

Natural Radiant **BEAUTY**



**Empowering girls and young women
on their journey of self discovery**

By Gabrielle Goldklang

– Hi Beautiful –

With this e-book, it is my intention to offer you the most fun, creative, affordable, simple and delicious recipes. I hope these recipes support and inspire you on your journey of exquisite self love and care, so that you may connect with and radiate your unique inner and outer beauty, health and well-being.



In today's society we are bombarded with images from advertisements for numerous beauty products, regimes and diets. Most seem pretty crazy to me! Product after product, packed with chemicals and sold for a lot of money say to women, 'use this and look youthful and glowing'. Most of these products don't even work and cause more harm than good from the nasty chemicals that the body absorbs through the skin.



Beauty comes in so many forms, one being someone who is simply herself! One who accepts, embraces and appreciates herself in her uniqueness; is confident and comfortable in her body; and is loving to her body, mind, emotions and spirit.

*How do I be more loving to my body,
mind, emotions and spirit
you may ask? Keep it simple!*



Gabrielle Goldklang

Nourish your body with fresh, organic foods, drink plenty of clean water, and get an adequate amount of sleep each night (at least 8 hours). Breathe deeply into your belly, meditate, exercise in a way that's fun for you, spend time in nature if you're able to, get involved in activities that you enjoy and make you happy and use natural beauty products to balance and optimize your health and beauty...



When I was in Hawaii, I met a captivating young woman. She emanated a natural glow, and just had the look of health and feminine beauty



When I asked what she does to maintain her beauty, she told me a few simple things; spending time alone in nature, not caring what others think about her, and not putting anything onto her skin that she wouldn't eat. Hearing this from a young woman I admired changed how I took care of myself. I began making my own beauty products made from ingredients straight from the Earth, and adorning myself with them daily as part of my self love and hygiene routine.

I love getting to be creative and making my own natural products. It's so much fun and rewarding to use what I've created and share these goodies with friends and family! Simply by creating and participating in these natural beauty rituals, your health and beauty will flourish.

In ancient times, women would use only natural materials from the earth without any chemicals or processing to maintain their beauty and youthful glow. You will notice many amazing benefits from making and using your own natural beauty products. Your body will be cleansed and have less toxins than if you were using commercial-brand products. You will balance your hormonal and energy levels, so that you will feel more alive throughout the day.

By making these recipes and having fun while doing so, you are giving yourself an extra boost of positivity in your life because you are putting your own love into creating what you use!

Many of these recipes are also deliciously edible, so if you have left overs you can eat them for a healthy treat when you see this symbol! 🍓



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SKIN LOVE

Beauty goes much deeper than just what is on the surface, but what is on the surface is important!

Our skin is our largest organ and often reflects what is happening inside our bodies such as our changing hormones and emotional and stress levels.

Here are some nourishing facial recipes to help cleanse your skin and help you feel comfortable in your own beautiful skin!



Face Wash

Throughout the day, our skin gets covered with dirt, pollutants in the air, bacteria, and old dead skin cells. Washing your face twice a day, morning and night with a natural cleanser helps remove these impurities and helps keep your skin clean and healthy.

HONEY CLEANSER

Raw honey contains enzymes and probiotics that are great for the skin. Honey also contains anti bacterial properties which are great for removing dirt, reducing oils and bacteria, and helping keep the skin smooth and clear. The darker the color of the honey, the more beneficial properties it contains. 🍯



Ingredients

1 tsp raw honey

Method

1. Wet face with warm water
2. Massage honey into your skin in a circular motion.
3. Wash off with warm water and pat dry.



CLARIFYING FACE WASH

Great for oily and combination skin. If you have very oily skin, try using less jojoba oil.

Ingredients

- 1 cup filtered water
- 1/4 cup liquid Castile soap (can be bought at a health food store or online)
- 5 tsp jojoba oil
- 2 tbsp raw honey
- 1 tbsp tea tree oil
- 15 drops lemon or lavender essential oil
- clean soap dispenser

Method

1. Add ingredients in the order listed and stir gently, mixing everything together well.
(The Castile soap and honey will cause the mixture to look cloudy).
2. Pour mixture into soap dispenser.
3. Wash face with 1-2 pumps twice daily.

MILKY OATS FACIAL CLEANSER

Dating back to ancient times, milk was used as a natural beauty product by many women and has been known to soften and cleanse the skin. Milk is high in vitamins and probiotics which are good for our skin. Oatmeal is a gentle exfoliant and helps draw impurities from the skin and helps unclog pores, leaving the skin clean and soft.

Ingredients

- (makes 2-3 applications)
- 1 tbsp powdered goats milk (substitute organic powdered buttermilk or powdered regular milk)
- 1 tbsp oats

Method

1. In a food processor or blender, grind oats into a fine powder.
2. Add the powdered milk and mix together well.
3. To use for cleanser, wet face with warm water.
4. Put a tbsp of the powder in your palm. Add about a tsp of water and blend together to form a paste.
5. Slowly add water until you have a milky, spreadable paste.
6. Massage this mixture in circles on your skin so your face is fully covered.
7. Rinse well with warm water and pat dry.

ACV TONER

Great for oily and combination skin. It may not smell the best, but apple cider vinegar works great to remove excess oils and dirt and keep your skin clean and clear.

Ingredients

2 tbsp apple cider vinegar
6 tbsp clean water

Method

1. Wash face clean and pat dry.
2. Use 1 part water to 3 part apple cider vinegar. Dip cotton ball in apple cider vinegar water mixture and apply onto blemish. You can also pour the mixture into a small spray container and add more water to spray onto your face for a refreshing clean feeling.

LAVENDER TONER

For combination skin. Lavender is a beautiful herb and the oil helps clear the skin of dirt and impurities.

Ingredients

12 drops lavender essential oil
clean water
small spray bottle

Method

1. Put lavender drops in bottle and slowly add filtered water to fill. Spray on your face throughout the day and after you wash your face.

Natural Exfoliants & Masks

To maintain healthy, glowing skin, it is important to remove old dead skin cells. As new skin cells form, old dead skin cells are pushed to the surface and gradually flake off, though sometimes they can stay for a long time, causing dull skin, clogged pores and acne.

Exfoliation removes these dead skin cells. Depending on your skin type, it is good to exfoliate 1-2 times per week. You don't want to over-exfoliate, or you'll strip away the new skin cells.

Facial masks help cleanse the skin, remove bad bacteria and lock in moisture and hydration, supporting the production of healthy oils to balance and nourish your skin.

Try a delicious mask 1-2 times a week!



