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Winter is a good time to try making your own deodorant and/or toothpaste. The base is coconut oil, if like myself, you don't like a/c in the summer . . . the coconut oil becomes liquid. It then requires a little more working with, for example putting it in the fridge and then remembering to take it out with a little time to soften before you use it . . . I did discover this last summer for my deodorant; when it is semi-soft cut it into little squares then put it in fridge. You can take the deodorant squares right from the fridge and rub it into your underarms -- it melts on skin contact. Anyway fall, winter, spring the deodorant and toothpaste is perfect consistency just sitting in my bathroom closet -- so try these in those seasons first.

Homemade Toothpaste

1 cup coconut oil – not liquid not completely solid, “stir-able”

1/4 cup bicarbonate (baking soda)

20–30 drops of your favorite essential oil – I like cinnamon oil, or allspice, or peppermint

Stir together, put in a jar.

Optional add ins: You can add 1 TBSP white cosmetic clay, this helps to whiten teeth and pull toxins out of the mouth.

Homemade Deodorant

1/2 cup coconut oil – not liquid not completely solid -- “stir-able”

1/4 cup bicarbonate (baking soda)

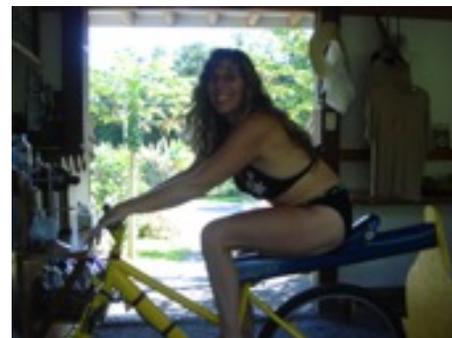
1/4 cup cornstarch

20–30 drops of your favorite essential oil – I like tea tree oil or lavender oil or eucalyptus or lemon.

Optional add in: Epsom Salt. Stir together and put in a jar.

My Favorite Homemade Body Scrub

I came across this on the “back side” of Maui in an isolated little town called Kipahulu . . . a wonderful beautiful place filled with waterfalls. This little stand used to also make smoothies for the few tourists that wandered around the back side, there was not any electricity so you had to pedal a bike for them to run the blender . . . Even though the bike is no longer there, if you ever get to kipahulu it is a great little spot.



Here is the recipe:

About 4 coffee scoops of USED coffee grounds

1 Tablespoon or so of cardamom

1 Tablespoon or so of cacao beans

A sprinkle of sea salt



And top it off with coconut oil
*Bobbi's addition is to add a few drops of
Ginger Essential Oil
And don't forget the Love.

Another Sweet Body Scrub I Enjoy **Vanilla Mint Honey Scrub**

Ingredients:

- 1 cup organic sugar
- 1/2 cup sweet almond oil
- 1/4 cup raw organic honey
- 1 organic vanilla bean, split and scraped
- 10 Peppermint Essential oil (therapeutic grade and organic if possible)
- 1 tsp vanilla extract (optional)



Mix it all together, add more or less sugar to desired consistency. I decorate it with the left over split vanilla bean on the bottom of the jar.

Cinnamon and Ylang Ylang Salt scrub (adapted from floracopeia.com)

Combine:

- 1 cup Sea Salt
- 1/2 cup [Jojoba oil](#),
- 1/2 teaspoon true Cinnamon powder (cinnamon can burn so do not use more!)
- 1/4 teaspoon of finely ground Rose Petals (or dried flowers — you can powder in a coffee grinder)
- 4-8 drops of [Ylang-ylang](#) essential oil.



This easy-to-make salt scrub restores smooth, glowing skin, while nourishing the heart and mind. The mood enhancing plant aromas envelop your senses as you effectively stimulate circulation and detoxification with the purifying power of sea salt and herbs.

Mix well. During showering, apply to body by gently scrubbing towards the heart. Rinse thoroughly. Enjoy this lovely body-mind ritual to nourish inner and outer glow.

Tropical Paradise Body Butter (for dry skin)

Shea Butter: Shea nut oil is great for protecting against harsh weather conditions where a mild barrier against the elements is desired. Shea nut oil comes from cold pressing the nut of the shea tree during shea butter production, where the pressing of the seeds produces a fractionated



oil. Shea nut oil lends a smooth and moisturized feel and brings many benefits for dry skin, mild burns, and general irritations.

Mango Butter: Mango butter is also great for protecting, moisturizing, soothing, and softening the skin. This butter has natural emollient properties. The look and feel of this butter is similar to cocoa and shea butters, which could be used as well.

Pomegranate Seed Oil: A relatively stable oil, organic pomegranate seed oil is wonderfully viscous, rich, and offers beneficial nutrients to the skin. This prized oil is luxurious and deeply penetrating, made from cold-pressed organic seeds of pomegranate fruit. It takes over 200 pounds of fresh pomegranate seeds to produce just one pound of pomegranate seed oil, so only a small amount is needed within formulas.

Ingredients

- 🌀 1/2 cup shea butter
- 🌀 1/2 cup mango butter
- 🌀 1/4 to 1/2 cup sweet almond oil
- 🌀 2 TBSP organic pomegranate seed oil
- 🌀 50 drops organic sandalwood essential oil

Directions

Melt shea butter and mango butter by placing the containers in warm water. Mix together all ingredients and place in a jar.

woo-hoo I finally found a homemade shampoo and conditioner that works!

Homemade Baking Soda Shampoo

INGREDIENTS:

- 1/4 cup baking soda
- 3/4 cup purified water
- 3-4 drops lavender essential oil and/or sage

DIRECTIONS:

- 1 Place the baking soda in a bottle or cup.
- 2 Add the purified water. Shake well.
- 3 Add the lavender. Shake again making sure all ingredients are well blended.
- 4 Gently massage a dollop or two into the hair and scalp — I have long hair and use the whole cup each time I wash my hair.
- 5 Rinse well.

Apple Cider Vinegar for Hair Rinse



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INGREDIENTS:

- 1/8 cup organic apple cider vinegar with the mother
- 3/4 cup purified water
- 3-4 drops lemon essential oil
- 3-4 drops rosemary essential oil

DIRECTIONS:

- 1 In your bottle or cup, add the apple cider vinegar.
- 2 Then, add the purified water. Replace the cap and shake well.
- 3 Now, include the essential oils. Shake again until well blended.
- 4 Apply to hair and scalp after shampooing — again I use the whole cup . . .
- 5 Rinse with cool water for best results.

