

# Carmen SHENK

Non Toxic Personal Care

RECIPES

## Bugger Off Spray

4 ounces distilled water  
1 Tablespoon Vodka - strongest you can find  
5 drops lavender essential oil  
5 drops lemongrass essential oil (omit if you have sensitive skin)  
3 drops peppermint essential oil  
1 drop thyme essential oil  
Combine in a 4 ounce stainless steel spray bottle and use as needed against pesky insects.

## Natural Sunblock Powder

Non-nano zinc oxide powder - apply with a fluffy makeup brush. Reapply after sweating. You don't have to see white powder on your skin for it to work - treat it like you would mineral makeup - thin layer.  
You can also add zinc oxide powder to your favorite body butter recipe for natural sunblock.

## Unscented Body Butter

1 pound avocado butter  
1 pound cocoa butter wafers  
4 ounces Jojoba oil  
1 pound arrowroot powder (to keep the butter from feeling greasy on your skin)  
I do not add essential oils to my body butter so that I have the flexibility to pair it with any essential oil because I use this body butter as a carrier oil to seal in essential oils on my skin so they don't evaporate as quickly.

## Exfoliating Sugar Scrub

1/4 cup olive oil  
1-2 Tablespoons granulated sugar

Combine and scrub on skin in the shower and rinse... be careful - it does make the shower floor slippery but it makes skin so soft! Use immediately.

## Simple Breath Freshener

1 cup vodka - strongest you can find  
Add 1 stick cinnamon, 12 whole cloves, 1 star anise and a vanilla bean if desired  
Add the spices to the bottle the vodka comes in (I always by the brand that comes in glass instead of plastic) and shake it every now and then for a month.  
For a spray - strain this into a 4 ounce stainless steel spray bottle and spray into mouth when you need a freshener. For mouthwash - add one part this and two parts water - swirl, rinse and spit.

## Mineral Matte Powder

1 teaspoon kaolin powder  
1/2 teaspoon zinc oxide  
1/4 teaspoon matcha powder - yes - the green stuff  
I blend this with my mineral makeup to absorb oils and give my skin a matte airbrush finish. It can be used during the day or at night to absorb oils.

## Powder Deodorant

1 tablespoon Himalayan salt ground fine  
1 tablespoon baking soda  
1 tablespoon arrowroot powder  
2 drops lavender essential oil  
2 drops lime essential oil  
2 drops lemon essential oil  
Blend and apply with a big fluffy makeup brush or old fashioned powder puff. I was shocked at how well this works!