



10 SUMMER

SKIN CARE *and* BEAUTY RECIPES

courtesy of NourishingJoy.com

PRINT-FRIENDLY

BURN SALVE: A SOOTHING, HEALING BALM FOR SUNBURNS

1/4 cup raw honey, preferably Manuka honey
1/4 cup unrefined coconut oil
1 teaspoon beeswax
1 tablespoon Sea Buckthorn oil, optional
1/2 teaspoon aloe vera gel, aloe vera juice, or rosewater

In a small, heavy-bottomed saucepan or double boiler, heat the beeswax over the lowest heat possible.

When the beeswax is nearly melted, add in the coconut oil and melt completely.
Stir in the honey and Sea Buckthorn oil, if using, and whisk over the heat only until the whole mixture is one uniform liquid, about 30 seconds.

Remove from the heat and either pour directly into tins or other containers OR stir in the aloe or rosewater briskly until the mixture is completely homogenous, then pour into your containers.

Let sit until comfortable to touch before using. The mixture will fully harden in approximately 6-12 hours.

Use within 1-2 weeks. For storage up to two months, remove the aloe vera or rosewater and apply separately as needed.

ZINC OXIDE SPF HANDY RATIOS

Calculate how much zinc oxide to use in your homemade sunscreens using the following ratios.

(The recipe to the right makes a HIGH SPF sunscreen.)

LOW (SPF 2-5)
5%

MODERATE (SPF 6-11)
10%

HIGH (SPF 12-19)
15%

ULTRA HIGH (SPF >20)
25%

HOMEMADE ROLL-ON SUNSCREEN STICK

makes 2 deodorant push-ups (2.5-oz size)

25 grams beeswax (about 1 1/2 tablespoons beeswax pastilles)
40 grams shea or mango butter
50 grams coconut oil
20 grams cocoa butter
30 grams zinc oxide
cocoa powder, 1-7 tablespoons (optional) - for tinted sunscreen

Melt all ingredients except zinc oxide and cocoa powder together in a double-boiler (or in a small saucepan set inside a slightly larger saucepan with simmering water). If you must heat the ingredients on direct heat, be sure to use the absolute lowest setting your stove will allow.

When all ingredients are melted, remove from the heat and stir in the zinc oxide and cocoa powder, if using. Be careful not to breathe in the zinc oxide powder. Make sure the mixture is well mixed, especially if you're using large amounts of cocoa powder, then pour the mixture into your deodorant tubes.

Let stand until completely cool and very firm, 6-12 hours.

Store in the refrigerator for 6-12 months. Carry in any bag, but word to the wise: if you will be in a warm location, keep the sunscreen in your cooler or store in a zipper-top plastic bag out of the sun, as the sunscreen will soften as it warms.

Apply liberally and reapply anytime water no longer beads on top.



SUNSCREEN LOTION BARS

Makes approximately two 2.75 oz bars

70 grams coconut oil (about 1/3 cup when melted)
75 grams shea butter (about 1/3 cup when melted)
60 grams beeswax
3 tablespoons zinc oxide
1 teaspoon cacao or cocoa powder, for tint (optional)

Melt coconut oil, shea butter, and beeswax in a double boiler over low heat. Stir until everything is melted and the mixture is smooth. Remove from heat.

Stir in zinc oxide and cocoa powder until blended, then pour into molds. Silicone muffin tins and soap molds work very well.

Allow to cool completely, 2-3 hours, then pop out of the molds and store in a cool, dark place or in a cooler when away from home. Please note: these will melt in the sun.

BUG BITE RELIEF SALVE

If you don't want to render your own tallow or can't find any locally, US Wellness Meats carries an excellent tallow.

1/2 cup rendered tallow
1 tablespoon olive oil
40 drops lavender essential oil (or any other you so desire)

Melt the tallow gently over very low heat just until it's entirely liquid.

With the tallow in the liquid state but as cool as possible (around 120°F), whisk in the olive oil.

Add in the essential oils and pour into tins or jars, then place in the refrigerator to let solidify.

BUG-OFF SKIN OIL

This does leave a residue on the skin. I call for jojoba because it's the least greasy or soybean because it has mild repellent properties naturally, but olive, liquid coconut oil, whipped shea butter, or apricot kernel oil can also work. If you're applying this on children under 5, use half of the amount of essential oils.

1 oz jojoba oil or soybean oil
10 drops eucalyptus smithii essential oil
10 drops lavender essential oil
10 drops geranium, citronella, or lemongrass essential oil

Mix all oils well and store in a dark bottle or jar. Be sure to reapply every 30 minutes or so if insects are heavy in your area.

TRIED & TRUE HOMEMADE BUG SPRAY

1/8 cup apple cider vinegar
1/8 cup vodka or witch hazel
1/8 cup water
80 drops mixed essential oils, neem oil, or four thieves oil

Pour all ingredients into a small spray bottle and shake well. Apply often.

Variation: Catnip has been shown to repel insects very well, so if you aren't in a rush to make this recipe, stuff a bottle full of fresh catnip and fill the bottle with vodka. Let sit for 4-6 months in a dark place. Then, whenever you want to mix up a batch of homemade bug spray, use that infused vodka to make your concoction.

Note: If you will be using this bug spray on children under 2, know that peppermint oil is not recommended, so use lavender, lemon, sweet orange, or tea tree in its place.

