



NATURAL
• BODY CARE •
SIMPLIFIED



by Kristin Marr

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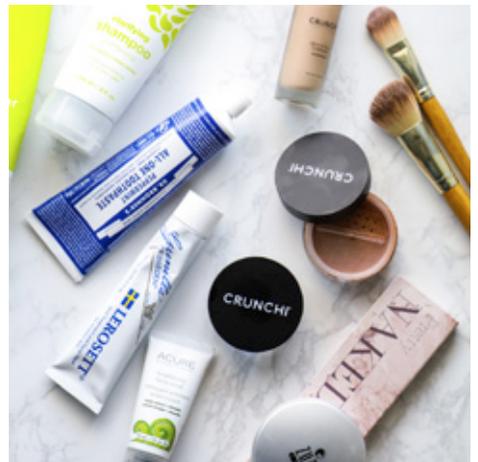
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MY NATURAL BODY CARE JOURNEY

In 2008, Dustin and I made a decision to change our eating habits.

Our goal was to eat less processed food and enjoy more “real food.” At the time, I thought our decision was one that would simply change our meals, nothing more. I never thought that our decision would change the way we clean and what we put on our skin.

Oh how I was wrong!

That one decision resulted in a total lifestyle change for our young family.

After a few years of eating real food, I began to question not only the products we called “food,” but also the products being used on our skin and in our home. This questioning led to a quest to “clean up” our cleaning products. Soon, I found myself purchasing, and using, castile soap and



baking soda, glass spray bottles, and homemade dryer balls.

Upon realizing just how easy it was to “clean up” my cleaning products, I turned my attention to my body products. For years I had trusted these products. I trusted these products were safe. After all, why would companies sell products made with potentially toxic, harmful ingredients?



That all changed as I began to research product ingredients and look for more natural options.

ABOUT THIS BOOK

This book is designed to help you make the switch to “cleaner” body products.

My desire is to help you simplify the way you take care of your body, provide you with the tools and information to make simple body products at home, and help you find store-bought products.

The best way, in my opinion, to create a new lifestyle--a natural, simplified lifestyle in this case--is to arm yourself with knowledge and then practically apply this knowledge to your life. This book is divided into two major sections to help you do just that: Natural Body-Care Basics and Homemade Body Care Recipes and Products.

In the Natural Body-Care Basics section, we'll discuss the why behind making the switch to non-toxic products, and how to go about making this switch.

The second section, Body Care Recipes and Products, is designed to equip you with simple recipes and store-bought product suggestions.



NATURAL BODY CARE BASICS

1. Synthetic Fragrance

It's hard to find a product without the word *fragrance* listed on the ingredient list, which is why it's the first thing I look for. This word is incredibly vague and doesn't offer details about what's actually used to create the fragrance. Using a product with synthetic fragrance subjects the body to a host of unknown, unregulated chemicals (like phthalates).

Look For: *Fragrance* or *parfum* on the ingredient list.

You can still enjoy scented products, as long as the brand uses essential oils or naturally-derived fragrances. This information should be clearly stated on an ingredient list.

2. Parabens

If water is used in a product, there's a possibility that a paraben will be on the ingredient list. Parabens are used to preserve products, which is a good thing when a product must have a long shelf-life. The bad thing is that some studies suggest that parabens may mimic and disrupt estrogen.

Look For: Words ending with *-paraben* on the ingredient list.



3. Triclosan and Triclocarban

This ingredient is added to products to prevent bacteria contamination. Products containing this ingredient may include: body wash, antibacterial soap, and toothpaste. Just last year, the FDA issued a ban on using triclosan and triclocarban in hand soap and body washes (this doesn't apply to hospitals or food service) due to long-term health concerns. Companies have one year to get rid of the ingredients (which means they're replacing

DETERMINING WHAT TO MAKE AND WHAT TO BUY

While we will spend the majority of our time in the second section making products, it's not my desire for you to make every body product.

For many people (including myself) it's not feasible, due to time constraints, to make every body product. (It's also not possible to make some products, like shampoo and most makeup products.) Natural living doesn't have to mean "doing it all" or "making it all." Natural living is just as much about simplifying as it is about ditching toxic products.

Today, there are a number of companies creating more natural body products. This means it's easier than ever to pick and choose what products you have the time and desire to make at home, and what products you want to source from a trusted brand.



The big question is: What products should I make versus buy?

The answer is going to be different for every person, so it's impossible for me to provide you with a clear "buy this, make that" cheat sheet.

To answer this question, think about your current season of life, budget, and product needs. Here are five questions that will help you do just that.

