



RECIPES FROM THE NATURAL BEAUTY SECRETS OF THE BIBLE WORKSHOPS

Hosea 4:6

My People are destroyed from lack of knowledge"

BE INFORMED OF THE SAFE, NATURAL BIBLE-BASED ALTERNATIVES TO SYNTHETIC COSMETICS AND HEALTH DESTROYING HOUSEHOLD CLEANERS.

By Dr. Renee Lea-Currie

<http://www.thetakebacktour.com>

DEFINITION OF BEAUTY:

A DELIGHTFUL QUALITY ASSOCIATED WITH HARMONY OF FORM OR COLOR, EXCELLENCE OF CRAFTSMANSHIP, **TRUTHFULNESS**, **ORIGINALITY**, OR ANOTHER PROPERTY.

In the book by Michael Pollan In Defense of Food: An Eater's Manifesto he states "Don't get your fuel from the same place your car does." I would like to add my own quote in defense of the largest organ in the body-your skin.

"Don't get your cosmetics from the same substance your car does."

Sometimes avoiding petroleum base products seems difficult or expensive. However, God has provided an array of natural oils, spices and substances that are inexpensive, effective, antibacterial, safe and are not based on the same product that runs your car.

"Many times when we are sick, we pray to God for healing. Sometimes, the miracle of healing is the miracle of our obedience."

- Renee Lea-Currie, Ph.D.

We are surrounded by synthetic foods, clothes, containers, entertainment, sweeteners, cosmetics, and scents everyday. Let us be obedient to the laws of nature and listen to our bodies crying out for relief from the "FAKE" things in our lives. Experience the "miracle" of natural beauty and health.

Be amazed!

Be beautiful!

Be radiant with joy and health!

SELECT BIBLE VERSES RELATED TO NATURAL HEALTH & BEAUTY

Proverbs 31:30

Charm *is* deceitful and beauty *is* passing,
But a woman *who* fears the LORD, she shall be praised.

Esther 2:12

Now when every maid's turn was come to go in to king Ahasuerus, after that she had been twelve months, according to the manner of the women, (for so were the days of their purifications accomplished, to wit, six months with oil of myrrh, and six months with sweet odours, and with other things for the purifying of the women;)

Jeremiah 29:11

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.

Proverbs 25:16

If you find honey, eat just enough— too much of it, and you will vomit.

Psalm 51:7

Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

Exodus 30: 22-25

Then the LORD said to Moses, "Take the following fine spices: 500 shekels of liquid myrrh, half as much (that is, 250 shekels) of fragrant cinnamon, 250 shekels of fragrant calamus, 500 shekels of cassia—all according to the sanctuary shekel—and a hin of olive oil. Make these into a sacred anointing oil, a fragrant blend, the work of a perfumer. It will be the sacred anointing oil.

1 Peter 3:3-4

Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

NATURAL HEALTH & BEAUTY SHOPPING LIST

Use these inexpensive products to create all the natural beauty and home remedies featured in the workshop. Experiment with your favorite real scents and be amazed at how great you will look and feel. All items can be found at Wal-Mart, Target or your local grocery store unless otherwise indicated.

Beauty Secrets From the Bible by Ginger Garrett

The Holy Bible

Honey, (raw or Grade A, made in USA brand like Sue Bee or local)

Epsom salt

Baking soda

Extra virgin olive oil

White distilled vinegar

Baking soda

Cloves powder

Liquid vegetable glycerin

Aloe Vera gel

Water (spring or purified)

Beet powder* or Crystal Light Pure Fitness natural drink mix packets

Milk of magnesia

Coconut oil

Coconut milk

Table salt (cheapest brand available)

Corn starch or arrowroot powder

70% isopropyl alcohol ** (in the first aid section)

Wooden popsicle sticks (for stirring)

Dr Bronner's, Tom's of Maine or Kirk's castile bar soap

Dr. Bronner's liquid castile soap, unscented or peppermint

Other carrier oils: Safflower oil and Grapeseed oil (grocery

Store cooking oil section), Sweet almond oil***

Jojoba oil***

Measuring cups & spoons, funnels, bottles, zipper sandwich bags

Essential oils (myrrh, grapefruit, lemon eucalyptus, peppermint, wintergreen, cinnamon, clove, rosemary, tea tree, sweet orange, lemon eucalyptus) ***

Spray bottles (check the \$1 section of many stores)

Earth friendly dishwashing liquid (Seventh Generation, ECOS, Dr Bronner's liquid castile soap)

* egg powder and beet powder from <http://www.barryfarm.com/>

** NOTE: Some isopropyl alcohol is not considered an environmentally friendly GREEN product. It is a by-product of petroleum. Some are made from grain. Check the label.

