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NATURAL DIY

favourites
Mother's Day

eBook

LET'S TALK ABOUT *Mother's Day*

This eBook has information and recipes designed to inspire you to give the gift of time, thought and love for your Mum, or that special mother figure in your life. Gone are the days of knitted coat hangers and potpourri baggies for the wardrobe (although, doesn't that bring back some super special primary school memories!).

If your Mum is anything like me, she'll love the fact you've invested time and energy into making your own gifts, for her! The fact that they're divinely natural and nourishing is the icing on the cake!

I hope you enjoy making these recipes, and that your Mum loves them.

Happy making!

HANDY INFORMATION FOR

DIY success

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

Apple cider vinegar
Apricot kernel oil
Arrowroot flour
Beeswax
Bicarb soda
Carrier oil
Coconut oil
Colourant
Epsom salt
Essential oils (various)

Evening primrose oil
Green spirulina
Honey
Oats
Rose water
Sugar
Vegetable glycerine
Water
Quinoa seeds

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.





Relaxing Foot Soak

Makes: single use | Prep: <5 min.

Method

Fill a foot spa (or basin) with very warm water. Add **1 cup epsom salt** and **1/2 cup apple cider vinegar**. You could throw in some rose petals for a luxurious touch!

To Use



Soak feet for 20-30 minutes. Relax. Follow with a foot scrub and then moisturise.





Epsom Salt Foot Scrub

Makes: 230g | Prep: <5 min.

Method

Add **200g epsom salt**, **20g bicarb soda**, **10g coconut oil** (the solid stuff), and **5-10 drops essential oils** (like peppermint) directly to a decorative glass jar and mix until combined. (You can add **1/2 teaspoon green spirulina** to tint it green.)

To Use



Massage over feet and rinse with warm water. Best used after a good, long foot soak. Follow with a moisturiser.





Rose Sugar Hand Scrub

Makes: 200g | Prep: <5 min.

Method

Add **165g sugar**, **25g rose water**, **10g carrier oil** (like jojoba or olive oil) and **1/4 teaspoon colourant** (like beetroot powder or a mica - *optional*) directly to a decorative glass jar and mix until combined.

To Use



Wet hands and scoop a small amount of mixture, massaging gently over hands, fingers and wrists. Rinse with warm water. Follow with a moisturiser.



Hand & Heel Whipped Overnight Treatment Cream

Makes: 150g | Prep: <10 min.

Method

Add **80g coconut oil** (the solid stuff), **25g beeswax**, **20g carrier oil** (like jojoba oil) and **10g honey** to a glass bowl and heat until completely melted, using either a microwave or the double boiler method. Remove from heat. Add **15g evening primrose oil** and **25 drops essential oils** (like lemon, frankincense and myrrh) and mix until combined. Pour into a glass jar with lid and mix vigorously as the mixture starts to set (this will help 'fluff' up the cream).

To Use



Scoop a generous amount of cream onto hands and/or feet and massage in. Wear cotton gloves/socks and allow cream to nourish overnight.



MORE WAYS TO 'GREEN UP'

Mother's Day gifting

Here are a few extra little tips that will help you delight Mum, and reduce your impact on our beautiful planet

1

Rather than give a gift at all, why not give Mum a little book of vouchers? Yes, this is something school-aged children often give, but don't let that stop you! Who wouldn't want a voucher for a massage, or dinner at their favourite restaurant?

2

Ditch the perfume (and the headaches and nausea it brings!) and give Mum a bottle of a 'perfumey' essential oil instead -ylang ylang, jasmine and rose are all beautiful scents.

3

Why not give mum a plant, rather than cut flowers? Or, plant a tree for her.

4

Bring Mum a coffee, or tea, in a reusable cup.

5

What about an online membership, an organic veg delivery, or a donation to a reputable charity?

See - easy!



Facial Buff & Revitalising Mask

Makes: 200g | Prep: <5 min.

Method

Using a blender or food processor, mill **80g quinoa seeds**, **50g arrowroot flour**, **40g oats**, **30g sugar** and **15-20 drops essential oils** (like lemon, lime and cypress) until consistency is fine. Transfer into a pretty glass jar.

To Use



Buff: Add 1 teaspoon mixture to a small bowl and combine with **1 teaspoon warm water**, mixing to make a paste. Massage paste gently over face and neck. Rinse with warm water.

Mask: Add 2 teaspoon mixture to a small bowl with **1 tablespoon honey** and mix until combined, forming a thick paste. Apply a thin layer to face and neck, and allow to rest for 10-15 minutes. Rinse with warm water.





Hydrating Face Mist

Makes: 50g | Prep: <5 min.

Method

Add **45g rose water**, **1/2 teaspoon vegetable glycerine**, **2-3 drops carrier oil** (like grapeseed oil) and **5 drops essential oils** (like frankincense) directly to a glass bottle with spray atomiser. Shake well.

To Use



Spray face lightly and allow to dry. Since oil and water don't mix, you'll need to shake well prior to each use.



Apricot Kernel Facial Oil

Makes: 100g | Prep: <5 min.

Method

Add **100g apricot kernel oil** and **50 drops essential oils** (like frankincense, sandalwood, myrrh, lavender and ylang ylang) directly to a glass bottle with dropper top. Shake well.

To Use



Apply a small amount of oil to face and neck, and massage in.

**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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