Question 1: Is there a good store-bought alternative?

Determine if there is a good store-bought option available before you decide if you should make something at home.

For example: A more natural lotion (for the body) can be purchased from our local health food store. The price is about \$10 a bottle, and that bottle lasts a long time.

Question 2: What's the cost difference?

If both a quality store-bought product and homemade option are available, and I'm willing to purchase and make the product, I analyze the cost.

For example: Store-bought foundation powder costs \$25-40 for a tiny case. Homemade foundation powder only takes about 5 minutes to whisk together and costs about \$3 (per jar) to make. If cost is a factor, I'll make my foundation powder.



Question 3: What's the time difference?

I also analyze the time involved in making or buying the product. As a busy mom this is an important consideration.

For example: There are a number of crafters who make natural lip balm and sell their products at our local farmer's market. Homemade lip balm is easy to make, but it does require time to melt the ingredients, pour the lip balm into tubes, and clean up the tools. For this reason, I usually purchase lip balm versus making it. (Although it is more expensive to purchase ready-made tubes. Remember question 2?)

INGREDIENTS

TO MAKE BODY PRODUCTS

If you'd like to make some body products in your kitchen--which I'm guessing you do since you're reading this book--you're going to need to acquaint yourself with a few simple, natural ingredients.

The following ingredients are the most common ingredients used to make natural body products. Many of these ingredients may be used on their own (i.e. aloe may be applied to sunburns and shea butter may be applied to dry hands and feet), or they may be mixed together to create specific products.

Some ingredients may be found at grocery stores or home stores (Target, Whole Foods, health food stores). Other ingredients may need to be purchased online (Mountain Rose Herbs, Plant Therapy, Amazon, Bulk Apothecary) or from a local apothecary store.



RAW HONEY:

Honey is an all-around amazing ingredient, and it's pretty inexpensive when you consider the versatility of this ingredient. Honey may be used to cleanse the face, calm acne flare-ups, soothe boo-boos, and make muffins and bread.

TOOLS TO MAKE BODY PRODUCTS

You'll also need a few tools if you're going to make products. The tools you'll need will depend on the products you choose to make. Here's a list of the common tools used to make body products.



MEASURING UTENSILS:

Most of my homemade recipes require measuring ingredients with cups, tablespoons, and/or teaspoons.

A top-down view of various natural body care products and ingredients arranged on a white marble surface. In the top left, there is a small glass jar of yellow balm with a wooden spoon. Next to it is a wooden-handled brush with a natural bristle head. In the center, a clear glass bottle with a silver pump dispenser contains white foam. To the right, a wooden bowl holds several white round pads and a small dark glass bottle. In the top right corner, there is a sprig of fresh green herbs. In the bottom left, there are several sprigs of dried lavender. In the bottom center, there is a small tin of yellow balm, a stack of white folded towels, and a wooden-handled brush with a dark ferrule. To the right of the towels are two grey tubes of mascara and an open compact of light brown powder.

BODY CARE
RECIPES &
PRODUCT
SUGGESTIONS

SAFETY AND USAGE

Most of the recipes in this book can be stored at room temperature, unless otherwise noted in the recipe. Because the ingredients are natural and preservatives aren't added to the final products, it's important to use your best judgment when making and using homemade products.

1) **Water Safety:** Distilled water is best to use when making any homemade product calling for water. From my experience, filtered water is okay to use when making body products that will only be used for a few days. Filtered water may also be used when making one-time use products.

2) **Use Your Senses:** If you ever notice slime or an unusual odor or color occurring in a product, toss the product and make a new batch. Bacteria can also grow without any odor or discoloration coming through a product, so this is why you need to use your discretion and follow tip number three.

3) **Small Batches:** If a product doesn't contain water, it may be stored according to the shelf-life of the ingredients used. For example: The makeup remover balm will keep for up to a year since it's made with oil and beeswax. When a product is made with water, it's important to make smaller batches. If you're concerned about keeping a water-based product on the counter, store it in the fridge (a cool environment).

I've included storage recommendations for each of the recipes in this book, because many people want to know what's worked for me. The recommendations are solely based on my own experiences. Always use your own discernment and senses. It's best to store products, unless otherwise noted in the recipe, in a cool place (room temperature) and away from direct sunlight.

FACE ESSENTIALS

I've called this section, Face Essentials, because the recipes that follow may be used on a daily basis to create a simple skin care regimen. I've shared a few recipes for each face essential: cleanser, toner, and moisturizer.