LEMON CARROT MASK

Works to even out skin tone and give dull skin some much needed glow. 🍷



Ingredients

juice of 1 lemon
1 carrot

Method

1. In a food processor or blender, puree one carrot. You may add a few drops of clean water if desired for a more liquid consistency.
2. Add lemon juice and mix well.
3. Massage mixture onto clean face and leave on for 5-10 minutes.
4. Rinse well with warm water and pat dry.

GREEN TEA & HONEY SCRUB

Great for oily and combination skin.



Ingredients

- 2 green tea bags
- 3 tbsp honey

Method

1. In a small pot, boil green tea bags in water for 5 minutes. Turn off stove and let cool.
2. When cooled, with a strainer, strain out the water and put the green tea leaves in a bowl.
3. Mix in the honey with the green tea leaves.
4. Lather gently onto face and let sit for 5-10 minutes.
5. Rinse well with warm water and pat dry.

BLUEBERRY HONEY SCRUB

Great for clear skin and acne. 🍷



Ingredients

1/2 cup fresh blueberries
2 tbsp raw honey

Method

1. Combine ingredients in a food processor or blender and blend until smooth.
2. Massage a generous layer onto clean face and let sit for 5-10 minutes.
3. Rinse well with warm water and pat dry.



COCONUT OIL ACNE SPOT TREATMENT

This is a great recipe if a breakout occurs, dab this mixture directly onto the spot overnight or during the day.

Ingredients

1/8 cup coconut oil
Tea tree oil
eyedropper (optional)
empty lip balm container (optional)

Method

1. Melt coconut oil over low heat.
2. Add 1-5 drops of tea tree oil.
3. Blend together well.
4. Use an eyedropper to store the mixture or gently pour into a lip balm container and store in fridge.
(If you don't have an eyedropper or empty lip balm container you can use a very small container or bowl to store the spot treatment in).

TURMERIC HONEY SCRUB

Reduces redness. It brightens the skin and makes it look fresh and clean. 🍷

Ingredients

2 tbsp honey
1/2 tsp turmeric powder or fresh grated turmeric

Method

1. In a bowl, combine honey and turmeric and mix well.
2. Lather onto face and leave for about 5 minutes.
3. Rinse well with warm water and pat dry.



BERRYLICIOUS MASK

Rich in Vitamins C and B. Deep cleans, polishes and nourishes your skin. 🍓



Ingredients

- 1 handful of strawberries
- 1 handful of blueberries.

Method

1. Mash strawberries and blueberries together well or use a food processor or blender to blend together.
2. Cover face with mixture and leave on for 10-15 minutes.
3. Rinse well with warm water and pat dry.

CINNAMON HONEY MASK

Enhances your skin's own natural rejuvenation process
for glowingly beautiful skin. 🍇



Ingredients

2 tbs raw honey
1 tsp cinnamon powder

Method

1. Mix together to thoroughly blend.
2. Apply mask onto clean face or just on pimple for 10-15 minutes.
3. Rinse well with warm water and pat dry.

COCONUT OIL & SUGAR EXFOLIANT

Deep moisturizing Oil & Exfoliating sugar, nourishes, moisturizes and protects your beautiful skin leaving it glowingly healthy.



Ingredients

1-2 tbsp coconut oil

3 tbsp organic granular or coconut sugar

Method

1. In a bowl, mix coconut oil and sugar together well. You can gently heat the coconut oil, careful not to get it too hot because it could burn your skin.
2. Using your fingertips, gently massage the mixture onto clean face. Be especially gentle near your eyes.
Let sit for 5 minutes.
3. Rinse well with warm water and pat dry.



BANANA OATS N' HONEY MASK

Banana helps even the skin tone and helps prevent acne.

Use for sensitive skin.

Ingredients

- 1/2 mashed bananas
- 1/4 cup oatmeal cooked with milk
(substitute cooking with water)
- 1/2 tbsp honey
- 1 egg

Method

1. Mix all ingredients together well.
2. Massage mixture gently onto clean face and let sit for 10-15 minutes.
3. Rinse well with warm water and pat dry.

LEMON JUICE 2 in 1 TONER & MASK

Lemon is rich in Vitamin C which helps clear the skin of breakouts. Lemon also helps exfoliate the skin and helps reduce redness. You can add plain yoghurt which is rich in antioxidants and probiotics that help control oil and gives your skin extra hydration. 🍋

Ingredients

- 1 tsp fresh squeezed lemon juice
- 2 tbs yogurt (optional)

Method

1. Apply mixture onto clean face or just onto pimple for 10-15 minutes.
2. Rinse well with warm water and pat dry.



YOGHURT HONEY & OATS SCRUB

Soothes, smooths and hydrates your skin.



Ingredients

- 1/2 cup oats uncooked
- 1/2 plain yoghurt
- 2 tbsp honey

Method

1. Combine all ingredients in a food processor and blend until smooth.
2. Gently massage mixture onto face and let sit for 5-10 minutes.
3. Rinse well with warm water and pat dry.

SPIRULINA FACE MASK

Spirulina is a powerful algae from lakes and is rich in chlorophyll, amino acids and nutrients which help clear skin and smooth skin pigmentation, coloring and texture.

Spirulina is also great to add into smoothies! 🍇

Ingredients

3 tbs spirulina powder
1 tsp clean water

Method

1. Mix the spirulina powder and water well with a spoon so that it turns into a thick, smooth paste.
2. Put mask onto clean face or just on pimple.
Let sit for 5-10 minutes.
- 3 Rinse well with warm water and pat dry.

PAPAYA MASK

Papaya is a natural acne remedy that removes dead skin cells and leaves the skin smooth and soft. Papaya is also great to even skin tone and hydrate the skin. 🍌

Ingredients

1 tsp fresh squeezed lemon juice
2 tbs yogurt (optional)

Method

1. Apply mixture onto clean face or just onto pimple for 10-15 minutes.
2. Rinse well with warm water and pat dry.

Sunscreen

The sun is the greatest supplier of energy and vitamin D, which our bodies need. Getting an adequate amount of sun, at least 15 minutes a day is important to our health. Sunscreen helps protect our skin from the risk of skin damage.

Commercial sunscreen brands contain hormone-altering toxic chemicals that absorb into your skin and have been known to raise the risk of cancer. Try this natural sunscreen which still gives you enough SPF and contains ingredients that are beneficial for healthy skin. If you choose to purchase sunscreen, it's best to choose an all natural one, one that is free of parabens, oxybenzone, phthalates, PEG's (polyethylene glycols), propylene glycol, phenoxyethanol, and SLS/SLES.

COCONUT OIL & SHEA BUTTER SUNSCREEN

Use as you would any regular sunscreen. Application rates will depend on your activity and exposure to water.



