

The
Moonlight Post




THE
BEAUTY ISSUE



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THE **BEAUTY**
ISSUE



Wiccans are beautiful not only on the inside, but also on the outside.

If you are a female witch, you ARE beautiful. Look around you, your beautiful Wiccan brothers will amaze you!

If you are a male witch, look around you, your beautiful Wiccan sisters will stun you!

Beautiful Wiccans are a different breed because we don't go for the synthetic beauty products. We are children of the Earth, and from the Earth we source what makes us truly and uniquely beautiful!

This issue is the **Natural Beauty Issue** and will give you tips and tricks on how to maintain the Goddess-given beauty that you have using only natural ingredients our Mother Goddess has provided us on this Earth. Because everything you need is naturally occurring on this Earth.

I hope you enjoy this issue. We at the Moonlight Family currently use some of the beauty formulas featured here and also enjoyed trying out the rest!

BLESSED BE!



WHAT YOU WILL NEED:

- 3 tablespoons Coconut Oil
- 3 tablespoons Baking Soda
- 2 tablespoons Shea Butter
- 2 tablespoons Arrowroot powder
- Lavender Essential Oil
- Quart-sized mason jar with lid

WHAT YOU NEED TO DO:

1. Melt the shea butter and coconut oil until they're fully melted.
2. Combine them in the quart-sized mason jar with lid.
3. Add the baking soda and arrow root powder.
4. Mix well.
5. Add a few drops of lavender essential oil and mix.
6. Allow it sit and completely harden. Do not refrigerate!

HOMEMADE DEODORANT *WITH* LAVENDER ESSENTIAL OIL

As human beings, we are susceptible to body odor. Which is why a deodorant is something we cannot do without.

Deodorants in the market are usually laden with harmful chemicals that have long-term damaging effects.

As witches, we best steer clear of those commercial deodorants and do what we do best -- create our own using natural ingredients.

This recipe calls for lavender, which brings peace, joy, and healing. It is also has the ability to bring love your way and help you sleep better at night.





PEPPERMINT AND BROWN SUGAR BODY SCRUB

A sugar body scrub will slough off the dead skin cells to make way for smoother new skin! This is very simple to make and it's done in 5 minutes! You can use it after a few hours of making it to allow the extract to sink fuse with the other ingredients.

The ratio of ingredients depends on your preference. If you want it courser, you may add more sugar, if you want it oily, add more oil.

*** Peppermint is used magickally for cleansing, consecration, dreams, happiness, healing, love, money, passion, prosperity, protection, psychic development, purification, release, renewal, rest, and sleep.*





PEPPERMINT AND BROWN SUGAR BODY SCRUB

WHAT YOU WILL NEED:

- ½ cup Coconut oil
- 2 cups Brown Sugar
- 10 drops Peppermint extract
- Half-pint mason jar

WHAT YOU NEED TO DO:

1. The coconut oil has to be melted. You can microwave it for 10 to 25 seconds until it's in liquid form.
2. Add the brown sugar to the coconut oil.
3. Using your hands, as if you were kneading dough, mix the coconut oil and sugar together.
4. Add a few drops of peppermint.
5. Continue doing this until the ingredients are well-combined.
6. Place your creation in the half-pint of mason jar.
7. Allow it to sit for 2 to 3 hours.
8. Use it in your bath for brighter and smoother skin!



WITCH'S BREW MUG

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RAW HONEY AND CINNAMON FACIAL MASK



Honey has amazing antibacterial and anti aging properties. It also has the ability to improve the texture and tone of your skin. A honey face mask moisturizes your skin and treats it minus the harmful chemicals found in facial products nowadays.

This is a very simple recipe and you can use it immediately after whipping it up.

Cinnamon is used in spells of protection, success, wealth, strength, aphrodisiac.

*** If you have very sensitive skin, make sure to do a patch test on the back of your hand, because cinnamon can be irritating. ***



RAW HONEY AND CINNAMON FACIAL MASK

WHAT YOU WILL NEED:

- 3 teaspoons raw honey
- 1/2 teaspoon cinnamon

WHAT YOU NEED TO DO:

1. Mix the honey and cinnamon together.
2. Make sure your face is clean before you spread on your face.
3. Let stay for 20-30 minutes.
4. Wash the honey off your face and pat dry.



You can use this mask once a week because this is quite a powerful mask.



HERBAL TONER

Herbal toners are very refreshing -- they function as both cleaners and balancers of our skin. They have anti-inflammatory properties that promote healing.

Most toners on the market have alcohol, which is actually drying for your skin. Even the ones that claim to be natural contain alcohol... Which is why it is best to create your own skin toner using all-natural ingredients in the comfort of your own home.

I will give you two recipes -- each containing magickal herbs.

