

# Simply Beautiful – A Natural Mom’s No Fluff, Non-Toxic Get Gorgeous Guide

Presented by [Natural Moms Talk Radio](#)



We Moms don’t have a lot of time. But that doesn’t mean we don’t want to look good!

Many of us find that when we’re happy with our reflection, we have a little more pep in our step and smile a little more – and that is definitely a good thing!

At the same time, we want to avoid putting ingredients onto our skin that we wouldn’t want to “eat” – because it’s essentially the same thing, isn’t it?

You probably already know that makeup and skin care products are not regulated the way that the food supply is. Manufacturers can put pretty much whatever they want in makeup and skin care products without anyone looking over their shoulder. They don’t have to prove the safety of their products. So what’s a natural mom to do?

Some of the best skin care ingredients come from the earth and even from foods we eat. Why not try your hand at making some of your own?

That’s where this report comes in. There are dozens of recipes below that you can try out at minimal expense. And if you don’t care to, there are many wonderful natural products available on the market that satisfy our need for a little girl primping yet are also kind on our skin, our budget – and the environment. We’ll talk a little about those too.

## **First, a word about being a natural beauty.**

While it’s great that there are many natural and organic beauty products available nowadays, it’s still better for the environment and your pocketbook to avoid buying products you simply don’t need.

Let's focus on the "reducing" aspect of the "Reduce, Reuse, Recycle" equation. If you don't NEED it, don't buy it, even if it's eco friendly. Here are some ways to be a frugal green beauty.

### **Eliminate products you don't need**

Skipping beauty products you don't really need means using less packaging and other resources. Here are some of the products you can probably do without.

Most beauty and skin care experts agree that toner (or astringent) is not necessary. If you cleanse your face well and rinse well, you can skip the toner.

If you have very oily skin you probably don't need moisturizer, and if you have normal skin, your sunscreen might be enough of a moisturizer. All skin types should use a sunscreen daily – it's the only truly effective "wrinkle" cream. Just be careful to choose one without scary ingredients such as diethylphthalate, 4-Methyl-Benzylindencamphor, Oxybenzone, Cotyl-Methoxy-Cinnamate, Octyl-Dimethyl-Para-Amino-Benzoic Acid, Homosalate, Polyethylene Glycol and parabens.

If your skin is dry, use the gentlest cleanser you can and you can get away with using less moisturizer.

When the seasons change and become drier, it's better to change your cleanser to a gentler formula, not change your moisturizer to a thicker formulation.

Most people, unless their skin is extremely oily, don't need to wash their faces with a cleanser in the morning. Of course it goes without saying that you should thoroughly remove makeup and cleanse your face at night, but as long as you do this, your face is clean enough in the morning. Just splash with warm water then apply sunscreen.

Exfoliation is important for healthy and pretty skin, but you probably don't need an expensive product. Use a very clean washcloth to gently scrub your face. Or put some baking soda in your hand and use that as a gentle scrub. Or sugar or salt mixed with a little olive oil. Olive oil makes a great eye makeup and lipstick remover too by the way.

Skip the allover foundation. Most people don't need it all over their faces but just a little bit to conceal darkness under the eyes and redness around the nose. Use a little tinted moisturizer instead or try mineral makeup, which makes your face look flawless and seems to last forever. Click here to [shop for mineral makeup](#). Mineral makeup is very kind on the budget because a little goes a very long way.

## **Skip certain steps in your beauty routine**

If you curl your eyelashes you might be able to skip mascara and eyeliner. Curling your eyelashes really opens up the eyes and makes them pop. If I were stranded on a desert island, I would want my eyelash curler and lip balm!

Keeping your brows groomed also shapes your face without requiring a product. In addition to tweezing, try trimming the longer hairs that stick out after you comb your brows (use cuticle nippers to do this). It gives your brow a neater look that is easier to comb into shape.

Many hair care experts agree that most people wash their hair too often. Twice a week is enough. On the other days, you can rinse your hair and then reapply a small amount of styling product. Not washing your hair daily saves water and you will often find you won't need as much conditioner and other products for the hair, as it will be easier to style with some of the natural oils intact.

Some natural moms have opted out of shampoo altogether and simply rinse their hair daily with hot water. Others use a bit of baking soda as a shampoo, or even a vinegar rinse to remove oil. Try it and see if you don't like it!

Personally, I find that washing my hair about every 4 days is best for my hair texture. My hair seems to produce far less oil this way too.

## **Try multi use products**

[Dr. Loretta](#) author of "6 Weeks to Sensational Skin" says that dead sea salts have multiple uses for skin problems: everything from acne to eczema. You can find [Dead Sea Beauty Products](#) online.

