



Body Basics

A simple collection of my every-day favourites



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*For Annakiss,
my little partner in potions*





I'm not an environmental activist or anything; though I *am* concerned about basic environmental toxicity and the stuff of which I have even a smidgen of understanding and a reasonable hope of effecting change. I've realized that, if I'm serious about regaining my health and vitality, I can't continue to ignore the insidious assault on my person by way of common personal-care items—antiperspirants, body wash, shampoo, toothpaste, lotions and such—allowing endocrine disrupters and carcinogens direct route to blood stream and organs; essentially *inviting* it in. So, I found a better way; several, in fact.

Firstly, I did a little homework to educate myself on what those extensive and utterly ũn'prə-noun'sə-bəl words on the ingredient lists are and precisely what negative effects come part and parcel. One way I've found to do this is with the [EWG Skin Deep® Cosmetics Database](#).

Secondly, I found that natural skincare products can be purchased from the makers—just visit a farmers' market or connect on the internet through, say, Etsy. Also, many quality products are available these days both online and in specialty shops and health food stores, if we'll seek them out.

And finally, I decided to DIY my own skin care products.

Because it's fun! Because I find it more fun than shopping, in fact. Because I like knowing that if my grandkid takes a bite out of my deodorant, I won't necessarily be dialing 911 or making a trip to the ER.

Seriously, though. I feel good about being able to make all this stuff myself. I feel good about doing it for me, for my family, and for the environment.

And yes, it's fun, into the bargain!

My main motivation in creating this document, however, is precisely that—the creating! And my second motivation has everything to do with paring my collection of recipes down to the ones I actually use and sorting them into some semblance of order.

That said, I do hope that *someone* (that's YOU, if you're still with me thus far) will be inspired, make a plan, and effect something in the way of your own healthy changes.

And have some fun, while you're at it!

♡ Ruth

PS. Throughout this document, I've inserted links to the amazing people I've been following and learning from.

As the original creators of the recipes, they provide far more detailed instructions and knowledge on their websites than I include here.

Do have a look!

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Moisturizers

LOTION BARS

Pop these in a baggie or small tin and carry 'em in the car, purse, pocket . . .

Original recipe is from NoFussNatural.com

- 3 oz. beeswax
- 2.4 oz. cocoa butter
- 3 oz. coconut oil
- 0.5 oz. (1 Tbsp) liquid oil (olive, avocado, or any liquid or herb-infused oil of choice, really)
- 20 drops peppermint essential oil (optional)

Gently heat the oils, just to melt. Stir in essential oils, if using. Pour into molds (a silicone muffin pan works great) and let them set.

To use, simply allow the warmth of your hands to soften the bar.

Making lip balm is super easy! Gently melt the oils, butters, and beeswax in a double-boiler (or similar apparatus), stir in essential oils, and pour into small pots or lip balm tubes. Voilà!

COCOA-MINT LIP BALM

Original recipe is from NoFussNatural.com

- 1 oz. coconut oil
- 1 oz. beeswax
- 1 oz. cocoa butter*
- ¼ tsp peppermint essential oil

*using ½ oz. cocoa butter and ½ oz. shea butter will give a slightly softer product.

FACE & BODY MOISTURIZER

My own formula—A rich and non-greasy hydration for mature skin

- 2 oz. rose hydrosol
- 2 oz. aloe vera
- 0.15 oz. vegetable glycerine
- ½ tsp hyaluronic acid powder

- 0.35 oz. emulsifying wax
- 0.25 oz. jojoba oil
- 0.5 oz. rosehip seed oil

- 4 drops vitamin E oil
- 6 drops geranium essential oil (optional, but beneficial)
- 0.15 oz. Leucidal® liquid SF (preservative)

Create a double-boiler with 2 pint-size mason jars and a pot that's big enough to hold them both at the same time. Add water to the pot.

In one jar, combine the hydrosol, aloe vera, and glycerine. Heat gently to 100°F, then dissolve the hyaluronic acid and ascorbic acid powders in this, using a tiny whisk or a fork to completely incorporate the powder.

In the second jar, heat the emulsifying wax, jojoba oil, and rosehip seed oil till the wax is melted and the contents reaches 100°F.

With both mixtures at 100°F (or within 10 degrees of each other), slowly add the water mixture to the oil mixture while whisking to emulsify. Give it a brief whisk at 5-minute intervals, while it cools to room temperature.

Add the vitamin E, essential oil, and preservative; combine thoroughly. Transfer to a pump or squeeze bottle, to avoid contaminating product with your fingers. Makes about 4 ounces.

