BEAUTY BITES BY HILLORI

BEAUTY BALM

Makes: about 4 oz.

I re-create this recipe often, and use tallow or shea butter or a combination of the two. This recipe I use day and night and currently I have a day cream made with shea butter and frankincense and a night cream with tallow and blue tansy and a little frankincense. It’s super luxurious and just melts into my skin. Sometimes I re-slather on more during the day because it’s just so yummy. I use it on my face, neck, feet or sometimes all over my body. It makes a smaller amount, so if you use it frequently maybe double the recipe.

Ingredients:

2 oz. or 1/4 cup shea butter or tallow

1 tbsp jojoba oil or unrefined olive oil (see ingredients page for my favorite EVOO)

1 tsp rose hips oil

½ - 1 tsp honey (optional) - I use a local raw and unfiltered honey

15 drops your favorite essential oil (I use frankincense oil)

Instructions:

Melt shea butter or tallow in a double boiler or heat safe bowl over simmering water. Melt gently until just liquefied.

Remove from the heat and let cool slightly and stir in your oils whisking until fully combined.

Add in your essential oils or fragrance if using.

For a whipped balm, let the mix cool until semi-solid and whip with a hand mixer until fluffy.

For a smooth balm, pour into jars or tins and let set.

Keep in a cool dry place.

Use within 6 - 9 months.

\*Note: I use unrefined shea butter, which has a stronger smell, but you can use refined as well.

\*Note: I make my own rendered beef tallow (see Bumblebee apothecary for instructions on how to render your own beef tallow)

\*Note: you can interchange and use different oils if you’d like. I have used castor oil on occasion as well as just olive oil and/or coconut oil. Create your own beauty balm and add different scents too like rose or lavender essential oils.

THE BEST DEODORANT I'VE EVER USED:

Makes: about ⅓ cup

I’m just going to say this right off the bat!!! I love this deodorant, but YOU may not love it!! I’ve been making this for as long as I can remember when I started on my journey to wellness (so probably 17 years ago). I saw a version on the internet and honestly I wish I knew where it came from because I want to thank that person over and over again!!! Her version used baking soda, coconut oil and cornstarch. I’m not really a fan of corn starch, so I started using arrowroot powder. I also use a little essential oil (frankincense) for funsies and it's the easiest recipe ever. I don’t put into fancy tubes that push up, I just throw it in a glass mason jar and scoop a bit out every day rubbing it under each pit!! It has saved me so much money over the years. Baking soda can be a little harsh for some, and you might want to try doing a patch test on your skin. If you are sensitive, you can just try it with the arrow root only.

Ingredients:

2 Tablespoons Coconut Oil

2 Tablespoons Baking Soda

2 Tablespoons ArrowRoot Powder (you can find this an most any grocery store these days)

10 drops or more of essential oils (optional) - I always use frankincense

Directions:

Make sure your coconut oil is melted or soft enough to mix. I love it when it is more like coconut butter rather than an oil. It seems to obtain its spreadability better.

Add in both the baking soda and arrowroot powder.

Mix thoroughly until completely combined.

Add in your essential oils and mix again until the fragrance comes through for you.

Add to a glass jar or container with a lid.

When you want to use, just scoop out a ½ tsp or so onto your fingertips and add a little to your underarm region. It melts right into the skin.

Note: In the winter it will be much firmer and in the summer it will be softer.

Really warm weather will cause the oil and other ingredients to separate, which is kind of annoying, but just grab a fork and re-mix it up.

MAKE-UP REMOVER

Makes: about ⅓ cup

Personally the only time I really need a make-up remover is when I use mascara because that stuff is just hard to get off. If you haven’t heard, cleansing with an oil based cleanser is actually more beneficial than using an astringent base. Astringents may tighten up pores initially, but it dries out and disrupts the natural protective barriers, while oil cleansing is gentler, more hydrating and can actually help balance oil production, making it suitable for most skin types.

I use a little bit of alcohol-free witch hazel in this blend, which is a little astringent, but there is not much and it is so good for skin. The oil blends balance out the witch hazel.

Ingredients:

1 oz. or 2 tbsp shea butter or tallow

1 oz. or 2 tbsp olive oil

1 tsp castor oil or jojoba oil (castor oil is good for stubborn make-up and also can help to stimulate growth of lashes and brows).

1 oz. or 2 tbsp alcohol-free witch hazel

2 - 4 drops essential oils like chamomile or lavender (optional)

Directions:

Melt Shea butter gently in a double boiler until just liquified.

Remove from the heat and stir in olive oil and any optional oils.

Let cool slightly, then mix in witch hazel.

Pour into a 4 oz. glass jar to store.

Scoop a bit out of the jar and apply it to your face/eyes.

Use a cotton round or warm micro-fiber cloth to clean the face.

Apply your night cream after.

Your skin will thank you!!

Note: This can firm up depending on how cool or warm your house is.

LOTION BARS:

Makes: 6 - 8 bars

Lotion Bars are just a fun and different way to apply lotion. I set this close by when I jump out of a warm shower and just rub onto my skin and let the water and lotion absorb. There are some pretty soap molds out there to make pretty flowers if you want to gift this to family, friends and neighbors. With regards to beeswax, smaller size is better. I have bought beeswax bars by the ounce (one) but it takes a minute for them to melt as a whole bar, so I will carefully chop into smaller pieces for a quicker melt. Pellets are nice because they melt quickly and evenly.

Ingredients:

4 oz. beeswax (bars chopped finely or pellets)

4 oz tallow or shea butter or a combination of each (2 oz. shea and 2 oz tallow)

4 oz unrefined olive oil

4 oz unrefined coconut oil

15 - 20 drops essential oils (optional) - I love the combination of tangerine, jasmine and vanilla, but you can use frankincense, lavender or sweet orange

Directions:

Melt your beeswax in a double boiler until liquid.

Add in your tallow and shea butter and melt until liquid.

Let cool just a bit then add in your essential oils if you desire.

Pour into silicone molds.

Let sit until the bars become solid and the liquid won’t shift when you pick up the molds.

You can put it in the freezer for 30 minutes.

After 30 minutes remove from the molds and allow to come to room temperature before using.

Note: The lotion bars may vary in hardness depending on the beeswax and the amount of oils you use to the amount of beeswax. Remember, when the weather warms up, so will your bars. Also the warmth of your skin helps to soften up the bars, thus the reason I take a warm shower and rub all over my body. Cold skin is not as forgiving. Also beeswax has a beautiful smell of honey and I love that!!!

Note: In my sample that I will share in class, I did a combination of both tallow and shea butter, but again you can do either just tallow or just shea.