THICK & CREAMY BUG-OFF LOTION

I choose to make a thick body butter rather than a thin lotion because I find it stays on better. If you prefer a thin lotion, choose your favorite unscented commercial lotion, preferably one with as few preservatives as possible, and stir the essential oils into that lotion. This recipe does require an electric mixer, preferably one with a whisk attachment.

1 cup of mango or shea butter
1/2 cup coconut oil
1/2 cup of jojoba or a mild olive oil
2 tablespoons arrowroot powder or cornstarch
120 drops essential oil of your choice (optional)

Prepare an ice bath in the sink or prepare a space in your refrigerator large enough to accommodate your electric mixing bowl. Meanwhile, place your electric mixing bowl in the freezer.

Over the very lowest heat possible, melt the mango and shea butters until nearly liquid.

Add the coconut oil and continue melting until the mixture is completely liquid.

Remove the mixture from the heat.

Place the arrowroot in a small bowl and slowly add about half of the jojoba oil, carefully stirring it into a slurry as you go.

Mix thoroughly, then add it to the mango/coconut mixture along with the remaining jojoba oil, stirring well.

Pour the mixture into the chilled mixing bowl, return to the freezer, and allow to cool for 10 minutes. Fit the mixer with the whisk attachment.

After 10 minutes, add the essential oils to the oil mixture, then whip on medium-high speed until stiff peaks form. If after a few minutes it does not seem to be thickening, return the bowl to the freezer for an additional 4-5 minutes.

Scrape down the sides of the bowl, then whip again and repeat this procedure until it is solid but light and fluffy. Be careful not to chill the butters too much towards the end, or you'll end up with chunks rather than light cloud fluff.



DIY LEAVE-IN CONDITIONER SPRAY

1/4 cup water (distilled water highly recommended)
1 tablespoon coconut milk
5-10 drops rosemary, tea tree, or lavender essential oil (optional)

Whisk together all ingredients to mix well and pour into a travel-sized spray bottle. Store in the refrigerator and use within 1 week.

To use, shake well then spritz on damp hair and comb.

NOT SURE WHERE TO SOURCE INGREDIENTS?

If you can't find what you need locally in your area, I highly recommend these online options:

[Scratch Mommy Skincare Shop](#)

[Mountain Rose Herbs](#)



HOMEMADE CALAMINE LOTION

Recipe #2 is the recipe that most resembles what you see in the store-bought varieties, but if you can't find pink Kaolin clay, then any other clay - such as Bentonite - works just fine.

RECIPE #1

1/4 cup zinc oxide
1/2 teaspoon iron oxide
4 teaspoons bentonite clay
4 teaspoons baking soda or 2 teaspoons calcium hydroxide ("cal" can also be found in Latino groceries)
1/4 cup water
1/2 teaspoon glycerin (optional)
3-4 drops lavender essential oil or other antibacterial essential oil (optional)

RECIPE #2

1/4 cup zinc oxide
4 teaspoons pink Kaolin clay
4 teaspoons baking soda or 2 teaspoons calcium hydroxide
1/4 cup water
1/2 teaspoon glycerin (optional)
3-4 drops lavender, peppermint, camphor, tea tree, or other antibacterial/antipuretic essential oil (optional)

DIRECTIONS FOR BOTH RECIPES:

Combine all ingredients in a small bowl and whisk until smooth. Store in the refrigerator for 1-2 weeks.

If you'd like to store it for longer than 2 weeks, simply remove the wet ingredients, which are what harbor bacteria: Whisk together all powdered dry ingredients and store in a bottle or jar. When needed, place only as much as you need into a bowl and add water, glycerin, and essential oils. This way it's fresh and effective!

HANDY HINT

Always test masks and skincare products on a small portion of the skin to test for allergic reactions before applying to the face!

BANANA FACE MASK

This face mask provides a natural way to lighten up existing sun damage. Lemon and honey both help lighten the skin, while banana nourishes and creates the perfect mask consistency.

1 ripe banana or 1/2 cup perfectly ripe papaya
1 tablespoon honey
1 teaspoon fresh lemon juice
2 tablespoons oat flour (optional) - grind 3 tablespoons rolled oats to make oat flour if necessary

Mash up banana in a bowl or purée in a food processor, then add honey, lemon juice, and oat flour. If you are using rolled oats, grind them in the food processor first before adding remaining ingredients.

Apply to clean skin, and let sit for 15-20 minutes.

Wash off mask with cool water, followed by a splash of cold water to close your pores.

DIY "MUD" MASK

If you have dry or damaged skin, reduce or eliminate lemon juice and instead add an equivalent amount of honey. If you have particularly oily skin, use a little more lemon juice and a little less honey. For fairly balanced skin, use equal amounts of both.

2 tablespoons thick Greek yogurt
1 teaspoon cocoa powder
1 teaspoon buttermilk or kombucha
1/4 of a banana, mashed
1 teaspoon honey
1 teaspoon lemon juice

Place all ingredients in a bowl or blender and mix until smooth. Texture should be thick enough so it does not run down your face but thin enough to spread easily.

Apply to clean skin and allow to sit for 20-30 minutes.

Wash off mask with cool water, followed by a splash of cold water to close your pores.

