

# Bonding over Beauty

## THE BEAUTY RECIPES

By Erika Katz



# Table of Contents

## Face 6

Pumpkin Mousse Facial Mask	6
Raspberry Parfacial Mask	7
Apple Cream Healing Mask	8
Kiwi Facial Cleanser	9
Banana Cream Pie Mask	10
Green Tea Grapefruit Toner	11
Carrot Honey Nourishing Mask	12
Egg and Yogurt Mask	13
Rose Water Toner	14
Cranberry Face Mask	15
Fruity Lip Balm	16
Chapped Lip Remedy	17
Cucumber Chamomile Eye Treatment	18
Chocolate Oatmeal Cookie Facial	19
Creamy Lemon Facial Cleanser	20
Cinnamon Cleanser	21
Fall Fruit Sensitive Skin Cleanser	22
Tangy Tomato Pore Minimizer	23
Chocolate Lip Balm	24
Honey Cream Exfoliating Cleanser	25

## Body 26

Do-It-Yourself Deodorant	26
Personalized Hand Sanitizer	27
Cinnamon Holiday Scrub	28

Brown Sugar Body Scrub	29
Clementine Hand Scrub	30
Strawberry Peppermint Foot Scrub	31
Cornmeal Hand and Foot Scrub	32
Sunburn Cucumber Mousse	33
Papaya Sugar Scrub	34
Coffee Body Scrub	35
Perfect Shaving Cream	36
Vanilla Body Butter	37

## Hair 38

Avocado & Mayonnaise Hair Treatment	38
Vanilla Lemon Hair Mist	39
Tropical Coconut Scalp Treatment	40

## Bath 41

Candy Cane Bath Salts	41
Lavender Muscle Soak	42
Rosy Bubble Bath	43
Lavender Bath Bomb	44
Honey Eucalyptus Bath Oil To Treat a Cold	45
Peppermint Invigorating Body Wash	46
Lavender Calming Body Wash	47
Delicate Jasmine Body Wash	48
Cocoa Milk Bath	49

# Introduction

As my daughter gets older, it is becoming more of a challenge to find ways to connect with her and spend quality time together. While it is natural for children to pull away from their parents, social media has made it more difficult for parents to capture and hold their children's attention.

In my first book, *Bonding Over Beauty: A Mother Daughter Guide to Foster Self Esteem, Confidence, and Trust*, I explored the idea of using beauty as a way to find common ground with my daughter while teaching her to take care of her changing body. As I embarked on my book tour, I was asked by several tween and teen centers to do a seminar with girls. Each seminar would start with a Q and A, followed by three DIY beauty recipes we all did together, and ending on hair braiding and smoothies for everyone. Invariably, the girls were shy and reserved during the Q and A. But once we started making our own body scrubs, lip balms, and face masks together, the girls could not get enough. At the end of the two hours, I thought the girls would be happy to get back to their smart phones. But they just wanted to stay and talk about what other recipes they could make, their skin, their hair, or a problem they were having at school. Literally, I ended up talking to the girls for at least an hour or more after the seminar. So, I asked myself, what was I doing that was keeping these tween and teen girls so engaged?

I began to post DIY recipes on my website and make videos of my DIY beauty recipes. Then magazines such as *Seventeen*, *Girls' Life*, *Self*, and *Good Housekeeping* asked me to create more recipes for their readers. Before I knew it, I was doing my carrot honey mask on *The Doctors* in Los Angeles. It was then I realized I had tapped

into something special.

Making a lip balm or a scrub that really works and makes you feel great is such a cool feeling, even for me. As I was writing this book, I felt such a sense of accomplishment each time a recipe not only worked but was better than something store bought. My daughter loved being in the kitchen with me, getting her hands dirty and adjusting ingredients to be just right. So, what originated as a few recipe cards has now evolved into *Bonding Over Beauty: The Beauty Recipes*.

Rather than a traditional book, I decided to publish an e-book so I could include my how-to videos to show you just how easy it is to make fabulous products right in your kitchen. The best part is that you can actually post your comments, ask questions, or just say hello on my YouTube and Facebook pages.

I hope you and your daughter will use these recipes to spend an extra few minutes together doing something fun and good for you. These are great slumber party activities and also make wonderful gifts. Each recipe card has a gift label and shopping list you can print out. The recipes are so simple and should not take you more than a few minutes to do. Please post your comments and pictures on my **Bonding Over Beauty Facebook** page. I love to hear from each and every one of you, and I always respond personally.

Happy Bonding!  
Erika

# Tools

I do not like when cookbooks have recipes with items you will never find in a typical kitchen. So, I tried to make you recipes that use ingredients most people have at home.

## To make the recipes, you will only need:

- ☐ Mixing bowls
- ☐ A spoon
- ☐ A handheld electric mixer, blender, or food processor if you do not want to mix by hand
- ☐ Molds for the bath bombs

## Ingredients from the supermarket:

- ☐ Fruits and vegetables
- ☐ Sugar
- ☐ Brown sugar
- ☐ Oatmeal (regular, not instant)
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Cornstarch
- ☐ Heavy cream
- ☐ Plain yogurt
- ☐ Milk
- ☐ Almond oil (you can substitute olive oil or vegetable oil if you are allergic, but I love the feel of almond oil)
- ☐ Green tea, chamomile tea, mint tea
- ☐ Almonds
- ☐ Coffee grounds
- ☐ Chocolate chips
- ☐ Cocoa powder
- ☐ Honey
- ☐ Milk
- ☐ Vanilla extract
- ☐ Rose Petals
- ☐ Food coloring
- ☐ Various juices (grapefruit, carrot)
- ☐ Ginger
- ☐ Vegetable oil

