



## *Do-It-Yourself Recipes*

Show your face, your feet or your muscles some love with safe, natural, toxin-free spa concoctions and personal care products.

We've compiled some of our favorite safe cosmetics recipes below. Test these recipes out at your very own Safe Cosmetics Party. If you have a favorite recipe of your own, e-mail us! We'd love to try it out and share with others.

### *Getting Started*

The necessary ingredients are usually affordable and not hard to find in organic or natural form. The benefits of making your own cosmetics will be immediately evident: your new products will smell and feel good, and so will your skin.

There are no preservatives in these recipes so take a few precautions to avoid contamination by bacteria. Avoid touching products like lip gloss with your fingers – instead use a cotton swab to apply. Use products within two weeks, and consider storing them in your refrigerator. Also, exercise caution if you think you might be allergic to ingredients like herbs, nuts, avocados or other common food ingredients.

Since some ingredients, such as oils and natural coloring can stain, protect your work surfaces and clothes, and patch test skin accordingly.

Please take photos at your Safe Cosmetics party and share them with us on Facebook or at [info@safecosmetics.org](mailto:info@safecosmetics.org).

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### *Other Resources*

There are also many books with recipes for natural, healthy, homemade beauty products that are widely available, including:

*Natural Beauty at Home, More Than 250 Easy to Use Recipes for Body, Bath, and Hair*.....by Janice Cox

*Natural Beauty From The Garden: More Than 200 Do-It-Yourself Beauty Recipes & Garden Ideas*.....by Janice Cox

*Natural Beauty Basics: Create Your Own Cosmetics and Body Care Products* .....

by Dories Byers

*Herbal Body Book: The Herbal Way to Natural Beauty & Health for Men & Women*.....by Jeanne Rose

## *More fun tips for a great Makeover Party*

Go to your local thrift store for unique glass containers, ribbons and fabrics to package your creations.

Glass canning jars make fun and inexpensive containers for many of the recipes. Try getting fabric remnants and placing them over the jar lid, or between the two pieces of lids.

Repurpose used coffee bags for your coffee scrubs, and re-label them with your own unique gift label.

Save empty cosmetics jars (wash them well in hot water) and re-use them for your own creations.

## *Party ideas*

Serve organic or home grown appetizers for a complete DIY experience.

Have a spa party - make your own cosmetics and then pamper yourselves!

Teach tweens how to make their own cosmetics. They'll have fun and learn about safer ingredients.

# For Lips



From the kitchen of: *the Campaign for Safe Cosmetics*

## Beet Red Lip Gloss

### Ingredients:

*¼ cup beeswax  
¼ cup castor oil  
2 tablespoons sesame oil  
beet juice*

### Instructions:

*Melt beeswax, remove from heat and add oils. Add as much beet juice as desired for color. Store in jar.*

*From <http://users.resist.ca/~kirstena/pagehomemadecosmetics.html>*

From the kitchen of: *the Campaign for Safe Cosmetics*

## Lip Balm

### Ingredients:

*3 tablespoons grated unbleached beeswax  
5 teaspoons carrier oil (sunflower, castor or jojoba)  
6 or 7 drops essential oil (such as lime, lemon, tangerine, grapefruit or peppermint)  
1 teaspoons honey, for flavor*

### Instructions:

*Melt the beeswax and carrier oil together in the top of a double boiler, stirring to combine. Remove from heat; add honey and essential oil. Mix thoroughly so the honey does not clump. To add a little color, stir in a tiny dab of lipstick with a coffee stirrer. Pour the mixture into containers; let sit 20 minutes before covering or moving. For glossier lip balm, use 2 teaspoons wax and 8 teaspoons carrier oil.*



## For Face

From the kitchen of: *the Campaign for Safe Cosmetics*

### Chocolate Facial Mask

*This decadent mask is actually an excellent moisturizer - it leaves your skin baby soft.*

*Recommended for normal skin.*

*Ingredients:*

*1/3 cup cocoa*

*3 tablespoons heavy cream*

*2 teaspoons cottage cheese*

*1/4 cup honey*

*3 teaspoons oatmeal powder*

*Instructions: Mix all ingredients together and smooth onto face. Relax for 10 minutes, then wash off with warm water.*