Ingredients

1 oz coconut oil (contains natural SPF)

0.8 oz Shea butter (contains natural SPF)

0.1 oz cocoa butter (optional for 5% higher SPF)

0.1 oz vitamin E oil (optional for 5% higher SPF)

0 drops essential oil of your choice

(I like lavender, rose, or eucalyptus)

zinc oxide powder: for lower SPF, use 5-15%, for higher SPF use 20% of zinc oxide powder in mixture (can be ordered online)

Method

1. Add coconut oil, Shea butter, and cocoa butter into a double boiler.
2. Heat on low heat until Shea butter is just melted. Remove from double boiler and allow to cool a little.
3. Put on a mask to cover your nose and mouth (to avoid breathing in the zinc oxide particles) and measure out what percentage of zinc oxide you wish to use.
4. Add the zinc oxide, vitamin E oil, and optional essential oils to the other ingredients.
5. Mix together well and store in a dark jar in the fridge for up to 6 months.





Moisturiser

Moisturizing your skin is important in keeping your skin smooth, supple, well hydrated and youthful. Drinking plenty of clean water and eating less processed sugar and caffeine will also help keep your skin smooth and well hydrated.



LAVENDER COCONUT MOISTURISER

Coconut oil has so many beauty benefits, coupled with lavender you will feel fantastic from inside out.



Ingredients

- 1/2 cup coconut oil
- 1 tsp liquid vitamin E oil
- 12 drops lavender essential oil

Method

1. Melt the coconut oil over low heat, turn off heat and mix in the Vitamin E oil and lavender essential oil.
2. Whip with a fork and let set (the coconut oil will solidify) Use this moisture morning and evening.

ALOE VERA & ALMOND MOISTURISER

Aloe Vera is a cactus plants which has been used for centuries for health and beauty. Aloe helps prevent the skin from drying and it also contains anti-inflammatory properties and helps reduce acne and skin irritations.

Aloe gel is also great to put after any sun burn.



Ingredients

- 4 tbsp aloe vera gel
- 2 tbsp coconut oil
- 1 tsp vitamin E oil
- 2 tbsp almond oil

Method

1. In a clean bowl, add the aloe vera and oils and mix well.
2. Melt the coconut oil on low heat and slowly add to the mixture.
3. Massage a small amount into your skin 1-2 times a day.



Lip Balm & Eye Mask

The skin on your lips is thinner than your facial skin. So in case you are suffering from chapped and dry lips, using a lip balm will ensure that your lips are well hydrated and they heal faster whilst keeping them plump and moisturised.

Dark circles are not a serious skin problem, but at times they make us look like we're exhausted. You can easily get rid of dark shadows under your eyes by using a natural eye mask. One of the most important solutions that combat dark circles is water. So drink plenty!

MINTY LIP BALM

Ingredients

- 2 tbsp carrier oil (almond, jojoba)
- 8 drops peppermint essential oil
- 1 tbsp beeswax shavings (can be bought online or in natural health food store)
- glass jar
- small tin or small glass jar to store lip balm



Method

1. Place the oil and beeswax in a glass jar and close lid.
2. Heat the jar in a pot with water on medium heat until melted.
Remove from heat and stir mixture.
3. Add peppermint oil and immediately pour the mixture into lip balm container or small glass jar. Let stand for about 2 hours until hard.

NATURAL COLOUR LIP BALM

Ingredients

- 1/4 cup oil
- 1/4 cup Shea or cocoa butter
- 3/4 cup beeswax
- 2-4 drops essential oil of your choice (optional for flavor; my favorite combo is vanilla and rose)
- 1 tsp powdered herbs for color (optional for color; such as beet root powder or goji berry powder)



Method

1. Pour oil and Shea or cocoa butter into a heat proof glass measuring cup
2. Set cup in a pan of boiling water and let melt.
3. Add wax to make 3/4 cup and melt in the with the mixture.
4. Mix everything together and wait a few minutes until what is on the spoon hardens.
5. Test mixture to see if it is to your liking (to make it harder, add more wax, to make it softer, add more oil).
6. Add drops of essential oil. Stir well and pour into clean lip balm tubes or tins.

CUCUMBER EYE MASK

Cucumbers help revitalize and rejuvenate the skin and have a mild skin lightening effect to help reduce dark circles under the eyes.