Apply as needed to face, neck, décolletage, or everywhere!

FACIAL SERUM

As an extra-hydrating boost for mature skin, gently work a small amount of serum into face and neck, prior to moisturizing. Use morning, nighttime, or both.

- ½ Tbsp rosehip seed oil
- 1 ½ tsp hemp seed oil
- 3 drops vitamin E oil
- 3 drops essential oil (optional)

Combine all ingredients in a small pump or dropper bottle.

SOOTHING COFFEE EYE BALM

- 1 Tbsp coffee-infused oil
- ½ Tbsp rosehip seed oil
- 1 tsp shea butter
- ½ Tbsp beeswax pastilles

Melt everything in a double-boiler or similar apparatus. Stir to incorporate. Pour the liquid into tiny glass jars and allow to cool and set.

MAKING COFFEE-INFUSED OIL

This oil is perfect for eye balms, body scrubs, body butters, lip balms, and more. The original recipe is from NoFussNatural.com

- 3 Tbsp fresh coarsely-ground coffee
- 8 oz. sweet almond oil

Combine coffee grounds and oil in a pint jar with a lid, allowing it to infuse for 2 to 4 weeks. For a quick infusion, use the double-boiler method and heat the oil/coffee grounds (don't boil!) for 2 to 4 hours. Strain through a coffee filter.

FACIAL TONER (PUTTIN' ON THE SPRITZ!)

A good toner goes a long way to cleanse, soften, and moisturize the skin. A really good toner (like this one!), goes the extra mile.

- 4 oz. pure witch hazel & aloe toner (alcohol free)
- ¼ tsp hyaluronic acid powder
- ¼ tsp ascorbic acid powder (vitamin C)

Combine everything in a spritz bottle; shake, to dissolve the powders. Spritz liberally on clean face and neck (or apply using a cotton pad), then allow to dry before applying moisturizer (you may find this toner moisturizing enough all on its own!)

Hyaluronic acid has many benefits for the skin, but in this application, it hydrates by drawing moisture from the air. The ascorbic acid, a powerful antioxidant, has about a gazillion benefits, and not least is protecting and even repairing sun-damaged skin. Don't take chances—take vitamin C!

WHIPPED BODY BUTTER

Original recipe is from mommypotamus.com

- ½ cup coconut oil
- ½ cup sweet almond oil
- ¼ cup cocoa butter
- ¼ cup shea butter
- 2 tsp arrowroot powder (or tapioca starch)
- 1 tsp vitamin E oil
- Up to 50 drops essential oil (optional, but I think frankincense is lovely!)

Using a double boiler or similar apparatus, heat oils gently until everything is liquid. Cool in the fridge, so it firms up a bit—just enough to hold a thumb print.

Add the arrowroot powder, vitamin E oil, and essential oil.

Use an electric mixer to whip it; it should turn white and fluffy and smell amazing! Transfer to an airtight container and store away from any heat source, to maintain texture.

Handmade Soaps

I love handmade soap—and I love how available it is to buy locally. So, I surprised myself when, at the close of 2020, I made my first batch of cold-process. The year had been one of epic progress in this wellness journey, and it seemed only right that I should finish with a project of some magnitude.

While I discovered countless online tutorials on both method and art of cold-process soapmaking, [SoapQueen.com](https://www.soapqueen.com) is my go-to. And, since I really need only a few simple recipes, I am able to create my own formulas, using [Brambleberry's Lye Calculator](#). Learn more, [here!](#)

ROSE FACIAL SOAP

- 6.81 oz. coconut oil
 - 10.22 oz. olive oil
 - 4.26 oz. sweet almond oil
 - 1.7 oz. rosehip seed oil
 - 3.15 oz. sodium hydroxide (lye)
 - 7.04 oz. distilled water
- Add: ½ Tbsp rose powder
scent: 1.0 oz. geranium essential oil

KITCHEN HAND SOAP

- 12.0 oz. coconut oil
 - 8.0 oz. olive oil
 - 5.0 oz. grapeseed oil
 - 3.66 oz. sodium hydroxide (lye)
 - 8.19 oz. distilled water
- Add: ½ Tbsp dry, finely ground coffee
Scent: 1.0 oz. lemongrass and/or ginger essential oil

LAVENDER HAND & BATH SOAP

- 12.0 oz. coconut oil
 - 8.0 oz. olive oil
 - 5.0 oz. grapeseed oil
 - 3.66 oz. sodium hydroxide (lye)
 - 8.19 oz. distilled water
- add: Up to 1 oz. lavender powder.
scent: 1.0 oz. lavender essential oil
-

