



EASY BEAUTY RECIPES

Kelly McNelis
New Leaf Wellness

Easy Beauty Recipes

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www.newleafwellness.biz



About the Author

Dr. Kelly McNelis is a psychologist, blogger, and mom of three little girls. Besides experimenting with homemade beauty products in her kitchen, she likes to make freezer meals, slow cooker recipes, and cookies. Kelly shares her favorite recipes and DIYs her blog, [New Leaf Wellness](#).

You can connect with Kelly and New Leaf Wellness on [Pinterest](#), [Facebook](#), and [Instagram](#).

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Intro

I came up with the "recipes" in this eBook by experimenting with homemade versions of beauty products that I use in everyday life. **Just like all of the food recipes that I make, all of these beauty products are quick and easy to make!**

I don't claim to be a dermatologist or beauty expert. I'm just a mom of three little girls who thinks it's fun to experiment with quick and easy homemade products.

Inside this eBook, you'll find the easy beauty recipes that I absolutely love! **These are the 'must-have' beauty products that I make over and over again and give to all of my friends.** I hope love you them as much as we do!

WHY DIY?

- You'll save money
- You have complete control over the ingredients
- You can personalize your beauty products with your favorite colors and scents
- Homemade items make great gifts
- They're so fun to make!

MY BEAUTY PHILOSOPHY

- I prefer all-natural and organic ingredients.
- I like to use ingredients that I can use in several different "recipes" so there isn't a huge investment upfront and nothing in the original container goes to waste.
- I try to avoid artificial colors and scents.
- I search for the best ingredients available for the best price.
- I have three daughters ages 4 and under so everything I make must be quick and easy to make!
- I try to use equipment that I have on-hand in my kitchen instead of buying fancy equipment (For example, I use measuring spoons instead of a scale.)
- More info about what I use and where I buy it is detailed on the next page.

PACKAGING

- When possible, I like to store my homemade beauty products in glass or BPA-free plastic containers.
- I like to design my own printable labels for pretty packaging. I'm including free printables for all of my easy beauty recipes at the end of this eBook!

Looking for more easy beauty product recipes? Check out my [New Leaf Wellness blog!](#)



MATERIALS

Below, you will find a list of the materials used in my beauty recipes and why I use them.

To save time, I buy most of my materials on Amazon.com with free shipping. Amazon affiliate links are included below.

INGREDIENTS

- [Coconut oil](#) is moisturizing, healing, and has antibacterial qualities. It's solid at room temperature and melts at temperatures above 76 degrees F.
- [Cocoa butter](#) is solid at room temperature and is a natural moisturizer. It also smells fantastic!
- [Shea butter](#) is all-natural and melts at body temperature. (Which makes it perfect for skincare products!)
- [Jojoba oil](#) is all-natural and odorless. It's liquid at room temperature and commonly used in skincare and body products.
- [Grapeseed oil](#) is a light, thin, and cost-effective oil. It mixes well with essential oils and won't make your skin greasy at all.

- [Vitamin E oil](#) helps lock in moisture and acts as a natural antioxidant.
- [Beeswax](#) is solid at room temperature and makes many of my beauty recipes into solid “sticks.” It also provides a great barrier against moisture.
- [Beet root powder](#) is a natural alternative to artificial coloring in homemade lip glosses and lip balms.
- **Granulated white sugar** is my favorite cheap and effective exfoliator.
- **Essential oils** are all-natural scents extracted from the aromatic parts of plants. I only use essential oils from Wyndmere Naturals, and I sell them in [my online store](#) because I believe they are the best oils available for the best price.

EQUIPMENT

- [Medicine syringe](#) – this is what I use to pour my chapsticks, lip balms, and solid lotions and perfumes into empty chapstick containers.
- [Mini silicone mold](#) – this is what I use to make my solid lotion bars.

STORAGE

- [Empty chapstick containers](#)
- [4 oz glass jelly jars](#)
- [Glass Weck jars](#) – more expensive than jelly jars, but so pretty!
- [Roll-on glass bottle](#)

PRINTABLE LABELS

- I format all of my printable sticker labels to print on [Avery 5160 address label paper](#)
- My circle jar labels are formatted to print on regular 8.5 x 11 printer paper. Simply cut and tape to the top of each jar.
- I'm including extra printables for each beauty recipe in case you decide to make more than one or make a mistake when cutting or adhering (not that I've ever done that before...).



CHAPTICKS

These homemade chapsticks are all-natural, ultra moisturizing, and so easy to make! I made them for my friends last Christmas and they were a big hit. Each time I make them, I experiment with a new essential oil "flavor." Peppermint, cinnamon, and orange are some of my favorites!

YIELDS: 10, .15 oz homemade chapsticks

MATERIALS

- 2 tablespoons beeswax (1oz)
- 2 tablespoons shea butter (1oz)
- 2 tablespoons coconut oil (1oz)
- 1/4 tsp or 25 drops of essential oil (for scent, optional)
- Medicine syringe
- 10 chapstick containers
- Address label paper for printable labels

DIRECTIONS

1. In a small saucepan, melt beeswax over low heat.
2. Add coconut oil and shea butter, and stir until melted.
3. Add essential oil.
4. With the pan still on the stovetop, use your medicine syringe to fill your chapstick containers with about one teaspoon (5ml) of the melted liquid. (You need to keep the pan on the stovetop because the melted liquid will cool and harden very quickly if it's off the stove.)
5. Once the chapsticks harden, add a few more drops of the melted liquid to each chapstick tube so it's filled to the top. Take your time to make sure your tops look pretty and rounded. (I rushed this step and some of my chapstick tops turned out better than others.)
6. Let your chapsticks cool completely, and then add their caps.
7. Label with printable labels (optional).

TO USE

1. Use on your lips as needed.