

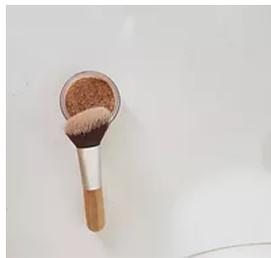


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## Natural Make-up recipes

For a few years now Lauren has been making her own makeup. It's lightweight, easy to create, great for the skin and zero-waste! Foundation, cheek and eye powders can all be personalised with a few tweaks of the ingredients - just remember to mark down what you use so you can make it again!



### Powder Foundation

Arrowroot/tapioca powder - the base  
Cacao powder - for colour  
Cinnamon - to give a lighter hue  
Turmeric - perfect for olive tones  
White Clay - to set (optional)



Start with the arrowroot (1 tablespoon) and add colour a little at a time.  
I use: 1/2 tablespoon cacao, 1 teaspoon cinnamon, 1/4 teaspoon turmeric, 1/4 teaspoon clay.

Store in an airtight container and use a big brush to apply in a circular motion. I have also played around with making it a cream by not using arrowroot and colouring my moisturiser. It's good for the winter but I don't like it in the warmer months.

### Blush and Eye Powders

Arrowroot/tapioca powder - the base  
Cacao powder - for a neutral bronze colour  
Cinnamon - to give a lighter hue  
Beetroot Powder - Pink tone  
Spirulina/ raw Stevia - Green tones  
Natural Mica powders



Use only a small amount of arrowroot to base these (1/4 tsp). Store in airtight containers.

### Lip Balm

2 tbl spoon Coconut oil  
0.5 tbl spoon Jojoba oil  
0.5 tbl spoon Honey, raw  
2 tea spoon Cocoa butter

2 tbl spoon Beeswax

1-2 tsp Colourant (beetroot, freeze dried berries, mica)

Gently melt all ingredients except colourant. Once liquefied, add colourant and any flavouring (essential oils if preferred) and pour into pots to set.



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