*From: <http://www.spaindex.com/HomeSpa/ChocolateFacialMask.htm>*

From the kitchen of: *the Campaign for Safe Cosmetics*

## *Frozen Egg & Honey Mask*

*Recommended for dry skin, this is particularly soothing on sunburned skin.*

*Ingredients:*

*1 egg*

*1/2 cup coconut oil, melted (but not hot)*

*1 tablespoon honey*

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From the kitchen of: *the Campaign for Safe Cosmetics*

## *Frozen Egg & Honey Mask, cont.*

*Instructions:*

- Beat the egg in a small bowl until frothy and well-mixed. Slowly add the liquid coconut oil and honey, beating until your mask is the consistency of mayonnaise.*
- Take an empty toilet tissue roll and set it on end in a clean bowl. Spoon mixture into the cardboard toilet paper roll. Place tube, in the bowl, in the freezer overnight.*
- To use, peel away just the top 1/4 inch of the cardboard roll and smooth the frozen stick over your face (think of it as a push-up pop). Leave your mask on for 5 to 10 minutes, then rinse off with warm water.*
- Return the cream stick covered with plastic wrap and frozen between uses. Keeps indefinitely.*

*From: <http://www.spaindex.com/HomeSpa/FrozenHoneyEggMask.htm>*

From the kitchen of: *the Campaign for Safe Cosmetics*

## Avocado Carrot Cream Mask

*This mask is rich in vitamin E, beta carotene, antioxidants, calcium and protein, which may help rebuild skin collagen, fade age spots and improve tone and texture.*

*Ingredients:*

*1 avocado, mashed                      1 carrot, cooked and mashed  
1/2 cup heavy cream                      1 egg, beaten  
3 tablespoons honey*

*Instructions: Combine all ingredients in a bowl until smooth. Spread gently over your face and neck, and leave in place 10-15 minutes. Rinse with cool water and follow with your favorite toner.*

*From <http://www.spaindex.com/HomeSpa/Avo>*

From the kitchen of: *the Campaign for Safe Cosmetics*

## Cucumber Eye Gel

*Ingredients:*

*1/4 large cucumber                      1 ounce aloe vera gel*

*Instructions:*

*Puree the cucumber in a blender (leave a little pulp), then strain the mixture into a glass bowl until you have at least 2 ounces. Spoon in just a tad of the pulp from the strainer. Add the aloe vera to the cucumber puree in the bowl and mix lightly. Pour into a clean, sterilized container. After cleansing face, stir mixture gently and apply with a cotton ball to under eye area. Avoid the eyeball. The shelf life of this product is very limited by the fresh cucumber. It should be used within a few days, and kept refrigerated between uses.*

*From: Spa Index*

From the kitchen of: *the Campaign for Safe Cosmetics*

## *Silky Clay Mask, for all skin types*

### *Ingredients:*

*1 1/2 teaspoons green clay (French is preferred) 1/2 teaspoon kaolin clay  
1 1/2 tablespoons aloe vera gel 1 tablespoon rosewater  
2 drops rose essential oil*

### *Instructions:*

*Mix green and kaolin clays together. Add in the aloe vera gel, rosewater and oils.  
Refrigerate mixture for up to four weeks.*

*From: <http://beauty.about.com/od/fragrance/r/claymask.htm>*

From the kitchen of: *the Campaign for Safe Cosmetics*

## *Skin Care for Acne-Prone Skin*

*Remember, not every cause of acne is the same, so you need to try different remedies  
and masks until you find the ones that work for you.*

### *Instructions:*

- 1. Steam your face for five to 10 minutes to clean the pores with hot infusions of lavender, camomile or thyme.*
- 2. Rinse your face with honeywater, rosewater or a dilute infusion of marigold tea to tone and close the pores.*
- 3. Do this every day until the skin starts to heal.*

*From: <http://www.skincarecompany.net/herbal-acne-treatment-recipe.htm>*

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## *Baking Soda Mask for Acne*

*This is so easy to make and can work wonders if your skin likes it.*

*Ingredients:*

*1 tablespoon baking soda (NOT baking powder)      1-2 tablespoon water*

*Instructions:*

*Mix a little together in your hands after washing your face with a mild cleanser and apply gently to your skin. Once you've coated your face with the baking soda and water mix, let it sit while you do other things around the house, or relax and read a book. Rinse the baking soda film off your face and feel how soft and clear it feels.*

