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DIY BEAUTY LAB

Easy, affordable beauty balms to whip up at home.



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Hair

Rosemary Honey Hair Conditioner

A deep conditioning treat for hair.



Photo courtesy of honey.com.

According to the National Honey Board, bees travel as far as 55,000 miles and visit more than two million flowers to gather enough nectar to make just a pound of honey. Guess that's where the expression "busy as a bee" came from. What does all that toil amount to? A liquid so gentle and rich in moisturizing properties that it has been used for centuries as the queen bee of skin and hair beauty. Speaking of beautiful hair, Queen Anne of England used a honey and oil concoction to keep her long hair lustrous, thick and shiny. Try it for yourself with this recipe compliments of the **National Honey Board**. Other hair recipes to try: **Honey Hair Conditioner** and **Honey Hair Shine**.

Here's what you do:

Place all the ingredients in a small bowl and mix thoroughly. Pour into a clean plastic bottle with a tight fitting stopper or lid. Apply a small amount at a time to slightly dampened hair. Massage scalp and work mixture through hair until completely coated. Cover hair with a warm towel (towel can be heated in a microwave or dryer) or shower cap; leave on to nourish and condition for 30 minutes. Remove towel or shower cap; shampoo lightly and rinse with cool water. Dry as normal and enjoy shinier, softer and healthier hair the natural way.



- 1/2 cup honey
- 1/4 cup warmed olive oil (use 2 tablespoons for normal to oily hair)
- 4 drops rosemary essential oil
- 1 teaspoon xanthum gum (available in health food stores)

Get DIY Ingredients and Supplies:

- From Nature with Love
- Garden of Wisdom
- Mountain Rose Herbs

Do-It-Yourself Tips:

- Try out your concoctions on an inconspicuous place like your forearm before you go slathering it all your body and have fun!
- Use recipes with perishable food items such as eggs and veggies immediately or store in an airtight container up to one week in the frig.
- Vodka, witch hazel, vinegar and lemon juice are natural preservatives and help extend the life of a DIY mixture.
- Sugar and salt scrubs generally keep for a couple months as long as the container has a tight seal.
- Store aromatherapy massage oils in a dark, well-sealed glass container for up to 6 months.
- For gifts, consider separating the dry ingredients from the liquid and giving the recipient directions on how to mix them in one-use increments.

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- Rosie Cheeks Soak
- Sex Appeal Papaya Body Mask
- Better than Chocolate Body Scrub
- Bohemian Oatmeal Masque
- Epsom Salt Water Revival
- Eye Brake for Spuds
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