

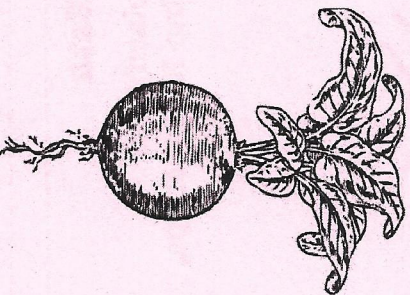
Non-Toxic Cosmetics from the Green Grocer

recipes from Toxic Free NC

Beet Red Lip Gloss

- Ingredients:
- 1/4 cup beeswax
 - 1/4 cup oil (castor, sunflower or jojoba)
 - 2 tablespoons sesame oil
 - beet juice

- Instructions:
- Melt beeswax, remove from heat and add oils. Add as much beet juice as desired for color. Store in jar.



Chocolate Face Mask

This decadent mask is an excellent moisturizer - it leaves your skin baby soft. Recommended for normal skin.

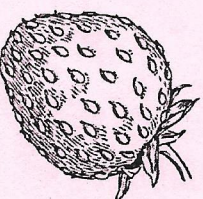
- Ingredients:
- 1/3 cup cocoa
 - 3 tablespoons heavy cream
 - 2 teaspoons cottage cheese
 - 1/4 cup honey
 - 3 teaspoons oatmeal powder

- Instructions:
- Mix all ingredients together and smooth onto face. Relax for 10 minutes, then wash off with warm water.

Strawberry Hand & Foot Exfoliant

- Ingredients:
- 8-10 strawberries
 - 2 tablespoons apricot oil (you may substitute olive oil)
 - 1 teaspoon of coarse salt, such as Kosher salt or sea salt

- Instructions:
- Mix together all ingredients, massage into hands and feet, rinse and pat dry. Strawberries contain a natural fruit acid that aids in exfoliation.



Frozen Egg & Honey Facial Mask

Recommended for dry skin, this is particularly soothing on sunburned skin.

- Ingredients:
- 1 egg
 - 1/2 cup coconut oil, melted (but not hot)
 - 1 tablespoon honey

- Instructions:
- Beat egg in a small bowl until frothy and well-mixed. Slowly add liquid coconut oil and honey, beating until your mask is the consistency of mayonnaise. Take an empty toilet tissue roll and set it on end in a clean bowl. Spoon mixture into the roll. Place tube, in the bowl, in the freezer overnight. To use, peel away just the top 1/4 inch of the cardboard roll and smooth the frozen stick over your face (like a push-up pop). Leave your mask on for 5-10 minutes, then rinse off with warm water. Return the cream stick covered with plastic wrap and frozen between uses. Keeps indefinitely.

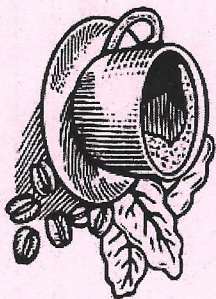
Find more recipes to green your home & pantry at www.ToxicFreeNC.org

Coffee Body Scrub

- Ingredients:
- 2 cups coarsely ground coffee
 - 1/2 cup raw sugar or sea salt
 - 2-3 tablespoons massage oil

Instructions:

Mix all ingredients together. Take a hot shower to moisten your skin and open your pores. Using wide, circular motions, rub the coffee exfoliant onto your skin with strong, even pressure. Shower off, pat skin dry and apply a thin layer of your favorite body lotion.



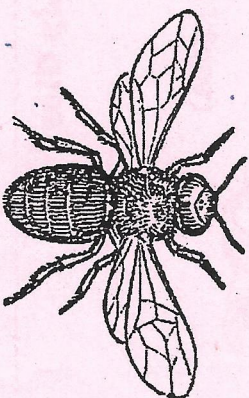
Red Wine & Honey Bath

The red wine and the honey together clarify and moisten. From the Spa at Grove Park Inn Resort & Spa, Asheville, N.C.

- Ingredients:
- 4 cups of cheap red wine
 - 1 cup of honey

Instructions:

Add wine and honey to bath.



Grapefruit Sugar Scrub

- Ingredients:
- 1-1/2 cups white table sugar
 - 8 drops grapefruit essential oil
 - 1/4 cup jojoba oil
 - 1/4 cup liquid castile soap

Instructions:

Place sugar into a large bowl and stir to break up any clumps. Add the essential oil. Add the jojoba oil and castile soap next, a little at a time, stirring after each addition. Mix well and pour into clean container. To use, stand in the tub or shower and massage the sugar scrub onto your skin from head to toe. Rinse.

Watercress Balm for Oily Hair

Watercress appears to work on oily hair because it is rich in iron and phosphorus, as well as vitamins A, C and E.

- Ingredients:
- 1-2 large handfuls of fresh watercress
 - 1 cup water

Blend watercress and water in a blender or food processor until well blended. If you have long hair you may need to use 2 full handfuls of watercress. Heat mixture and boil for 10 minutes. Strain watercress, keeping only the liquid. Let the liquid cool and apply carefully to newly shampooed hair (try to get as much excess water out of the hair as possible first). Leave on for 20 minutes. Source: "Everything You Need to Know to Have Great Looking Hair," by Louis Gignace