

HOMEMADE *mommy*™

BEAUTY

ESSENTIALS

7

DIY BEAUTY
RECIPES



LINDSEY
GREMONT

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If you find an error or have a suggestion for improvement or if you have a question about a recipe, please contact Lindsey at lindsey@homemademommy.net.

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ABOUT THE AUTHOR

Hi I'm Lindsey Gremont, the Homemade Mommy. I am a wife to an amazingly supportive husband and mother to a beautiful daughter and I blog about food....Real Food. I find the time and make a commitment to homemade cooking because eating this way has truly changed mine and my family's life. I also absolutely adore making pretty much anything – including homemade beauty products and natural remedies to keep us healthy.



INTRODUCTION

When I first set out to heal my body from the inside out, I focused on healing my gut by learning how to make real food and by ditching processed foods. I focused on our meals in the kitchen. But it did not take long for me to start taking an interest in our beauty products. I wanted to learn as much as possible about how to make my own beauty products to avoid all the toxic chemicals in the items I was purchasing at the store. It turns out making these products is not that difficult, if you have the right ingredients, know-how and tools.

That is what this eBook is about. Once you start delving into the world of natural and nontoxic beauty and home remedies, it will be hard to turn back!

BEAUTY RECIPES

EASY FOAMING HAND SOAP

- $\frac{1}{3}$ cup castile soap
- $\frac{1}{8}$ tsp essential oils –
I like Lavender or Thieves
for this soap recipe
- $\frac{2}{3}$ cup filtered or
distilled water

Pour the castile soap and the essential oil into an 8 oz foaming soap container and stir to combine. Fill the jar the rest of the way up with water. Screw on the lid and pump away!



HOMEMADE SHOWER GEL

- $\frac{2}{3}$ cup castile soap
- 2 Tbsp raw honey
- 1 tsp vitamin E oil
- 1 tsp jojoba oil
- 10 drops Ylang Ylang essential oil
- 5 drops Idaho Blue Spruce essential oil
- 2 tsp vegetable glycerin

Whisk together all of the ingredients until well combined. Fill an 8 oz mason jar and top with a soap pump lid. Enjoy the beautiful scent in the shower!

BEGINNER FACE SERUM

- 1 oz jojoba oil or avocado oil
- 2 drops Lavender essential oil
- 2 drops Frankincense essential oil

Stir together the carrier oil with the essential oils. Pour into a roll-on bottle and apply nightly.



SOOTHING LOTION BARS

- ¼ cup (1 oz) coconut oil or rendered beef tallow (see [**Appendix**](#) for instructions on rendering tallow)
- ¼ cup grated cocoa butter or shea butter
- ¼ cup grated beeswax, firmly packed
- ¼ teaspoon vitamin E oil (optional)
- 25 drops Lavender essential oil
- 25 drops Melrose essential oil

Using a glass bowl set over a simmering pot of water or a double boiler, gently melt beeswax, coconut oil/tallow and cocoa or shea butter. Stir ingredients until melted.

Remove from heat. Add essential oil and optional vitamin E. Stir until blended, then pour into a mold. I like to use silicone molds.

Allow the mixture to cool until firm before removing from molds. You can place them in the fridge to speed things up a bit.

These bars will stay good for up to 6 months. Store in an airtight container.

DEODORANT FOR SENSITIVE SKIN

- 5 Tbsp coconut oil
- 1 Tbsp baking soda
- 6 Tbsp arrowroot powder
- 2 Tbsp bentonite clay
- 10 drops Purification essential oil blend

Mix all of your ingredients together and store in a small jar in your medicine cabinet. Your deodorant will be like a paste, so just scoop some out with your finger to apply.

ROSEMARY PEPPERMINT SHAMPOO (NORMAL HAIR)

- ½ cup castile soap
- 16 drops Rosemary essential oil
- 2 drops Peppermint essential oil
- ½ cup distilled or filtered water

Combine the castile soap and essential oils and then add the water. Use as needed to shampoo hair. Follow with the Basic Hair Rinse.



CHOCOLATE PEPPERMINT LIP BALM

- 2 Tbsp coconut oil
- 1 Tbsp (0.5 oz if you have a kitchen scale) cocoa butter
- 2 Tbsp beeswax
- 1 Tbsp sweet almond oil
- ¼ tsp Peppermint essential oil

Recipe will fill 12 lip balm tubes

Remove the lids from the lip balm tubes and secure upright around the outside of the lip balm tubes with a large rubber band.

Gently melt the coconut oil, cocoa butter and beeswax in a double boiler (or in a glass bowl set on a sauce pot of simmering water).

Remove from heat and then stir in the sweet almond oil and essential oil.

Quickly pour the melted oil into the upright tubes. You have to move very quickly before the oils start to set. Allow the lip balm to set and then cap the containers.

APPENDIX

HOW TO RENDER TALLOW

- 5 pounds of beef fat (suet), cut into small pieces
- water (amount below)

Take a nice sized pot and fill about 2" of water in the bottom of the pot. Place the entire 5 pounds of fat into the pot and let it melt down on high heat. Turn the heat down to med/high when the melted fat starts to bubble. Turn down the heat the lowest temperature you can while keeping the melted fat at a low simmer. After a few hours the water will evaporate leaving you with beautiful golden oil.

Take a stainless steel bowl, set a stainless steel colander on it, line with butter muslin or cheese cloth and pour the hot oil through, being super careful not to burn yourself. The muslin will catch the fine particles of meat. I love to pour this rendered oil into silicone ice cube trays. Put the trays in the fridge overnight and when cool, pop out the cubes of tallow and store in plastic containers in the freezer.

BASIC INGREDIENTS & EQUIPMENT

Here's a handy little guide to how many of the ingredients you already have in your pantry – plus a few you might not – work when used in homemade beauty recipes. I am sourcing the information on Essential Oils from my Essential Oils desk reference guide.

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BASIC SUGGESTED EQUIPMENT

Empty glass jars of all sizes go a long way when it comes to storing your homemade beauty products, but here are a few more items you may want to have on hand:

Cobalt Spray Bottles – for body and disinfectant sprays

Stand Mixer – for making whipped body butters and creams

Regular Pump Dispenser – for shower gel. A squeeze top bottle will also work.

Foaming Pump Dispenser – for hand soap and face wash

Lip Balm Tubes – for lip balm

Silicon Molds – for lotion bars

Sample Sized Jars – so you can make samples for friends

Roll-on Bottles – for roll-on blends. Citrus essential oils like Lemon can degrade plastic causing your plastic roller ball to break off so choose a bottle with a metal roller.

Roll-on Fitments – for using on top of an empty essential oil bottle for blends that contain citrus essential oils. The roll-on fitment has a metal roller ball vs. a plastic one. Citrus essential oils like Lemon can degrade plastic causing your plastic roller ball to break off.

Glass Bottles – for shampoo recipes. Be very careful using glass in the shower!

Squeeze Bottle – for basic hair rinse (conditioner)

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