



# fun facts on homemade cosmetics



## BEFORE YOU GET STARTED...

Plant oils are extremely compatible with skin and easily absorbed. They deliver moisture and help skin maintain its ability to lock in moisture.

People who are allergic or sensitive to nuts may find they are sensitive to nut oils. Always do a test patch on your skin first with anything you create.

Most homemade products can be stored in the fridge. If you keep them in your bathroom, just monitor their scent and when they smell "off" (oils can go rancid), discard them.

Always cool your homemade products before sealing them in containers.

Sterilize your reused storage jars and containers with hot water and vinegar, or use eco friendly dish soap.

Now that you're more savvy about the ingredients in your cosmetics, here's a list of labels you may run into when buying safer products or buying ingredients to make your own:

**No animal ingredients**

**No animal testing**

**No artificial colors, sweeteners or flavours**

**Fair trade**

**100% vegetarian ingredients**

**Containers are recyclable**

**Certified organic ingredients**

**Food-grade**

**Vegan**

**Biodegradable**

**Paraben free**

**Polypropylene free**

**Mineral oil free**

**Petroleum free**

**Free of chemical preservatives**

**Free of solvents**

**Cruelty free product**

**Note:** most of these claims and labels are not regulated.

**Supplies:** stainless steel bowls, spatula, measuring spoons and cups, small saucepan, funnel, containers and bottles (comb through your recycling bin), coffee grinder, grater, kettle, knife, cutting board, tea pot, sieve, blender.



David  
Suzuki  
Foundation

SOLUTIONS ARE IN OUR NATURE

# cosmetic ingredients list

INGREDIENT NAME	SOURCE	PURPOSE	WHERE TO GET IT	SOME PRODUCTS IT'S USED IN
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## Animal Products:

Beeswax (yellow)	Secreted by worker honeybees and used for the construction of their honeycomb	When melted it acts as a binding agent by solidifying other oils once cooled. It doesn't clog pores so it's good for all skin types. Don't use beeswax candles, but ask for cosmetic grade beeswax.	Health food stores	Lotions, lip balms, deodorant
Honey	Thank the bees	Multi-purpose! Acts as an antiseptic, astringent and moisturizes.	Any grocery store	Lip balms, body scrubs, lotions
Lanolin	Derived from sheared sheep's wool	Soothing salve	Health food stores	Lotions
Milk	Cows	Helps soothe itchy and dry skin.	Any grocery store	Baths
Yogurt	Cows	Made of good bacteria and soothing to the skin. Contains lactic acid which is exfoliating to the skin.	Any grocery store	Facial scrub

## Butters:

Almond Butter	Almonds	Yummy base for lip balms. Promotes healthy skin.	Any grocery store	Lip balm
Cocoa Butter	Cacao beans (a vegetable fat)	It will melt with your body temperature and helps lubricate and smooth the skin. Locks in moisture. Antioxidant and very emollient.	Health food stores	Lip balm, lotions
Shea Butter	Fruit of the karite tree	Keeps skin young and supple. Protects skin from wind and sun. Contains vitamin A and D which revitalizes skin, vitamin E for reoxygenation and vitamin F for elasticity.	Health food stores	Lotions, lip balm
Almond flour	Almonds	An exfoliant without being too harsh. Promotes healthy skin.	Any grocery store	Soap, scrubs, masks, cleansers

## Dry Ingredients:

Arrowroot Powder	Manioc plant (a starch)	A thickening agent. Fine in texture and white in color.	Any grocery store	Baby powder, deodorant
Baking Soda	Sodium bicarbonate	In toothpaste: fights plaque and whitens teeth. In the bath: soothes itchy skin. In deodorant: neutralizes odour caused by bacteria and natural acids.	Any grocery store	Toothpaste, deodorant, baths
Borax	Sodium tetraborate (natural mineral)	Natural preservative and adds texture to lotions. Also soothes irritated skin. Softens water and has emulsifying properties.	Any grocery store	Lotions, cleansers, toner
Cornstarch	Made from powdered maize kernels	An alternative to talc. Stops skin irritation.	Any grocery store	Baby powder, deodorant
Epsom Salts	Magnesium sulphate	Natural nervous system and muscle relaxant. Good for sore joints and muscles. Promotes circulation.	Any grocery store	Body scrub, bath
Ground Oats	Rolled oats	Soothing and gentle on the skin. Great for dry and irritated skin. Good cleanser.	Any grocery store	Facial scrubs, masks, baths
Sugar (brown or white)	Sugar cane or sugar beets	Too abrasive for face and neck but a good exfoliant and circulation stimulator on the rest of the body.	Any grocery store	Body scrubs
Table Salt	Salt	In toothpaste: helps to scrub. In body scrubs: promotes circulation and exfoliation	Any grocery store	Toothpaste, body scrubs, shampoo
White Clay (Kaolin)	Fine, white powder clay	Draws impurities from the skin	Health food stores	Facial masks, baby powder

