



KRISSY BALLINGER



K.B

NATURAL DIY

favourites
body essentials

eBook



LET'S TALK ABOUT YOUR *body*

This eBook has information and recipes designed help you reduce your exposure to toxins with a few simple tips and super achievable DIYs.

We expose our bodies to a great deal of unavoidable toxins on a daily basis: outdoor pollution, off-gassing of items inside buildings, the food we eat and the packaging it comes in, and more.

Our bodies are super clever and they work hard to keep us healthy, but it makes sense to reduce the burden and minimise the number of *avoidable* toxins it has to process. This can be done by choosing to use cleaner and greener body care products.

You can take it one step at a time, transitioning slowly, or you could do it all in one hit. Whatever you find the most sustainable. You'll be amazed at how easy it is to switch to natural DIY alternatives, and how effective they actually are. Plus, you'll save a stack of money, and reduce your waste.

Happy making!

HANDY INFORMATION FOR

DIY success

Here is a list of the ingredients you'll need:

Aloe vera gel
Apple cider vinegar
Beeswax
Bentonite clay
Carrier oil
Castile soap (liquid)
Cocoa/cacao powder
Coconut oil

Essential oils (various)
Magnesium chloride flakes
Salt
Shea butter
Water
Witch hazel
Xanthan gum
Zinc oxide

Looking for DIY
supplies &
ingredients
(plus a few
discounts)?

[CLICK HERE!](#)

**I recommend you read the following information to ensure
DIY success:**

[DIY recipe hints, tips & information](#)

[Preservatives, shelf life & safety information](#)

[Essential oil information and inspiration](#)

[Tips on cleaning up after a DIY session](#)

[Tips on converting recipes for thermal appliances and microwaves](#)

Let me explain what a double boiler is, and how to use one:

It allows for even and gentle melting of ingredients, and just about everyone already has one at home. All you need is a glass jug with an open handle, a saucepan and a stovetop. This is what you need to do: pop your ingredients into the glass jug; fill the saucepan with enough water to cover the bottom (a few centimetres deep) and pop your glass jug in the saucepan, so the handle is hooked over the side; place the saucepan on the stovetop, set the heat to moderate, and get the water simmering; stir every now and again, with a mixing spoon which will help your ingredients to melt faster.





Foaming Wash

Makes: 200g | Prep: <5 min.

Method

Add **65g liquid castile soap** and **15-20 drops essential oils** (like tea tree, clove & lemon for hand wash, ylang ylang & frankincense for face wash, or orange & peppermint for body wash) directly to a foaming soap dispenser and give it a swirl. Wait a few minutes (this gives the essential oils time to disperse within the castile soap), add **135g water** and mix until combined.

To Use



Massage 1-2 pumps of foam over face and neck. Rinse with warm water.



Hand Sanitising Spray

Makes: 50g | Prep: <5 min.

Method

Add **50g water**, a **heavy pinch of salt** and **30 drops essential oils** (like tea tree, thyme & cinnamon directly to a glass bottle with spray atomiser. Mix until combined.

To Use



Spray hands as required. Since oil and water don't mix, you'll need to shake well prior to each use.





TRANSITIONING TO *natural deodorant*

These tips will help you make the transition with great promise and little fuss

- 1** Transitioning in winter is a good idea as we naturally sweat less in cooler temps.
- 2** Good hygiene, the foods you eat, clothing etc. can all affect body odour.
- 3** Boost your morning deodorant application with one drop of an **essential oil like tea tree or lemongrass**.
- 4** Use a wet face washer to wipe down your pits mid-day, then reapply deodorant.
- 5** Anxiety and stress contribute to body odour, so relax (great life-in-general tip, right there!).
- 6** Don't stress. If you need to give the natural deodorant a miss because you have an important event to attend, just go for it!

Whether it takes you five days or five months to make the switch to natural deodorant, embrace the journey, celebrate the success!



Deodorant Spray

Makes: 80g | Prep: <5min.

Method

Add **15g hot water** and **15g magnesium chloride flakes** to a bowl and mix until all magnesium has dissolved. Add **50g witch hazel** and **20 drops essential oils** (like tea tree, patchouli and lemongrass) and mix until combined. Transfer into a glass bottle with spray atomiser.

To Use



Apply 1-2 sprays under each arm, onto clean armpits. Since oil and water don't mix, you'll need to shake well prior to each use.



