

Cupcakes and Crinoline



Helping you create a Beautiful Life one day at a time
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4 All-Natural Beauty Recipes
from
Cupcakes and Crinoline

All-Natural Coconut Oil and Coffee Hand and Body Scrub



Ingredients:

Coffee Grounds - approximately 1/4 cup but you can use more if desired.

- I saved coffee grounds from my morning coffee for a few days placing them in a container and stirring several times a day to encourage drying. It is important that you not place a lid on the coffee grounds while they are drying. We want the grounds to be as dry as possible. As an alternative you can also use fresh grounds and avoid the wait!

1/2 cup softened coconut oil

Instructions:

Add the coffee grounds to the coconut oil and stir well.

Set aside, stirring as it hardens for an even mix of coconut and coffee grounds, and allow to firm up.

Storage Tip

I like to store this in a glass wide mouth mason jar . It's easy to scoop out and it stays fresher longer. Store in a cool place or refrigerate.

For Shower Use - Safety Tip!

For shower use rub over entire body {not your face} in a circular motion toward your heart as you would for a dry-brush scrub. Pay close attention to elbows and knees.

*****If you use this in the shower please be careful and use caution. Coconut Oil is VERY slippery so stand on a bath mat, towel or other NON-SLIPPERY surface while using.**

All-Natural Homemade Deodorant



Ingredients:

6 tablespoons coconut oil

1/4 cup baking soda

1/4 cup arrowroot powder

A few drops (5) of essential oil ~ I use lavender essential oil for my underarm deodorant but other scents for my sons and husband

Instructions:

Mix the arrowroot powder and baking soda together.

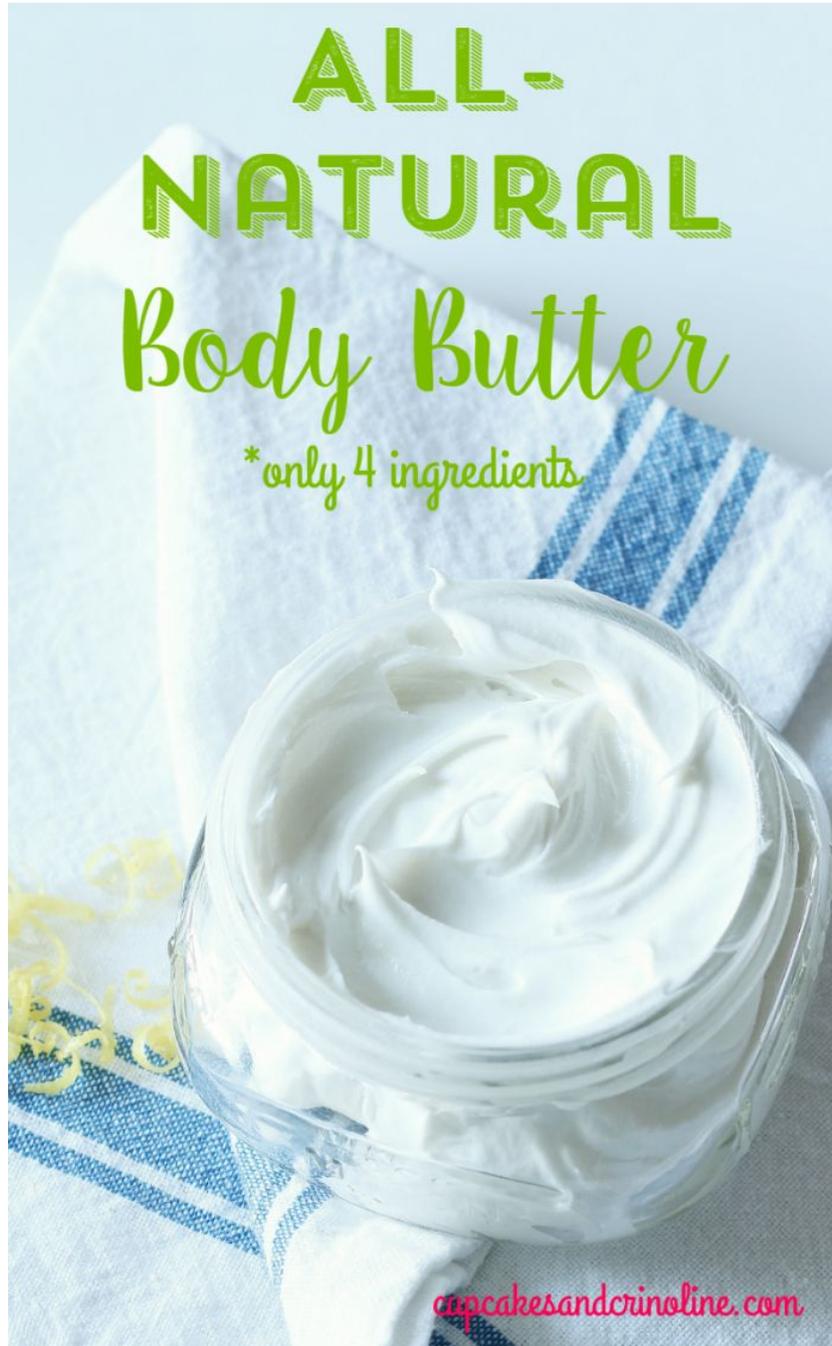
Next, add the coconut oil.

Continue mixing until everything is well blended and then add your essential oil if desired.

You can place your deodorant into a small container with a lid to keep it nice and fresh. I used a Ball Mason Jar for ours ~ little half pint ones are the perfect size.

This deodorant is great ~ it doesn't leave a nasty white mark on clothing (as long as you are careful when you put it on) and it washes out of clothes easily with no residue.

All-Natural Body Butter



ALL-NATURAL
Body Butter
**only 4 ingredients*

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Ingredients:

1/2 cup coconut oil

1/4 cup shea butter

2 tablespoons carrier oil such as grape seed oil

5 to 10 drops essential oil

Instructions:

Melt coconut oil and shea butter in the microwave for approximately 90 seconds or until melted.

Add carrier oil and essential oils. Combine.

Refrigerate until firm, 30 to 45 minutes.

Remove from refrigerator and using a stand mixer or hand mixer whip until fluffy, about 3 to 4 minutes.

Place in a mason jar, seal, and store at room temperature. If it's above 70 degrees the body butter may start to separate and refrigeration will be necessary before that happens.

Use liberally to hydrate your skin!

Rose Petal and Chamomile Flower Face Scrub



Ingredients:

Ingredients:

1 teaspoon dried rose petals

1 teaspoon dried chamomile flowers

1 teaspoon old-fashioned oats

1 teaspoon rice

2 whole cloves

4 teaspoons grape seed oil

2 drops frankincense essential oil

Instructions:

Combine the rose petals, chamomile flowers, oats, rice and cloves in a bowl and using a pestle break it down to a powder or use a small food processor to achieve the same results.

Add the grape seed oil and frankincense oil and mix well.

Place in a small glass jar sealed tightly for best results. You can keep it refrigerated so that it will last longer. When you want to use it, use a spoon to scoop out a small amount and massage gently over your entire face and neck avoiding the eye area. Rinse well and apply your favorite moisturizer.