Ingredients

2 slices of cucumber

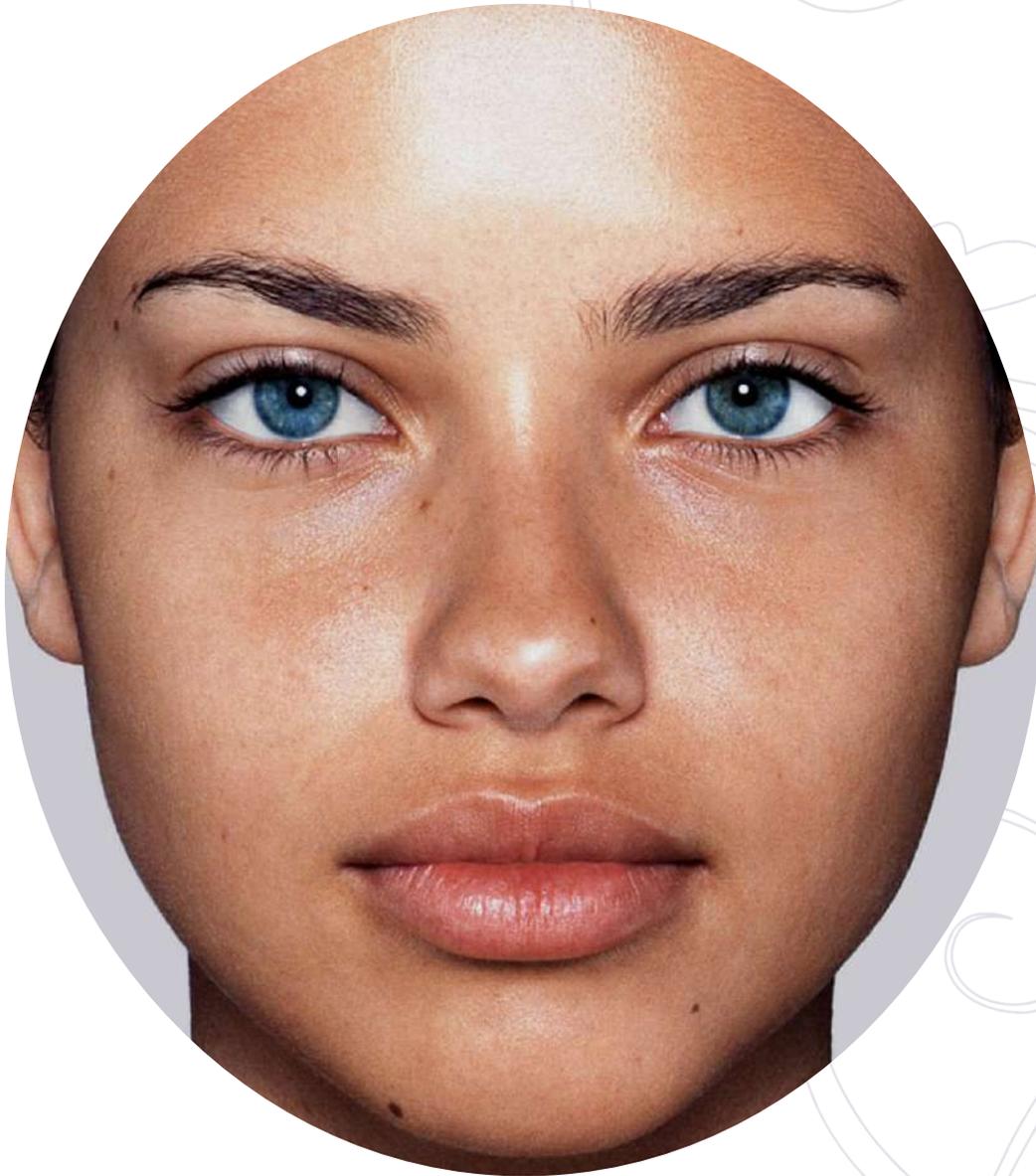


Method

1. place a slice of cucumber over your eyes and relax with them on for 15-20 minutes.



General facial care tips:



1. Wash your pillowcase at least once a week.
2. Using a cotton ball, wash your phone with apple cider vinegar.
3. Do your best not to touch your face throughout the day. If you must touch your face, make sure you have clean hands.
4. Wash your face with warm water morning and evening, tone and moisturize.
5. When you apply anything onto your face, enjoy being fully present with yourself, adorning your face with loving energy from your heart through your hands.

Here's to your glowing, healthy, happy skin!

HAIR LOVE

There are many different types of hair. Many teens find their hair becoming more oily due to hormonal changes.

If you have oily hair, it is good to wash your hair once a day with a mild natural shampoo and conditioner. If you have dry hair, try washing your hair every other day or every few days with a mild shampoo and conditioner. Treat your hair carefully when it is wet with a comb.

I hope you enjoy these recipes for your hair.
Warning: You are highly likely have a lot of fun, will probably get a bit messy and have beautiful healthy hair!





Shampoo, Conditioners, Masks

Here are some great recipes for oily, dry and combination hair...

which one are you?

COCONUT MILK SHAMPOO

Packed with vitamins C, E, B1, B3, B5, and B6 as well as iron, calcium selenium, sodium, magnesium, manganese and phosphorus. Nourishing your hair from root to tip.

Ingredients

1/4 cup coconut milk

1/3 cup liquid Castile soap (can be bought at a health food store or online)

1/2 tsp vitamin E oil

15-20 drops of essential oil of your choice (for normal and oily hair types, my favorite essential oils are lavender, rosemary or tea tree; more milder oils for any hair type are sweet orange, rose and geranium; for dryer hair types, chamomile and jojoba oils work great)
old shampoo bottle or jar



Method

1. Combine all ingredients in the bottle or jar and shake well so that all ingredients are mixed together well.
2. Use a quarter size amount in your palms, rub palms together and massage into wet hair.

Rinse well, condition and let dry.

This shampoo lasts up to a month in the fridge and will be fine to keep in your shower up to three weeks.

Shake well before each use.

CLARIFYING SHAMPOO

Baking soda is a great ingredient for oily hair to give you clean and healthy hair.

Ingredients

1/2 cup baking soda

2 tbsp apple cider vinegar

3 cups of water



Method

1. Mix baking soda, apple cider vinegar and water well in a plastic or glass container. Shake each time before you use.
2. Use a quarter size amount in your palms, rub palms together and massage into wet hair. Rinse well, condition and let dry.



BANANA BRILLIANCE MASK

Bananas are really great for your hair, adding moisture and they smell good too! This mask adds and locks in moisture, giving your hair a healthy shine.



Ingredients

- 1-2 ripe bananas
- 1 Tbsp olive oil (optional)
- 1 egg yolk (optional)

Method

1. Take one or two ripe bananas and mash them up until smooth.
2. Add olive oil and egg yolk to the mashed bananas.
3. Apply mixture to your roots, scalp, hair and hair ends.
4. Leave in for 5-15 minutes
5. Wash, rinse, and gently comb from scalp to ends.

HONEY & OLIVE MASK

This may get a bit sticky with some honey dropping on your skin... Mmm!

Olive oil is a health oils to nourish dry and dull hair and honey helps locks in moisturizer.



Ingredients

1 tbsp honey

1 tbsp olive oil

1 tbsp natural yoghurt (optional for more moisture)

Method

1. Blend honey and olive oil together well.
2. Massage into hair from roots to the ends.
3. Leave mask in for 5-15 minutes.
4. Wash and rinse and gently comb from scalp to ends.



EGG HAIR MASK

An Egg hair mask can be one of the most effective hair treatments. When used alone or with other ingredients, the treatment will give you shiny, strong, and healthy hair.

Ingredients

For normal hair use entire egg to condition hair.

-For oily hair use only egg whites which are high in bacteria eating enzymes and help remove unwanted oils.

-For dry hair use only egg yolks, which are high in fats and proteins which is naturally moisturizing and hydrating.

-1/2 cup whichever egg mixture is appropriate for your hair

Method

1. Apply all over clean, damp hair.
2. Leave on for 10- 20 minutes
3. Shampoo, condition and rinse well.
Comb gently from scalp to ends.

MAYO MASK

Mayonnaise helps give your hair extra strength and shine.

Ingredients

8 tbsp plain yogurt

8 tbsp mayonnaise

1 egg

Method

1. Gently whisk egg while blending it well with yogurt and mayonnaise.
2. Massage the mask evenly through your hair, from you scalp to your ends.
3. Let sit for 10-20 minutes.
4. Shampoo, condition and rinse well.
Comb gently from scalp to ends.

COCONUT OIL MASK

Coconut oil is a powerhouse and vitamins and mineral. Coconut oil nourishes the roots, conditions, moisturizes and smooths dry hair and tames frizzy hair and also protects against split ends.

Ingredients

1 tbsp coconut oil
2 tsp honey (optional)

Method

1. Melt coconut oil over low heat. Add optional honey.
2. Turn off heat and blend well until smooth.
3. Slather on, massaging gently into scalp, hair and ends.
4. Leave one for 15-30 minutes.
5. Shampoo, condition and rinse!

ADVOCADO HAIR MASK

Avocado is rich in healthy oils, giving your hair a conditioned, nourished healthy shine. If you have any overripe avocados, don't throw them out, use them in your hair!

Ingredients

1 ripe Avocado

Method

1. Mash up one avocado and massage into scalp and hair.
2. Shampoo, condition and rinse well.
Comb gently from scalp to ends.

