

the
green
beauty
recipes

Easy Homemade Recipes to Make Your Own
Natural and Organic Skincare, Hair Care, and
Body Care Products

Julie Gabriel

Green Beauty Recipes

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To my little Maria, with love

Praise for the Green Beauty Guide

From Publishers Weekly:

“In this thorough, practical guide, writer and registered nutrition specialist Gabriel (Clear Skin) recommends subjecting everyday cosmetics to the same scrutiny with which we subject our food.

Gabriel provides a list of dangerous ingredients to watch out for (and why), identifies the safest products on the market (free from ‘synthetic dyes, fragrances, preservatives or detergents’), and takes readers step-by-step through cleansers, toners, facials, moisturizers, sunscreen, hair care and baby care.

Though aimed at women, Gabriel also covers products used by men and children, including shaving cream, soap, shampoo and powders.”

“All hail to the lipstick revolution! Today, our world can’t afford beauty without a conscience. Even our daily shopping habits that seem as mundane as our cosmetic and personal care product choices now have an enormous influence on our future. When shoppers read *The Green Beauty Guide* and put Julie Gabriel’s insightful green beauty tips into practice, they are also being Green Patriot environmentalists, helping to build a safe and secure future for the world and for our children—not to mention improving their personal health and their appearance.”

—David Steinman, founder of the Green Patriot movement,
author of *Safe Trip to Eden: Ten Steps to Save Planet Earth*.

from the Global Warming Meltdown

“Finally some sane and accurate advice about cosmetics and ‘beauty products’! Julie Gabriel pulls no punches in this frank, honest, and totally unbiased masterpiece about the good, the bad, and the ugly sides of the cosmetic industry. Read this book because it could save your life.”

— Dr. Zoltan P. Rona, MD, MSc, medical editor of

Encyclopedia of Natural Healing.

“I am often asked for a resource on cosmetics and ingredients. Julie’s “Green Beauty Guide” is an easy-to-read, informative introduction to many facets of the cosmetic world and how it connects to our well-being—from green to synthetic, do-it-yourself to super-expensive. If you are new to this world or even think you know ‘green’, step in and discover or rediscover this world and its underbelly.”

—Suki Kramer, founder of *Suki Pure Skin Care*

“I would happily recommend to anyone wanting to learn more about their personal care products, “The Green Beauty Guide.” It’s easy to read, easy to understand, serves as an excellent quick reference guide, and will help move us all forward in our understanding of how and why we should re-examine what we’re applying to our bodies.”

—Terry Bly, founder of *FeelGood Style* (www.feelgoodstyle.com)

“Julie Gabriel has done a stellar job of creating an excellent resource that is powerful, thought-provoking, and incredibly bold. She challenges the system and encourages us to be diligent and informed about what we put on our bodies. Too often, as consumers, we complain to friends and ourselves but rarely do we take action. I think this book is an incredible show of force, and for the right reasons. Thank you, Julie, for this important tool. I cannot wait to give it to my family and friends.”

—Anne Doubeau, founder of *Inara*

“The definitive manual for any woman who wants to feel pampered and pretty while still maintaining an eco-friendly lifestyle. The book has an incredibly wide scope of information and deals with every aspect of our beauty regimen, including hair care, skin care, sun protection, cosmetics, fragrances, and even baby care.”

—David Quilty, *The Good Human* (www.thegoodhuman.com)

“Once we read *The Green Beauty Guide*, we recycled all of our other organic beauty tomes—Julie is the definitive source and we never hit a beauty counter without her short list of product recommendations and ingredient red flags. Julie educates and inspires us to simply be more beautiful—we could spend hours making all of her fabulous DIY green beauty recipes. Read this book—your skin will thank you and so will

your health!”

—Lisa Blau, Amanda Freeman, co-founders,
Vital Juice (www.vitaljuice.com)

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Introduction

You are reading the much-asked-for sequel to my first book, *Green Beauty Guide: Your Essential Resource to Organic and Natural skincare, Hair Care, Makeup, and Fragrances*.

The book provides quite a lot of theory: in it you learn about artificial ingredient to avoid and why, which natural ingredients to look for, what makes them superior compared to synthetic counter-parts, which organic products are truly green, and what makes them effective and enjoyable to use.

Green Beauty Recipes is all about practice. I am very proud and anxious to share with you my findings about how the organic beauty course of things really works, what makes natural cleansers so gentle, and how organic moisturizers actually moisturize— and what’s even more exciting, how you can create them all by yourself, at very little expense, at home.

