

Soft & Silky Hair =



Egg to moisturize hair!

Normal Hair: Use the **entire egg** to condition hair. May be applied monthly.

Oily Hair: Use **egg whites** to remove oils. May be applied every 2 weeks.

Dry Hair: Use **egg yolks** only to moisturize dry, brittle hair. May be applied monthly.

Instructions: Use 1/2 cup of egg mixture (whole egg/white/yolk) that is appropriate for you and apply to clean, damp hair. If there isn't enough egg to coat scalp and hair, use another egg or more. Leave on for 20 minutes, rinse with cool water (to prevent egg from "cooking") and shampoo hair.

Benefits: The yolk, rich in fats and proteins, is naturally moisturizing, while the egg white contains bacteria-eating enzymes, and removes unwanted oils.

Soft Conditioned Hair =



Instructions: Mash **1 ripe banana** and **1 ripe avocado** in a bowl. Add **one tbsp. of olive oil**. Apply mask to hair, including the scalp if you want, or just deep condition the ends. Wrap hair in a shower cap or saran wrap. Let sit for about 15 minutes, or longer. May use overnight for ultra-conditioning. Rinse mask out.

Benefits: Olive oil makes for a gentle moisturizer for dry hair. Olive oil has the same healthy fats as avocado, which plumps and moisturizes the skin with a combination of vitamin E and vitamin A. Bananas contain a rich source of potassium, carbohydrates, natural oils, and essential vitamins for healthy hair.

Clean & Clear Hair =



Instructions: Mix **½ cup of apple cider vinegar** and **1 ½ cups of cool water**. Shampoo and rinse hair as usual. Pour vinegar rinse through hair, do not rinse again [the cider vinegar scent will very quickly dissipate]. Conditioner should not be needed but you can apply if necessary. Ratio of vinegar to water may be adjusted according to the amount of clarifying needed or frequency of use.

Benefits: Apple cider vinegar, when used as a rinse, will make your hair feel smooth and shiny, and provide a bit of extra clarification to remove oil and dirt. It balances your hair's pH, which helps seal the cuticle and make the hair smoother. It can also help with dandruff, clear away greasy build-up, and soothe itchiness and irritation of the scalp.



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Hair Gel =



Instructions: Dissolve **1/2 to 1 teaspoon of unflavored gelatin** in **1 cup warm water**. Keep refrigerated and use as you would a purchased gel.

Benefits: Gelatin is a pre-cursor for collagen and makes hair, skin and nails noticeably stronger and smoother (great for cellulite too).

DIY Shampoo =



You will need:

2 tablespoons olive oil
1 egg
1 tablespoon lemon juice
1 teaspoon apple cider vinegar

Instructions: Combine all ingredients in a blender. Blend until well combined. Use like regular shampoo. Discard any leftovers.

Citrus Hairspray =



Instructions: Chop **1-2 lemons** (or oranges for dry hair). Place wedges in a pot and cover with 2 cups of **hot water**. Boil until only half of liquid remains. Cool and strain. Add more water if needed. Refrigerate in a spray bottle. This is a flexible hold hairspray.

Benefits: Citrus is a rich natural source of vitamin C, which is essential for healthy bodies, skin and hair. Citrus fruits also contain B vitamins and inositol—both necessary for healthy skin and hair.

DIY Conditioner =



Ingredients:

1 egg yolk
1/2 teaspoon olive oil
3/4 cup lukewarm water

Instructions: Beat the egg yolk until it's thick and white. Add the oil and mix well. Then add the water into the egg mixture and mix well. Massage into clean, damp hair. Rinse with plenty of warm water after about 10 minutes



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Lighten acne scars =



Instructions: Put a few drops of lemon juice onto your clean finger, and then drop it onto the pimple or scar.

Benefits: Lemon juice on pimple scars over a period of time is known to erase all signs of past pimple activity.

Dewey Glow =



Instructions: Combine 1 tsp. raw honey and 1 tsp. aloe vera. Stir until completely blended. Use your fingers or a clean, large makeup brush to apply on the mixture (it's sticky!). Wait 15 minutes and rinse.

Benefits: Raw honey grabs onto water, creating a watertight film that locks in moisture, so skin looks healthy and youthful. It also fights breakouts. Aloe is a proven healer that contains nearly 75 healthy-skin nutrients, allowing it to treat cuts, sunburn and even zits.

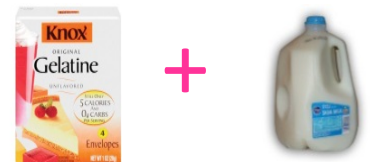
Soothe redness & heal scars =



Instructions: Grind $\frac{1}{4}$ cup of oatmeal in a blender. Next, put it into a container and add some water to make it thick. Add in 2 teaspoons of honey and stir it evenly. Apply the mixture to your face and leave it on for 10-15 minutes. Finally, rinse your face with lukewarm water and you're done!

Benefits: Oatmeal is a natural, gentle exfoliator. It also soothes a variety of itchy skin conditions like eczema and insect bites by relieving dryness. Honey binds moisture into the skin and is full of antioxidants so it is wonderful for sun damage. It's also good for acne because it helps to absorb impurities and dirt.

