body like elbows and feet. If you rub it in well you won't look or feel greasy.

- Beat 2 eggs in a chilled bowl. Continue to beat while slowly adding 1 cup of olive or vegetable oil. When the mixture begins to thicken, add 1 tablespoon lemon juice or 1 tablespoon apple cider vinegar. Keep refrigerated. Use as you would a regular moisturizer.

Skin Cleansers

- Sprinkle baking soda on a damp wash cloth and use it to gently scrub your body while showering. The baking soda will help neutralize odors and smooth and soften your skin.
- Before bathing, make a paste of sea salt and water and apply to rough, flaky areas of your body (elbows, heels). Rinse and pat dry after bathing.
- Whipped, unsalted sweet butter makes a great cleansing cream.
- Massage a few drops of vegetable oil into your skin, and then gently wipe off with a dry wash cloth. Dampen skin and then apply a thin coating of plain yogurt. Rinse.
- A small amount of mayonnaise rubbed into your skin will help dead skin cells flake right off.
- After bathing, dust underarm with baking soda to help control odors.

Toners



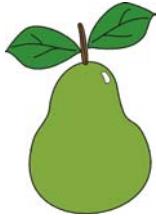
Apple cider vinegar makes a great toner for your face. Just mix a little with warm water and store in a spray bottle and mist your face lightly with the mixture. The vinegar also helps restore your skin's natural pH-balance, and seems to have a positive effect for acne sufferers.

- Mix 1 tablespoon lemon juice with 2 cups water. Apply to face with cotton balls.

Facial Scrubs and Masks

- Make a paste from a little oatmeal and water. Apply to face and allow to dry. Gently wipe off with a damp wash cloth.
- Mash 1/2 banana and add 1 tablespoon honey and 2 tablespoons sour cream. Apply to face and let set for about 10 minutes. Gently wipe off with a damp wash cloth.
- Two tablespoons of cornmeal mixed with enough water to make a thick paste makes a great inexpensive facial mask. Gently apply to face and wash off.
- In a food processor or blender, combine 1/2 cucumber, 1 tablespoon yogurt, a few strawberries, and 1 teaspoon honey. Apply to face and allow to dry. Gently wipe off with a damp wash cloth.
- Grind 1 tablespoon almonds into a fine meal in a blender or food processor. Mix almond meal together with 1 tablespoon honey and 1 egg white. Apply to face and let set for about 15 minutes. Gently wipe off with a damp wash cloth.
- To loosen blackheads, combine equal parts baking soda and water in your hand and rub gently on your skin for 2 to 3 minutes. Rinse with warm water.
- Mash half of an avocado and apply to entire face. Let set for about 20 minutes and then gently wipe off with a damp wash cloth.

Facial Scrubs and Masks (Con't.)



Soak 1 cup dried apricots in water until softened. Puree in blender or food processor with 2 tablespoons skim milk powder. Apply to face and let set about 15 minutes. Gently wipe off with a damp wash cloth.

- Puree 1/2 peeled, sliced cucumber in a blender or food processor and add 1 tablespoon yogurt. Apply to face and let set about 20 minutes. Gently wipe off with a damp wash cloth.
- Crush a handful of strawberries and mix well with 1 teaspoon honey. Apply to face and let set for about 15 minutes. Gently wipe off with a damp wash cloth.
- Mix 1 1/2 teaspoons honey, the juice from 1/2 of a lemon, and 1 small carton plain yogurt. Stir in 1 whipped egg white. Apply to face and let set about 15 minutes. Gently wipe off with a damp wash cloth.

Bath

- Herbal: Place approximately 8 herbal tea bags of your choice into a small amount of very hot water in your bathtub. Steep about 10 minutes, then remove tea bags and add the remaining bath water.
- Dissolve 1/2 cup baking soda in a tubful of warm water for a relaxing bath that will also help clean and soften your skin.
- Dissolve 8 ounces sea salt in your bath water and add 2 tablespoon vegetable oil. Soak for up to 20 minutes.
- Add 1/2 pint of cider vinegar to your bath water to help restore the pH balance of your skin. This will also help your skin become softer and less dry.
- Milk and honey: Dissolve 1 cup honey in 1 cup boiling water, and add 2 cups milk. Dissolve 1/2 cup sea salt and 2 teaspoons baking soda in bath water first, and then add honey and milk mixture.

Shampoo



In a blender, combine 1 ounce olive oil, 1 egg, 1 tablespoon lemon juice, and 1/2 teaspoon apple cider vinegar. Use as regular shampoo.

Rub dry baking soda into wet hair and rinse. Also good for dandruff.

- Baking soda removes conditioner build-up from your hair. Rub in and rinse thoroughly, then shampoo with your regular shampoo.

Hair Rinses

- To give your hair a great shine and help remove soap build up:
- Blondes: Add a couple of tablespoons of lemon juice to your rinse water.
- Brunettes and Redheads: Add a couple of tablespoons of apple cider vinegar to your rinse water.

Hair Setting Lotions

- Try dissolving a teaspoon of gelatin in a cup of warm water and use this as a setting lotion before styling hair. You can use this as a liquid or chill it and use it as a gel.
- Dissolve 1 teaspoon sugar in 1 cup warm water and apply to damp hair before styling.

Conditioners



Mayonnaise is a great conditioner for dry hair. Depending on the length of your hair, apply approx. 1/2 cup of mayonnaise to your dry hair. Work into hair really well and then cover your hair with a plastic bag, allowing to set for about 15 minutes. Rinse thoroughly and then shampoo as usual.

- In a blender or food processor, combine 2 1/2 tablespoons dried milk, 1 tablespoon wheat germ oil, and 1 egg. Apply evenly to hair and let set for at least an hour. Shampoo and style as usual.
- Combine 4 tablespoons olive oil and 2 tablespoons honey in a glass jar with a lid and shake until well blended. Let mixture sit for 3 to 4 days, and shake it occasionally. Rub mixture evenly into dry hair and wrap hair in plastic wrap, letting set for at least an hour. Shampoo as usual.
- Mix together 2 tablespoons vegetable oil and 1 egg. Apply to hair and let set for about an hour. Shampoo as usual.
- To help a flaky scalp, warm 2 to 3 tablespoons vegetable oil in the microwave (make sure it's not too hot!) and then gently apply to scalp with cotton balls. Let set for at least an hour and then shampoo as usual.