The Green Beauty Guide revealed some of the most dangerous sides of conventional, artificial, “junk food” beauty products. It told you what not to do. *Green Beauty Recipes* provides you with a blueprint on how to make the green leap and formulate your own cleansers, toners, moisturizers, and body products from scratch. You can use the finest organic raw materials, all- natural bases premixed by conscientious organic labs, or use kitchen staples directly from your cupboard. It’s all up to you. No matter how much or how little you invest in your natural beauty ingredients, I am absolutely sure that the result will be gorgeous, green, and amazingly beneficial for your health and for our planet.

As a founder of Petite Marie Organics line of natural beauty products, formulated by me and loved by thousands of people worldwide, I have triple- tested each of the recipes. Many of the recipes presented in this book are currently used to make Petite Marie Organics cleansers, moisturizers, treatments, and baby products.

Green beauty is all about ingredients, not the media hype or

sleek packaging. That's why using pure, raw, or minimally processed ingredients is very important. While it is tempting to me to give you a shopping list with some of the most expensive essential oils, peptides, and vitamins that could easily cost up to \$1000 per ounce, I understand that this seemingly easy way will not work for all of us.

Some of the most effective recipes in this book cost only a few cents to make, and the ingredients are right there, in your kitchen cupboards, in your local grocery store, or maybe in your garden. My favorite facial oil is made from jojoba and tea tree oils; my favorite body polish is nothing but olive oil and fine sea salt with a sprinkle of mandarin essential oil for that uplifting fragrance; the most effective hair rinse and shine booster I have tried is simply apple cider vinegar. I make my own shampoos and baby bubble baths with Castile soap and a few affordable botanical ingredients.

Most of the recipes include a few optional ingredients, which add value and aid performance but may be more expensive. You can add them or skip them; the result will be just as good. Remember: you don't need to spend lots of money to look pampered, healthy, and gorgeous.

What Makes these Recipes Different

If you choose organic, you do that because you care for your health as well as the wellbeing of our planet. However, with the abundance of organic frauds and gimmicks, it may be hard to tell the genuine organic or natural product from "greenwashed" wannabe products that put "organic" on the label without any true relation to the contents of their tubes and bottles. Today, a company can call its products "natural," even if they use 0.01% of natural ingredients in their product! Many of the recipes in the natural realm are full of artificial ingredients.

End of sample and beginning of sample recipes. To enjoy the entire contents of "Green Beauty Recipes" [please click on this link.](#)

Cleansers

Basic Foaming Cleanser Formula

This formula is suitable for facial, hair, and body cleansers, if you like soft, smooth, stable foam. Feel free to modify it to adjust to your needs by adding exfoliating agents, essential oils, plant extracts, and vitamins.

Ingredients

Phase A

50 percent filtered water, hydrosol, or plant infusion

2 percent glycerin

Phase B

40 percent surfactant A (liquid olive soap)

6 percent surfactant B (cocobetaine and/or decyl glucoside)

Phase C

0.6percent vitamins A, C, E (or other preservatives of your choice)

1 percent essential oils

Method

Phase A: Combine and stir/homogenize until completely dissolved. Castile soap may form transparent globules when diluted with water. Stir well until your mixture is uniform.

Phase B: Combine and mix well. Add to Phase A and stir thoroughly.

Phase C: Combine with rest of the ingredients with good mixing.

Cleansing

This product will produce lots of foam if whisked briskly. To avoid this, stir slowly in a circular motion. Allow to settle before packaging.

It is very easy to adjust the foaming cleanser to your skin's needs by adding more oils, vitamins, or exfoliating agents, such as jojoba granules, rice beads, or clay. If you decide to add clay to your foaming cleanser, make sure to blend thoroughly, using a stick blender, but the result will be worth it.

Nourishing Skin Cleansing Oil

Wheat germ oil is an excellent natural preservative, thanks to the high content of vitamin E. When added to the cleansing oil, it extends its shelf life to one year. This simple cleanser can even be used to remove makeup around the eyes, and castor oil helps nourish eyelashes and encourage their growth.

Ingredients

- 1 oz castor oil
- ½ oz grape seed oil
- 1 tablespoon wheat germ oil
- 5 drops geranium essential oil

Method

Pour the oils into a dark glass bottle using a funnel, close the lid, and shake well to mix.

Application

Apply with cotton wool or clean fingertips. Gently wipe in a circle from the inner corner of the eyelid towards the hair line. To wipe off the long-wearing makeup, saturate a cotton wool and rub gently, then rinse off with warm water and follow with a foaming cleanser, if desired.