BODY LOVE

Just like our face, our skin accumulates dead skin cells and needs to be well looked after with love and care for healthy glowing skin from head to toe!

DRY SKIN BRUSHING

For smooth, soft and clean skin, try dry body brushing. Dry body brushing has a long list of benefits. To name a few, it helps remove dead skin cells and supports the growth of new cells, keeping the skin smooth and bright. It also stimulates your lymphatic system which helps release toxins and waste and is a powerful aid in detoxification. Body brushing is natural exfoliator and helps increase blood circulation, encouraging the elimination of waste. Dry body brushing also helps remove cellulite, improves digestion and boost energy levels.



1. Purchase a new high quality brush. Look for one with bristles made from natural materials and it should be stiff but not too rough. (from your local health food store which usually coast \$10-20).

Dry skin brushing should be done daily before you shower for best results.

2. Always brush towards your heart, which is best for your lymphatic system and circulation.

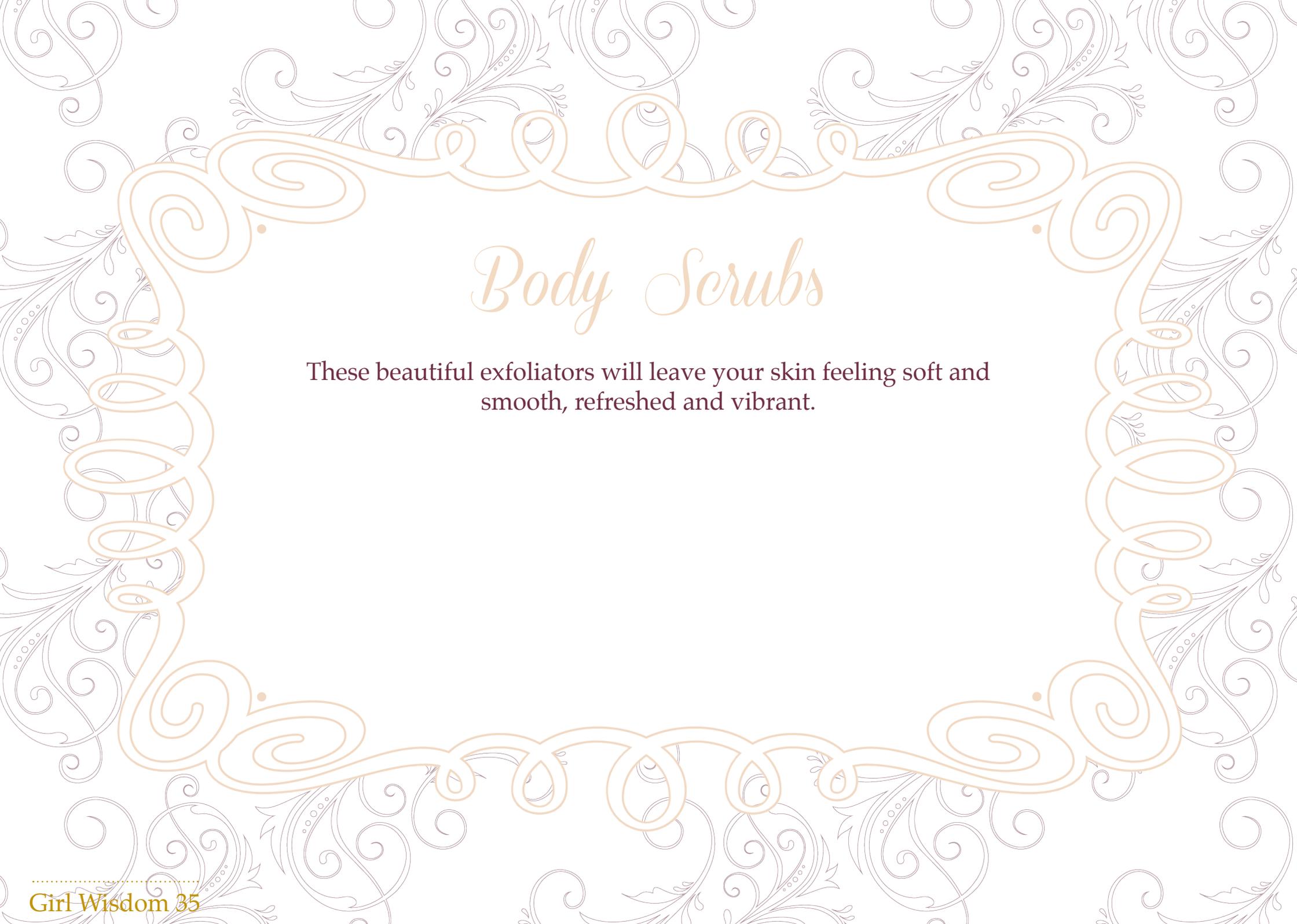
Brush your entire beautiful body, starting at the soles of your feet, up your legs and thighs, hips, butt, stomach, chest, back and arms. Make sure to get underneath your armpits for best results to help with lymphatic drainage.

Be careful for sensitive areas like your chest. Avoid brushing your face and your genitals and avoid any part of your body with skin irritations or rashes.

Apply firm pressure but it should not be painful.

Your skin should be slightly pink and then quickly return to normal.

An average dry body brushing session lasts anywhere from 2-20 minutes.



Body Scrubs

These beautiful exfoliators will leave your skin feeling soft and smooth, refreshed and vibrant.

BANANA BODY SCRUB

Ingredients

- 1 ripe banana
- 3 tbsp granulated sugar
- 1/4 tsp pure vanilla extract or essential oil of your choice (optional)



Method

1. With a fork, mash ingredients well together.
2. In the shower, gently massage all over body. Rinse off with warm water.

CITRUS SEA SCRUB

Ingredients

- 1/2 cup sea salt
- 1/2 cup oil of your choice (olive, jojoba, almond, coconut)
- 1 tsp citrus zest (lemon, orange, lime, grapefruit)



Method

1. With a fork, mash ingredients well together.
2. In the shower, gently massage all over body. Rinse off with warm water.

CINNAMON COFFEE SCRUB

Ingredients

- 2 tbsp coffee grinds
- 2 tsp cinnamon powder



Method

1. Mix coffee and cinnamon together well.
2. In the shower, gently massage all over body. Rinse off with warm water.



Natural Hair Removal

With natural hair removal, you can have amazingly smooth skin all year long without the use of chemicals!

SUGARING

For leg, bikini, and armpit hair removal...try sugaring!

Sugaring is an ancient beauty ritual that women would do in Egypt and other countries for soft, smooth legs. This is easy to do at home, is affordable and has no toxic chemicals for your body that most waxes contain. It leaves your legs and other areas of your body of unwanted hair soft and smooth with no ingrown hairs for up to two months!

