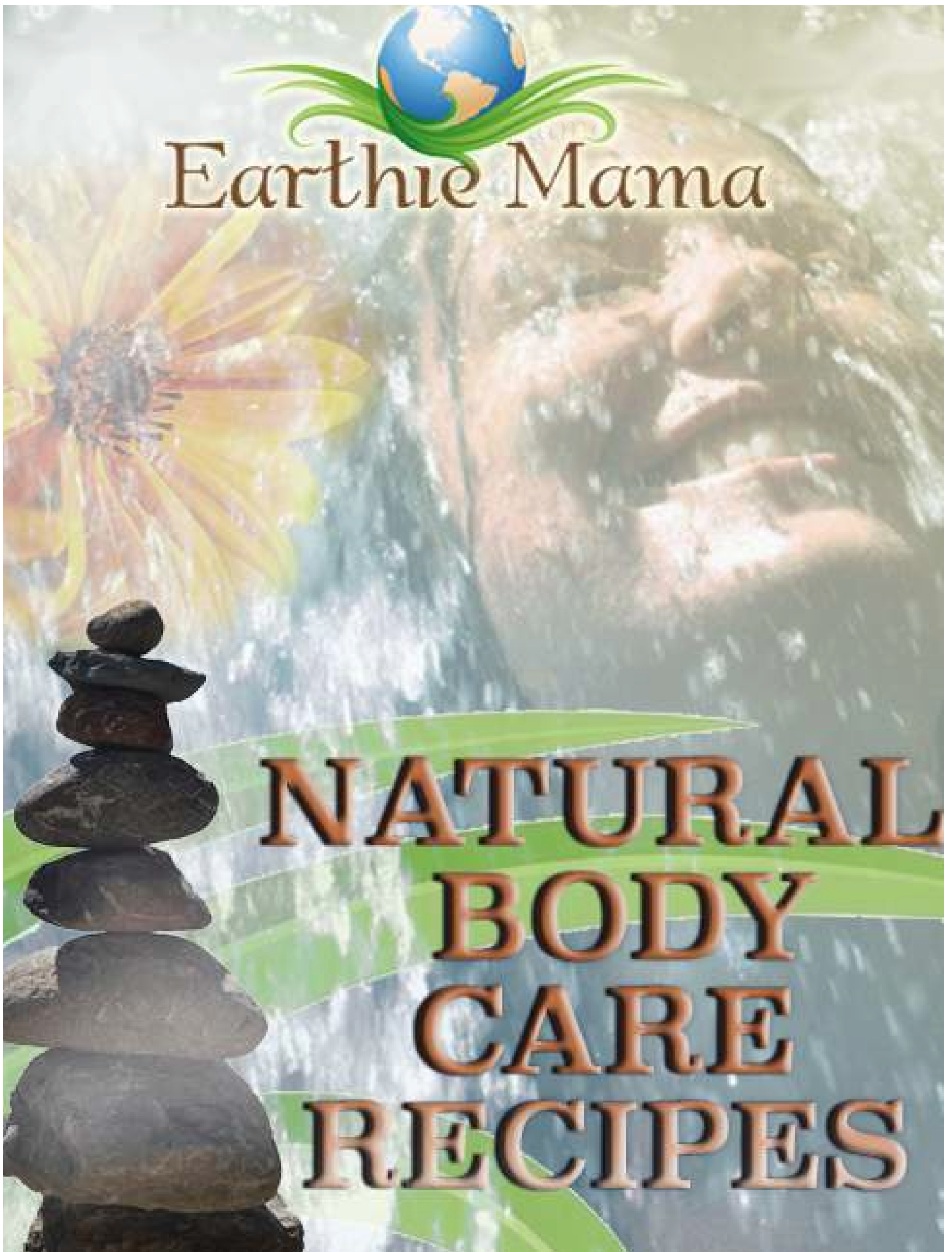




Earthie Mama

NATURAL
BODY
CARE
RECIPES





Hello Friends!

I have done it!

I finally created and compiled all of my simplest and most natural body care products in this e-book!

I have spent many years going to all kinds of stores and studying the ingredients in toothpastes, lotions, sunscreens, shampoos and many other body care products. I was on a mission to figure out which products I would be willing to use that would not cause unnecessary harm to my body or the environment, and most of all could be used on my children. This constant unsuccessful pursuit became frustrating and expensive. Oddly, I found that the more 'natural' or 'organic' some products claimed to be, the more expensive they were... I'm sorry but does that sound completely backwards to you too?