Rosemary is believed to improve memory and increase fertility. It was used to ward off evil spirits and nightmares. Those who smell rosemary frequently will remain youthful.

Calendula, also called Marygold, symbolizes love and constancy and is great for wedding bouquets and decorations. It is the traditional "he loves me, he loves me not" flower and is useful for love potions. Calendula keeps evil and negativity from entering.

Witch hazel is a classic ingredient in skin care, dating back even to Native American times. Avoid the witch hazel sold at drug stores. It's better to choose the alcohol-free ones. It also acts as a natural preservative, so your toner will last much longer and won't need refrigeration.



**YOUR FAVORITE
WICCAN SHIRTS
JUST ONE
CLICK AWAY!**



ROSEMARY-SAGE SKIN TONER

WHAT YOU WILL NEED:

1/2 cup just-boiling water
1.5 teaspoons rosemary
1.5 teaspoons sage
1 Tbsp witch hazel
3 drops rosemary essential oil
3 drops sage
Dark amber bottle
Strainer

WHAT YOU NEED TO DO:

1. Mix the rosemary and sage together.
2. Pour the boiling water.
3. Cover and steep it for 30-60 minutes (This

allows more of the plants' natural medicinal properties to be released.)

4. Strain.
5. Allow to cool.
6. Transfer to dark amber bottle.
7. Shake well and apply using a cotton ball.
8. This can be refrigerated if desired or store in a cool, dark place. Do not expose to heat and direct sunlight.



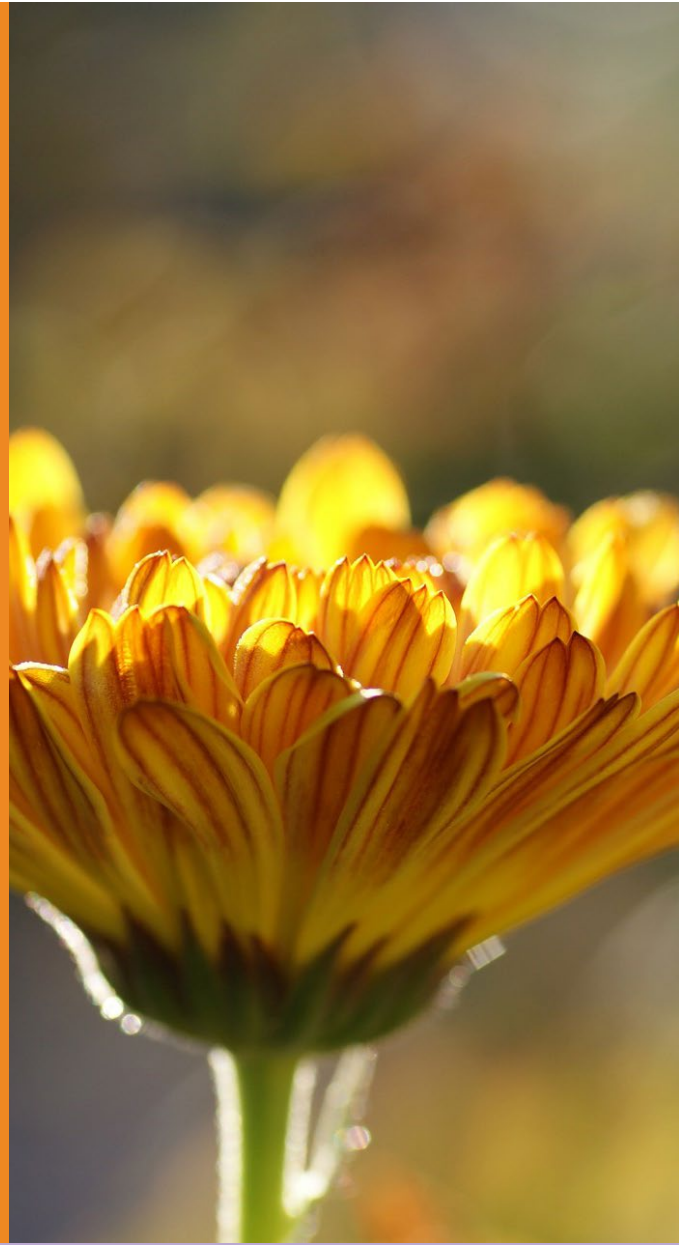
CALENDULA SKIN TONER

WHAT YOU WILL NEED:

6 oz. distilled water
1/4 cup dried calendula flowers
1 Tbsp.. organic aloe juice
Strainer
Dark amber bottle

WHAT YOU NEED TO DO:

1. Make an herbal tea using 6 oz. of distilled water and 1/4 cup of dried calendula flowers.
2. Let your tea steep for 30 minutes.
3. Strain.
4. Allow to cool.
5. Add 1 Tbsp. of aloe juice to the concoction.
6. Transfer to dark amber bottle.
7. Shake before use.
8. If you can, make just a little because if you want the freshest toner, you can make your own every week.