Storage

This oil can be stored up to eighteen months in a tightly closed, dark-glass container.

Toners

Rejuvenating Face Toner

Apple cider vinegar helps restore glow to flaky, impure skin. It also helps maintain skin's natural acid mantle, which protects from skin infections. Honey is another time-tested skin purifier, while glycerin soothes and moisturizes. Due to the acidic nature of this preparation, I recommend wearing sunscreen daily to prevent uneven pigmentation.

Ingredients

1 cup filtered water or chamomile tea
½ cup apple cider vinegar
1 tablespoon honey
½ teaspoon vitamin C powder
1 teaspoon glycerin

Method

Add vinegar, honey, and vitamin C powder to the tea. Stir well to disperse vitamin C.

Add glycerin and stir or shake well.

Application

Every night, wipe your skin with a cotton ball soaked in this toner.

Storage

Store up to three months in a cool, dark place.

Double Apple Toner

Use this toner to exfoliate and purify oily, blemished skin. Apple supplies anti-bacterial pectin and a host of vitamins and minerals. One apple a day (the Green Beauty way!) will surely keep the dermatologist away!

Ingredients

3 oz apple juice
1 tablespoon honey
3 tablespoons apple cider vinegar

5 drops tea tree essential oil

Method

Core (don't peel) the apple and coarsely chop it. Combine all the ingredients in the blender. Blend all ingredients using a stick blender. Strain through coffee filter paper and pour the toner into a container.

Application

Shake well before use. Smooth over the face, avoiding eye area. Rinse off with tepid or cool water.

Storage

Store up to one month in a clean, cool place.

Moisturizers

Basic Cream 1

Equipment

Two double boilers

One stainless steel whisk or one hand-held stick blender One measuring glass

Two measuring spoons or electronic scales

Kitchen thermometer

Ingredients

Fat Stage

0.3 oz (10ml) vegetable oil

4g emulsifier (cetyl alcohol)

Water Stage

2 oz (60 ml) water, aloe vera juice, or hydrosol 2 ml/g glycerin

0.5 ml preservative of your choice (optional)

Value Stage

25 drops / 1 ml essential oil (single or a blend) 2 ml/g vitamin E oil
30 drops plant glycerol of your choice

Method

Heat the Fat Stage ingredients in a double boiler until all ingredients are melted and the temperature has reached 176°F (80°C).

In your second double boiler, heat the water to the same temperature (176°F / 80°C), gradually adding glycerin and a preservative, if using.

Turn off the heat under both double boilers. Pour the melted Fat Stage ingredients into the Water Stage. Pour slowly in a thin stream and continuously whisk the mixture clockwise for five minutes. You can also use a stick blender but please be careful to avoid splattering the boiling hot liquid on yourself.

Allow the mixture to cool naturally without using fans or placing it in a fridge. Stir with a stainless steel spoon or a spatula until the mixture reaches desirable consistency without clumps.

After the mixture has cooled to 104°F / 40°C (pleasantly warm to the touch), add all Value Stage ingredients except the essential oils.

When the mixture has cooled to 86°F / 30°C, add essential oils and blend thoroughly.

Spoon or pour the mixture in a jar and label it, noting the time of preparation.

If you want to make a lotion for cleansing, face care, or body care, you can dilute the Basic Moisturizer with an appropriate hydrosol or an herbal infusion.

Basic Cream 2 (with Beeswax)

Equipment

One double boiler

One stainless steel whisk or one hand-held stick blender One measuring glass

A measuring spoon or electronic scales

Ingredients

Wax Stage

A bar or unrefined or sun-bleached beeswax

Fat Stage

2 oz (60 ml) vegetable oil / a blend of oils of your choice

Water Stage

1 oz (30 ml) water, hydrosol, or herbal infusion

2 ml/g glycerin

0.5 ml preservative of your choice (optional)

Value Stage

25 drops / 1 ml essential oil (single or a blend) 2 ml/g vitamin E oil

30 drops plant glycerol of your choice

Method

Shave the beeswax using a cheese grater until you get three tablespoons of beeswax shavings. Combine beeswax and the Fat Stage ingredients in a double boiler until all ingredients are melted and the temperature has reached 176°F (80°C).

In your second double boiler, heat the water to the same temperature (176°F / 80°C), gradually adding glycerin and a preservative, if using.

Turn off the heat under both double boilers. Pour the Water Stage ingredients into the melted Wax and Fat Stage ingredients. Pour slowly in a thin stream and continuously whisk the mixture clockwise for five minutes. You can also use a stick blender but please be careful to avoid splattering the boiling hot liquid on yourself.

