

## Natural Beauty from the Garden

**Janice Cox**

“ Thank you for attending my DIY demo and talk this year at The Northwest Flower and Garden Festival — Here are a few of the recipes that I presented — please feel free to contact me if you have any questions or comments. We are all born with a natural beauty. It’s how we choose to use it that makes us truly beautiful — have fun, be creative and feel your best. You are beautiful!”

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### Basic Hand Cream

Yield: 4 ounces

This is a classic hand cream that can be used all over, especially on rough skin spots such as elbows, knees, and heels. It has a mild honey scent from the beeswax, which is the key ingredient for conditioning dry hands and helping to protect them. Natural sunflower oil is a good basic skin conditioner, but you may also substitute other favorite oils in this recipe. Once you have mastered the basic recipe you can experiment making your own unique “Garden Blends” using favorite herbs and flowers. I like to use herbal teas and infused oils to elevate the basic cream.

- 1 /4 cup water
- 1 /8 teaspoon baking soda
- 1 /2 cup sunflower oil
- 2 Tablespoons grated beeswax

Bring the water to a boil. Place the baking soda in a clean, heat-resistant container; pour the boiling water over the baking soda and stir well. Set aside. Place the oil and beeswax in a heat safe container, mix together and microwave on high for a minute or two or place in a water bath and heat until the wax just begins to melt. Stir well.

Pour the oil mixture into a blender or food processor and begin to blend on low speed, adding the hot water mixture in a slow, steady stream. Continue to blend on high speed until well mixed. Pour the mixture into a clean container to cool.

To use: massage into clean hands

### **Basic Bath Bomb**

Yield: 16 ounces

Besides bath salts, fizzing bath bombs are a favorite DIY beauty project. They can be made in all shapes, sizes and scents. These compact bath tablets create an effervescent bath soak when dropped into water. The salts and oils combine and release carbon dioxide as bubbles.

1 cup baking soda  
1 cup citric acid powder  
1 /2 cup cornstarch  
1 /4 cup coconut oil melted  
1-2 Tablespoons dried herbs and flowers

In a large bowl, mix the dry ingredients, stirring slowly until well mixed. If adding dried flower petals and buds, do so now. If you wish to use essential oils, stir those into the melted oil. Slowly add the coconut oil to the salt mixture, stirring until the mixture resembles coarse meal or wet sand. Pack the mixture into molds and let sit for a few hours to harden. Store in a cool, dry spot. To use: Drop into a warm bath and enjoy.

### **Rosemary Hair Oil**

Yield: 4 ounces

Rosemary is believed to stimulate hair growth. Mixed with olive oil, it makes a hair oil to be massaged into the scalp. I see this simple hair oil sold in almost every natural beauty shop and it is so simple to make at home.

2 Tablespoons dried rosemary  
1 /2 cup olive oil

Mix the rosemary and olive oil. Heat gently in the microwave or on the stovetop, but do not boil. Cool the oil mixture completely and let it sit for 2 to 3 days to allow the oil to absorb the essential oils from the rosemary. Filter out all the solids in the oil by pouring through a funnel lined with a coffee filter. Pour into a clean bottle.

To use: Massage a small amount into your scalp after shampooing and before going to bed.

NEW!!

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Use code "Spring" for free shipping.



Janice Cox is a garden writer and natural beauty expert. She is the author of Beautiful Flowers, Beautiful Lavender, Beautiful Luffa, Natural Beauty at Home, Natural Beauty from the Garden, Natural Beauty for All Seasons and the newly released Natural Beauty at Home Handbook. She was the beauty editor for Herb Quarterly Magazine for more than twenty years. She is the education chair for The Herb Society of America and a member of the International Herb Association. She makes her home in southern Oregon.