SHAMPOO & SHOWER SOAP

- 12.79 oz. coconut oil
 - 6.39 oz. rosemary infused olive oil
 - 0.82 oz. castor oil
 - 3.1 oz. sodium hydroxide (lye)
 - 6.93 oz. distilled water
- scent: 0.25 oz. rosemary essential oil
0.25 oz. spearmint essential oil
- colour: up to 1 oz. calendula powder
-

COCONUT SHAMPOO SOAP

- 24 oz. coconut oil
 - 3.84 oz. sodium hydroxide (lye)
 - 8.6 oz. distilled water
- scent: 0.5 oz. peppermint essential oil

BASIC INSTRUCTIONS FOR COLD-PROCESS SOAP MAKING

Note that these instructions are, indeed, basic. They assume that the [science and process](#) of soapmaking have been learned previous.

- Put on caution, long sleeves, safety goggles, and protective gloves.
- Use a kitchen scale to weigh ingredients.
- Heat/melt oils slowly, in a stainless-steel pot—to 115°F
- In a dedicated (as in, don't use it for food again, ever) stainless-steel pot, slowly and carefully add the lye powder* to room-temperature distilled** water. This mixture will become super hot very quickly and the fumes are terrible, so crack the window, set the pot in the sink, and crouch down below the counter level while gently stirring. Stir until the lye is completely dissolved. Cool to 115°F.
- When oils and water are both at 115°F (or the temperature indicated in a recipe), slowly add the lye/water*** to the oils. Then stir rapidly or, to speed things up, use an immersion blender, till trace—a pudding-like texture—is achieved.
- Add essential oils, natural colour, herbs, or exfoliants at this stage.
- Pour into molds, wrap in a large towel, and let set in a warm place for 48 hours.
- Unmold the soap, slice as desired, and cure in a single layer on a wire rack in a cool, dark place, for a full month. The waiting is really the most difficult part of the entire process!
- Buff with a cotton cloth and wrap for storage or to share with friends.

*Always add the lye to the water—not the other way around!

**Well water is fine, provided no chlorine or other chemicals have been added.

***Always add the lye/water mixture to the oils—in that order!

Deodorants

ARMPIT DETOX

Not really a detox, per se; however, this mask will aid in removing buildup from harmful antiperspirants, it will lower the skin's pH level, and have your pits ready for the transition to a natural and healthy deodorant. Original recipe is from NoFussNatural.com

- 1 Tbsp bentonite clay
- 1 tsp raw apple cider vinegar
- Enough water to make a paste (about 1 tsp)

Combine the clay and vinegar in a non-metal dish; stir with a non-metal spoon (metal will deactivate the bentonite clay).

Add water, a little at a time, to reach a paste-like spreadable consistency.

Apply to clean armpits; leave on for 10 or 15 minutes. It's most easily washed off in the shower.

This detox can be repeated as needed, or even daily for a few days, as you transition to a natural deodorant. You could also try simply swiping the armpit area with apple cider vinegar or witch hazel on a cotton ball, lowering the skin's pH and making it more difficult for odor-causing bacteria to survive.

Caution: If you experience discomfort, wash the mixture off immediately.

For sensitive skin, replace the apple cider vinegar with water. Another option worth trying on sensitive skin is equal parts of bentonite clay and coconut oil.

DEODORANT (SOLID)

Original recipe is from NoFussNatural.com

Combine and melt:

- 3 ½ Tbsp coconut oil
- 1 ½ Tbsp beeswax pastilles

Add, then stir thoroughly, to remove clumps:

- 3 Tbsp arrowroot powder
- 3 Tbsp baking soda
- 1/8 tsp castor oil
- 10-20 drops of essential oil (scent is optional, but rosemary or lemongrass are great choices)

Warm again, briefly, till mixture is liquid enough to pour into deodorant tubes. This recipe should be enough to fill (approximately) 4 regular-size tubes.

DEODORANT (SPRAY)

Easy peasy—and it WORKS!! Original recipe is from WholeLifestyleNutrition.com

- 1/4 cup ethanol alcohol (vodka or gin)
- 2 tsp distilled white vinegar
- Essential oils—80 drops (scent is optional, but rosemary and/or lemongrass are great choices)

Odor protection: 70-90 proof = light
90-120 proof = medium
120+ proof = strong

Combine the vinegar, alcohol, and essential oil in a fine mist sprayer. Shake well and apply a couple underarm spritzes.

HERB-INFUSED ACV HAIR RINSE

Apple cider vinegar (aka ACV) will balance the scalp's pH while making hair smoother, shinier, and less prone to breakage and frizz. And infusing it with hair-healthy herbs takes it to the next level! Original recipe and video tutorial at GardenTherapy.ca.

