

# ORGANIC BEAUTY



“Exalting belief in our Father, the Most High יְהוָה (YaHUAH), through His Turah, the 5 scrolls of M'shah (Moses).”

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The following article deals with several ways that people can stay beautiful naturally, and enjoy the use of essential oils and herbs. The article was provided by a friend.

YaH khey (YaH lives),  
Sha'ul bayn Yahukhenun ha Yahudah

## FACIAL OILS FOR ALL SKIN TYPES

### FACIAL OIL FOR DRY SKIN

Mix 4 drops each of geranium and chamomile and 2 drops each of lemon and lavender into 2 tablespoons sweet almond oil.

### FACIAL OIL FOR OILY SKIN

50ml (1/4cup) grapeseed oil

2 tablespoons jojoba oil

8 drops cedarwood oil

10 drops lemon oil

5 drops ylang-ylang oil

Mix all the oils.

Tie your hair off your face and with clean hands massage the oil into the skin. This blend will help regulate the skin's natural oil production.

### OIL FOR PROBLEM SKIN

50ml (1/4 cup) apricot oil

10 drops lemon oil

10 drops cypress oil

5 drops lavender oil

Combine the oils and massage well into the areas of lymph glands (down both sides of the neck), the sinus area and the forehead.

### REPLENISHING NECK AND EYE OIL FOR MATURE SKIN

1½ tsp glycerin

50ml (1/4 cup) apricot kernel oil

30 drops jojoba oil

3 drops neroli oil

2 drops ylang-ylang oil

2 drops frankincense oil

Combine all the oils and keep in a dark glass jar with a dropper top. Massage a single drop into the area of the orbital bone around the eye at night, use more generously on the neck area.

### SKIN FRESHENER & TONER

#### LAVENDER FRESHENER FOR OILY OR PROBLEM SKINS

200ml (1 cup) witch hazel

15 drops lavender oil

Combine the ingredients and store in a pretty bottle. Apply either with a cotton pad or by spritzing onto the face after cleansing.

#### GREEN TEA TONER

Rich in anti-oxidants with anti-ageing effect.

200ml (1cup) mineral water

4 tsp green tea leaves

1 tsp mint leaves

Boil the mineral water and make an infusion with the leaves, letting it stand for 10min. Strain the infusion and let the liquid cool before pouring it into a sterilized bottle.

## REVIVING FACE MASKS

### BRIGHTENING MASK FOR FACE & HANDS

½ avocado

1 tbsp tomato pulp

1 tbsp lemon juice

Mash the skinned and stoned avocado with the other ingredients until you have a very smooth paste.

Spread it over the face, neck, and hands and leave for 20 minutes before washing off with warm water. Pat the skin dry.

For skin that is very dehydrated, use only 1 tbsp of lemon juice and omit the tomato pulp. In its place substitute 1 tbsp of honey.

### ANTI-WRINKLE MASK

1 large carrot

1 tbsp olive or almond oil

Grate the carrot in food processor.

When it is ready add the oil and process until combined. Put the mixture in the refrigerator for 1 to 2 hours. Apply around the eyes and cheeks and leave on for 30. Wipe away with warm water.

### MASK FOR SAGGY NECKS

1tbsp honey

2 tbsp almond oil

Mix the ingredients together and gently brush the mixture onto the neck, using a pastry brush. Leave on for 30min, then rinse off with warm water.

## ORAL CARE RECIPES

### BAKING SODA TOOTH POWDER

Dab a dampened toothbrush in baking soda, then brush your teeth. You can also add one drop of tea tree essential oil onto the brush, it serves as an antiseptic and is great if you suffer from bleeding gums.

### HERBAL MOUTHWASH

1 tbsp dried eucalyptus leaves

1 tbsp dried lemon balm

1 tbsp dried peppermint

1 tbsp dried sage

1 tbsp dried rosemary

1 tbsp dried thyme

Mix all the herbs together and keep in an airtight jar. Every few days, make a new batch of mouthwash, by boiling 4 teaspoons of the mixture in a cup of water and letting it stand, covered, for another 10 minutes.

Strain and pour into a sterilized jar with a tight-fitting lid. Keeping the mixture in the refrigerator maintains its freshness and its ultra-refreshing taste.

## BAD BREATH BANISHERS

Halitosis (bad breath) often results from having a dry mouth. Chewing on parsley, an apple, or a carrot can help make breath sweet, resulting from the saliva-triggering action.

Eating parsley with, or after, a garlicky meal can help combat garlic breath.

## INNER BEAUTY – JUICING FOR OUR HEALTH

### MEGASKIN JUICE

1 red pepper

1 green pepper

1 medium cucumber

Juice each ingredient, then blend together using a spoon. To keep skin clear of blemishes, well-toned, and healthy, you need juices that are high in vitamins C and E, and beta-carotene and the mineral zinc and potassium, which stimulate the digestive system and kidneys to work efficiently.

### GREEN FACE-SAVER

3 apples

1 handful spinach

Wash the spinach, juice each ingredient, then blend. This combination cleanses the digestive tract and improves the digestive tract and improves elimination of waste, giving your complexion a glowing boost. Drink twice a day, especially before bedtime for maximum impact. For extra energy, you can also add a capsule of blue-green algae to the mix.