*** ***100% pure essential oils from WFMEd.com***

NOTES ABOUT ESSENTIAL OIL SAFETY

- ♥ Some oils can cause sensitization or allergic reactions in some individuals. When using a new oil for the first time, do a skin patch test on a small area of skin
- ♥ Some essential oils should be avoided during pregnancy or by those with asthma, epilepsy or with other health conditions. Be sure to research/review the safety precautions associated with each essential oil that you use.
- ♥ Never let children use essential oils without the presence of an adult knowledgeable about their use.
- ♥ Essential oils should not be taken internally.
- ♥ Essential oils are flammable. Keep them out of the way of fire hazards.

*What you are is God's gift to you. What you do with yourself is your gift to God.
-Author unknown*

NATURAL HEALTH & BEAUTY RECIPES

NATURAL CURL SOFTENER

1. Add an equal amount of baking soda and olive oil and a bit of water to make a relaxer like paste to spread all over the hair.
2. Cover with a plastic cap and towel for 2-4 hours.
3. Follow with 1 wash using Dr Bronner's liquid soap and olive oil.
4. Blow dry for soft, tangle-free hair with a more relaxed curl pattern.

NATURAL INSECT REPELLANT FOR BODY

1. Add ¼ cup olive, almond or Grapeseed oil to a brown bottle
2. Add 2 drops lemon eucalyptus oil,
3. Add 2 drops tea tree oil,
4. Add 2-3 drops peppermint oil
5. Shake to mix. Apply to skin every 2 hours
6. If you want to use it in a spray bottle, add 2 TBSP water and shake to mix.

DANDRUFF TREATMENT

1. Massage some apple cider vinegar into your scalp. Leave for 5-10 minutes
2. Wash with glycerin or castile soap.
3. If your hair does not make its own oils, you may add a bit of coconut oil to your scalp to stop dandruff from coming back. Coconut oil is also great for stopping the itch of braids and cornrows.

RENEE'S COCONUT MILK HAIR CONDITIONER

1. Add ¼ cup coconut milk
2. Add 1 TSP whole egg powder (from <http://www.barryfarm.com/>)
3. Add 1-3 TSP olive oil (1 TSP for non-ethnic hair)
4. Add 3-4 drops rosemary oil
5. OPTION: Add 1-2 drops peppermint, rosemary or grapefruit oil
6. Stir to mix and pour into a bottle using a funnel.
7. Store in refrigerator up to 5 days. Great for stopping hair loss.

RENEE'S SUPER MOISTURE HAIR CONDITIONER

1. Add ¼ cup coconut or goat's milk
2. Add 1-3 TSP olive oil (1 TSP for non-ethnic hair)
3. Add 3-4 drops rosemary oil
4. Add 2 TSP aloe vera gel
5. Add 2 TSP honey
6. OPTION: Add 1-2 drops myrrh.
7. Stir to mix and pour into a bottle using a funnel. Use within 3 days.

DEODORANT 1

1. Rub milk of magnesia onto clean underarms. That's it.

DEODORANT 2

1. Mix 1 TSP baking soda + 1 TSP cornstarch + 1 TSP coconut oil.
2. Add 2 drops myrrh, tea tree, vanilla, or lavender oil OR add ½ TSP cloves powder

QUEEN ESTHER BODY MASSAGE/MOISTURIZING OIL

1. Add ¼ cup olive oil to a brown bottle
2. Add 1 TSP safflower oil
3. Add 2-3 drops myrrh oil and 1 TSP glycerin
4. Massage as needed for glowing moist skin

LIP GLOSS/LIP BALM

1. Add equal amounts of melted cocoa butter, beeswax, shea butter, coconut oil and olive oil to a tiny container.
2. Add 1/2 TSP glycerin for lip gloss shine
3. Add a pinch of beet powder or Crystal Light Pure Fitness drink mix for color. Stir then let cool. No more dry lips!

BODY WASH/SHAVE GEL/HAIR SHAMPOO

1. Add an equal amount of olive oil and Dr Bronner's liquid castile soap up to a bottle.
2. Add 2 drops of your favorite skin safe essential oil scent. Shake to mix just before each use.

HONEY FACIAL/ACNE, WRINKLE, SCAR TREATMENT/MOISTURIZER/ PORE MINIMIZER

1. Wet hands with a little bit of water
2. Add small amount of honey and massage onto face and neck.
3. Leave 5-10 minutes.
4. Rinse with water and glycerin soap. Finish with 1-2 drops olive oil rubbed into wet face for a non-greasy moisturizer great for people with oily skin
5. Let face air dry or pat lightly for super soft clear skin. Repeat daily. Results seen in 3 days!