Knowing that Nature provides us with everything our body needs, I thought there must be a way to make my own products from all natural ingredients, True to the Earth.

So, I decided to go through all of my body care needs one at a time and create an inexpensive, simple and toxic free approach to making sure I was getting clean while respecting the desire to be as natural as possible. I have compiled all of these recipes together here in **Earthie Mama's Natural Body Care Recipes.**



Table of Contents:

1. Main Ingredients
2. Easy Whitening Toothpaste
3. Mouthwash
4. Earthie Sunscreen
5. Bug Away Spray
6. Shampoo
7. Conditioner
8. Lip Balm
9. Facial Cleansing
10. Deodorant
11. About the Author
12. Earthie Mama Store and Products



Main Ingredients

- **ORGANIC Apple Cider Vinegar** not only has many benefits to your internal body but also is an excellent beauty product for all your hair and skin needs from head to toe. ACV is cheap, abundant and due to its high acidity, balances your skin and hair's natural pH levels while leaving a beautiful glow.
- **Baking Soda** (or bicarbonate of soda) is a gentle alkaline powder that cleans, whitens and also has anti-inflammatory properties. Baking soda will also draw out toxins which makes it a wonderful ingredient for your homemade products. You can find baking soda at any grocery store and it is very cheap.
- **Beeswax** is a natural wax produced by honeybees in their beehive. Beeswax has many uses, but in skin products, once applied to the skin, it forms a protective and moisturizing layer on the surface. It also contains antibacterial properties.
- **ORGANIC Virgin Coconut Oil** has so many great uses. Coconut oil has anti-viral and anti-microbial properties. Not only is coconut oil great for cooking, it also can be used in almost every body care need.
- **Jojoba Oil** is a botanical extract from the seed of a jojoba tree. It can be used as a make-up remover, conditioner, facial cleanser, massage and bath oil, body moisturizer, lip conditioner and much more. It has been said to be very close to the consistency of human skin oils, thus cleans pores without clogging them.



- **Vitamin E Oil** is a strong antioxidant that prevents premature aging and promotes healing. It is used in many products for the skin and nails.
- **Zinc Oxide** is not only an antioxidant that is able to soothe, protect and help heal the skin, but it is also a sun protector able to absorb UVA and UVB rays from the sun. It can be used in children and baby lotions, nail products, skin lotions and sunscreens.



Easy Whitening Toothpaste

It is a huge challenge to find toxic free toothpaste without fluoride and sodium laureth sulfate, yet you really do not need much to get your teeth clean. The main ingredients, Baking Soda and Coconut Oil are enough to leave your teeth squeaky clean and super white. Adding essential oils, calcium magnesium, and xylitol, will make your toothpaste even more beneficial to your teeth. And best of all, it's naturally fluoride free!

Ingredients:

- 2 tablespoons coconut oil
- 2 tablespoons baking soda
- 2 tablespoons calcium magnesium powder (optional)
- 2 tablespoons xylitol (optional)
- 20 drops essential oil (I use peppermint.)

Directions:

1. Mix all ingredients together in a small glass jar.
2. Scoop a bit out on your toothbrush and Brush away!
3. You'll feel cleaner, whiter teeth, and it's so much cheaper!



Basic Mouthwash

Good oral hygiene is very important. Rinsing out your mouth with a mouthwash helps to keep good oral hygiene. Making it yourself is so easy, so cheap and there are no hidden chemicals. You can simply use Apple Cider Vinegar or Hydrogen Peroxide which are both potent bacterial disinfectants, or try this basic recipe for a good quick oral cleanse.

Ingredients:

- 1 cup water
- 1 teaspoon baking soda
- 3 drops peppermint essential oils

Directions:

1. Mix all ingredients in a glass jar and shake well
 2. Swish in mouth for 1 minute, then rinse your mouth out 3.
- Store on your bathroom counter.