## HANDCARE RECIPES

### RICH LEMON HAND CREAM

juice of one freshly squeezed lemon almond oil

1 tsp beeswax

5 drops lemon oil

Strain the lemon juice through muslin. Pour the juice into a measuring jug and add an equal amount of almond oil. Melt the beeswax in a ovenproof bowl over a pan of hot water. The almond oil will be floating on top of the lemon juice; scoop off some of the oil and add to the beeswax, stirring, until the wax has melted. Add the rest of the contents of the measuring jug; heat, shake, and stir until blended. Stir until cool with the wooden spoon and add the lemon oil, drop by drop. Transfer to a jar, and shake the mixture occasionally until the lemon hand cream is cold.

### TOUGH-AS-NAILS OIL

25ml jojoba oil

½ tsp sweet almond oil

5 drops lavender essential oil

5 drops frankincense essential oil

This makes a moisturizing, lightly antiseptic oil that can be massaged into nails morning and night to keep them flexible but strong – and it moisturizes cuticles too.

### WINTER HAND SAVER

1 tbs organic granulated sugar

2 tbs olive oil

3 drops of your favourite essential oil

Combine the ingredients in a small bowl, and dip your fingers into the oil, massaging it gently into rough, red skin, calluses, cuticles, and knuckles, all the way up beyond the wrist joint. Sit and let the mixture sink in for as long as you like, before removing with a towel that has been soaked in hot water. Dry your hands and drench them in moisturizer.

## FOOTCARE RECIPES

### PEBBLE FOOTBATH

When giving yourself a footbath, place marbles or pebbles in the bottom of a plastic bowl, then move your feet back and forth over the stones as you soak. Exercise your feet and toes by picking up the rocks and rolling them forwards and then backwards.

### SEASIDE FOOT SCRUB

1 cup sand

1 tbsp sea salt

1 tbsp powdered dulse seaweed

1 tbsp powdered kelp

200ml olive oil

(Add 6 drops of peppermint oil for extra freshness) Mix the dry ingredients together in a preserving jar with an airtight, hinged lid. Then pour in the olive oil and stir well. Apply to the soles of the feet in a circular scrubbing motion, paying particular attention to areas of hard skin.

### ROSEMARY-MINT-ZING FOOT TONIC

200ml whole organic milk

5 sprigs fresh rosemary, including the stems

1 cup fresh mint leaves

2 tsp peppermint extract or

10 drops peppermint essential oil

Gently simmer the milk with the herbs for about

15 minutes. Remove from the heat and let it cool; strain the mixture and then add the peppermint extract or essential oil.

To use the foot tonic, soak two flannels or drying-up cloths in the mixture and wrap them around your feet. Put your feet up and relax for 30 minutes.

## FRAGRANT BATH BAGS, OILS AND SALTS

### MAKING A BATH BAG

Take a 20cm square of muslin, and pile the herbs in the middle. Make a pouch and tie the neck with a long piece of natural string. Tie the string again, in a loop this time. The bag can be hung over the tap so that the running water infuses with herbs.

### INVIGORATING BATH BAG

25g (1 oz) rosemary

12g (½ oz) peppermint

½ cup coarse oatmeal

### SUMMERTIME BATH BAG

25g (1 oz) rose petals

25g (1 oz) lavender buds  
½ cup (75g) coarse oatmeal

#### RECOVERY BATH BAG

2 tbs dried chamomile flowers  
2 tbs dried rosebuds  
2 tbs dried lavender flower  
2 tbs dried hop flowers (optional)

#### ULTRA-RELAXING BATH OIL

50ml (1/4 cup) sweet almond oil  
10 drops sandalwood oil  
5 drops each jasmine oil and orange oil  
Decant the almond oil into a bottle and add the essential oils, drop by drop.  
Shake well until blended, and swish 1 tablespoon of the blend into a bathtub full of warm water.

#### BATH OILS

##### TO CLEAR THE HEAD

use an almond oil as base  
10 drops patchouli  
5 drops ylang-ylang  
5 drops rosemary

##### AFTER A STRESSFUL DAY

10 drops rose  
5 drops lavender  
5 drops chamomile

##### TO WAKE YOURSELF UP

10 drops grapefruit oil  
5 drops lemon oil  
5 drops juniper oil

#### BASIC BATH SALTS

12 drops cajuput essential oil  
12 drops lavender essential oil  
12 drops lemongrass essential oil  
8 drops eucalyptus essential oil  
1 cup coarse or fine salt  
200g (1 cup) Epsom salts  
50ml (1/4 cup) glycerine

Combine the oils in a small bowl. In a separate bowl, mix the salts and glycerine until well-blended.

Stir the essential oil blend into the salt-and-glycerine mixture, and let it stand for 15 minutes. Transfer the salts to a glass container (a dark one, if you don't plan to use the salts up in the next week or so and they will stay fresh for up to a year). This recipe makes enough for about four baths.

#### SALT BODY BUFF

300g (2 cups) coarse sea salt  
200ml (1 cup) grapeseed, almond or olive oil

12-16 drops of essential oil (jasmine or chamomile for a soothing blend)

Pour the salt into an airtight preserving jar with a hinged, sealable lid. Add the essential oils to the cup of base oil, drop by drop, and blend. Then pour into the jar and top up the mix with base oil. Seal the lid and shake well.

## ORGANIC FRAGRANCES

### SOLID PERFUME

½ tbsp beeswax

4 tbsp almond oil

8 drops essential oil

The following essential oils make great fragrance elements; create your own unique blend:

Tangerine

Grapefruit

Sandalwood

Sweet Orange

Patchouli

Geranium

Vanilla

Lemon

Ylang-ylang

In a small saucepan, gently heat the beeswax and oil until the wax is melted. Remove from the heat and stir in the essential oils; pour the mixture into a clean container. Let it cool, soften it with your fingers, and apply it to pulse points.