*If your skin enjoys this recipe, and your acne improves, then you may try it several times a week to help clear your acne.*

*From: [http://www.mybeautyrecipes.com/homemade\\_acne\\_masks.html](http://www.mybeautyrecipes.com/homemade_acne_masks.html)*

From the kitchen of: *the Campaign for Safe Cosmetics*

## *Egg White Mask*

*This is simple and quite frugal. You will feel tightening of the skin and elimination of red spots.*

*Ingredients:*

*2-3 egg whites*

*Instructions:*

*Separate the yolk from the egg whites. Then whip the egg whites until it is nice and frothy. Apply it to your clean face (using clean hands). Leave on for approximately 20 minutes and wash off with warm water.*

*From: [http://www.mybeautyrecipes.com/homemade\\_acne\\_masks.html](http://www.mybeautyrecipes.com/homemade_acne_masks.html)*



From the kitchen of: *the Campaign for Safe Cosmetics*

## Acne Tonic with Basil

*Ingredients:*

*2 to 3 teaspoons dried basil leaves*

*1 cup boiling water*

*Instructions:*

*Steep basil leaves in water for 10 to 20 minutes. Cool, then apply to face with a white cotton ball.*

*From: [http://www.mybeautyrecipes.com/homemade\\_acne\\_masks.html](http://www.mybeautyrecipes.com/homemade_acne_masks.html)*

From the kitchen of: *the Campaign for Safe Cosmetics*

## Blackhead Remover Mask

*Check availability of these unusual ingredients before you get started.*

*Ingredients:*

*1/2 cup fuller's earth*

*1 teaspoon tincture of benzoin*

*distilled witch hazel*

*Instructions:*

*Combine all ingredients and stir thoroughly. Apply the mask to your skin. Let mask dry and harden, about 30 to 40 minutes. Soak a small hand towel in warm water and lay it across your face. When the mask starts to soften up, gently rub it with the towel in a circular motion. Rinse with plenty of warm water.*

*From: [http://www.mybeautyrecipes.com/homemade\\_acne\\_masks.html](http://www.mybeautyrecipes.com/homemade_acne_masks.html)*

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## Banana Mask, for oily skin

*Ingredients:*

*1 banana, preferably ripe (You can keep ripe bananas in the freezer. Let it thaw before using.)*

*1 tablespoon honey*

*An orange or a lemon*

*Instructions:*

*Mix the banana and honey together. Add a few drops of juice from an orange or a lemon. Apply to face for 15 minutes before rinsing with a cool washcloth or a steaming warm washcloth.*

*From: <http://beauty.about.com/od/fragrance/r/bananamask.htm>*

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## Egg Yolk Mask

*Egg yolks contain vitamin A which is reported to reduce scarring.*

*Ingredient:*

*1 egg yolk*

*Instructions:*

*To attempt this method of acne treatment, whip up an egg yolk, apply it to your skin for 20 minutes and wash off.*

*From: [http://www.mybeautyrecipes.com/homemade\\_acne\\_masks.html](http://www.mybeautyrecipes.com/homemade_acne_masks.html)*



# For Hands & Feet

From the kitchen of: *the Campaign for Safe Cosmetics*

## *Strawberry Hand & Foot Exfoliant*

### *Ingredients:*

*8-10 strawberries*

*2 tablespoons apricot oil (you may substitute olive oil)*

*1 teaspoon of coarse salt, such as Kosher salt or sea salt*

### *Instructions:*

*Mix together all ingredients, massage into hands and feet, rinse and pat dry.*

*Strawberries contain a natural fruit acid, which aids in exfoliation.*

*From: <http://www.spaindex.com/HomeSpa/StrawberryExfoliator.htm>*

From the kitchen of: *the Campaign for Safe Cosmetics*

## *Orange Ginger Warming Foot Scrub*

*This warming foot scrub is great for the winter, and leaves your feet feeling soft and relaxed.*

### *Ingredients:*

*1/4 cup sugar (white or brown)  
1/4 cup sweet almond oil  
6 drops orange essential oil  
2 drops ginger essential oil  
1 level teaspoon powdered cayenne pepper*