Earthie Sunscreen

Most commercially prepared sunscreens are full of harmful chemicals that cover you in toxins that can cause all sorts of problems within the body, making sunburn the least of your problems! The skin is the largest organ in the body and the outer layer that we present to the world. It is a truly remarkable organ in its direct reflection of what is going on inside your body. It weighs approximately 8 pounds and stretches 22 square feet with about 300 million cells. Laid out in a line, your skin contains about 45 miles of nerves!

So, make your own sunscreen that is all natural and non-toxic! This recipe has an SPF of about 24, to increase SPF add more Zinc Oxide. This Sunscreen leaves your skin more nourished than before with all of the incredible ingredients straight from the Earth.

Ingredients:

- 1/2 cup of almond oil (or combo with another oil from the Note below)
- 1/4 cup Coconut Oil
- 1/4 cup Beeswax (add less if you want it creamier)
- 2 Tablespoons Zinc Oxide
- 2 Tablespoons Jojoba Oil
- Optional: 1 teaspoon Vitamin E oil
- Optional: Essential Oils, Vanilla Extract



NOTE: Avoid using citrus oils, such as bergamot, orange, lemon or lime. They may cause unpleasant skin reactions when exposed to the sun. They can also reduce the sunscreen's effectiveness. The Beeswax makes it semi waterproof but it should be reapplied after exposure to water.

Directions:

1. Put all ingredients in a glass jar except the Zinc Oxide.
2. Place in a saucepan and add water.
3. Put a top slightly closed on the jar and place in the water.
4. Heat till the wax is completely melted then remove from pot.
5. Stir and add the Zinc Oxide.
6. Pour into storage container and store at room temp.

NOTE: If you want to add additional SPF to your sunscreen, these Ingredients naturally have SPF in them and can be liberally applied at will.

- Raspberry Seed Oil (SPF 30-50)
- Shea Butter (SPF 6-10)
- CarrotSeed Oil (SPF30)
- Wheat Germ Oil (SPF 20)
- Sesame oil, Coconut Oil, Hemp oil, Avocado oil (SPF between 4-10)



Bug Away Spray

This recipe can be made very simply with your choice of essential oil and a 'carrier oil'. Rub or spray the natural insect repellent onto skin or clothing, using care to avoid the sensitive eye area. You'll need to re-apply after about an hour or after swimming or exercise. If you wish, you may combine the oil with aloe vera gel to change the consistency to more of a spreadable lotion.

Ingredients:

- 15-25 drops of essential oils
- 2 tablespoons of a carrier oil or alcohol

Directions:

1. Pour carrier oil into spray bottle and add essential oil
2. Put top on and shake then spray or rub.
3. Make sure to reapply every few hours and after exposure to water



***These essential oils that work well against biting insects like mosquitoes, flies, ticks, fleas**

- cinnamon oil (mosquitoes)
- eucalyptus oil (mosquitoes, ticks, and lice)
- citronella oil (mosquitoes and biting flies)
- castor oil (mosquitoes)
- orange oil (fleas)
- rose geranium (ticks and lice)

***Safe carrier oils include:**

- coconut oil
- olive oil
- sunflower oil
- witch hazel



Shampoo

Many shampoos contain unnecessary ingredients and while they claim to be 'nourishing', they are quite literally stripping your hair of its natural oils. The body tries to balance itself out only to produce more oils making your hair seem greasy, forcing you to use more shampoo to wash it again. This recipe is a great alternative to store bought shampoos. At first it might feel a bit more greasy as your scalp returns to its natural balance, but after a few weeks you should only have to wash your hair twice a week. Add any essential oil of your choice to make your hair smell nice.

Ingredients:

- 1/4 cup water
- 1/3 cup Liquid Castile Soap
- 1/2 of a teaspoon of Jojoba oil
- 20 drops of Essential Oils of your choice

Directions:

1. Mix ingredients together and pour into a clean squeeze bottle or reuse on old shampoo bottle.
2. Shampoo as you normally would and rinse with cool water.



Conditioner

As a replacement for high-priced, toxin filled conditioners, use a very simple vinegar rinse as a conditioner 2-3 times a week and you will find your hair shiny and detangled. The Apple Cider Vinegar removes clumpy residue in hair from product build-up and mixed with the Rosemary, it is a natural detangler. It will leave your hair revitalized, soft and smooth.