Body natural body lotions or conditioner can double as shaving cream. Or use a moisturizing body wash like Burt's Bees. I love this product – and not only because Burt's Bees uses recycled bottles. The [Burt's Bees Body Wash](#) smells like heaven in a bottle!

Buy makeup that can be used for eyes, cheeks and lips, like [Kiss My Face 3 Way Color](#). This reduces the number of products you buy and makes putting your face on a breeze. I love this product for traveling – I slip it into my overnight bag and it's eye shadow, blush and lip gloss all in one.

## **Make your own green beauty products**

Making your own skin care products usually means you'll use far less packaging than if you bought everything. It doesn't have to be super complicated though. You can mix honey and salt to make a body or facial scrub. Or sugar and olive

oil. Lemon juice, salt and olive oil are great to exfoliate and bleach elbows and heels. Read on for more ideas!

## **Learn to love your natural look**

I have a story here. My sister has super thick, curly hair. The kind that, if it were long, would rest in ringlets down her back. The kind that other people spend \$100 per perm to try and achieve. Now she has accepted her hair and decided not to fight nature, but when she was a teenager and everyone had Farrah Fawcett hair, straight was the look. So she would spend money and time trying to chemically straighten or even iron her hair, which was mostly an exercise in futility – not to mention a toxic overload of chemicals!

*Learn to accept your natural look.* Freckles are cute and don't have to be covered up. Curly hair is beautiful and doesn't have to be straightened. Pale makes you look like a Gothic beauty – embrace it! Whatever you think of as a “flaw”, I would be willing to bet someone else admires that trait.

Ask your hairdresser to help you choose a style that works with your facial shape and hair texture. The more you try to change your natural look the more money and time you'll spend.

Now let's get to the recipes!

Let's start at the beginning: Cleansing. It's the first step in skin care.

Ginger Garrett, author of [Beauty Secrets of the Bible](#) was kind enough to let me share this recipe.

### **Rich Milk Wash**

- 1 cup powdered goat's milk
- 1 cup quick-cooking oats

Process the oats in a blender until extremely fine and mix well with the dry milk. Store in an airtight container.

To use as a face wash, sprinkle 1-2 tablespoons into your palm and work into a paste with warm water. Scrub the face gently and wash. Can also be used as a body scrub and in the bath as a luxurious soak.

The lactic acids in the milk are a natural source of alpha hydroxy acids that help fight the signs of aging, and the oats soothe and manually exfoliate the skin. Together, these ingredients will leave your skin unbelievably soft and supple.

## Homemade Facial Mask

Using a facial mask every week is a great way to rejuvenate your skin and take some time for yourself. Here is a recipe for homemade facial mask that you can make quickly in your kitchen.

### Ingredients:

2 Tablespoons cornmeal  
Water  
2 drops Geranium essential oil  
2 drops Frankincense essential oil  
1 drop Myrrh essential oil

### Instructions:

Mix cornmeal with water and make a paste. Add oil to paste and mix well. Apply mask mixture to face and neck. Allow to stay on skin for 20 - 30 minutes. Remove with soft cloth and warm water.

## Bath and Body Care Recipes

Next comes exfoliating, the step that follows cleansing in good skin care.

Sugar scrubs are awesome for keeping your skin soft, smooth and sweet smelling. Sugar is a natural exfoliant because of its mechanical grittiness but also because it contains mild acids that slough off dead skin. Here are some delicious homemade sugar scrub recipes to save you money.

### Oatmeal Sugar Body Scrub

#### Ingredients:

2 Tablespoons rolled oats  
2 teaspoons brown sugar  
2 Tablespoons aloe vera  
1 teaspoon lemon juice

#### Instructions:

Put rolled oats in blender and blend into a very fine powder. Place oats in small mixing bowl. Add brown sugar and lemon juice. Mix well.



Once mixed, add aloe vera and stir into a paste being sure there are no lumps. Dampen the skin you will be applying paste to and massage paste onto skin. Rinse with warm water. Double the recipe to use over entire body.

### **Experiment!**

You can create your own sugar scrubs by simply experimenting with mixing sugar with olive oil in equal parts. Then add other ingredients if you like such as lavender oil, dried herbs, etc.

This one would be nice at the beginning of summer when you're donning those short sleeved shirts. Or, before going out for the evening to make your skin glow!

Of course, salt is a natural exfoliant too.

### **Sea Salt Body Scrub**

1/4 cup Sea Salt  
1/4 cup Olive or Coconut Oil  
5 drops Essential Oil (something like ylang ylang or sandalwood for a romantic mood, rose or lavender for a relaxing/classic mood)

Mix ingredients in a glass jar. To use, apply in the shower or tub and massage in circular motions. Rinse with warm water.