- ☐ Vegetable shortening
- ☐ Powdered drink mix

## Ingredients from the drugstore:

- ☐ Liquid vitamin E oil—a light one from your local drugstore is fine
- ☐ Vaseline
- ☐ Castile soap, or baby shampoo if you can't find it
- ☐ Aloe vera gel
- ☐ Rubbing alcohol
- ☐ Witch hazel
- ☐ Epsom salts

**There are a few recipes that call for things you may not have. I was able to order these on Amazon:**

- ☐ Beeswax
- ☐ Shea butter
- ☐ Coconut oil
- ☐ Liquid citric acid for bath bomb

**The essential oils can be found at Whole Foods, Aveda, and [online](#). Try to get the lower-priced ones because you do not need oils that are super concentrated.**

- ☐ Essential oils – peppermint, lavender, rose, jasmine, eucalyptus
- ☐ Containers
- ☐ Spritz bottles
- ☐ Lip gloss jars

You can use any clean plastic or glass containers to store your recipes. For the lip balms, you can order different color lip gloss containers online. If you are giving your recipe as a gift, print out the gift tag and tie it around the container with a pretty ribbon. You can also print out your own labels and tape them to the jars.





## About the Author

Erika Katz's first book, the critically acclaimed *Bonding Over Beauty: A Mother-Daughter Beauty Guide to Foster Self-Esteem, Confidence, and Trust* gave parents a new and innovative way to connect with their tween daughters. A trusted parenting and beauty expert, Erika is a frequent guest on *The Today Show*, *The Doctors*, *The Better Show*, *Fox News*, *Telemundo*, *CBS News*, and *PIX11*. Erika's articles and beauty recipes are featured in *Seventeen*, *Self*, *Shape*, *Good Housekeeping*, *Girls' Life*, *Prevention*, *Parenting*, and *Ser Padres*.

Erika is the creator of [www.bondingoverbeauty.com](http://www.bondingoverbeauty.com) and posts her popular beauty recipes on Facebook, Twitter, and YouTube. Erika is also a popular guest speaker and conducts seminars for girls where she shows them how to do beauty recipes, the latest hair trends, skin care, and discusses how girls can protect their self esteem by using social media wisely.

Erika lives in New York City with her husband and two children. She is a graduate of Dartmouth College.



## Recipe Pumpkin Mousse Facial Mask

This recipe is full of exfoliating enzymes that will brighten your skin, giving you a healthy, refreshed glow. Pumpkin is also rich in vitamin A, which can help heal skin and repair damaged tissue. The antioxidant properties of the vitamin A will also help reduce the appearance of fine lines and wrinkles.



**To make:** Mix ingredients well by hand or with an electric mixer until mixture is light like a mousse. This can last in the refrigerator for up to a week.

**To use:** Apply all over face and neck. Leave on for 10 minutes. Rinse with warm water.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

 Watch the Video



### Shopping List

- ☐ 2 teaspoon  
canned pureed  
pumpkin
- ☐ 1/2 teaspoon  
honey
- ☐ 1/4 teaspoon  
heavy whipping  
cream

Print, cut out, and  
bring with you to the  
store to shop for  
all the ingredients  
you need.

## Give it as a gift!

Print, cut out, and  
attach the tag to  
give the recipe  
as a gift!



### Pumpkin Mousse Facial Mask

Apply to face. Leave on for 10 minutes  
then rinse thoroughly. Lasts up to one week  
in the refrigerator.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe

## Raspberry Parfacial Mask

My raspberry parfacial mask is perfect for breakouts and redness. This is a wonderful mask for your skin if you are having a breakout or blotchy redness. The oatmeal absorbs oil naturally while calming irritated skin. Raspberries contain vitamin C, which helps your skin produce collagen and stay elastic.



**To make:** Mix ingredients well. This can last in the refrigerator for up to a week.

**To use:** Apply all over face and neck. Leave on for 10 minutes. Rinse with warm water.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 cup pureed raspberries
- ☐ 1/4 cup honey oil
- ☐ 1 cup rolled oats

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Raspberry Parfacial Mask

Apply all over face and neck. Leave on for 10 minutes. Rinse with warm water. Lasts up to one week in the refrigerator.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe *Apple Cream Healing Mask*

The apple healing mask is perfect for stressed-out skin. The apples are a natural antiseptic that will cleanse clogged pores. Wheat germ is rich in vitamin E and vitamin D and will help heal tired, dull-looking skin. The heavy cream will moisturize and smooth skin's surface.



**To make:** Mix to form a slightly gritty paste. This can last in the refrigerator for up to two weeks.

**To use:** Apply all over face and neck. Leave on for 10 minutes. Rinse with warm water.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 tablespoon applesauce
- ☐ 1 tablespoon wheat germ
- ☐ 1 tablespoon heavy cream
- ☐ 1 tablespoon flour

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### *Apple Cream Healing Mask*

Apply to cleansed face and neck.  
After 10 minutes, rinse with warm water.  
Lasts up to two weeks in the refrigerator.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe Kiwi Facial Cleanser

This gentle kiwi cleanser exfoliates as it cleanses. The seeds from the kiwi will help slough off dead skin while the yogurt and almond oil will leave skin soft and supple.



**To make:** Liquefy the kiwi in a blender or food processor. As it's blending, add the rest of your ingredients until mixture has a creamy consistency. This can last in the refrigerator for up to a week.