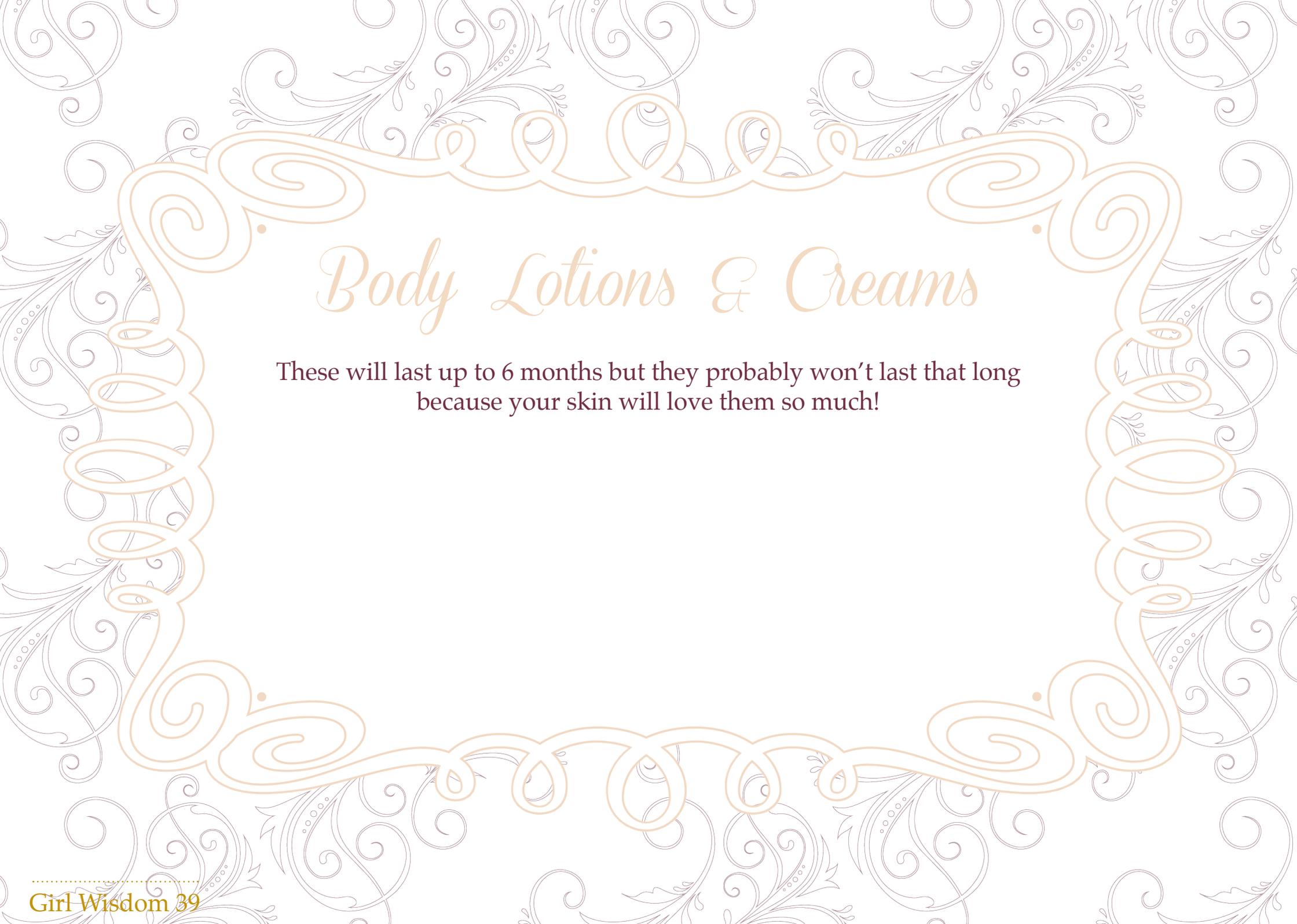
Ingredients

2 cup sugar, white or brown
2 tbsp water
1.5 tbsp lemon juice
1 tsp salt (optional)



Method

1. Combine all these natural ingredients in a saucepan and simmer over low heat.
2. Allow mixture to thicken and turn golden-brown. (Just like freshly baked cookies you know it's good when it's golden-brown.) Occasionally stir mixture with a spoon, making sure the sugar crystals dissolve. Within about eight minutes, it will thicken considerably and take on a syrupy consistency. Be careful not to let it burn.
3. Watch as the mixture turns a darker brown, turn off the heat, and let the forming wax cool for a couple of minutes.
4. Voilà! Here you have your wax. Test the temperature so you don't burn yourself. Apply where desired in the direction that the hair grows, let cool, and pull in the opposite direction of hair growth. The wax is reusable so stick the leftover portion in plastic and put it in the fridge. 10 seconds in the microwave will be enough when you want to use it later.



Body Lotions & Creams

These will last up to 6 months but they probably won't last that long because your skin will love them so much!

WHIPPED PEPPERMINT BODY BUTTER

Ingredients

- 1/2 cup coconut oil
- 1/2 cup cocoa buttermilk
- 1/2 cup Shea butter
- 1/2 cup sweet almond oil
- 1 tsp vitamin E oil
- 2-4 drops peppermint essential oil



Method

1. Put coconut oil, cocoa better, and Shea utter in a medium sized pot over low heat. Stir well until it melts completely. Remove from heat.
2. Mix in the sweet almond oil, vitamin E, and peppermint essential oil.
3. Chill in your refrigerator for 1-2 hours. You want the mixture to be firm without getting too hard or solid.
4. One chilled, use a hand mixer or fork to mix until you get a whipped consistency. Scoop out into a jar for storage.

VANILLA BODY CREAM

Ingredients

2 tbsp Shea butter
2 tbsp coconut oil
4 tbsp almond oil
1/2 tsp pure vanilla essential
or other essential oil of your choice

Method

1. Blend all ingredients well together in a container.
2. Spoon into a dark glass jar to store.
Use a spoonful to massage into your body
for well nourished and hydrated delicious skin!

