

## dry shampoo

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If you had told me a few years ago that after I had kids I wouldn't get to shower until after my husband got home from work, I would have laughed at you. I mean, it only takes a few minutes in the morning to jump in the shower and get cleaned up and ready for the day . . . how would adding kids to that routine make any difference?

Oh, the things we say before we become mothers! Not long after we brought our first son home I began to realize the impossibility that was taking a morning shower. If I tried to get up before all other household members, it was too early and I was too sleepy to remember to shampoo my hair while I was in there, or if the baby was still sleeping and I tried to jump in the shower, I would find that it would just wake him up, and of course trying to shower with a little one in the bathroom with you just doesn't work at all and tends to be more hassle than it's worth.

Enter dry shampoo. This useful little product can keep my hair from feeling limp and greasy all day, plus I feel like I at least tried to make myself look presentable. It also can come in handy on a camping trip when a shower isn't available. Grab these few items from your pantry and you are ready to go!



## Dry Shampoo for Light Hair

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### WHAT YOU NEED

*½ cup cornstarch*  
*½ cup baking soda*

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## Dry Shampoo for Dark Hair

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### WHAT YOU NEED

*½ cup baking soda*  
*½ cup cocoa powder*

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Mix together the ingredients needed for your hair color. Place the mixture in some kind of shaker (like an old sugar shaker) or just in a container (you can use a large makeup brush to apply). Sprinkle or brush into the roots of your hair to use.

You can also add a few drops of essential oils to either mixture to give it a bit of scent. Some great essential oils to try in these recipes:

- Lavender
- Grapefruit
- Spearmint or peppermint
- Sweet orange

If you haven't jumped on the dry shampoo bandwagon yet, here are a few tips to remember.

- Don't use dry shampoo on wet hair. It will end up being a pasty mess!
- Give the shampoo a minute to sit on your hair to soak up the oils before styling.
- Start by adding just a little. You don't want gray hair and you can always add more if needed.

*Money-Saving Tip:* Buy baking soda, cornstarch, and cocoa powder in bulk. They all have so many different uses that you will easily find ways to use them up!

## non-drying hand sanitizer

Yes, I happen to be one of those people who don't mind the dirt and the grime and the grease. It is part of life and it happens! I'm not opposed to my family's being exposed to some things to help build up a healthy immune system; however, I'd rather not bring severe sickness into my home if I can help it.

Hand sanitizer is a great way to keep the bad germs at bay. Unfortunately, commercial hand sanitizer can be very harsh and drying because of the large amount of alcohol in it. This homemade version is easy to mix up and is much more soothing on your hands, while still killing germs.

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### WHAT YOU NEED

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*4 tablespoons witch hazel*  
*6 tablespoons aloe vera gel*  
*5 drops tea tree essential oil*  
*5 drops lavender essential oil*

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Mix all the ingredients together in a small bowl or container. Store in a small travel-size shampoo bottle or something similar that would make applying easy. I prefer using the travel-size bottles since they close tightly and I can store them in my purse or in my car in the cooler months. (Don't store this in your car in the summer — it might make a mess!)

Tea tree oil and lavender oil are both antibacterial and will help stop germs from spreading. With the addition of the aloe vera gel, this hand sanitizer stays soothing and won't dry out your hands like commercial hand sanitizer. If you still find that it's too drying, you can also carry a small container of homemade lotion to use after applying the sanitizer.

***Money-Saving Tip:*** Instead of purchasing new bottles to store your homemade creations in, simply clean out old bottles from other products you were previously using. Most can be easily refilled over and over again!



## non-petroleum jelly

Nothing beats the thick, soothing power of petroleum jelly on a patch of extremely dry skin or on a red-from-being-wiped-too-many-times nose. But have you really thought about the product that you are putting on your face? I didn't even give it a second thought until I was told by our doctor to use it on our little one for an ailment. The package says "natural," so it should be okay, right?

Let's just talk for a minute about petroleum jelly and where it comes from. Petroleum jelly is a by-product from refined oil. While there are different grades of petroleum jelly and some can be refined to have the carcinogenic substances removed, it's hard to know which jelly you are buying is safe and which one contains potentially toxic substances.