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From the kitchen of: *the Campaign for Safe Cosmetics*

## *Orange Ginger Warming Foot Scrub, cont.*

### *Instructions:*

*In a plastic bowl, mix together the sugar and oil. Add the essential oil and stir. Add the cayenne pepper last and stir well to mix. To use, sit comfortably in the tub or over a pan of water and/or a large towel to catch the sugar scrub as it is applied. Scoop up a handful of the scrub for each foot and massage vigorously yet with care over heels, ankles, toes, arches and the balls of your feet. Be sure to scrub any rough areas especially well. Don't forget to rinse the tub well when you're finished; you don't want to take a bath in cayenne pepper!*

*From: <http://www.makeyourcosmetics.com/recipes/viewrec.asp?id=223&cat=hfh>*



# For Body & Bath

From the kitchen of: *the Campaign for Safe Cosmetics*

## Coffee Body Scrub

### *Ingredients:*

*2 cups coarsely ground coffee 1/2 cup raw sugar or sea salt 2-3 tablespoons massage oil*

### *Instructions:*

*Mix all ingredients together. Take a hot shower to moisten your skin and open your pores. Using wide, circular motions, rub the coffee exfoliant onto your skin with strong, even pressure. Shower off, pat skin dry and apply a thin layer of your favorite body lotion.*

*From: <http://www.spaindex.com/HomeSpa/CoffeeScrub.htm>*

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## Grapefruit Sugar Scrub

### *Ingredients:*

*1-1/2 cups white table sugar 8 drops grapefruit essential oil 1/4 cup jojoba oil 1/4 cup liquid castile soap*

### *Instructions:*

*Place sugar into a large bowl and stir to break up any clumps. Add the essential oil. Add the jojoba oil and castile soap next, a little at a time, stirring after each addition. Mix well and pour into clean container. To use, stand in the tub or shower and massage the sugar scrub onto your skin from head to toe. Rinse.*

*From: <http://www.spaindex.com/HomeSpa/grapefruitsugarscrub.htm>*

From the kitchen of: *the Campaign for Safe Cosmetics*

## Massage/Bath Oil

Try one of the following combinations of essential oils in a warm (not hot) bath or as a massage oil. Use therapeutic grade essential oils for the best results.

Ingredients:

For relaxing muscles/easing stress:

3 drops lavender (*Lavandula angustifolia*)

2 drops petitgrain (*Citrus aurantium var. amara*)

1-2 drops frankincense (*Boswellia cateri*) - optional

For a sensual experience:

3 drops ylang ylang

3 drops sandalwood

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## Massage/Bath Oil, cont.

Instructions:

Draw the bath first, add the essential oils, swirl them around with your foot, get in and relax. Allow yourself 10 to 20 minutes. Do not get the bath water in your eyes, as the oils will sting. Use this formula up to once a day for 3 days a week over a two- to three-week period.

To create a massage blend, add the above oils to a tablespoon of carrier oil (like sweet almond oil or a "massage base" oil, which is usually a blend of sweet almond, grapeseed and jojoba oils). If you'd like to store the oil for later use or package it as a gift simply use the same ratio of carrier oil to essential oil, and pour carefully into a clean, dry glass jar. Source [http://www.bewellstaywell.com/Skin\\_Oil\\_Recipes.htm](http://www.bewellstaywell.com/Skin_Oil_Recipes.htm)

From the kitchen of: *the Campaign for Safe Cosmetics*

## Softening Body Oil

*Before taking a shower, brush your skin gently. This exfoliating will stimulate blood circulation and aid in skin absorption. For best absorption, apply the body oil while your skin is still moist. This combination is ideal for skin that has been exposed to too much sun or for extra-dry areas, such as heels and elbows.*

*Ingredients:*

*1 cup (237 ml) sweet almond oil*

*1/2 cup (118 ml) jojoba or hazelnut oil (or combination of the two)*

*2 tablespoons (30 ml) apricot kernel oil*

*Essential oil (optional)*

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## Softening Body Oil, cont.

