

ALL NATURAL HYGIENE PRODUCTS

CITRUS NO STINK DEODORANT

Give your body a week or so to detox from your old deodorants and try this formula that works great and has a nice, clean citrus scent sure to please.

5-6 teaspoons shea butter (this comes in a small tub in the beauty section of your local store)

3 tablespoons baking soda

4 tablespoons arrowroot powder (check your local health store)

20 drops orange essential oil

20 drops lime essential oil

10 drops lemon essential oil

Melt the shea butter in the microwave for 30 seconds at a time. Add the baking soda and arrowroot powder to the melted shea butter until crumbly (like dough) then add essential oils. Mix thoroughly till oils are fully absorbed into mixture. Store in a 4-oz glass jar with tight lid. Apply with fingertips to underarms after showering.

PEPPERMINT POWDER TOOTHPASTE

Commercial toothpastes contain a large amount of harsh chemicals and ingredients, opt for this all natural toothpaste that actually squeezes from a tube easily.

1/2 cup distilled water

1/4 cup bentonite clay

2 tablespoons calcium/magnesium powder

3 tablespoons coconut oil

1 teaspoon baking soda

Xylitol powder, to taste (start small, with a tiny pinch)

1 - 2 drops pure peppermint extract, to taste (optional)

Mix ingredients in blender until smooth. Transfer to a wide-mouth food grade silicone tube (make sure you use this kind of tube or you won't be able to push out the toothpaste ;)

Store at room temperature for up to 2 months.



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PEPPERMINT LAVENDAR MOUTHWASH

Commerical mouthwashes = chemicals. Make this pleasant wash to work miracles in your mouth.

3 tablespoons dried organic lavender
1 tablespoon dried organic mint
2 1/2 cups distilled water
2-4 drops organic peppermint oil (or omit lavender and use tea tree oil)
1 tablespoon baking soda
Xylitol, to taste (start with a tiny amount, it's potent ;)

Fill a saucepan with 2 cups of water and a tablespoon of organic lavender and mint. Bring to a simmer and simmer for 2 minutes. Let cool completely. Strain the mixture and keep the liquid. Add peppermint oil, baking soda and tiny amount of xylitol to make an appealing taste. Pour into a 16 ounce container and store in the fridge for up to a month. Shake before using.

GENTLE EYE MAKEUP REMOVER

The makeup remover will do a number on your makeup but not on your skin, even the waterproof kind. Make small batches and don't skimp on getting a pure witch hazel free of alcohol (try Dr. Thayer's).

4 tablespoons witch hazel
2 tablespoons jojoba olive oil
The contents of 1 capsule of vitamin E oil

Mix well in a small travel size pump bottle. Shake well, pump a very small amount onto a cotton ball and remove makeup traces. Make sure to keep eyes closed when using near them as it can bother them just a bit.



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COCONUT HONEY LIME SHAMPOO

This shampoo smells great and is quick to make, it nourishes your hair beautifully. Just keep in the fridge as it has some perishable ingredients. This will last up to a month in the fridge or another cold space.

1 can whole-fat coconut milk, room temperature
2 tablespoons honey
2 tablespoons castor oil or jojoba oil, or 1 teaspoon of each (castor oil helps with hair growth, jojoba oil helps with shine)
20 drops lime essential oil

Place all the ingredients in a blender and blend until well incorporated. Pour into a 16 ounce pump bottle and store in the refrigerator. Shake well and use just like you would your regular shampoo. Once a week, follow with a lemon - apple cider vinegar hair rinse (see below).

LEMON APPLE CIDER VINEGAR HAIR RINSE

To have lovely locks, try this easy, lovely smelling hair rinse recipe for some serious shine. You only need to use this rinse once a week or so to help clarify and refresh your scalp.

Juice from 1 fresh lemon
2 tablespoons apple cider vinegar

Mix the two ingredients together in a small bowl. After shampoo, pour mixture over your hair and work it into your scalp a bit. Rinse thoroughly. Be mindful that this mixture can cause the shower to be a bit slippery ;)