## Fruits & Vegetables:

Avocado, flesh	Avocado	Packed with protein and natural oils, rich in vitamins A and B.	Any grocery store	Hair and facial masks
Cucumber, flesh	Cucumber	Cleanses and cools the face. Soothes and softens skin while de-clogging pores.	Any grocery store	Facial cleaners, toners, masks
Ginger, grated	Ginger root	Has warming and invigorating properties	Any grocery store	Body scrubs, lotions

INGREDIENT NAME	SOURCE	PURPOSE	WHERE TO GET IT	SOME PRODUCTS IT'S USED IN
Lemon Juice	Squeezed from a real lemon	Natural astringent and restores pH balance for oily skin. Opens pores.	Any grocery store	Toner, hair masks, nail strengthener
Lemon Zest	Fresh lemon	Citric acid in peel tackles bacteria on skin's surface	Any grocery store	Body scrubs
Orange Zest	Orange	Citric acid in peel tackles bacteria on skin's surface	Any grocery store	Body scrubs

### Herbs:

Calendula or Marigold herb	Marigold flowers (Calendula officinalis)	Skin healer and soother. Rich in beta-carotene, antioxidants and salicylic acid	Health food stores	Shampoo (for blondes), cleansers
Chamomile herb	Chamomile plant (Anthemis nobilis)	A skin soother, de-puffer and strengthener. Known for its anti-inflammatory and anti-irritating properties.	Health food stores	Lotions, shampoo
Comfrey herb	Comfrey plant (Symphytum officinale)	Soothing and healing properties. Binds to skin tissues and stimulates cell growth. Both an astringent and emollient.	Health food stores	Baby shampoo, shampoo
Lavender herb	Lavender plant (Lavandula officinalis or L. angustifolia)	Antiseptic and tones skin. Great for oil skin and complexions prone to break-outs. Soothing and calming.	Health food stores	Body scrubs, shampoo, toner
Nettle herb	Nettle plant	Stimulates hair growth	Health food stores	Shampoo
Peppermint herb	Mint plant (Mentha piperata)	Mild antibacterial and antiseptic properties. Good for oily skin. Helps control the spread of bacteria on the skin's surface and it's refreshing and invigorating.	Health food stores	Shampoo, cleansers
Rose petals, dried	Rose flowers (Rosa centifolia or R. gallica)	Rejuvenating and restorative. Benefits skin damaged by the sun, acne and scars.	Health food stores	Baths
Rosemary herb	Rosemary plant (Rosemary officinalis)	Antibacterial and strengthens fragile capillaries. Invigorating to the skin and scalp.	Health food stores	Shampoo, no sweat foot spray, mouthwash