Nettle
Rosemary
Calendula
Peppermint
Chamomile
Rose Petals
Lavender
Horsetail

These are all great herbs for hair and scalp, some easily home-grown and others foraged in the wild.

Half-fill a quart mason with one or more of the dried herbs, then pour apple cider vinegar over the herbs to fill the jar. Stir, cover with a plastic or plastic-lined lid, and let it infuse for at least 4 weeks. Strain the herbs out and add them to the compost pile.

To use: Make the rinse by adding 1 tablespoons of the ACV infusion to 1 cup of water (oily hair wants more; dry hair, less). Use a squeeze bottle to apply after shampooing, massaging it into scalp and hair. A final water rinse is optional, since the smell of vinegar dissipates quickly as hair dries.

Use this rinse once or twice a week, after shampooing.

CONDITIONING MASK

Every scalp and hair type will benefit from this once-a-week treatment.

- Equal parts coconut oil and honey (a total of 1 Tbsp is probably plenty for most heads)

Melt the honey and coconut oil, stirring to blend. Allow to cool, then massage into wet hair, leaving it on for 30 to 40 minutes. Shampoo and rinse, as usual.

STYLING GEL

- Aloe Vera gel

That's right—a store-bought bottle of aloe vera gel! I've tried a couple recipes and nothing works as well, and certainly nothing could be easier!

Oral Hygiene

OIL PULLING

Most of what I know about this practice, I've learned from MyFitFarmLife.com; so, head over there for the details!

- 1 Tbsp coconut oil
- A couple drops of essential oil (optional—peppermint, lemon, orange, or clove are good choices)

Slosh and squish it around in your mouth and through your teeth for 15 minutes, 3x/week. Remember not to swallow; and spit it in the garbage when you're done, rather than down the drain, where it might help to clog pipes!

PEPPERMINT TOOTH PASTE

I cut this recipe in half, since I'm the only one using it. Original recipe is from LiveSimply.me

Combine, and mix thoroughly

- 6 Tbsp organic coconut oil, softened, but not liquid
- ¼ cup baking soda

Add remaining ingredients, and mix till smooth

- ½ tsp salt
- 1 tsp bentonite clay
- 1 tsp Stevia
- 7 drops peppermint essential oil

Always use a non-metal spoon for stirring bentonite clay, as contact with metal will deactivate the clay.

Store the toothpaste in a jar with a lid and use a spoon or other applicator to scoop it out. Consistency will depend on room temperature.

TOOTHBRUSH POWDER

Original recipe is from TheGrowNetwork.com. The activated charcoal is messy—or, perhaps I'm just messy with the activated charcoal. It can be omitted, however.

Add all ingredients to a pint jar, with a lid:

- 1 Tbsp bentonite clay
- ¼ tsp (or less) activated charcoal (optional)
- 1 tsp baking soda
- 1 tsp stevia
- Leaves from 1 peppermint tea bag, ground very fine

Thoroughly combine everything in a glass jar. To use, wet your clean toothbrush and dip the bristles into the powder. Avoid double-dipping.

MOUTHWASH

Original recipe is from MyFitFarmLife.com

Add all ingredients to a pint jar, with a lid:

- 1 cup distilled water
- 3 Tbsp colloidal silver
- 2 Tbsp Stevia
- Essential Oils
 - 2 drops each of peppermint, lemon, and cinnamon bark clove, spearmint, and eucalyptus

Shake well before use. Don't swallow, but make sure to do a deep gargle. Use within 10 days.

Bath & Beyond

SHAVING SOAP

Get a clean, smooth shave without gunk in your razor or scum in your tub.

Original recipe is from ModernHippieHouseWife.com

- 4 Tbsp liquid oil (olive, grape seed, sweet almond)
- 2 Tbsp honey
- 2 Tbsp liquid castile soap
- 5 drops essential oil (optional, but grapefruit is nice)

Combine all ingredients and rapidly whisk for several minutes, until all of the ingredients have fully emulsified. Transfer to a pump or squeeze bottle.

To use: it only takes a little—create a lather in your hands, then apply to skin.

CLAY FACIAL

So minty and refreshing! Original recipe is from NoFussNatural.com

- 2 Tbsp finely ground oats, or oat flour
- 3 Tbsp kaolin clay
- 1 tsp lavender or calendula powder
- 1 tsp mint powder

Combine all ingredients and store in a small jar with a lid.