Detoxifying Pit Paste

Makes: enough for single use | Prep: <5 min.

Method

Add **1 heaped teaspoon bentonite clay**, **1 tablespoon apple cider vinegar** and **2 drops essential oils** to a small bowl and mix until combined.

To Use



Apply paste to your pits and leave on for 5 minutes initially, eventually working up to 15-20 minutes, with future applications. Rinse with warm water (in the shower is easiest) and pat dry. Aim for once a week if you're having issues with body odour.

A WORD ON DIY

sunscreen

Ah, DIY sunscreen – it gets people talking!

And I understand why – skin cancer is serious and no one wants to risk getting burnt by the sun. However, with the research and controversy surrounding many mainstream sunscreens and their ingredients, I prefer to avoid it altogether, only applying the DIY version when I have no other choice.

This might surprise you, but the best UV protection practice you can adopt is avoidance. That means covering up with long sleeves, hats and sunnies, and limiting your time in the sun during peak hours. By consuming a diet of fresh food, rich in antioxidants and good fats, such as avocados, coconut oil, berries, dark chocolate, leafy greens, fish etc., you may positively influence your risk of sunburn from the inside out.

When I need to wear sunscreen, or apply it on my children, because covering up is not an option, I opt for one of my DIY versions. The active ingredient is zinc oxide, which is rated as one of the best and safest defenses against UVA and UVB rays. It works by scattering, reflecting and absorbing UV rays, protecting skin. Take great care when working with zinc oxide, only purchase non-nano particles, and be careful not to inhale it. It is the zinc oxide that gives skin a bit of a ghostly white appearance. Before you go running, that is what you want for the best chance of UV protection. When my son, Lucas, calls himself Mr White Guy, I'm a happy mumma!

Of course you need to be extra cautious when using DIY sunscreen. There are so many variables and you won't be able to control them all. Making sure you apply a sufficient amount (1 teaspoon for face, head and neck; 1 teaspoon for each arm and leg etc.) is important, as is reapplying every one to two hours (especially when swimming).

I can't guarantee the SPF of any of my sunscreen recipes, although I estimate it to be approximately SPF 15. In your kitchen, that outcome may vary. Just be sure to mix the sunscreen really well to distribute the zinc oxide.

What I can tell you is that I have used nothing but these DIY sunscreens on my family since 2014, and when we wear it (keeping all of the above in mind), we don't get burnt. There are also numerous testimonies from my natural community with similar feedback. So if you do, you do, if you don't, you don't, just be informed, get educated and be empowered to make that decision for yourself.





Tinted Sunscreen Lotion

Makes: 260g | Prep: <10 min.

Method

Add **120g carrier oil** (like fractionated coconut oil), **60g coconut oil** (the solid stuff), **25g shea butter** and **10g beeswax** to a glass bowl and heat until completely melted, using either a microwave or the double boiler method. Remove from heat. Add **40g zinc oxide** and **1 teaspoon cocoa/cacao powder** and mix until combined. Pour into a bottle with pump dispenser and place into the fridge or freezer to set (this will reduce the chance of graininess developing over time). To help evenly distribute the zinc oxide, periodically shake the container of sunscreen as it sets.

To Use



Use as you would use regular sunscreen, thoroughly covering exposed skin and reapplying every one to two hours, especially after swimming. Shake well prior to each use.





Post-Sun Cooling Mist

Makes: 50g | Prep: <5 min.

Method

Add **30g water**, **20g aloe vera gel** and **2 drops essential oils** (like lavender and peppermint) directly to a glass bottle with spray atomiser.

To Use



Spray on affected skin and allow to dry – just be careful of your eyes. Repeat as necessary. Since oil and water don't mix, you'll need to shake well prior to each use.





Magnesium Gel

Makes: 200g | Prep: <5 min.

Method


Combine **100g magnesium chloride flakes** and **1 (flat) teaspoon xanthan gum** in a bowl and mix until well combined. Add **100g hot water** and mix quickly until ingredients are well distributed, smooth and combined. Add **20-30 drops essential oils** (like lemon and lavender) and mix well. Transfer into container of choice.

To Use



Apply to areas of body that hold tension, such as shoulders and back, and to sore joints and muscles.





**These recipes are a collection of my favourites from www.krissyballinger.com.au,
and my book, Naturally Inspired**

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enjoy x



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