**To use:** Apply to your face as you would any liquid cleanser and rub in small circles. Rinse with warm water.



### Shopping List

- ☐ 1 kiwi fruit
- ☐ 2 tablespoons of plain yogurt
- ☐ 1 tablespoon rose water  
([click here for the recipe](#))
- ☐ 1 tablespoon almond oil or olive oil
- ☐ 1 tablespoon honey

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Kiwi Facial Cleanser

Apply to your face as you would any liquid cleanser and rub in small circles. Rinse with warm water. Lasts up to one week in the refrigerator.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe *Banana Cream Pie Mask*

If your skin is prone to acne or is extremely sensitive, banana's potassium is the perfect ingredient to get those blemishes healing rapidly. The flour will absorb excess oil while heavy cream smooths skin without clogging pores.

**To make:** Mix ingredients well by hand or with an electric mixer until mixture is light like a mousse. This recipe should be used right away because the bananas will brown.

**To use:** Apply all over face and neck. Leave on for 10 minutes. Rinse with warm water.



### Shopping List

- ☐ 1 mashed banana
- ☐ 3 tablespoons heavy cream
- ☐ 1 1/2 tablespoons dark honey
- ☐ 1 1/2 tablespoons white flour

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



*Banana Cream  
Pie Mask*

Apply all over face and neck. Leave on for 10 minutes. Rinse with warm water.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Green Tea Grapefruit Toner

I love to use a toner after cleansing my skin to remove the excess dirt and oil. Grapefruit juice is rich in vitamin C, which will tone and brighten the skin. Witch hazel is a mild astringent that removes excess dirt, oil, and makeup.



**To make:** Combine ingredients and pour into a spritz bottle. This toner can be kept for up to 8 weeks outside the refrigerator. However, you may choose to refrigerate in the summer to use as a refreshing mist throughout the day.

**To use:** Spray a generous amount onto a piece of cotton and cleanse your face, avoiding your eyes.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1/4 cup green tea at room temperature
- ☐ 1/4 cup witch hazel
- ☐ 1/4 cup grapefruit juice, fresh or bottled

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Green Tea Grapefruit Toner

Spray a generous amount onto a piece of cotton and cleanse your face, avoiding your eyes. Lasts for up to 8 weeks unrefrigerated.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Carrot Honey Nourishing Mask

The carrot honey mask is a wonderfully refreshing mask. The vitamin A found in carrots combined with the vitamin C in the orange reduce redness and help with collagen production.

**To make:** Mix ingredients together well. If mixture feels watery, add a teaspoon of white flour. This mask can keep in the refrigerator for up to two weeks.

**To use:** Brush the mixture all over face and neck. Leave on for 5 minutes and rinse with warm water.



### Shopping List

- ☐ 1/3 cup carrot juice, bottled
- ☐ the pulp of half an orange
- ☐ 1 teaspoon honey
- ☐ 1 teaspoon white flour, optional

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Carrot Honey Nourishing Mask

Brush the mixture all over face and neck. Leave on for 5 minutes and rinse with warm water. Lasts up to two weeks in the refrigerator.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe *Egg and Yogurt Mask*

During the winter months when skin gets dry, this is the perfect mask to brighten dull, tired skin. (If you don't like the smell of yogurt, you can replace the yogurt with egg yolks.) The egg whites will firm and tighten skin gently and naturally. Yogurt has natural antibacterial properties to fight infection and kill blemish-causing bacteria.



**To make:** Beat the egg whites well until stiff, then fold in the yogurt. This mask should be used right away.

**To use:** Apply to your face for 10 minutes. Then rinse with warm water.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 2 egg whites
- ☐ 1 cup yogurt

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### *Egg and Yogurt Mask*

Apply to your face for 10 minutes.  
Then rinse with warm water.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_

# Bonding over Beauty

WITH ERIKA KATZ



## Recipe *Rose Water Toner*

Rose water is a wonderful way to freshen up your skin and has many purposes. It can be a mild toner for sensitive skin. It can also be used as a refreshing spritz during the warm summer months. It can even be used under makeup as a gentle primer.

**To make:** Boil the water. Then pour it over the rose petals and steep for a half hour and let cool. Remove the rose petals, and pour into a spritz bottle, and refrigerate. Keep it cool in the refrigerator. Lasts up to 8 weeks.

**To use:** Spritz your skin before bed and when you get up in the morning. You can also pour it onto cotton and use as a gentle toner to remove excess dirt and oil.



### Shopping List

- ☐ 1 cup fresh rose petals
- ☐ 2 cups bottled water

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### *Rose Water Toner*

Rose water is a wonderful way to freshen up your skin. I like to use it after I cleanse or before I put on makeup. It should stay fresh for about 8 weeks.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_

FACE

BODY

HAIR

BATH

WEBSITE



## Recipe Cranberry Face Mask

Cranberry juice helps detoxify the skin and is particularly useful for those who are acneprone, suffer from psoriasis, or have oily skin. In addition, cranberries help reduce skin inflammation, redness, and itchy irritation.



**To make:** Mix ingredients until mixture becomes a paste. Cover and refrigerate for 45 minutes to let the mixture thicken. Remove from the fridge and let sit for about 10 minutes. Lasts up to 3 weeks in the refrigerator and up to a week outside of the refrigerator.

**To use:** Spread all over face and neck. Leave on for 15 minutes. Rinse with warm water.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 cup fresh cranberries
- ☐ 1 cup seedless red grapes
- ☐ 2 teaspoons grapefruit juice
- ☐ 1 envelope unflavored gelatin

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Cranberry Face Mask

Spread the mixture on clean, dry skin, avoiding the eye area. Relax for 15 minutes, and then rinse off with warm water. Be sure to test for sensitivity by applying the mask to a less sensitive area of the body.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Fruity Lip Balm

To keep lips soft and silky, this fruity lip balm exfoliates dead skin and softens at the same time.