*Instructions:*

*Combine the oils in a sealed bottle and gently turn it several times to mix. Apply as needed.*

*For an uplifting oil experience, try 3 drops of ylang ylang, 2 drops geranium and 3 drops orange or bergamot. For an exotic oil experience, try 3 drops ylang ylang, 2 drops rose, 1 drop patchouli and 1 drop geranium. Source [http://www.bewellstaywell.com/Skin\\_Oil\\_Recipes.htm](http://www.bewellstaywell.com/Skin_Oil_Recipes.htm)*

From the kitchen of: *the Campaign for Safe Cosmetics*

## Chocolate Bubble Bath

*Ingredients:*

1 cup of unscented bubble bath \_\_\_\_\_ 1/3 cup of unsweetened soy milk \_\_\_\_\_  
3 oz. of grated or powdered dark chocolate \_\_\_\_\_

*Instructions:*

Heat soy milk and add grated or powdered chocolate. Stir well until melted and blended. Do not boil. Allow to cool. Mix well again just before adding to your bath.

As an alternative, substitute 1/2 cup of dried milk or dried soy milk. Mix the powdered milk and chocolate well, until blended. Stir into bubble bath until well mixed.

From: <http://www.spaindex.com/HomeSpa/ChocolateBubbleBath.htm>

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## Red Wine and Honey Bath

*The red wine and the honey together clarify and moisten. From the Spa at Grove Park Inn Resort & Spa, Asheville, N.C.*

*Ingredients:*

4 cups of the cheapest red wine available 1 cup of honey

*Instructions:*

Add wine and honey to bath. Source <http://www.spaindex.com/HomeSpa/RedWineBath.htm>



From the kitchen of: *the Campaign for Safe Cosmetics*

## Bath Bombs

*This recipe makes 4 to 6 bath bombs. You can buy molds in craft stores or online. Do not oil the molds beforehand; just make sure they are clean and dry.*

### *Dry Ingredients:*

<i>1 cup baking soda</i>	<i>1/2 cup citric acid (not ascorbic acid)</i>
<i>1/2 cup corn starch</i>	<i>1/3 cup Epsom salts or coarse sea salt</i>

### *Wet Ingredients:*

<i>2 1/2 tablespoons sunflower or other light oil (like sweet almond oil)</i>	
<i>3/4 tablespoon water or rosewater (too much water will start fizzing action)</i>	
<i>1/4 - 1 teaspoon essential oils</i>	<i>1/4 teaspoon borax as an emulsifier</i>
<i>vegetable or other natural colorant (optional)</i>	

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## Bath Bombs, cont.

### *Instructions:*

*Sieve the dry ingredients together until they are well blended. Measure and combine all the wet ingredients and borax in a clean jar. Cover tightly and shake vigorously. Slowly drizzle the wet ingredients into the dry ingredients, gently stirring to prevent the reaction from starting. Make sure you mix in all of the wet ingredients. Afterward, you'll find that the mixture is dry and crumbly and has to be packed in the molds quite firmly to keep shape. The mixture should just start to hold together when pressed in your hand, like slightly moist fine sand. You can unmold the bombs after 30 minutes, and let them dry for a few days before using them. Store them in a dry place.*

From the kitchen of: *the Campaign for Safe Cosmetics*

## *Herbal Spa Wrap*

*Ingredients:*

*1 cup corn oil*

*1/2 cup grapefruit juice*

*1 teaspoon dried thyme*

*Instructions:*

*Combine ingredients and massage into skin, wrap arm with towel to lock in body heat. Lay a heating pad over areas for five minutes at a time.*

*From: [http://www.bewellstaywell.com/Skin\\_Oil\\_Recipes.htm](http://www.bewellstaywell.com/Skin_Oil_Recipes.htm)*

From the kitchen of: *the Campaign for Safe Cosmetics*

## *Deodorant*

*Many people react strongly to store-bought deodorant.*

*Ingredients:*

*8 tablespoons cornstarch*

*4 tablespoons baking soda*

*2 tablespoons liquid chlorophyll*

*4 tablespoons vodka*

*4 tablespoons distilled water*

*8 ounces beeswax*

*10-15 drops of your favorite essential oil*

*Instructions:*

*Melt wax over very low heat in a double boiler. Mix cornstarch, baking soda, vodka and distilled water well. Add to the melted beeswax and stir until well combined. Add chlorophyll and essential oils. Pour into mold and let it harden. Store in an airtight container.*

*From: <http://www.mybeautyrecipes.com/deodorant.html>*

From the kitchen of: *the Campaign for Safe Cosmetics*

## Bath Cookies

*Ingredients:*

2 cups finely ground sea salt      1/2 cup baking soda  
1/2 cup cornstarch      2 tablespoons light oil  
1 teaspoon vitamin E oil      2 eggs  
5-6 drops essential oil of your choice

*CONTINUED, next card*

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## Bath Cookies, cont.