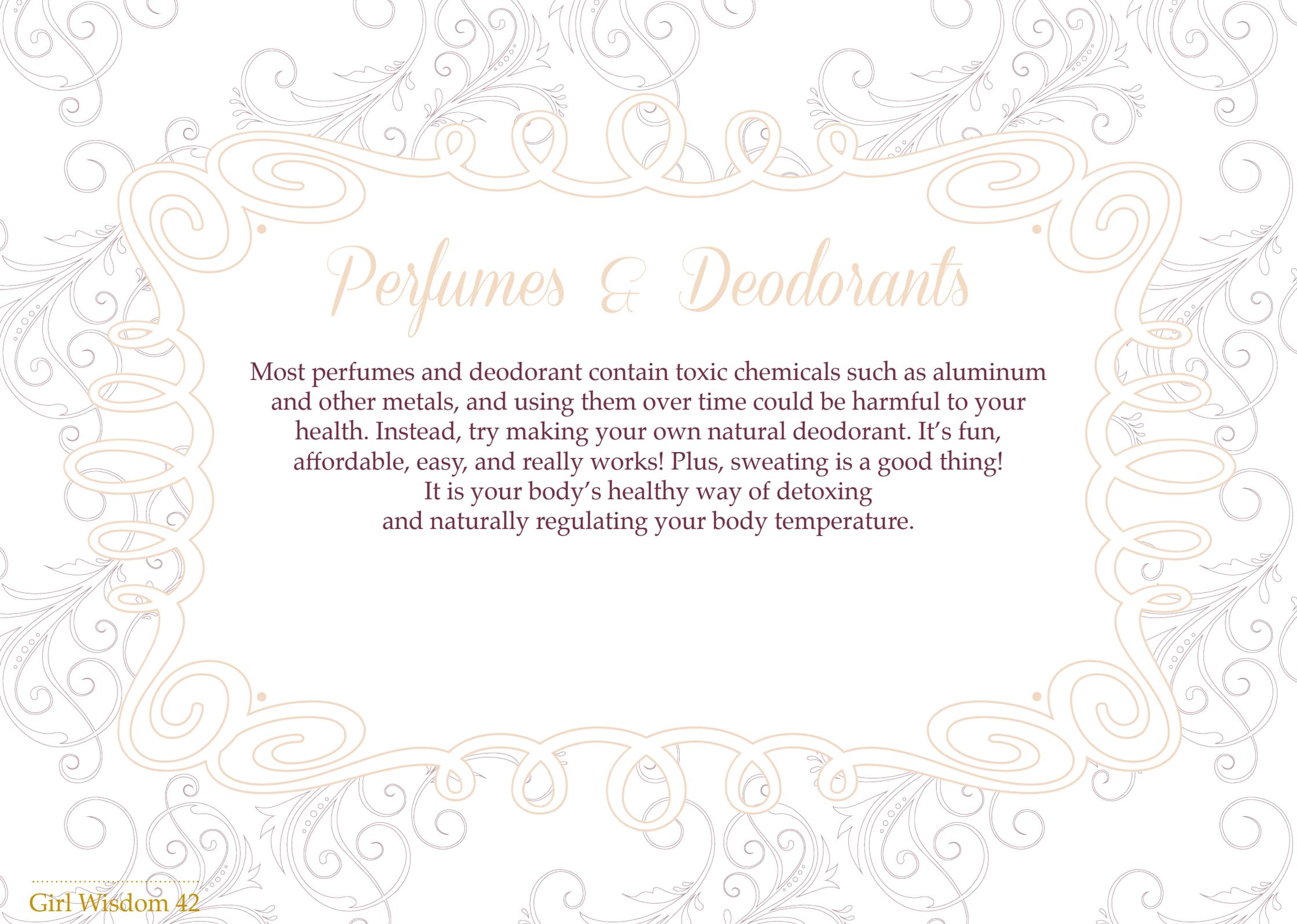
SIMPLE BODY LOTION

Ingredients

1/2 cup almond or olive oil
1/4 cup coconut oil
1/4 cup beeswax
1 tsp vitamin E oil (optional)
2 tbsp Shea butter or cocoa butter (optional)
15-20 drops of vanilla extract
or essential oils of your choice (optional)

Method

1. Gently whisk egg while blending it well
with yogurt and mayonnaise.
2. Massage the mask evenly through your hair, from your
scalp to your ends.
3. Let sit for 10-20 minutes.
4. Shampoo, condition and rinse well.
Comb gently from scalp to ends.



Perfumes & Deodorants

Most perfumes and deodorant contain toxic chemicals such as aluminum and other metals, and using them over time could be harmful to your health. Instead, try making your own natural deodorant. It's fun, affordable, easy, and really works! Plus, sweating is a good thing!

It is your body's healthy way of detoxing and naturally regulating your body temperature.

PERFUME

clean water or carrier oil (jojoba, almond or olive)
your favorite essential oils
glass spray bottle

Here are some of my favorite blends:

Love Blend: 5 drops rose, 5 drops lavender, 5 drops geranium, 5 drops ylang ylang

Warming Winter Blend: 3 drops clove, 3 drops sweet orange, 3 drops cinnamon

Refreshing Blend: 5 drops clary sage, 4 drops ylang ylang, 3 drops grapefruit or geranium,
1 drop sandalwood or peppermint.

Relaxing Blend: 4 drops chamomile, 3 drop lavender, 3 drops clary sage, 3 drops rose



1. Pour water or carrier oil in glass spray bottle.
2. Add drops of essential oils or simply one essential oil of your choice and close the bottle. Shake well and spray lovingly onto yourself! Mmm!direction that the hair grows, let cool, and pull in the opposite direction of hair

DEODORANT

3 tbsp coconut oil

3 tbsp baking powder

2 tbsp Shea butter

2 tbsp arrowroot (optional)

Essential oils of your choice, one or more; such as lavender, clary sage, rose, sandalwood, patchouli, tea tree, orange, and geranium are some nice ones

1. Combine Shea butter and coconut oil in a quart size glass mason jar with a lid and place this in a small saucepan of water until barely melted over medium heat.

2. Remove from heat and add baking soda and arrowroot
(If you don't have arrowroot, use 2 tbsp more baking soda)

2. Mix well.

3. Add essential oils of your choice and pour into a glass container for storage and store in fridge. It does not need to be stored in the fridge but in summer, it may melt. If you prefer, you can let it cool completely and put into an old deodorant stick for easier use, though it may melt in the summer!