**To make:** Clarify the vegetable shortening by heating it in the microwave for 15 seconds. Stir in the drink mix. Pour the mixture into a lip gloss jar. Let the mixture harden for 10 minutes and your lip gloss is ready! You can decorate the jars with fun stickers and sparkles! Lasts up to six months unrefrigerated.

**To use:** Spread all over lips as often as you like.



### Shopping List

- ☐ 1/2 cup vegetable shortening
- ☐ 1 scoop powdered drink mix in your favorite flavor
- ☐ Lip gloss jars (Available at <http://www.sks-bottle.com/340c/fin34b.html>)

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Fruity Lip Balm

Spread all over lips as often as you like.  
Lasts up to six months unrefrigerated.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe Chapped Lip Remedy

Cinnamon is a natural lip plumper. Combined with the vitamin E, this lip remedy will help repair chapped lips and exfoliate dry skin.



**To make:** Mix all the ingredients together and put in a lip gloss container. Lasts up to six months unrefrigerated.

**To use:** Rub lip remedy on dry, chapped lips with your finger or a lip brush as often as necessary.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 tablespoon Vaseline
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon cinnamon
- ☐ 1/4 teaspoon vitamin E oil

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Chapped Lip Remedy

Rub lip remedy on dry, chapped lips with your finger or a lip brush as often as necessary. Lasts up to six months unrefrigerated.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Cucumber Chamomile Eye Treatment

The chamomile and the cucumbers will soothe tired, puffy eyes and leave them feeling fresh and rejuvenated. This is especially great when you are studying for a big test or need to stay awake.



**To make:** Boil a pot of hot water and make yourself some chamomile tea with the tea bags. Remove the tea bags and put them in the refrigerator to cool.

**To use:** While they are cooling, apply a cucumber slice to each eye and relax for 10 minutes. Remove the cucumbers and apply the cold tea bags to your eyes for 5 minutes.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 2 chamomile tea bags
- ☐ 2 slices fresh, cold cucumber

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Cucumber Chamomile Eye Treatment

Apply a cucumber slice to each eye and relax for 10 minutes. Remove and apply the cold tea bags to your eyes for 5 minutes.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Chocolate Oatmeal Cookie Facial

Oatmeal is a wonderful ingredient to calm irritated skin and absorb excess oil. It also cleanses pores. Chocolate has antioxidants which prevent damage to the skin's elastin, hydrate the skin, and give it moisture. The heavy cream smooths and softens skin.



### Shopping List

- ☐ 1/3 cup unsweetened cocoa powder
- ☐ 1/4 cup honey
- ☐ 3 tablespoons heavy cream
- ☐ 3 tablespoons dry, uncooked oatmeal

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

**To make:** Mix all ingredients well in a small bowl. This recipe should be used right away. It can be stored in the refrigerator for up to a week but must be brought to room temperature to use.

**To use:** Apply mask all over face and let sit for 10 minutes. Rinse with warm water.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Chocolate Oatmeal Cookie Facial

Spread the mask all over your face avoiding the eye area. Let sit for 10 minutes. Rinse with warm water. Store in the refrigerator for up to a week, but bring to room temperature to use.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Creamy Lemon Facial Cleanser

This is the perfect cleanser to brighten and delicately cleanse your skin. While lemons are a natural antiseptic to help remove dirt and oil, yogurt has antibacterial properties to gently fight acne without drying out your skin.



**To make:** Mix ingredients well in a small bowl. Lasts up to one week in the refrigerator.

**To use:** Apply cleanser in gentle circular motions all over face and neck, avoiding the eye area. Rinse with warm water. Follow up with a toner to remove any excess dirt and oil.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 tablespoon yogurt
- ☐ 2 teaspoons fresh-squeezed lemon juice
- ☐ 2 drops lemon oil or olive oil

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Creamy Lemon Facial Cleanser

Apply cleanser in gentle circular motions all over face and neck, avoiding the eye area. Rinse with warm water. Follow up with a toner to remove any excess dirt and oil. Lasts up to a week in the refrigerator.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe Cinnamon Cleanser

This is a wonderful wintertime cleanser because it is fragrant while still giving you a deep clean. The granules from the spices act as a gentle exfoliant to help remove dry, dead skin. Cinnamon is also a natural way to fight eczema.



**To make:** Mix well in a bowl and put in a small jar. Lasts up to six months.

**To use:** Moisten your fingers with warm water. Apply cleanser in gentle circular motions all over face and neck, avoiding the eye area. Rinse with warm water. Follow up with a toner to remove any excess dirt and oil.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 teaspoon cinnamon
- ☐ 1 teaspoon nutmeg
- ☐ 1 tablespoon honey

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Cinnamon Cleanser

Moisten your fingers with warm water. Apply cleanser in gentle circles on your face, avoiding the eye area. Rinse with warm water. Lasts up to six months.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe *Fall Fruit Sensitive Skin Cleanser*

This is the perfect cleanser for all skin types. Apples will get rid of any excess oil, while the cucumbers and pears are calming and cleansing to the skin. Yogurt is rich in antibacterial properties, which help reduce breakouts.



**To make:** Mix ingredients well in the blender until mixture is a nice, smooth consistency. Lasts up to one week in the refrigerator.

**To use:** Apply cleanser in gentle circular motions all over face and neck, avoiding the eye area. Rinse with warm water. Follow up with a toner to remove any excess dirt and oil.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 cup plain yogurt
- ☐ 1/4 pear
- ☐ 1/4 apple
- ☐ 3 slices cucumber
- ☐ 2 drops honey

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### *Fall Fruit Sensitive Skin Cleanser*

Apply cleanser in gentle circular motions all over face and neck, avoiding the eye area. Rinse with warm water. Follow up with a toner to remove any excess dirt and oil. Lasts up to a week in the refrigerator.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Tangy Tomato Pore Minimizer

While you cannot change the size of your pores, tomatoes are rich in lycopene, which helps to reduce the appearance of pore size. Lemons and oranges are rich in vitamin C, which acts to tighten and brighten the skin.