Allow the mixture to cool naturally without using fans or placing it in a fridge. Stir with a stainless steel spoon or a spatula until the mixture reaches desirable consistency without clumps.

Once the mixture cools to 104°F / 40°C (pleasantly warm to the touch), add all Value Stage ingredients, except essential oils. When the mixture has cooled to 86°F / 30°C, add essential oils and blend thoroughly.

Pour the mixture into a jar while it's still hot and runny. I find that letting the balm cool down in open jars without their lids closed tightly helps maintain a smooth surface on the cream, which is much more appealing. Closing your lids too quickly may form a vortex (a hole) in the middle of a jar, which doesn't affect the performance of the balm or cream, of course.

If you want to make a balm or an ointment, skip the water or the whole Water Stage completely and simply melt and whisk together the Wax and Oil stages, cool them down to 104°F / 40°C and add all of the Value Stage ingredients.

Stick to the following proportion: one part beeswax to two parts oil. Using less beeswax will produce a highly emollient, thin balm approximately the consistency of Vaseline. Only use a very little beeswax if you plan to make a lip gloss and use a lot more (up to half oil, half beeswax) if you want to make a hair styling wax or a hand balm.

Sweet Dreams Facial Oil

This simple recipe was inspired by nineteenth-century beauty guru Harriet Hubbard Ayer. I have added a few other useful essential oils that work really well for dry, lackluster skin at any age.

Ingredients

- ½ oz grape seed oil
- 25 drops calendula macerated oil
- 10 drops rose essential oil
- 10 drops melissa (lemon balm) essential oil
- 5 drops chamomile essential oil
- 2 ml vitamin E oil

Method

Combine all ingredients in a small bottle with a dropper or a pipette application and shake well to mix thoroughly.

Application

Apply to clean skin, avoiding eye area.

Storage

Store up to twelve months in a cool, clean place.

Masks and Scrubs

Apple, Lemon and Milk Scrub

This 2-in-1 mask and scrub delivers a powerful dose of skin-lightening tannins, enzymes, and vitamin C to help achieve an even skin tone.

Ingredients

- 1 apple, peeled and cored
- Rind of ½ lemon
- 2 tablespoons powdered milk or soy milk

Method

Puree the apple in a food processor, and then add the lemon and the milk. Blend well until smooth.

Application

Apply all over the face, avoiding eye area. Leave for fifteen minutes, then rinse off.

Storage

This recipe yields enough product for two applications. If you plan to make more of this mask, please note that it can be stored chilled for no more than one week.

Red Carpet Mask

Honey is the ultimate skin reviver. Glycerin deeply hydrates by helping the skin retain the moisture. Cucumber helps de-puff the eye and cheek area, while egg whites supply the proteins and tighten the skin as they dry.

Ingredients

- ½ fresh cucumber
- 2 tablespoons honey
- 1 egg white
- 1 teaspoon glycerin
- 1 tablespoon corn flour or caster sugar

Method

Peel and chop the cucumber. Combine with remaining ingredients in a food processor and blend until smooth.

Application

Apply a generous layer to the skin, covering the neck and décolleté area. Leave the mask to work its magic for twenty minutes. Rinse off using gentle circular motions and pat face dry.

Storage

Please use this mask on the day of preparation.

Sun Care

Sun Saver Antioxidant Serum

I believe in the health-protecting abilities of the sun, and whenever I tan, I make sure to protect my skin three times: first time, with this antioxidant-rich serum, second time, with a mineral sunscreen, and third time with a potent antioxidant supplement containing lycopene and resveratrol. This serum alone will not protect you from possible premature aging caused by UV radiation, but it will surely strengthen your skin's defenses against free-radical aggression that is thought to be one of the causes of skin cancer. Most of the ingredients in this serum are easily available from health food shops or online.

Ingredients

- 1 oz grape seed oil
- 1 oz linseed (flax seed) oil
- 5 drops (3 capsules) beta- carotene
- 5 drops pycnogenol (pine bark extract)
- 10 drops vitamin E (naturally sourced tocopherol)

Method

Combine oils in a bottle. If using antioxidants from liquid caps, add them to the mixture.

Add the vitamin E oil and shake well to make a uniform blend.

Application

Apply to clean, dry skin. Follow with a mineral sunscreen in day time.

Storage

This blend can be stored for up to one year in dark, cool place.

End of sample recipes...please [click on this link to purchase the entire contents of "Green Beauty Recipes."](#)

