

the green spa



David
Suzuki
Foundation

SOLUTIONS ARE IN OUR NATURE

the green spa



Avocado Hair Mask

Combine into paste:

1 mashed avocado

1 tablespoon lemon juice

1 teaspoon sea salt

1 tablespoon pure aloe or aloe juice

Comb through hair and cover your head with a towel. Leave for 20-30 minutes. Rinse, shampoo, rinse again.



David
Suzuki
Foundation

SOLUTIONS ARE IN OUR NATURE

the green spa



Banana Mask

1 small ripe mashed banana (or ½ large banana)

1 tablespoon honey

1 tablespoon yogurt

1/2 teaspoon jojoba oil

1 egg white

1 tablespoon white clay

Mix together all ingredients. Apply to face. Let sit 15 minutes and wipe off with warm cloth. Store extra mixture in fridge (put a note on it or it might get eaten!).

Customize! Try adding or substituting any of the above for one or more of these:

1/8 teaspoon Vitamin E

1 teaspoon rose water or rose hydrosol

**1 tablespoon powdered oats (grind rolled oats in
coffee grinder or blender)**



David
Suzuki
Foundation

SOLUTIONS ARE IN OUR NATURE

the green spa



Herbal Tea Shampoo

Boil $\frac{3}{4}$ cup distilled water and use the following to make a tea:

1 tablespoon dried peppermint

1 tablespoon dried lavender

1 tablespoon nettle

1 tablespoon rosemary

In addition, blondes can use herbs like chamomile (use a teabag if you like!) and calendula, while brunettes can try a pre-packaged chai tea or black tea.

$\frac{1}{4}$ cup castile soap (or vegetable glycerine)

$\frac{1}{2}$ teaspoon salt

1 tablespoon witch hazel (alcohol free, plain or scented)

1 tablespoon sweet almond oil

7 drops cinnamon essential oil

3 drops ylang ylang

Once tea has steeped and cooled, add remainder of ingredients. Stir and store in squeeze bottle. It will last a few weeks in your shower or longer in the fridge.



David
Suzuki
Foundation

SOLUTIONS ARE IN OUR NATURE

the green spa



Simple Mask

1 whipped egg white

1 teaspoon liquid honey

1 tablespoon rolled oats (grind rolled oats in coffee grinder or blender)

Mix into thick paste. Spread onto your face and let sit for 15 minutes. Wash off with warm water and cloth.



David
Suzuki
Foundation

SOLUTIONS ARE IN OUR NATURE

the green spa



Floral Mask

3 tablespoons white clay

2 tablespoons distilled water

1 tablespoons rose hydrosol

1/3 teaspoon vegetable glycerin

3 drops lavender essential oil

2 drops geranium essential oil

Mix all ingredients together to make a paste. Apply to skin. Let sit 15 minutes. Wipe off with warm cloth. Store extra in container in fridge. Other essential oils to try – patchouli or neroli.

the green spa



Cucumber Mask

For Sensitive Skin

1/2 oz powdered oats

3 inch chunk of cucumber

2 tablespoons plain yogurt

1 teaspoon liquid honey

1 drop rose essential oil

Liquefy cucumber in blender. Add yogurt and honey and blend again. Finally, add in oats and essential oil. Apply to washed face. Let sit 20-30 minutes before washing off.



David
Suzuki
Foundation

SOLUTIONS ARE IN OUR NATURE



David
Suzuki
Foundation

SOLUTIONS ARE IN OUR NATURE

the green spa



Makeup Remover

1 tablespoon castor oil

1 tablespoon olive oil

2 teaspoons canola oil

Add all oils together. Store in sealed container and mix. Apply to skin with face cloth. Wipe off.

the green spa



Nail Strengthener

1 teaspoon olive oil

1 teaspoon castor oil

1/2 teaspoon freshly squeezed lemon juice

Stir ingredients together. Apply to nails and cuticles. Let mixture soak into nails, you could also use gloves. After a 5-10 minutes wipe off.



David
Suzuki
Foundation

SOLUTIONS ARE IN OUR NATURE



David
Suzuki
Foundation

SOLUTIONS ARE IN OUR NATURE

the green spa



Lip Balm Technique

For the following recipes, use a double boiler or a stainless steel bowl fitted into a small saucepan, to melt oils and wax. Melting directly in a pot will overheat the ingredients. You'll need about one inch of water in the bottom pot. (This is a lot like melting or tempering chocolate!)

Add all ingredients to the top of the double boiler, except the essential oil. Bring the water to a boil. Once the beeswax is melted in with the oils, remove bowl from heat and add essential oil(s).

Experiment! Grapefruit, lemon, lime, tea tree, sweet orange, and peppermint essential oils are all worth a try.

the green spa



Orange & Honey Lip Balm

4 fluid ounces sweet almond oil

3/4- 1 1/4 ounces grated cosmetic grade beeswax

1/2 teaspoon honey

10 drops sweet orange essential oil

Add first two ingredients to the top bowl of the double boiler. Bring water to a boil. Once the beeswax is melted, remove bowl from heat and add essential oil. Let mixture cool. (Depending on your desired consistency, you may need to play with the amount of beeswax.) Store in a covered container.



David
Suzuki
Foundation

SOLUTIONS ARE IN OUR NATURE



David
Suzuki
Foundation

SOLUTIONS ARE IN OUR NATURE

the green spa



Shea Butter Lip Balm

1-2 tablespoons grated cosmetic grade beeswax

2 tablespoons olive oil

2 teaspoons shea butter

10 drops essential oil

1/2 teaspoons Vitamin E

Add first three ingredients to the top of the double boiler. Melt. Remove from heat. Mix in essential oil(s) and Vitamin E.



David
Suzuki
Foundation

SOLUTIONS ARE IN OUR NATURE

the green spa



Almond Butter Lip Balm

1-2 tablespoons grated cosmetic grade beeswax

1 tablespoon avocado oil

1 tablespoon almond butter

1 tablespoon olive oil

2 drops Vitamin E

10 drops of an essential oil

Melt first four ingredients in top of double boiler. Stir. Remove from heat. Add Vitamin E and essential oil(s) of your choice.



David
Suzuki
Foundation

SOLUTIONS ARE IN OUR NATURE