**To make:** Mix ingredients well in a food processor. Lasts up to one week in the refrigerator.

**To use:** Apply pore minimizer in gentle circular motions all over face and neck, avoiding the eye area. Rinse with warm water.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 chopped tomato
- ☐ 1 teaspoon skim milk
- ☐ 1 teaspoon lemon juice
- ☐ 1 teaspoon orange juice

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Tangy Tomato Pore Minimizer

Apply pore minimizer in gentle circular motions all over face and neck, avoiding the eye area. Rinse with warm water. Lasts up to a week in the refrigerator.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe *Chocolate Lip Balm*

This is such a great lip balm because it contains shea butter, beeswax, and coconut oil, which are all excellent natural emollients. You can get creative and add other flavors like peppermint oil, tangerine oil, or raspberry oil.

**To make:** Put all the ingredients into a double boiler on the stove or in a microwavable container. Warm the mixture until it melts. Stir until smooth. Pour the mixture into a lip gloss container and refrigerate until it hardens. Lasts up to 3 months at room temperature.

**To use:** Apply to lips as often as you like.



### Shopping List

- ☐ 1 tablespoon shea butter
- ☐ 1 tablespoon coconut oil
- ☐ 2 teaspoons grated beeswax
- ☐ 1 tablespoon vitamin E oil
- ☐ 15 chocolate chips
- ☐ 1/2 teaspoon vanilla extract

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### *Chocolate Lip Balm*

Apply to lips as often as you like. Lasts up to 3 months at room temperature.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe Honey Cream Exfoliating Cleanser

Perfect for dry skin! Milk and cream are both rich in elastin, which moisturizes the skin and keeps it supple, while honey acts as a humectant to help retain skin's natural moisture. The vitamin E in almonds heals chapped skin.



**To make:** Mix all ingredients in a food processor. Put into a small jar. Lasts up to a week in the refrigerator.

**To use:** Apply cleanser in gentle circular motions all over face and neck, avoiding the eye area. Rinse with warm water.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 tablespoon whole milk
- ☐ 1 tablespoon heavy cream
- ☐ 2 tablespoons honey
- ☐ 1/2 teaspoon cornstarch
- ☐ 1 tablespoon ground almonds

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Honey Cream Exfoliating Cleanser

Apply cleanser in gentle circular motions all over face and neck, avoiding the eye area. Rinse with warm water. Lasts up to a week in the refrigerator.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe *Do-It-Yourself Deodorant*

I love this deodorant because it has no aluminum, will smell exactly how you choose, and won't leave white marks on your clothes. The baking soda and cornstarch naturally absorb odor, while the oil allows the deodorant to go on smoothly and moisturize the skin. Play with your favorite essential oils to make a personalized fragrance.



**To make:** Mix the baking soda, cornstarch, and oil well. Then add the aromatic essence. You can keep your deodorant in a jar and just smooth it on with your fingers, or find an old deodorant stick and refill it with this mixture. It will harden in about a day. Lasts up to six months.

**To use:** Apply deodorant to armpits in the morning or before going out.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 tablespoon baking soda
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons baby oil or coconut oil
- ☐ 5—10 drops of your favorite aromatic essence (I love lavender, rose, and jasmine)

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### *Do-It-Yourself Deodorant*

Apply deodorant to armpits in the morning or before going out.  
Lasts up to six months.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe *Personalized Hand Sanitizer*

This is so simple and inexpensive to make, while the alcohol fights germs and the aloe vera is soothing to your skin. Make several bottles using different essential oils to customize your hand sanitizers.

**To make:** Mix the ingredients and put into a spritz bottle. Lasts up to six months unrefrigerated.

**To use:** Spritz hands once and rub hands together.



### Shopping List

- ☐ 1/2 cup aloe vera gel
- ☐ 1/4 cup alcohol
- ☐ 20 drops of your favorite essential oil

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### *Personalized Hand Sanitizer*

Spritz hands once and rub hands together. Lasts up to six months unrefrigerated.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe Cinnamon Holiday Scrub

**To make:** Mix all the dry ingredients together in a small bowl. Add the oils and stir well to combine. Fill glass jar with the scrub. Secure the lid and tie ribbon around the top. Add an instructions card ("rub all over, then rinse" should do the trick). Lasts up to six months unrefrigerated.

**To use:** Scrub all over body and rinse with warm water.



### Shopping List

- ☐ 1 cup brown sugar
- ☐ 2 teaspoons nutmeg
- ☐ 2 teaspoons ginger
- ☐ 2 teaspoons cinnamon
- ☐ 1 cup almond oil or olive oil
- ☐ 1 tablespoon vitamin E oil

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Cinnamon Holiday Scrub

Scrub all over body and rinse with warm water. Lasts up to six months unrefrigerated.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe *Brown Sugar Body Scrub*

The brown sugar scrub is wonderful to use all over the body. I especially like it when I give my daughter an at-home pedicure.



**To make:** Mix ingredients thoroughly in a glass bowl. Use the scrub all over the body and rinse well with warm water. Lasts up to six months unrefrigerated.

**To use:** Scrub all over body and rinse with warm water.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1/2 cup brown sugar
- ☐ 2 tablespoons almond oil or olive oil
- ☐ 5 drops honey
- ☐ 3—5 drops of your favorite essential oil (optional)

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### *Brown Sugar Body Scrub*

Scrub all over body and rinse with warm water. Lasts up to six months unrefrigerated.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Clementine Hand Scrub

My skin often gets dry and brittle from the cold winter, so I love to keep this fragrant hand scrub on my vanity. Clementines are rich in vitamin C and alpha hydroxy acids, which help to remove the dead skin. The honey and olive oil help moisturize the skin.

