

Two-ingredient cosmetics

For the busy green goddess

These recipes are as easy as one, two, three — and the third part is mixing up the first two! You probably already have most of this stuff in your kitchen (a great way to use questionably edible perishables).

Save up your empty containers (only use glass or plastics #2, 4, or 5), get a few friends together, and have a Do-It-Yourself cosmetics party! Use raffia or recycled gift ribbons to attach paper labels, put a few together in a tin, reuse a pretty basket or gift bag, and you've got a lovely home-made gift!

hair

Lemon Shine Rinse

Juice of one lemon (remove seeds)
1 L water (tap or distilled)

Mix together and pour through hair while you're in the shower. Rinse. Shampoo and condition as usual.

Apple Cider Vinegar Shine Rinse

¼ c apple cider vinegar
1 L water (tap or distilled)

Wash hair, pour rinse through locks and let sit a few minutes. Rinse out with cold water. Helps remove build-up and bring back shine. You can store this in the fridge and use it every two weeks.

Dark Hair Conditioner

½ c honey
¼ c olive oil

Place both ingredients in jar and shake. Massage into hair, wrap with a towel, and leave for 10 minutes. Wash out two or three times with shampoo. Mixture has a shelf life of a few months.

Conditioner

1 mashed avocado
¼ c coconut milk (enough to make into paste) or ¼ c mayonnaise

Mix together and comb through hair. Wrap your head with a towel and let sit for 10 - 15 minutes. Wash out with shampoo. Store extra conditioner in the fridge for up to one week.

face

Strawberry Scrub

2 large, ripe, organic strawberries
2 Tbsp finely ground oats
(use coffee grinder)

Mash strawberries and work in ground oats. Apply to face and let sit 15 - 20 minutes. Wipe off with warm cloth. The strawberry seeds will do your exfoliating! Store in the fridge for one to two weeks.

Simple Facial Wash

2 Tbsp sugar (fine)
1 Tbsp olive oil

Stir ingredients together. Apply to face and wipe off with a warm cloth. Do not apply around sensitive skin around the mouth and eyes.

Apple Mask

1 Tbsp apple sauce
1 Tbsp wheat germ

Mix together into paste. Apply and let sit 10 - 15 minutes. Wash off with warm cloth. (Option: make your own apple sauce by chopping up half an organic apple. Add a tablespoon of water and heat in microwave until you can mash it!)

Simple Facial Mask

1 Tbsp yogurt (full fat is best)
1 Tbsp honey (find a local source if possible)

Mix together. Stir and apply to face. Let sit 10 - 15 minutes and wash off. Make as needed or store in fridge.

Green Tea Toner

1 c green tea
(made with distilled water)
1 Tbsp rosewater, aloe juice,
or aloe gel

Boil one cup of water, steep green tea bag for five minutes. Let mixture cool. Add to spray bottle and apply after cleansing.

Chamomile and Mint Toner

1 mint tea bag
1 chamomile tea bag
4 c distilled water

Steep tea for 10 minutes. Cool and add to spray bottle. Apply to face after cleansing. (Option: use ½ c fresh mint or 2 Tbsp dried mint herb and 2 Tbsp dried chamomile flowers). Shelf life in your bathroom will be about two to three weeks. Store in the fridge to make it last longer.

Simple Lip Balm

2 Tbsp olive oil
1 Tbsp beeswax (use cosmetic grade only)

Add both to double boiler. Melt together, stir, and then let cool. Add to small container with a lid.

body

Coffee Scrub

3 Tbsp coffee grounds (those that were just used for brewing)
1 Tbsp salt

Brew your morning coffee. Scoop out grounds and mix with salt. Rub over body while you are in the shower. Rinse off. (Warning: can get messy!)

bath

Rose Milk Bath

½ c rose water
½ c coconut milk

Mix together and pour into bath. Create as needed or store in fridge for up to two weeks.