SOOTHING FOOT BATH

1. Add ¼ cup Epsom salt + 1 TSP liquid glycerin soap and 2-3 drops of peppermint essential oil to water
2. ALTERNATE: ¼ cup Epsom salt + a few drops Dr. Bronner's peppermint soap to a zipper bag or jar for later use.

ECZEMA FRIENDLY SKIN MOISTURIZER

1. Use coconut oil as a skin moisturizer. Coconut oil is naturally antibacterial, anti-fungal and antiviral. This means it can treat ringworm, athletes foot, thrush, diaper rash, influenza virus
(Source: Coconut Research Center, <http://www.coconutresearchcenter.org>)

EMERGENCY TOOTHACHE REMEDY

1. Rub clove oil on offending tooth and gum area. Repeat as needed. Avoid the tongue.
2. Alternate: Dip your finger or cotton swab into olive oil. Dab into ground cloves. Rub on offending tooth until you can see a dentist.



HOME SAFE HOME RECIPES

NATURAL INSECT REPELLANT FOR HOME

1. Add ¼ cup olive, almond or Grapeseed oil to a brown bottle
2. Add 3-4 drops lemon eucalyptus oil,
3. Add 2-3 drops tea tree oil,
4. Add 2-3 drops peppermint oil
5. Add 2-3 drops cinnamon oil
6. Sprinkle around doorways or other areas where ants prevail.

FOOD & KID SAFE KITCHEN CLEANER

1. Add white vinegar to a spray bottle.
2. Spray on surface and wipe. No rinsing needed.
3. Don't like the smell? Add used orange or lemon peels to a glass jar filled with white vinegar. Leave until it turns orange and no longer smells like vinegar. Throw away peels, add to a spray

bottle and use for super grease fighting cleaning power.

ROOM DEODORIZER/CARPET DEODORIZER

1. Add ½ cup baking soda to a container
2. Add 3-5 drops essential oil (peppermint, vanilla, eucalyptus, spearmint, wintergreen, grapefruit, cloves powder, cinnamon oil) Stir to mix.
3. Leave in room for natural deodorizing. Can also be sprinkled on carpets, left for 10 minutes, and then vacuumed.

ANT REPELLANT

1. Sprinkle cinnamon oil or plain cinnamon where you want ants to avoid. That's it.

SCRUB FREE SUPER SAFE CLEANER

1. Add 1-2 squirts of your favorite liquid soap (I love Dr Bronner's peppermint castile soap) to a dish of warm water.
2. Dip your cleaning cloth or sponge into the soapy water.
3. Remove and squeeze out water. Add a generous amount of table salt to the cloth and rub stubborn bathroom tub stains. It comes off EASILY and QUICKLY.
4. Alternately you can add salt to your tub or sink, then rub away with a wet warm to hot cloth. It leaves a great shine to your bathrooms.

WINDOW CLEANER

1. Add 3 TSP 70% isopropyl alcohol + 2 TSP water to a bottle
2. Add 3 TSP white vinegar + 1 drop of Seventh Generation dishwashing liquid
3. Mix and store in a spray bottle. Use as you would any window cleaner

ROOM DEODORIZER & DISINFECTANT

1. Add some 70% alcohol to a spray bottle
2. Add a few drops of your favorite essential oil. Shake and spray.

BWV FABRIC SOFTENER

1. Add ½ cup baking soda to a bottle.
2. SLOWLY add ½ cup white vinegar
3. Add ¾ cup water. This will foam and bubble over quickly so pour slowly. Use a funnel.
4. Add 2 drops of peppermint, orange or grapefruit for scent.
5. Tighten cap and shake to mix. Loosen cap to release pressure from the CO₂ gas from the reaction before tightening the cap again. Shake just before use. Add to the final rinse cycle.

LAUNDRY DETERGENT

1. Add ½ cup Borax or Oxyclean Free + 2 TBSP salt + 2 TBSP natural glycerin soap shavings (Kirk's or Dr Bronner's)
2. ALTERNATE: Add ½ cup Borax or Oxyclean Free + 2 TBSP salt + ¼ cup liquid glycerin soap
3. Wash as normal. Use the natural BWV fabric softener as normal in the final rinse cycle.

EASY FRUIT/VEGGIE WASH 1

1. Add fruits or vegetables to equal amounts white vinegar and water.
2. Soak 5-10 minutes, then rinse with water.

RENEE'S FAVORITE FRUIT/VEGGIE WASH 2

1. Add 5 squirts of Seventh Generation unscented dishwashing liquid + ¾ cup White distilled vinegar + ¾ cup Water
2. Shake to mix. Soak and wash fruits/veggies for 5 minutes.
3. Rinse with water.