To create your own natural skin care regimen, choose one product from each section to make, and then use the products in the following order when you start and end each day. If you find twice a day is too much for you, customize your daily routine to work for you. For example: In the morning, rinse your face with water, then use a toner and a moisturizer. In the evening, use a cleanser, toner, and moisturizer.

If you wear makeup during the day, use a makeup remover in the evening before cleansing. Makeup removers are found on page 90.

STEP ONE: REMOVE MAKEUP (NIGHTLY)

STEP TWO: CLEANSE

STEP THREE: TONE

STEP FOUR: MOISTURIZE



BASIC FOAMING FACE WASH

This simple recipe is made with castile soap (a natural, concentrated vegetable-based soap). Nourishing oil is added to help moisturize the skin. Castile soap, on its own, can leave the skin feeling dry. Once you've mastered the basic recipe, try customizing the face wash for additional skin benefits.
Storage: Up to 1 month Makes: 3 ounces

BASIC FOAMING FACE WASH



• Ingredients •

- 1/4 cup liquid castile soap
- 2 tablespoons distilled water
- 1 tablespoon nourishing oil: sweet almond, olive, or jojoba

• To Make & Use •

1. Pour the soap, water, and oil into a soap dispenser. Seal the bottle. Shake the bottle to combine the ingredients.
2. To use, gently shake the bottle before each use. Squirt a small amount in your hand. Massage the cleanser on your face using circular motions, then rinse the cleanser off with warm water and a washcloth.

Tip

This face wash may also be used as a spray. Combine the ingredients in a small spray bottle, shake the bottle before use, and spray on the hands before applying to the face.



FACE CREAM

The main ingredient in this cream is shea butter, which is known for its ultra moisturizing properties. Shea butter, in its unrefined state, has a distinct scent. I personally don't mind the scent. If you're concerned about the scent, use refined shea butter. **Storage: Up to 6 months Makes: 4 ounces**

FACE CREAM



• Ingredients •

- 1/4 cup (40 grams) shea butter
- 1/8 cup (23 grams) sweet almond oil or jojoba oil
- (optional) 12 drops essential oil: lavender (sensitive skin), frankincense (mature skin), geranium (mature skin, acne-prone skin), or sandalwood (mature skin)

• To Make & Use •

1. Place a heat-safe glass bowl on top of a saucepan partially filled with water, over medium heat. Place the shea butter in the glass bowl. Stir occasionally until melted.
2. Remove the bowl from the heat source. Add the oil and stir to combine the ingredients. Pour the mixture into a storage jar.
3. At this point, the oil mixture should be cool (along with the jar). If not, allow it to rest for a few minutes. Place the jar in the fridge and allow the mixture to solidify (1-2 hours).
4. Once the mixture is thick and creamy, remove the jar from the fridge. Add the essential oil (if using) and stir the moisturizer.
5. To use, after cleansing and toning, massage a small amount of the moisturizer on the face using circular motions.

PRODUCT SUGGESTIONS

CLEANSERS

Luminance Skincare (luminanceskincare.com):
Delicate Cleanser*
Acure (Target, Amazon, Health Food Stores, Whole Foods):
Facial Cleansing Creme
Facial Cleansing Gel
Sensitive Facial Cleanser
Osmia Organics (osmiaorganics.com):
Gentle Foaming Cleanser
True Botanicals (truebotanicals.com):
Hydrating Cleanser (Basics, Renew, or Clear)
100% Pure (100percentpure.com):
Many cleanser options
White & Elm (Target, Amazon):
Sweet Almond Foaming Cleanser
Primally Pure (primallypure.com):
Cleansing Oil (Oily, Normal, Dry)

TONERS

Luminance Skincare (luminanceskincare.com):
Rosewater Toner*
S.W. Basics (swbasicsofbk.com, Target):
Rosewater Toner*
CocoKind (Amazon, cocokind.com, Health Food Stores, Whole Foods):
Rosewater Toner*
Acure (Target, Amazon, Health Food Stores, Whole Foods):
Facial Toner
True Botanicals (truebotanicals.com):
Hydrating Mist
Nutrient Mist or Toner
Osmia Organics (osmiaorganics.com):
Active Gel Toner
Primally Pure (primallypure.com):
Complexion Mist

MOISTURIZERS

Luminance Skincare (luminanceskincare.com):
Deep Hydration*
Hydration
Osmia Organics (osmiaorganics.com):
Purely Simple Face Cream
True Botanicals (truebotanicals.com):
Face Oil (Basics, Renew, or Clear)

*My favorite products.

NATURAL BODY CARE SIMPLIFIED
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