



Natural Skin-Care

*Easily, cheaply and safely using ingredients from
the house and garden:*

1. Oatmeal

Gentle cleanser, healer. Chemical free. Suits all skin types

2. Cider Vinegar

Natural anti-bacterial. Astringent. Skin toner.

3. Oil

Moisturiser. Skin softener

4. Herbs

Healing agents directly from the garden.

5. Honey/Beeswax

Natural skin healing agents since ancient times.



*That's all you need to cleanse, tone and
moisturise your skin cheaply and naturally.
There's no need to purchase expensive skin
care products again!*

Natural Skin Care Recipes:



Oatmeal-Honey Facial Scrub

Blend together: 4 teaspoons oatmeal, 1 tablespoon clear honey and juice of one lemon or water (for sensitive skin). Apply to the face. Massage in gentle circular motions for approximately 3- 5 minutes. Rinse off.

From Booklet No. 30 Natural Skin Care and No. 58 Old-time Oatmeal



Herbal Infusion

Place 3 teaspoons fresh herbs in an earthenware or glass container. Gently crush the herbs with the back of a spoon (to aid release of essential oils). Add 250ml boiling water. Leave to steep for about 5 minutes or for a stronger infusion leave longer. Strain and use as required. (If using dried herbs blend one teaspoon herbs with one cup boiling water).

Use as a hair rinse, skin (facial) astringent or pour into spray bottle and use as a mild deodorant or body spray. Add to homemade skin creams and other products.

From Booklet No. 61 - Harnessing Herbs



Oatmeal Bag

Place two tablespoons oatmeal into the centre of a handkerchief. Tie up the ends to form a bag. Use this bag to bath baby instead of a bar of soap or body washes (detergents) - both of which contain harsh chemicals. Use in place of soap and other skin cleansers. The bag will last about 3-4 washes - then replace the oatmeal.

From Booklet No. 30 Natural Skin Care and No. 58 Old-time Oatmeal



Simple Beeswax Cleansing Cream

Mix together the following: 100mls almond oil almond (or use cheaper options: safflower, olive, sunflower) with 30mls melted beeswax and 3 to 5 drops of essential oil (rose, lavender, lemon, eucalyptus, etc.). Keep mixing until the mixture begins to set. Then beat until thick and creamy.

(More skin creams and moisturisers are in Booklet No. 13 - Making Simple Salves & Creams).



Honey Hand-cream

Pour 2 teaspoons good raw honey with 50mls olive or almond oil (or other oil of your choice) into a clean jar. Add 50mls lemon juice or herbal infusion (lemon juice is better as the acid in the lemon helps to emulsify the mixture into a thick cream). Apply lid and shake well. Store in fridge and use within 7-10 days. *(From Booklet No. 26 - Beautiful Hands)*

All recipes from the **Natural Skin Care Booklet Set** containing e-booklets: No. 30 - Natural Skin Care, No. 13 - Making Simple Salves and Creams, No. 58 - Old-time Oatmeal, No. 26 - Beautiful Hands, No. 37 - Beautiful Baths. (\$39.00)

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