**To make:** Mix together all ingredients. Lasts up to six months unrefrigerated.

**To use:** Gently wash hands with the scrub and rinse with warm water.



### Shopping List

- ☐ 1 tablespoon clementine juice
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon olive oil

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Clementine Hand Scrub

Gently wash hands with the scrub and rinse with warm water. Lasts up to six months unrefrigerated.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Strawberry Peppermint Foot Scrub

I like to use strawberries in this recipe because they are rich in salicylic acid, which helps dead skin shed more easily. The sugar granules also exfoliate dry skin but are super gentle.



**To make:** Mix all ingredients well and put into a pretty jar. Lasts up to one week in the refrigerator.

**To use:** Scrub your feet gently in circular motions and rinse with warm water.



### Shopping List

- ☐ 2 pureed strawberries
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons granulated white sugar
- ☐ 4 drops peppermint essential oil

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Strawberry Peppermint Foot Scrub

Scrub your feet gently in circular motions and rinse with warm water. Lasts up to a week in the refrigerator.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe *Cornmeal Hand and Foot Scrub*

This hand and foot scrub is perfect for an at-home mani-pedi. If the cornmeal has cooled by the time you are ready to use the scrub, you can warm your scrub in the microwave for 10 seconds for a warm, luxurious hand and foot treatment.



**To make:** Mix well and put into a pretty jar. Lasts up to two months unrefrigerated.

**To use:** Scrub your hands and feet and rinse with warm water.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1/4 cup Epsom salt
- ☐ 1/4 cup sea salt
- ☐ 1/4 cup cooked cornmeal
- ☐ 2 tablespoons honey
- ☐ 1/3 cup almond oil

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### *Cornmeal Hand and Foot Scrub*

Scrub your hands and feet and rinse with warm water. Lasts up to two months unrefrigerated.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe *Sunburn Cucumber Mousse*

There is nothing worse than the pain of a sunburn. While aloe vera is soothing for some, I find cucumber to be the best remedy for my daughter's sensitive skin.



**To make:** Mix well and use right away.

**To use:** Apply to the affected area for 10 minutes.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

 Watch the Video



### Shopping List

- ☐ 1/2 cucumber, skin on, pureed
- ☐ 2 tablespoons heavy cream

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



*Sunburn  
Cucumber Mousse*

Apply to the affected area for 10 minutes.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Papaya Sugar Scrub

This is the perfect scrub for summertime skin when papayas are ripe and juicy. Papayas are rich in vitamin C and help your complexion while fighting the damaging effects of the sun.



**To make:** Mix all ingredients well and put into a pretty jar. Lasts up to two months unrefrigerated.

**To use:** Scrub all over your face and body and rinse with warm water.



### Shopping List

- ☐ 1/2 pureed papaya
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup granulated sugar

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Papaya Sugar Scrub

Scrub all over your face and body and rinse with warm water. Lasts up to two months unrefrigerated.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Coffee Body Scrub

Nothing exfoliates your skin better than coffee! The peppermint oil and the caffeine from the coffee stimulate the skin, while the oil leaves it soft and supple. Coffee actually dehydrates fat cells, reducing the appearance of cellulite and smoothing the skin's texture.



**To make:** Combine the sugar and coffee grounds. Then add the olive oil, vanilla, and peppermint oil. Once mixed well, add the coffee. Mix again and put into a pretty jar that can sit on your bathroom shelf. Lasts up to two months unrefrigerated.

**To use:** Take a handful of scrub and rub your skin in circular motions. Rinse with warm water.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1/4 cup olive oil or almond oil
- ☐ 1 cup brewed coffee
- ☐ 1 teaspoon vanilla extract
- ☐ 10 drops peppermint essential oil
- ☐ 2 cups sugar
- ☐ 1/2 cup coffee grounds from the coffee you brewed

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Coffee Body Scrub

Take a handful of scrub and rub your skin in circular motions. Rinse with warm water. Lasts up to two months unrefrigerated.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe *Perfect Shaving Cream*

This all-natural shaving cream is perfect for sensitive skin and will give you a smooth, close shave even on the most sensitive areas. It also makes a great Father's Day gift. The aloe, almond oil, and vitamin E sooth skin, protecting it against painful razor burn. The eucalyptus oil is a natural antiseptic in case you get a nick or cut.



**To make:** Mix all ingredients well and put into a foaming bottle or a clean soap pump dispenser. Lasts up to six months unrefrigerated.

**To use:** Shake well before each use. Rub a generous amount of creamy foam all over the area to be shaved.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1/3 cup aloe vera gel
- ☐ 1/4 cup Castile soap or hand soap
- ☐ 1 tablespoon almond oil
- ☐ 1/4 cup distilled warm water
- ☐ 1 teaspoon vitamin E oil
- ☐ 5 drops of eucalyptus oil

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### *Perfect Shaving Cream*

Shake well before each use. Rub a generous amount of creamy foam all over the area to be shaved. Lasts up to six months unrefrigerated.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe *Vanilla Body Butter*

Shea butter contains fatty acids and is non-comedogenic. This means it will moisturize your skin without clogging pores. It has been known to help skin prone to psoriasis and eczema. It is also antimicrobial, which helps keep skin healthy and free of infection.



**To make:** Put the shea butter in the microwave for 3 minutes. Then add the oils and vanilla to the warmed shea butter. Mix well. Allow to cool for 10 minutes. Using a hand mixer, mix well until smooth. Put the mixture in the freezer for 20 minutes. Remove from freezer and mix again with hand mixer until it is creamy like icing. Store in a container for up to six months.

