



## LESSON 26: "HOMEMADE SKIN CARE"

High quality skin and hair care that neither contains animal products nor has been tested on animals can be quite pricey (although there are, of course, exceptions), but luckily you can make your own products at home with just a few basic ingredients. I love supporting small vegan companies that create amazing and sustainable products, but I also like having the option of making my own from time to time.

### **Sea salt & olive oil scrub**

Mix about 1/2 cup of olive oil with 1/2 cup of sea salt to get great exfoliator for your body. The great thing about this one is that while the salt exfoliates, the oil immediately hydrates the skin, leaving soft and smooth results. Tip: sea salt is a little too rough to be used on the face, so you can either use refined salt or a coffee coconut scrub/exfoliator.

### **Coffee and coconut oil scrub**

Mix about 1 cup ground (preferably organic) coffee with 1/2 cup of sugar and 1/2 cup of coconut oil (coconut oil hardens in lower temperatures, so make sure you melt it before) and 2 tsp vanilla extract (optional, you could also use cinnamon or cacao powder). Apply the scrub to your skin with your hands or a wash cloth and rinse off with water.

### **Coconut oil moisturizer & make-up remover**

Coconut oil is one of the best natural moisturizers.

You've probably heard a lot about coconut oil in the past few years and it's important to realize that much of the hype surrounding it is due to clever marketing strategies. It is, after all, a type of oil and using any other oil like olive or argan oil, will give you similar

results. Coconut oil, does, however, smell a bit better (or, if you choose refined coconut oil, it can be almost odorless). You can apply it to your skin as is and even use it as massage oil. It's also a great natural make up remover. Apply a bit of it to an organic cotton ball or reusable wash cloth, remove any traces of make up and then rinse with water.





### Avocado face masks

Ripe avocados are a wonderful base for face masks. You can mash them (1 avocado is enough for 1-2 face masks) and use them by themselves or mix them with other ingredients like: cooked oatmeal (make sure you let it cool before applying it), maple syrup, coconut yogurt, lemon juice. Apply the mask to your face for about 10 minutes and make sure you don't get it into your eyes.

### Cucumber toner & face mask

If you have a juicer, you can use it to make both toners and face masks. Alternatively, you can use a blender and then strain the mixture using a strainer or nut milk bag.

Juice 1-2 cucumbers (with the skin) and then mix the juice with about 1/4 cup of apple cider vinegar to make a toner.

Apply the toner to an organic cotton ball or reusable wash cloth to cleanse your skin and then rinse with water. You can use the

juice pulp to make a cucumber face mask by mixing it with the juice of 1 lemon or lime.



### Olive oil hair mask

If you have particularly dry hair, olive oil or shea butter make extremely moisturizing hair masks. Massage the oil or butter into your hair (you can do this with dry or towel dried hair) and apply for 20 minutes to an hour depending on how much care your hair needs. Note that you may need to rinse this out a few times in order to get all of it out.



### Baking soda - Deodorant

Baking soda (bicarbonate) is one of the best natural deodorants. Apply a bit of water to your armpits and then apply about 1-2 tsp of baking soda. Since the skin is wet, it will stick naturally. It neutralizes smells and keeps you feeling fresh. If you prefer a

creamy deodorant and or want to add some scent, mix it with coconut oil and essential oils (lavender or grapefruit, for instance).

Note: some use baking soda instead of tooth paste as well. I personally don't because I think that it would be a little too aggressive on my already sensitive teeth's enamel.

### **Cocoa butter lip balm**

One of my absolute favorite ingredients is cocoa butter. You can make amazing vegan white chocolate with it (simply mix it with a bit of coconut oil and maple syrup and then let it harden in the fridge or freezer) or use it as lip balm. Either let it melt a little (careful not to apply it when it's hot and not to melt it too much!) or mix it with a little coconut oil and then apply it to your lips.

### **Body brush**

OK, this one is not an ingredient, but it's still a great natural skin care tool. You can get body brush from \$5-\$25 and up online or at health stores. Just make sure your brush excludes animal hair/products. The skin is our biggest organ and we shed dead skin cells every day. To help the process, use your body brush for 3-5 minutes before you shower. You can do this every day, every other other day or just once a week (or whenever you feel like it). Start with your hands and feet and then make your way towards your heart, this is the best way to stimulate your blood circulation.

### **A note on natural household products**

Many household products (apart from not being vegan because they're tested on animals) contain a lot of chemicals and toxins that you then breathe in. Just like you can make your own skin care products, you can also make your own household products. Three of the best and most effective ingredients for this are vinegar, baking soda and lemon juice.