### **Sea Salt Body Scrub #2**

Ingredients:

1/2 teaspoon Apricot oil  
1 teaspoon Castor oil  
1/2 teaspoon Beeswax  
1 Tablespoon Sea salt  
1 teaspoon Almond powder  
2 teaspoons Shampoo

Instructions:

In medium size saucepan place apricot and castor oil. Heat over medium heat until mixture just starts to get hot. Add beeswax and stir until all ingredients are melted together. Be sure to stir often mixing ingredients together well.

Take pan off the heat and add almond powder. Stir until well blended. Add sea salt and mix well. Once all is mixed together add shampoo. Use as a body scrub on entire body. Rinse well with cool water.

## **Super Exfoliation for Elbows and Heels**

### Ingredients:

1/2 lemon

1/2 cup water

3-4 drops of Peppermint essential oil

### Instructions:

Squeeze juice from the lemon into a small mixing bowl. Add three to four drops of peppermint oil and stir. Add water and mix together thoroughly.

Lay two cotton balls in liquid and soak briefly. Apply cotton balls to your elbow leaving cotton ball on area until your elbow dries. Repeat two to three times. You can also try rubbing the cut lemon directly on your elbow. (Don't use this treatment if you have any open sores or cuts.)

This treatment will bleach out and exfoliate dark, thickened elbow skin, and it also works well for heels. Try this recipe on your toenails if they're yellowed from using polish too.

Now what about moisturizing? Try these recipes to keep your newly scrubbed skin soft.

## **Homemade Body Lotion**

### Ingredients:

1 cup dried chamomile

4 Tablespoons honey

1 cup organic milk

8 teaspoons wheat germ (optional)

### Instructions:

Place milk in small sauce pan on low heat. Add chamomile and allow to warm on low for a couple of hours. Pour through a strainer to remove any remaining dried chamomile. Place wheat germ and honey to liquid mixing well. Use as a lotion over entire body. Lotion stays fresh in the refrigerator for one week.

## **Bath Milk**

1 cup organic milk  
¼ cup cornstarch  
¼ cup finely ground oats  
2-3 drops lavender, rose, or chamomile essential oils

Mix ingredients together and put in a shaker style bottle (store in the fridge). To use, put a small amount in warm bath water.

## **Baby Mama Oil**

1 cup Grapeseed or Apricot Kernel oil  
4-6 drops lavender or chamomile essential oils  
1-2 vitamin E capsules (optional)

Squeeze the vitamin E capsules into the oils and mix together. Store in a dark colored bottle and use as a bath or massage oil. Of course, this one is also great for babies. Speaking of babies..

## **Baby Powder Recipe**

½ cup Cornstarch  
½ cup Arrowroot powder  
1 tablespoon dried ground chamomile  
1 tablespoon dried ground lavender  
¼ cup finely ground oats

Blend well and put in a shaker style bottle. (I got a glass parmesan cheese shaker at the dollar store for this, it works great.) Now you can powder your baby's little bottom in safety.

**Tip:** Did you know that one of the best (and most frugal) places to get your herbs for beauty products is at a large health food store? Find one that sells herbs in bulk. They are much more economical when purchased this way. Be sure to bring your own containers and have the cashiers weigh them first so you're only charged for the product itself.

## More Ideas

The following is a list of foods you're probably eating every day and that you can grab easily from your own kitchen... try brainstorming your own beauty recipes using this as a jumping off point.

### Honey

Honey has antibiotic and antibacterial properties, making it a natural choice for troubled, acne prone or teenaged skin.

Try warming it a bit (place the container of honey in a bowl of hot water) then spreading on the face as a mask. Honey is a humectant, meaning it draws moisture to the skin. After cleansing your face and while it's still damp, put one or two drops of honey in your palms, rub them together and pat on your face.

This is a tip I got from Ginger Garrett, author of [Beauty Secrets of the Bible](#). To read more of her tips, read this transcript of an interview I held with her: <http://naturalmomstalkradio.com/blog/beauty-secrets-of-the-bible-transcript>

Honey is also excellent as a first aid item. The next time your little ones get a cut, put a little honey on the wound. Modern Doctors are recommending "moist wound healing", ancient wisdom has used honey as a treatment for generations. In several studies published over the last decade, honey has proven itself as a healer.

### Strawberries

Mash a strawberry and apply it to your teeth. (Just don't answer the door for the UPS man, he'll think you're nuts!) It whitens the teeth naturally and won't cause tooth sensitivity like some commercial whitening products.

Strawberries mashed well can also be applied to the skin as a mask. It will brighten up a dull complexion. Those enzymes at work again!

### Almonds

Ground almonds (use almond butter or grind them yourself in the blender) are an excellent deep cleanser and exfoliant for the face, and the naturally occurring almond oil also moisturizes the skin.