If you don't have all those ingredients around, this recipe for natural deodorant is faster and easier:

6 tbsp coconut oil

1/4 cup baking soda

1/4 cup arrowroot or cornstarch

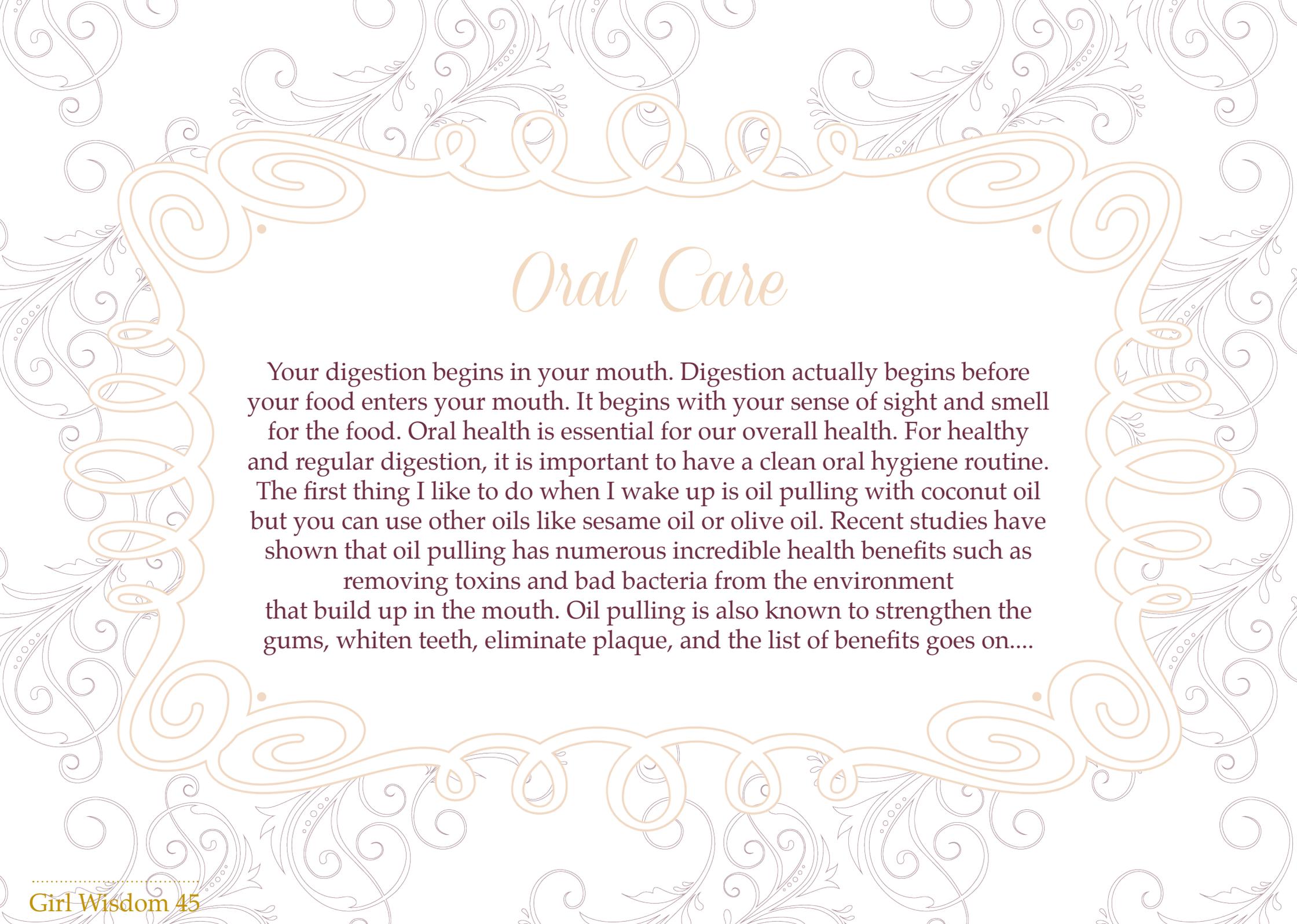
Essential oils of your choice (optional)

1. Mix baking soda and arrowroot or cornstarch together in a medium sized bowl.

2. Mash in coconut oil with a fork until well mixed.

3. Add essential oils if desired.

4. Store in small glass jar or old deodorant container for easy use.



Oral Care

Your digestion begins in your mouth. Digestion actually begins before your food enters your mouth. It begins with your sense of sight and smell for the food. Oral health is essential for our overall health. For healthy and regular digestion, it is important to have a clean oral hygiene routine. The first thing I like to do when I wake up is oil pulling with coconut oil but you can use other oils like sesame oil or olive oil. Recent studies have shown that oil pulling has numerous incredible health benefits such as removing toxins and bad bacteria from the environment that build up in the mouth. Oil pulling is also known to strengthen the gums, whiten teeth, eliminate plaque, and the list of benefits goes on....



OIL PULLING

Ingredients

1 ½ tsp of organic cold pressed extra virgin coconut oil or other oil

Method

1. Put oil in mouth on an empty stomach and swish around so it feels like it would if you were rinsing your mouth with mouthwash.
2. You can start with 2-5 minutes a day and work your way up to 20 minutes. Spit the oil out outside or in the compost or garbage. Don't spit the oil out in the sink or shower because it could clog the drains.



After oil pulling, I use my tongue scraper which also helps remove bad bacteria and toxins from the mouth and body. You can get these at a health food store for under \$10. I then brush my teeth with a delicious natural toothpaste and floss. Most commercial brand toothpastes contain toxic chemicals that are detrimental to your health. Here are some super easy, healthy, affordable and beneficial toothpaste recipes.

NATURAL TOOHASTE

Ingredients

- 2/3 cup baking soda
- 1-2 tsp peppermint extract or 10-15 drops peppermint essential oil (or your favorite flavor)
- clean water (add for desired consistency)

Method

1. Mix baking soda and peppermint together well.
2. Add a little water at a time, stirring after each addition, until paste reaches desired consistency.
3. Store in a glass container. Water brush and scoop paste onto brush.



This recipe contains coconut oil, which also makes for a great natural toothpaste.

Ingredients

- 6 tbsp coconut oil
- 6 tbsp baking soda
- 25 drops essential oil (whichever you prefer, I like peppermint and eucalyptus or grapefruit)

Method

- 1 tsp stevia (or more if you like it sweeter)
1. Mix all ingredients together in a bowl. Whip it really well to give it a light creamy, texture.
 2. Pour into a mason jar and seal it up until ready to use..

MOUTHWASH

Ingredients

- container or mason jar
- 1/2 cup filtered water
- 2 tsp baking soda
- 2 drops tea tree essential oil
- 2 drops peppermint essential oil



Method

1. Mix all ingredients together in jar and shake well before each use.
Feel free to use more to make a larger amount.
2. Swish about 2-3 tsp of this mixture and gargle in your mouth for 1-2 minutes.

Spit out and enjoy your fresh breath!





I hope that you truly enjoyed this e-book. May it be an inspiration to adorn yourself with the magical abundant gifts of nature and with the unique and beautiful love and radiance that you are!

Next time you're doing something that you're not sure is beneficial to your health, ask yourself: "What would I do if I were committed to loving myself?" Then take the action to be totally loving to yourself! This is a great exercise to get to know and trust your intuition; your powerful inner guidance.

I am so incredibly grateful for you supporting the Girl Wisdom vision and mission by empowering and being loving to yourself, creating the ripple effect and empowering girls and women all over the world.

I look forward to hearing from you if you have any comments, questions, or feedback. :)

All my love and gratitude,
xoxo
Gabrielle



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