*Preheat your oven to 350 F. Combine all the listed ingredients and form into a dough. Using a teaspoon or so of dough at a time, roll it gently in the palm of your hand until it forms a ball. Form all dough into one-teaspoon balls, and gently place them on an ungreased cookie sheet. Consider sprinkling the bath balls with herbs, flower petals, cloves, citrus zest and similar aromatic ingredients. Bake your bath cookies for 10 minutes, until they are lightly browned. Do not over-bake. Allow the bath cookies to cool completely. To use, drop 1 or 2 cookies into a warm bath and allow to dissolve. Yield: 24 cookies, enough for 12 baths.*

*From: <http://www.spaindex.com/HomeSpa/BathCookies.htm>*

# For Hair



From the kitchen of: *the Campaign for Safe Cosmetics*

## Shampoo

*Ingredients:*

*2 tablespoons olive oil*

*1 egg*

*1 tablespoon lemon juice*

*1 teaspoon apple cider vinegar*

*Instructions:*

*Combine all ingredients in a blender. Blend until well combined. Use like regular shampoo. Discard any leftovers.*

*From: <http://www.mybeautyrecipes.com>*

From the kitchen of: *the Campaign for Safe Cosmetics*

## Conditioner

*Ingredients:*

*1 egg yolk*

*1/2 teaspoon olive oil*

*3/4 cup lukewarm water*

*Instructions:*

*Beat the egg yolk until it's thick and white. Add the oil and mix well. Then add the water into the egg mixture and mix well. Massage into clean, damp hair. Rinse with plenty of warm water after about 10 minutes.*

*From: <http://www.mybeautyrecipes.com/conditioner.html>*

From the kitchen of: *the Campaign for Safe Cosmetics*

## *Protein-Rich Nourishing Conditioner*

*Ingredients:*

*1 egg white*

*5 tablespoons plain yogurt*

*Instructions:*

*Beat the egg white until foamy. Gently fold in the plain yogurt. Apply to your hair and let it soak in for 10 to 15 minutes. Rinse with plenty of warm water. Style as usual.*

*From: <http://www.mybeautyrecipes.com/conditioner.html>*

From the kitchen of: *the Campaign for Safe Cosmetics*

## *Watercress Treatment for Oily Hair*

*Watercress appears to work on oily hair because it is rich in iron and phosphorus as well as vitamins A, C and E.*

*Ingredients:*

*1-2 large handfuls of fresh watercress 1 cup water*

*Instructions:*

*Blend watercress and water in a blender or food processor until well blended. If you have long hair you may need to use 2 full handfuls of watercress. Heat mixture and boil for 10 minutes. Strain watercress, keeping only the liquid. Let the liquid cool and apply carefully to newly shampooed hair (try to get as much excess water out of the hair as possible first). Leave on for 20 minutes.*

*From: "Everything You Need to Know to Have Great Looking Hair," by Louis Gignace*

From the kitchen of: *the Campaign for Safe Cosmetics*

## *Hair Gel*

*Ingredients:*

*1 teaspoon unflavored gelatin*

*1 cup warm water*

*Instructions:*

*Dissolve 1/2 to 1 teaspoon of unflavored gelatin in 1 cup warm water. Keep refrigerated and use as you would a purchased gel.*

*From: <http://www.doityourself.com/stry/haircare>*

From the kitchen of: *the Campaign for Safe Cosmetics*

## *Hair Spray*

*Ingredients:*

*1 or 2 citrus fruits (lemon or orange)*

*2 cups water*

*Instructions:*

*Chop 1 lemon (or orange for dry hair). Place in a pot and cover with 2 cups of hot water. Boil until only half remains. Cool and strain. Add more water if needed.*

*Refrigerate in a spray bottle.*

*From: <http://www.doityourself.com/stry/haircare%20>*