Ingredients:

- 2 1/2 cups of hot water
- 1/2 cup Apple Cider Vinegar
- 1/2 cup of diced Rosemary (optional)

Directions:

1. Pour ingredients into a bottle and shake well.
2. Let cool to desired temperature.
3. Use about 3/4 cup of the rinse each time you condition



Cleansing your Face Naturally

Many of the facial cleansers for sale are full of toxic chemicals and generally irritate the skin first before cleansing it. You really do not need much to have clean and clear skin. This three step approach of facial cleanser, toner then moisturizer will be sure to leave your skin looking cleaner and younger while leaving you left with a glow.

Step 1: Facial cleanser

Ingredients:

- Jojoba oil

Directions:

1. Place a couple of drops of Jojoba Oil on palm of hands and rub into face and neck.
2. Gently wash and pat dry.
3. Add your toner, then moisturizer.



Step 2: Facial Toner

There are a few toners that are inexpensive and work great to clean out your pores before moisturizing. After washing the face or after exercising, take a cotton swab and use one of these toners:

- Witch Hazel
- Apple Cider Vinegar
- Aloe
- Rosewater

Step 3: Facial Moisturizer

Many facial moisturizers have unnecessary toxic chemicals and are overly priced for the amount that you get. Try this instead!

Ingredients:

- 1 Teaspoon Organic Virgin Coconut Oil

Directions:

1 Put a small amount onto hands and massage into face.

*To make the moisturizer SPF add a teaspoon of Zinc Oxide



Lip Balm

The skin on your lips and around your mouth is extremely sensitive. Making your own toxin free lipbalm is easy and it works very well as a moisturizer.

Ingredients:

- 1 teaspoon grated beeswax
- 1 teaspoon coconut oil
- 1/8 teaspoon vitamin E oil
- 1/8 teaspoon pure vanilla

Directions:

1. Put beeswax, coconut oil and vitamin E oil in a glass jar then place it with a few inches of water in a saucepan.
2. Bring water to a simmer until all ingredients are melted. Add the vanilla and stir
3. Pour mixture into a small, clean container and let cool completely

It's ready to spread on the lips and enjoy!



Deodorant

Most store bought deodorants contain high amounts of toxic chemicals and I urge you to do your own research on the effects of these chemicals on your body. There have been numerous class-action lawsuits against various companies due to injuries caused by underarm deodorants.

Many natural forms to deodorize exist and there are quite a few ways to combat odors, here's one of my favorites.

Ingredients:

6 tablespoons melted organic virgin Coconut Oil
4 tablespoons baking soda
¼ cup Organic Corn starch (thickener)
Essential oils (optional)

Directions:

1. Slowly melt the coconut oil till it is liquid, then transfer to a bowl.
2. Add the baking soda and corn starch to the coconut oil and mix well (add essential oils if you'd like a scent)
3. Allow to cool and harden.



About the Author



Alex is one of those rare passion driven woman, whose pursuit for knowledge is matched only by her desire to live a conscious existence. She has tirelessly researched ways to live an industrial chemical-free life, as ORGANIC as possible! Alex is a prolific author, and published journalist writing for many of the web's largest news sources like Natural News, Yahoo and Vivid Life.

Alex is a renowned speaker, (R)evolutionary teacher and world traveler, having lived and studied in the United States, South Africa and Costa Rica. She has a BA in Environmental Studies, a Masters Degree in Psychology and is a qualified Yoga instructor. She is a continuous source of inspiration to many thousands of people around the world and has spent her life tirelessly researching ways to maintain a fully balanced life.



Earthie Mama Store Products



Master Tonic

This potent formula contains 7 of Nature's most powerful antibiotics in one bottle. It can also be used for cooking and spicing up dishes in the kitchen.

My best seller!

4oz - \$18
16oz - \$55
32oz - \$99
1 Gl - \$299

Immune Support Tonic

Formulated for both parents and children, this delicious tonic has ingredients that taste great and boost immune system response

Children LOVE it!

4oz - \$20
16oz - \$60
32oz - \$110



Bug Away Spray

Formulated as an all organic alternative to the dangerous and toxic store bought brands, this Bug Away Spray has a witch hazel base and potent insect repellent essential oil formula.

8 oz - \$18

Hand Sanitizer

This all organic hand sanitizer is a safe and effective alternative to the harsh chemical-laden hand sanitizers sold in the stores. Safe to use on children and adults!

4oz - \$7.50