To use: mix 1 Tbsp of powder with enough liquid* to make a paste. Apply to the face, avoiding the area around eyes; leave it on anywhere from 5 to 15 minutes, depending on how it feels—if your skin is on the dry side, you'll want to wash it off sooner rather than later. I like to remove it gently in the shower, as opposed to using a wash cloth.

Follow up with toner and moisturizer.

*Choose your liquid: hydrosol, honey, cooled herbal tea, or even plain old water.

PEPPERMINT FOOT (AND HAND!) SCRUB

At the end of the day—the day in the garden, that is—nothing says “thank you” to your feet and hands quite the way this sugar scrub does. Original recipe is from GardenTherapy.ca

- 8 oz. white sugar
- 4 oz. coconut oil, softened
- 1 mint tea bag
- 10 drops peppermint essential oil

Start with soft (not melted) coconut oil, adding all of the sugar and the contents of the tea bag. Mash together with a fork until everything is completely incorporated. Stir in the essential oil. Store in the fridge and use within 3 months.

To use: Massage into wet feet, then rinse and dry. I like to sit on the edge of the tub with a good book, while my sugar-massaged feet get a good moisturizing soak.

OAT & LAVENDER TUB TEA

- 2 cups Epsom salts
- 2 heaping tablespoons dried lavender
- 15-20 drops lavender essential oil
- 1 cup oatmeal, ground
- 1 cup powdered milk

Put everything in a quart jar, combine thoroughly, then either add a lid for storage or divide amongst 8 extra-large (size 4) brown paper tea filters. The bags can be secured with a staple; just remember to remove the staple when you dispose of the used tea bag in the compost.

HIMALAYAN PINK SALT BODY SCRUB

Scrubs and bath additives can have a somewhat detoxifying effect on the body—and who among us wouldn't benefit from a bit of that? The following recipes are from GardenTherapy.ca

- 8 oz fine pink Himalayan sea salt
- 2 oz coconut oil
- 1 oz sweet almond oil
- Dried rose petals (optional)
- 10 drops rosemary essential oil
- 5 drops grapefruit essential oil
- 5 drops lavender essential oil

Mix everything together in a jar. If necessary, warm the coconut oil (not melted), so it will incorporate more easily. Rose petals can be sprinkled on top, to make a nice presentation for gift giving; I prefer to crush them fine and stir them into the scrub.

To use: Massage onto wet skin, then lower yourself into the warmest bath you can enjoyably manage. Soak and relax for at least 15 minutes, while sipping a tall glass of cold water. The tranquil effect may be similar to a relaxation massage at the spa, so best to make this a bedtime routine!

Summer Survival 101

TINTED MINERAL SUNBLOCK

Safe sun protection for adult use. Original recipe is from ModernHippieHouseWife.com

- ¼ cup shea butter
- ¼ cup coconut oil
- ½ cup liquid oil—avocado, sweet almond, or grapeseed
- 3 Tbsp beeswax
- ¼ cup zinc oxide
- 1-3 Tbsp cocoa powder (for tint—optional)

Heat the coconut oil, butter, and beeswax in a double-boiler (or similar apparatus), just until melted, then stir in the liquid oil.

Wearing a mask to avoid breathing in zinc particles, sift in the zinc oxide and cocoa. Stir thoroughly to incorporate the powders.

While still in a liquid state, pour it into a jar. Zinc is heavy and will want to sink to the bottom of the jar, so give it an occasional stir as it cools, to keep the zinc particles dispersed evenly in product.

To use: Mineral sunblock works on the surface of the skin, so avoid the temptation to rub it in completely. Re-apply after swimming.

Store in an airtight container in a cool place and use within 6 months.

BUG REPELLENT

- 1/4 cup water (boiling)
- 1 Tbsp Epsom salts
- 1/4 cup witch hazel
- 1 Tbsp aloe vera gel
- 1/4 tsp vitamin E oil
- 10 drops citronella essential oil
- 10 drops eucalyptus essential oil
- 20 drops lemon or mint essential oil

Measure boiling water into a Pyrex measuring cup and add Epsom salts, stirring until the salt has completely dissolved.

Cool to room temperature, then add the remaining ingredients. Stir to combine. Pour into a fine-mist spray bottle.

INSECT BITE ROLL-ON REMEDY

Carry this in every pocket, all summer long! Original recipe from GardenTherapy.ca

- 10ml glass aromatherapy roll-on bottle
- Pure witch hazel
- 3 drops lavender essential oil
- 2 drops tea tree essential oil

Add the essential oils to the bottle, then add witch hazel to fill, leaving enough space for the roller ball. Always shake well before use, to disperse oils.



Ingredient List



Coming soon!