Wheel of the Year pendant



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MAGICKAL HERBS BATH

Any combination of herbs that calls to you can be used in this bath. You can use any combination of the herbs below:

Lavender Blossoms: Induces a sense of calm and promotes peace and relaxation.

Rose Petals: Calm and soothe the heart and tones the skin.

Chamomile Flowers: Eases the nerves and soothes the skin.

Calendula Flowers: Soothes your skin and promotes cell repair.

Peppermint and Spearmint Leaf: Give off a scent that is pleasurable to your senses.

Elder Flowers: Relieve inflammation.

Lemon Balm Leaf: Calms anxiety and induces sleep.

Rosemary Leaf: Relieves fatigue.

What you need to do:

1. Put a handful of each herb in a large pot.
2. Fill the pot with water and heat to
3. almost boiling. Make sure to keep
4. the lid on so the essential oils from the herbs don't evaporate.
5. Take the pot off the heat and let it infuse for 20 minutes.
6. Strain the liquid directly into your tub.
7. Fill the tub with water and your bath is ready!

LAVENDER AND PEPPERMINT SALT BATH

There are so many health benefits to a relaxing salt bath, which is why you should definitely try to squeeze them in when you can. Here are just some of the physical and mental benefits of salt baths:

Stress-reliever

Reduces muscle aches

Improves circulation

Improves nutrient and mineral-absorption

Pain-reliever

Promotes wound healing

Relaxes and improves sleep

Soothes inflammatory skin problems like acne and allergic reactions

Hydrates skin

Salts

Salt is one of the most important items one should always keep in your magickal cabinet. Salt represents the absence of decay, because salt is incorruptible, which is why evil is repelled by salt. Salt comes from the sea, where you find abundant life. Evil exists only in areas of decay and death.

Epsom salts can be integrated in some cleansing formulas for ritual baths. It is best used in combination with other herbs and essential oils to magnify its magickal properties.



LAVENDER AND PEPPERMINT
SALT BATH

WHAT YOU WILL NEED:

- 2 cups epsom salts
- 1/2 cup baking soda
- 1/4 cup sea salt
- 30 drops of lavender essential oil
- 10 drops of peppermint essential oil
- A bowl

WHAT YOU NEED TO DO:

1. Mix all ingredients in a bowl.
2. Store in an airtight jar.
3. Use 1/4 cup per bath.





WHAT YOU WILL NEED:

- ¼ cup Liquid Castille Soap
- ¼ cup water
- 10 drops of tea tree oil
- 10 drops of peppermint oil
- ½ tablespoon apricot kernel oil
- A wooden spoon
- A glass bottle
- A ceramic bowl

WHAT YOU NEED TO DO:

1. Mix all of the ingredients in a bowl. Do not over-mix and try to keep suds to a minimum.
2. Pour the mixture into the glass bottle.
3. Store at a room temperature and use it as you would any other shampoo. Shake well before each use. Use daily to treat dandruff and kill lice.

PEPPERMINT AND TEA TREE OIL SHAMPOO

Tea tree oil shampoo will give you amazing physical, mental, and magickal benefits! This is especially useful too if you are battling dandruff and lice.

Be careful not to go overboard with the tea tree oil because it can burn!

This is very easy to make and you should be able to use the concoction immediately.

Magickal Properties of Tea Tree Oil:

Ancient tribes would go to a magical lagoon where tea tree leaves had fallen and bathed in the magickal waters.

Magickal Properties of Peppermint Oil:

Peppermint oil will awaken the conscious mind and prevent negative thoughts from forming. It is also used for self-purification and visualization.

ROSEMARY AND SAGE SHAMPOO



The Rosemary and Sage Shampoo is not only soothing and calming, it is infused with magickal properties that will benefit you beyond just the physical aspect of life.

Magickal Properties of Rosemary

Rosemary is used in rituals and spell crafting to attract love, live a long life, and inspire happiness. It also clears your mind and improves your memory.

Magickal Properties of Sage

Sage is used to improve memory and tone the conscious mind. It also promotes wisdom and facilitates cleansing, which is why sage is always present in smudging bundles.

WHAT YOU WILL NEED:

- 3 oz Liquid Castile Soap
- 1 tbsp Chamomile Flowers
- 1 tbsp Nettle Leaves
- 1 tbsp Sage Leaves
- 1 tbsp Rosemary Leaves
- 10 drops of jojoba Oil
- 5-10 drops of rosemary oil
- 5 drops of lavender oils
- Boiling water
- Ceramic bowl or mortar
- 1 glass bottle

WHAT YOU NEED TO DO:

1. Mix herbs together in a bowl/mortar.
2. Add boiling water to cover herbs and let steep at least 30 minutes.
3. Pour the castile soap into the glass bottle.
4. Strain the herbs and funnel into soap.
5. Add jojoba oil and essential oils.
6. You may now use the shampoo. Use only a little shampoo every time and shake well before each use.