**To use:** Spread body butter all over body.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1/2 cup shea butter
- ☐ 2 tablespoons almond oil
- ☐ 1 teaspoon vitamin E oil
- ☐ 2 teaspoons vanilla extract

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



*Vanilla  
Body Butter*

Spread body butter all over body.  
Lasts up to six months.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe *Avocado & Mayonnaise* *Hair Treatment*

On a rainy afternoon, it is always fun to do a hair treatment. This one is so simple and will leave your hair silky and shiny. While the treatment is on your hair, relax with some cold cucumbers on your eyes.



**To make:** Mix ingredients well to make a smooth paste. This treatment should be used right away so the avocados do not turn brown.

**To use:** Work the treatment through wet hair. Run a hand towel under warm water, squeeze out the excess water, and then wrap hair in the towel. Leave the treatment on for 20 minutes. Wash out the treatment with shampoo, followed by conditioner.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 cup real mayonnaise
- ☐ 1/2 ripe avocado
- ☐ 1 tablespoon olive oil

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### *Avocado & Mayonnaise* *Hair Treatment*

Work the treatment through wet hair. Run a hand towel under warm water, squeeze out the excess water, and then wrap hair in the towel. Leave the treatment on for 20 minutes. Wash out the treatment with shampoo, followed by conditioner.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe *Vanilla Lemon Hair Mist*

A hair mist is wonderful for the beach to keep hair hydrated or just to spritz through your hair to keep it fragrant. The hint of lemon juice can give hair a little boost of highlight as well. Before a swim, spray the mist all over hair to protect the cuticle from salt and chlorine damage.



**To make:** Mix ingredients and put into a spritz bottle. Hair mist can be kept refrigerated or left out for up to 8 weeks.

**To use:** Spritz throughout hair.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 cup warm water
- ☐ 4 teaspoons fresh-squeezed lemon juice
- ☐ 1 teaspoon vanilla extract

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### *Vanilla Lemon Hair Mist*

Spritz throughout hair. Hair mist can be kept refrigerated or left out for up to 8 weeks.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe *Tropical Coconut Scalp Treatment*

Coconut oil is wonderful for the scalp because it helps protect the skin from UV rays. It also moisturizes the skin and reduces flakiness. This is a great treatment if you are prone to dandruff.



**To make:** Mix well in a small bowl until creamy. Lasts up to two months unrefrigerated.

**To use:** Spread all over roots and scalp. Wrap head in a warm, wet towel. Leave on for 20 minutes. Wash hair with shampoo and conditioner.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 4 tablespoons coconut oil
- ☐ 1 1/2 tablespoons fresh lemon juice
- ☐ 2 teaspoons grapefruit juice

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### *Tropical Coconut Scalp Treatment*

Spread all over roots and scalp. Wrap head in a warm, wet towel. Leave on for 20 minutes. Wash hair with shampoo and conditioner. Lasts up to two months unrefrigerated.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe Candy Cane Bath Salts

These bath salts make the perfect holiday present and cost so little to make. They are made with Epsom salts, which are wonderful for tired, aching muscles.



**To make:** Mix the Epsom salts, sea salt, and peppermint oil well. Then divide your mixture into two bowls. In one bowl add a few drops of red food coloring and mix well until the salts are an even red color. Pour a layer of red salts evenly into a jar. Then pour a layer of the white salts on top. Then, add another layer of red salts and another layer of white salts. Continue this process until container is full. These salts last up to six months.

**To use:** Add 2 large scoops to running bath water.



### Shopping List

- ☐ 2 cups Epsom salts
- ☐ 1/2 cup sea salt
- ☐ 4—5 drops peppermint essential oil
- ☐ 2—3 drops red food coloring

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Candy Cane Bath Salts

Add 2 large scoops to running bath water. These salts last up to six months.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Lavender Muscle Soak

After a long day, nothing is more luxurious than a calming lavender muscle soak. While the Epsom salts will relax tired muscles, the scent of lavender will make the stresses of the day melt away.



**To make:** Mix all ingredients well until mixture is one even color and put into a pretty jar. Lasts up to six months unrefrigerated.

**To use:** Add two scoops to warm running bath water.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 quart Epsom salts
- ☐ 1/4 cup sea salt
- ☐ 10 drops rose essential oil
- ☐ 10 drops blue or purple food coloring
- ☐ 6 drops rose water ([click here for the recipe](#))
- ☐ 6 drops lavender essential oil

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Lavender Muscle Soak

Add two scoops to warm running bath water. Lasts up to six months unrefrigerated.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Rosy Bubble Bath

Every evening I take 20 minutes for myself and take a luxurious bubble bath. There is no better treat than mixing up a batch of this deliciously scented rosy bubble bath. You can even add rose petals to the tub for a more decadent experience.



**To make:** Mix the liquid soap, food coloring, and rose oil. Warm the coconut oil in the microwave for 30 seconds so it is in liquid form and add it to your mixture. If this is a gift, pour it into a pretty bottle and attach a fresh rose. Lasts up to six months unrefrigerated.

**To use:** Add two spoonfuls of your rose bath to running bath water and sprinkle your bath with rose petals. Soak for as long as you like.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1/2 cup liquid castile soap or a fragrance-free hand soap
- ☐ 2 drops red food coloring (optional)
- ☐ 10 drops rose essential oil
- ☐ 2 cups coconut oil (you can also use baby oil)
- ☐ Rose petals, optional

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Rosy Bubble Bath

Add two spoonfuls of your rose bath to running bath water and sprinkle your bath with rose petals. Soak for as long as you like. Lasts up to six months unrefrigerated.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Lavender Bath Bomb

What could be better than making your very own bath bomb? This wonderful treat can be made in any fragrance and color you like simply by changing the food coloring and the essential oil.