Pore strips =



Instructions: Mix 1 tbsp. gelatin and 1 tbsp. milk together. Microwave for 10 seconds. Apply to area of skin to minimize and cleanse pores. Let dry, then peel!



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De-puff those eyes =



Instructions: Steep **2 bags of green or chamomile (Manzanilla) tea** in hot water. Let cool. Dip your cotton pads into the tea. Squeeze out excess and place it on a plate and chill in the refrigerator.

Benefits:

Tea has caffeine. Caffeine has been known to constrict blood vessels. Tea also contains tannins that also help constrict blood vessels, thus decreasing the blood flow, darkness and puffiness. The eye pad is cold. Cold lessens inflammation and swelling.

Tone dimpled skin =



Instructions: In a container, mix the **¾ cups of used or unused coffee grounds** with **1 tbsp. olive oil**, add **1 cup of sugar** if you like. It should look like coarse mud. Take a dollop of the scrub and rub it gently into your skin. Rinse thoroughly. The scrub will stay fresh for a few days at room temperature, but you can store it in the refrigerator.

Benefits: The caffeine in coffee works to help dilate the blood vessels, tightening and toning the tissue. Caffeine also increases circulation and is effective in reducing water retention, which will help smooth the look of the affected area. The antioxidants in coffee are brilliant at releasing the toxins in your skin, which isn't only helpful for your cellulite, but it's also great for healthy skin in general.

Strawberry Body Scrub =



Instructions: Crush **4-5 fresh strawberries**. Add **1 cup brown sugar** into a mixing bowl and add enough **olive oil or almond oil** to make the sugar moist, but not wet. Add **2 tablespoons honey** and **1 tbsp. fresh lemon juice** to the crushed strawberries and sugar. Mix well to fully incorporate ingredients.



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Lighter Knees & Elbows =



Instructions: Cut **1 lemon** in half. Sprinkle with any kind of **sugar**, and twist onto the elbow and/or knees.

Benefits: In addition to rough skin, the skin on the elbows can begin to look dark and dull. This easy-to-make scrub uses lemon juice, a natural skin lightener, to help the skin look lighter and brighter.

Lighter Skin =



Instructions: Every night for two weeks, soak **5 almonds** in warm **milk**. In the morning, grind them into a fine paste with milk. Apply the ground almonds and milk to your face in the evening, and leave the paste until it dries or overnight. Rinse with cold water.

Benefits: Almonds a very effective for skin lightening-whitening skin recipe. Mandelic acid, an almond extract, is gaining popularity as an alpha hydroxy acid suitable for all skin types and complexions, giving it a unique advantage. From acne to hyperpigmentation to wrinkles, this new skin care sensation helps to bring clarity and balance while causing virtually no irritation.



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Sugar Wax =



Ingredients: (Two different recipes, choose one)

- #1: 2 cups sugar, 1/4 cup lemon juice (freshly squeezed), 1/4 cup water
- #2: 1 cup sugar, 1 cup honey, juice from one half lemon (freshly squeezed)

Stovetop Heating Directions:

- Combine ingredients in a heavy saucepan and turn on the heat to medium. Once it starts boiling, reduce heat to low and cook until the mixture reaches 250°F (stir often so it doesn't boil over) then take off heat. If a thicker paste is preferred, just heat to 245°F.
- Let it sit until its warm then pour into a glass jar. Continue to let it cool till it's at room temperature. Careful! This will cause serious burns if it's not cooled down properly before applying.

Microwave Heating Directions:

- Use: 1 cup sugar, 1/4 cup honey, juice from one half lemon (freshly squeezed)
- **Directions:** Combine items in a large glass bowl then heat in the microwave for two minutes, stopping every 20 to 30 seconds to stir. Once it's finished cooking, allow to cool down a bit before pouring into a glass canning jar and letting it rest till it's at room temperature.
Source: cbc.ca.

Sugar Wax Continued

How to Apply:

- Lightly dust the skin's surface with cornstarch/baby powder. Lightly is key, this will help protect the skin a bit so the paste doesn't stick to it as much (helping lessen the pain).
- Using the popsicle sticks/wooden stirrer, slather on a thin layer in the direction of the growth then cover with cotton strips (do in batches of 3 or 4 until the entire area is covered). Rub the fabric a few times firmly (in the direction of the growth).
- Let it sit for about a minute then pull skin tight with one hand and rip each strip off quickly with the other (in the opposite direction of the growth). Reapply as needed (can reheat if it gets too cool).

Tips:

- Hair should be at least 1/4" so the mix/paste has something to really grab onto.
- Hand wash the strips in warm soapy water, dry and reuses them again and again. Muslin or diaper flannel work well.
- Careful to avoid growths such as skin tags, warts and moles. Also avoid applying on top of stretch marks, abrasions, scrapes or cuts, scar tissue, delicate area around the eyes, rashes and varicose veins.
- Seal any leftovers in the jar and refrigerate to use later (simply reheat).
- If paste is too hard to work with, add a spoonful of water and reheat in the microwave for a minute or so until it's hot. Stir then allow to cool as above.



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