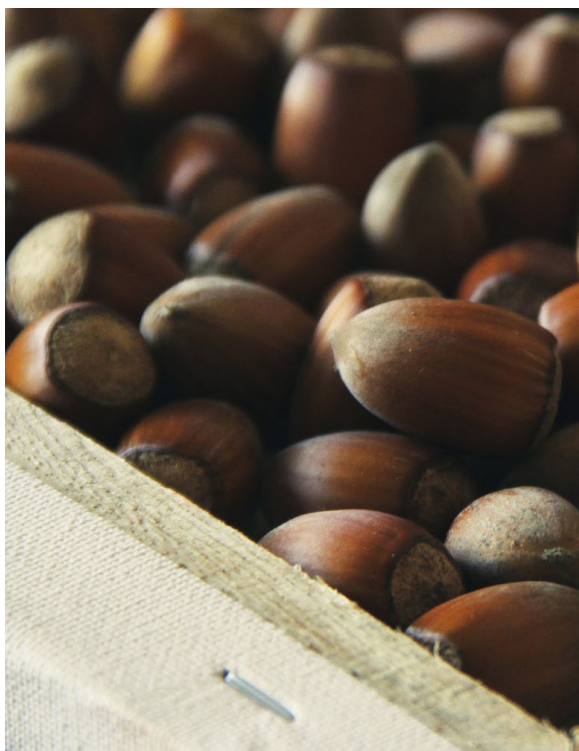
WITCH HAZEL

Witch hazels are shrubs or small trees that have oval leaves and red, orange or yellow flowers with four slender petals and a fruit with a small capsule with a glossy black seeds that burst upon maturity.

Witch hazel was utilized by the Native American people even before the Europeans arrived. And they were brought to Europe in the 1700s.

Witch hazel extract or hydro-sol is made from the leaves, bark and twigs of the American witch hazel shrub *Hamamelis virginiana*, which is what you want to use for medicine.





MEDICINE

Witch Hazel can be used as an astringent and to reduce swelling and itching. Witch hazel preparations are also used for the treatment of bruises, burns, sunburn, psoriasis, eczema, ingrown hairs and nails, blisters, cracked skin, insect bites, contact dermatitis, including poison ivy rash, varicose veins and hemorrhoids and to rinse and soothe the perineal area after childbirth.

You should always have witch hazel in your first aid kit for minor cuts and abrasions. It helps reduce bleeding and encourage healing. Apply witch hazel on bee stings and mosquito bites to reduce itching.

BEAUTY

Witch hazel is an essential beauty product for many. It may be used as an aftershave and as a daily facial astringent to reduce general redness, shine and puffiness. It can be used as a spot treatment to reduce the appearance of pimples by reducing swelling and resulting redness. A witch hazel compress will reduce swelling anywhere and is especially nice for reducing eye puffiness. A compress is also useful for varicose veins.



MAGICK

The energy of witch hazel resonates with the planet Saturn. Use it in an herbal elixir to banish unwanted emotions, mend a broken heart, cleansing and calming. Use it in spells of chastity, love, and divination. You can also use witch hazel branches for dowsing.



WHAT YOU WILL NEED:

- 1 teaspoon beeswax pastilles
- 1 teaspoon Shea butter
- 1 teaspoon coconut oil
- 1/4 teaspoon organic cocoa powder
- a tiny pinch of cinnamon
- A drop of peppermint essential oil
- Glass jar
- Pot of simmering water
- Plastic lipstick container
- Medicine dropper

WHAT YOU NEED TO DO:

1. Melt the beeswax, shea butter and coconut oil in the glass jar in the small pot of simmering water.
2. Remove from heat.
3. Add the cinnamon and cocoa powder.
4. Drop the peppermint essential oil.
5. Use a dropper to pour into the lipstick container.
6. Make sure to leave space for expansion when it cools.
7. Leave to cool for at least half an hour.
8. Store in a cool place where it will not soften.

NATURAL LIPSTICK WITH CINNAMON

Conventional lipstick is a source of harmful chemicals that can make you shudder! Lipstick is used on the skin near the mouth and these chemicals can be easily absorbed into the body.

This is a recipe for homemade lipstick with a brownish tint and matte texture.

The magickal spice here is cinnamon, which promotes health, vigor and libido. Cinnamon will also boost your chances of success in job hunting.

Peppermint's magickal properties are associated with healing, purification, psychic powers, sleep and love.



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