### Liquids:

Aloe Juice	Aloe Vera plant	Has a consistency slightly thicker than water and is often used to replace water in lotion and soap recipes. Aloe Vera Juice and Gel is reputed to be an excellent moisturizer. It's been shown to enhance and accelerate skin cell growth.	Health food stores	Masks, body scrubs, cleanser
Apple Cider Vinegar	Fermented apple juice	Packed with natural minerals like magnesium, calcium, iron and phosphorus. Helps restore skin's acid balance.	Any grocery store	Hair rinse, facial toner, deodorant
Castile Soap (liquid)	Made with organic oils of coconut, olive, hemp and jojoba	Water softening and cleansing powers. Doesn't cut dirt but dissolves it. The mildest soap you'll find.	Health food stores	Shampoo, hand soap, body wash
Distilled water	Water	Free of impurities and used to dilute soaps.	Any grocery store	Shampoo, body wash, toner
Grain Alcohol (vodka)	Grains	Prevent essential oils from separating from water. Acts as an emulsifier.	Any liquor store	Body spray, aftershave
Rosewater	By-product of manufacturing rose essential oil. Created by steam distillation.	Soothing to the skin and an astringent	Health food stores	Lotion, baths, toner
Vegetable Glycerin	Plant derived, from vegetable oil	Attracting moistures and cleanses the skin and makes lotions slippery. Hypoallergenic and water soluble. In toothpaste: soothes and moistens gums.	Health food stores	Toothpaste, cleansers
Witch hazel	Distilled from bark and twigs of the witch hazel tree	Natural astringent and toner. In deodorant: tightens underarm pores and deodorizes.	Health food stores	Toner, aftershave, deodorant, shampoo

### Oils:

Apricot Kernel Oil	Apricot stones	Lightweight oil	Health food stores	Body scrubs, lip balm
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INGREDIENT NAME	SOURCE	PURPOSE	WHERE TO GET IT	SOME PRODUCTS IT'S USED IN
Avocado Oil	Avocados	Compatible with most skin types. Full of beta carotene, vitamins C and E. Shown to help absorb UV radiation from the sun (not a substitute for sunscreen).	Health food stores	Lip balm, lotions
Calendula Oil	Calendula flowers	Soothes skin	Health food stores	Baby butt balm, massage oil and shampoo
Castor Oil	Seeds from the castor bean plant	Softens and nourishes skin	Any grocery store	Make-up remover
Coconut Oil	Naturally saturated, non-hydrogenated and expeller pressed coconut. Solid at room temperature.	Skin moisturizer, hair conditioner and styling aid. Great barrier preventing loss of moisture from the skin or hair.	Health food stores	Lip balm, lotions, hair tamer serum
Grapeseed Oil	Extracted from grape seeds	Helps damaged and stressed tissues, better control of skin moisturization. Especially effective for repair of the skin around the eyes. Used as an all-over skin moisturizer, grape seed oil is known to reduce the look of stretch marks. A light, thin oil, grape seed oil leaves a glossy film over the skin when used as a carrier oil for essential oils in aromatherapy. It contains more linoleic acid than many other carrier oils.	Any grocery store	Body wash, body scrubs
Joboba Oil	Jojoba bean	Gives creams a firm texture and melts on contact with skin. Highly compatible and moisturizing for the skin. It's actually a liquid wax.	Health food stores	Lip balm, lotions, shampoo
Macadamia Nut Oil	Macadamia Nuts	A very luxurious oil with a long shelf life. An excellent addition to any soap, it is easily absorbed into the skin and acts as an effective emollient.	Health food stores	Body scrubs, soap
Olive Oil (extra virgin)	Olives, cold-pressed	Multi-purpose. Full of polyphenol antioxidants which help to undo the damage of sun by free radicals and pollution. Nourishing and skin smoothing.	Any grocery store	Lip balm, lotions, make-up remover, nail strengthener
Rosehip Oil	Rose seeds of Rose mosqueta	Rosehips have high concentrations of vitamins A, B, E, K, P and especially C. Vitamin C is an antioxidant which helps protect skin against free radical damage caused by smoke, sun, and pollution. Rich in omega-6 fatty acids	Health food stores	Facial cleansers, toner, masks
Sesame Oil	Sesame seeds	Reduces moisture loss and supports skins natural balance	Any grocery store	Body wash
Sunflower Oil	Sunflower seeds	Mirror's skins natural lipids. Contains large amounts of essential fatty acids and a high amount of Vitamin E. It helps to provide a stable, conditioning lather in soap.	Any grocery store	Soap, body wash
Sweet Almond Oil	Almonds	Easily absorbed body and facial moisturizer. Revives skin, will not clog pores and promotes healthy skin.	Health food stores	Lip balm, shampoo, lotions
Vitamin E	Tocopheryl Acetate	Powerful antioxidant. Combats free radical and oxidation damage to your skin. Helps to moisten and soften skin.	Health food stores	Lip balm, lotions

For more information, check out [www.QueenOfGreen.ca](http://www.QueenOfGreen.ca).