Furthermore, when you use petroleum jelly, it's not actually healing the dry surfaces but simply creating a water barrier so moisture cannot get into the skin. In other words, it's helping the problem temporarily but not solving it.

Homemade Non-Petroleum Jelly works in a similar way but also provides moisture for the skin to absorb and helps heal the skin. You will still have that instant gratification of soft soothed skin but also the added bonus of healing power. Plus you get to skip all the potential toxic scaries that might be lurking in the commercial product. I don't know about you, but I'd rather be safe than sorry, especially if I plan to use it on my little ones or anywhere near someone's face.

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### WHAT YOU NEED

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*1 ounce or 1/8 cup beeswax*

*1 tablespoon shea butter*

*1/2 cup olive oil*

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In a saucepan on very low heat, melt the beeswax and shea butter. Add the olive oil and mix until combined. Pour into a glass jar or container. Use as needed.

If you happen to have other oils on hand, you could also use almond oil, jojoba oil, avocado oil, or grapeseed oil in place of the olive oil.

***Money-Saving Tip:*** Some of my favorite jars for storing creams are glass mini jelly jars. And there are widemouthed jelly jars for even easier access. Watch for jars at thrift stores or pick up a small case in the canning jars section of the store. They should be less than \$1 a jar.





# basic soothing lip balm

Lip balm is one of those products that it seems like most of us have on hand at all times. I usually have a stick of lip balm in my purse, in the car, in the bathroom . . . sometimes I've even found the odd tube in the kitchen! It's something that gets daily use and just about every member of our family uses it. But with a price tag of over \$1.50 per tube or over \$3 per tube for organic and natural varieties, if you use lip balm all the time, it can start to dig into your budget, especially if you are like me and tend to have a hard time keeping track of those little tubes!

Homemade lip balm is incredibly easy to make, and there are many great additions for it so it can be made appropriate for various situations. You can make a fragrance-free lip balm (using scentless expeller-pressed coconut oil), for women or men who need or prefer a fragrance-free version. You can add essential oils to make a healing lip balm, perfect for cracked and dry lips. Or you can add other oils to increase the natural SPF in the lip balm and make it perfect for wearing outdoors in the bright sun. Either way, homemade lip balm is inexpensive and you can make it in just a few minutes.

You can find empty lip balm containers for sale online. Amazon has a particularly large selection, you can get them for only about \$0.20 each, and they are reusable. Let the balm harden and use!

## Fragrance-Free Lip Balm

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### WHAT YOU NEED

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*2 tablespoons beeswax*

*2 tablespoons shea butter*

*2 tablespoons expeller-pressed coconut oil*

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In a small saucepan (I use one just for making beauty products, not my everyday cooking saucepans!) on low heat, mix and stir all the ingredients until melted together. Use an eyedropper or a medicine dropper to add the mixture into empty lip balm containers.

## Healing Lip Balm

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### WHAT YOU NEED

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*2 tablespoons beeswax*  
*2 tablespoons shea butter*  
*2 tablespoons coconut oil (extra-virgin if possible)*  
*3 drops vitamin E oil*  
*5 drops lavender essential oil*  
*5 drops tea tree essential oil*

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In a small saucepan on low heat, mix all the ingredients together. Use an eyedropper to add the mixture to your empty lip balm containers. Let the mixture harden and use as needed.

## SPF Lip Balm

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### WHAT YOU NEED

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*2 tablespoons beeswax*  
*2 tablespoons shea butter*  
*2 tablespoons coconut oil (extra-virgin if possible)*  
*10 drops carrot seed or raspberry seed oil*

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In a small saucepan on low heat, mix all the ingredients together. Use an eyedropper to add the mixture to your empty lip balm containers. Let the mixture harden and use as needed. Carrot seed oil and raspberry seed oil have a natural SPF of at least 30.

Each of these recipes will fill roughly 10 lip balm containers.

*Money-Saving Tip:* If you don't want to buy new lip balm containers, you might have some around your home you can clean out. Each time you finish a tube or a container of lip balm from the store, clean out the container and save it until you have several to make one of the above recipes. To clean out an empty tube, simply use the smaller brush on a baby bottle cleaner brush. This will work for cleaning out empty deodorant tubes or shampoo bottles as well.