### Yogurt/Buttermilk

Cleopatra bathed in milk, but she would have done one better if she had fermented it first. Use plain, whole milk yogurt on the face as a mask. It's great for sensitive skin. Buttermilk can also soothe a sunburn. Use it like a facial wash. Or add it to your bath for an all-over skin treatment.

### **Green Tea**

Green tea is getting more respect as studies uncover its anti-aging benefits.

Brew it, cool it and splash on the face after cleansing. Splash once more with water to remove.



### **Olive Oil**

Is it any coincidence that some of the most beautiful women in the world swear by olive oil as a beauty potion? If it works for Sophia Loren, it will work for you.

Use olive oil as a makeup remover and nighttime moisturizer (use just a couple of drops on a damp face). Olive oil plumps up the skin with moisture, making it appear more youthful. And be sure to get olive oil in your diet too.

### **Oatmeal**

Oatmeal is wonderful to soothe irritated, itchy skin (which is why it's often used to bathe itchy chicken pox sufferers!). Grind it finely, mix with a little water and apply as a mask. Or use dry as an exfoliant.

### **Coconut Oil**

Coconut oil is highly nutritious and a wonderful addition to the diet. It can also be used on the skin with nice results. Coconut oil is wonderful as a conditioner and styling agent for hair. Just put a few drops in your palms and rub through the hair, focusing on the ends.

It's also wonderful for the feet. Put a little on your feet at night before you go to bed, and slip on cotton socks. Your feet will be sandal ready by morning.

### **Homemade At Home Facial**

Did you know that you can use many ordinary ingredients from your kitchen to make effective and inexpensive homemade facials? Here is how it's done.

First, remove your makeup thoroughly with olive oil on an organic cotton pad or wash cloth and rinse well with warm water.



Then add a few drops of your favorite essential oil to a bowl of very warm water. Rose oil and lavender oil are good choices. Wring out a washcloth in the water and lay it over your face until it cools, then repeat with more warm water. Do this for about 5 minutes.

Then, gently scrub your face with almond butter (you can also grind almonds in your blender) and rinse using the water in your bowl. (You might need to thin the almond butter with a little water before scrubbing.) Ground oatmeal also works well and is soothing to sensitive or itchy skin.

Third, apply a mask to your face and leave it on for 15 minutes. If your skin is dry, use a mask of mashed avocado or a yogurt-honey mixture. If it's oily, use pureed papaya or pineapple, which are exfoliating.

Rinse off the mask and while still damp, apply a little olive oil to your face, gently removing the excess with an organic cotton pad. This routine is best done at night or when you won't be wearing any makeup, otherwise the olive oil will cause your makeup to slide off your face.

Voia! Your skin will look and feel soft and radiant. Try this homemade facial once a week or whenever your skin needs a little brightening.



## **The Natural Manicure**

If you want to have prettier hands, you can use natural ingredients that won't cost a lot of money and that also don't contain cancer causing chemicals. Here are a few easy steps to have prettier hands, naturally.

*First*, fill a small bowl with warm water and a few drops of olive oil, along with your favorite relaxing essential oil, such as lavender, rose or ylang ylang. Soak your hands for a few minutes to soften cuticles.

*Second*, push your cuticles back gently with an orange stick. Using a cuticle nipper, trim excess skin and any potential hangnails. Don't go overboard - you don't want to remove your cuticles entirely.

*Third*, whip up a sea salt or sugar scrub. Combine 1/3 cup sea salt (you can also use sugar), the juice of one lime (or lemon), and 1 Tablespoon olive oil. Rub this into your hands for a couple of minutes to slough off dead skin. Rinse with warm water.

*Fourth*, massage some organic lotion into your hands. Or use a couple of drops of olive or coconut oil. If you do this while your hands are still damp, they won't feel greasy. Wipe the lotion off your nails with a dry washcloth.

*Fifth*, buff your fingernails with a fingernail buff until they shine. Shiny, healthy nails are beautiful on their own, but if you want to paint them, be sure to use toluene, DBP and formaldehyde free formulations. Most nail polishes and removers contain these toxins so check labels carefully.

***That's it!***

I hope you've enjoyed this little guide to natural beauty. Please share it with a friend!

Carrie

[NaturalMomsTalkRadio](#)



**More Resources:**

Read natural beauty product reviews at <http://www.NaturalMomProducts.com>

For baby's skin: [Natural Baby Care Recipe Book](#)

More recipes: [Natural Skin Care Recipe Books](#)

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<http://www.NaturalMomBusinessGuide.com>

Are your cosmetics safe? Check out the <http://www.cosmeticsdatabase.com> and find out.