**To make:** Mix together citric acid and baking soda in a bowl. Add essential oil, almond oil, and food coloring. Spray water onto the mixture a tiny bit at a time so it's crumbly but will hold its shape. Pack the mixture tightly into your mold and let it dry in a warm dark place. Lasts up to six months unrefrigerated.

**To us:** Drop your bath bomb into a warm bath and watch how it fizzes as you soak in the tub.



### Shopping List

- ☐ 1/2 cup liquid citric acid
- ☐ 1 cup baking soda
- ☐ 10—20 drops of lavender essential oil
- ☐ 1 tablespoon almond oil
- ☐ 5 drops purple food coloring (optional)
- ☐ 2 teaspoons water

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Lavender Bath Bomb

Add the mixture to running bath water and let it fizzle. Soak for as long as you like. Lasts up to six months unrefrigerated.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe *Honey Eucalyptus Bath Oil* *To Treat a Cold*

This is the perfect bath when you are feeling a little under the weather. While the honey and oil moisturize dry, chapped skin, the eucalyptus helps to open up your nasal passages and relieve chest congestion.



**To make:** Mix ingredients well. Add more eucalyptus if needed to make sure it is fragrant. Lasts up to six months unrefrigerated.

**To use:** Add to running bath water and soak. Rub a little on your chest to help your congestion.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1/4 cup almond oil, olive oil, or coconut oil
- ☐ 1/4 cup honey
- ☐ 1/2 cup liquid castile soap or hand soap
- ☐ 10 drops eucalyptus essential oil

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



*Honey Eucalyptus Bath*

Add to running bath water and soak.  
Lasts up to six months unrefrigerated.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Peppermint Invigorating Body Wash

This is the perfect body wash to wake you up in the morning or give you a kick before a night out. While the Castile soap cleanses, the peppermint oil contains menthol, giving a cooling sensation to your entire body.



**To make:** Mix ingredients together and pour into a pretty bottle to put in your shower. Lasts up to six months unrefrigerated.

**To use:** Pour a few drops into your hands and rub them together. Inhale the aroma. Then cleanse your body.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 cup peppermint castile soap or liquid soap
- ☐ 1/4 cup freshly brewed peppermint tea that has been cooled
- ☐ 20 drops peppermint essential oil

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Peppermint Invigorating Body Wash

Pour a few drops into your hands and rub them together. Inhale the aroma. Then cleanse your body. Lasts up to six months unrefrigerated.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_



## Recipe Lavender Calming Body Wash

This is the perfect body wash to calm you before a stressful day or help you to fall asleep at night. While the castile soap cleanses, the lavender relaxes your mind and body, allowing you to let your body rest.



**To make:** Mix ingredients together and pour into a pretty bottle to put in your shower. Lasts up to six months unrefrigerated.

**To use:** Pour a few drops into your hands and rub them together. Inhale the aroma. Then cleanse your body.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)

 Watch the Video

### Shopping List

- ☐ 1 cup castile soap
- ☐ 1/4 cup freshly brewed chamomile tea that has been cooled
- ☐ 20 drops lavender essential oil

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Lavender Calming Body Wash

Pour a few drops into your hands and rub them together. Inhale the aroma. Then cleanse your body. Lasts up to six months unrefrigerated.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe *Delicate Jasmine Body Wash*

The delicate scent of jasmine combined with the rose water is a luxurious way to brighten your mood and make you feel beautiful. It is also perfect for delicate skin because it is so gentle.



**To make:** Put the rose petals in boiling water and let sit for 30 minutes to brew. Then place in the refrigerator for a few minutes to cool. Next, strain the petals and measure out 1/4 cup rose water. Mix the 1/4 cup rose water with soap, coconut oil, and jasmine oil. Place in a pretty bottle. Lasts up to six months unrefrigerated.

**To use:** Pour a few drops into your hands and rub them together. Inhale the aroma. Then cleanse your body.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



### Shopping List

- ☐ 1 cup castile soap
- ☐ Handful of rose petals
- ☐ Boiling water
- ☐ 10 drops jasmine essential oil
- ☐ 1/4 cup liquid coconut oil

Print, cut out, and bring with you to the store to shop for all the ingredients you need.



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### *Delicate Jasmine Body Wash*

Pour a few drops into your hands and rub them together. Inhale the aroma. Then cleanse your body. Lasts up to six months unrefrigerated.

*Bonding over Beauty*

To: \_\_\_\_\_

From: \_\_\_\_\_





## Recipe Cocoa Milk Bath

If you love chocolate, this is the bath for you. While the Epsom salts relax tired muscles, the chocolate and milk will moisturize your skin.



**To make:** Mix ingredients in a bowl with a fork. Sift ingredients so they look uniform. Lasts up to six months unrefrigerated.

**To use:** Add a scoop of cocoa milk to running bath water and soak.



### Shopping List

- ☐ 2 cups dry powdered milk
- ☐ 1/3 cup cocoa powder
- ☐ 1/2 cup Epsom salts
- ☐ 1/2 cup cornstarch

Print, cut out, and bring with you to the store to shop for all the ingredients you need.

@ Erika Katz, [www.BondingOverBeauty.com](http://www.BondingOverBeauty.com)



Watch the Video

## Give it as a gift!

Print, cut out, and attach the tag to give the recipe as a gift!



### Cocoa Milk Bath

Add a scoop of cocoa milk to running bath water and soak. Lasts up to six months unrefrigerated.

Bonding over Beauty

To: \_\_\_\_\_

From: \_\_\_\_\_