

FREE Printable Beauty, Haircare,
and Household Recipes

from

CRUNCHYBETTY.COM

*because she loves it when
you have food on your face*

How to print as 5 x 7 recipe cards:

1. Press “print.”
2. Find “printer properties” on the print dialogue.
3. From there, select “page setup.”
4. Change your page size to 5 x 7.
5. Select the option “fit-to-page printing.”
6. Place blank recipe cards in your printer.
7. Select the pages you want to print (probably starting at page 3, as you might not want to print all of these instructions off).
8. Print and enjoy!

How to print on a normal-sized page:

1. Press “print.” On the print dialogue page, select “fit to printable area” under the “Page Scaling” option.
2. Choose the pages you’d like to print.
3. Print your pages.
4. You’re done. Yay!

Mocha-Frappuccino Facial Mask

1/4 c. finely ground coffee
1/4 c. cocoa powder
1 Tbsp. honey
Milk, Cream, or Yogurt



Combine coffee and cocoa powder in a bowl. Add honey and enough liquid to make a wet paste. Cover face with mask, rubbing in lightly as you go, avoiding lip and eye area. Let this mask dry for at least 20 minutes. Moisten face very well, and lightly scrub the mask off while rinsing.

This mask may scare you. It is very dark, but I promise, it will not stain your skin. It will, however, make your skin very buffed and taught. It may also replace your need for a cup of coffee in the morning.

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Gentle Daily Facial Scrub

1/2 c. finely ground oatmeal

1/2 c. finely ground almonds

1/2 c. finely ground sunflower seeds

1/2 c. brewer's yeast

1/4 c. powdered milk

1/8 c. finely ground calendula petals

Witch hazel, vodka, water, or milk

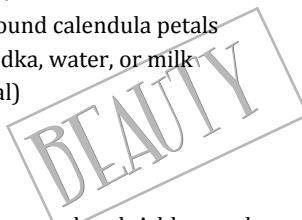
Honey (optional)

Combine all dry ingredients in a jar—shake well.

To use: Dump a small amount (approximately 2 tsp) into a small bowl or your hand. Add enough liquid to form a slightly runny paste (milk for dryer skin, witch hazel or vodka for when your skin is oily, and water for any other time). Add a teaspoon of honey for extra moisturizing and cleaning. Scrub onto moistened skin for a few minutes. You may let this mixture sit on your skin (like a mask) for up to 10 minutes.

Rinse well.

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Nutmeg Microdermabrasion

- 1/2 Tbsp ground nutmeg
- 1 Tbsp whole milk
- 1 small bowl



Combine the nutmeg and milk in the small bowl, stirring well. Starting with a clean face, massage the nutmeg/milk mixture lightly over your face in small circles, always moving upwards. If you're brave and don't mind getting a little messy, do this on your décolletage, as well. It would make for a very glowing, soft neck and chest.

After you've exfoliated for 5-10 minutes, rinse well with warm water and pat dry.

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Brightening Turmeric Facial Mask



- 1 tsp turmeric powder
- 2 tsp rice flour (you could also use garbanzo flour or finely-ground oats)
- 3 Tbsp plain yogurt (you could substitute milk, cream, or sour cream)

Mix everything together until it looks like the picture above, and then slather it on a clean face. Let it dry for 15-20 minutes, and then rinse off, gently scrubbing as you go.

Please be sure to wear an old shirt that you don't mind staining when you use this. Or be naked. I don't care.

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ACV Acne Toner

- 1/4 C. apple cider vinegar
- 2 Tbsp. witch hazel
- 1/2 C. distilled water
- 10 drops tea tree oil or lavender essential oil

Mix together all ingredients and put in a glass bottle. I put the kiddo's in a spritzer bottle, so he can spritz on and wipe off. Or, you can just put it in a bottle and soak a cotton ball or pad and gently wipe it over your face.

This doesn't need to be refrigerated, and has a shelf life of at least two months.

Use daily for best results.



Strawberry-Kiwi Facial Polish



- 2 strawberries
- 1-inch slice of kiwi (peeled)
- 1 tsp honey
- 1/2 tsp olive, sweet almond, or avocado oil
- 1/2 Tbsp finely ground oats
- 1 Tbsp cornmeal

In a small food processor or blender, add the kiwi slice and strawberries and start blending/processing. While this is going, drizzle in the honey and oil. You will end up with a pretty, shiny, pink goo with seeds dotting it ever-so gracefully. Pour the mixture into a small bowl and add in the finely ground oats and cornmeal. Stir well.

Apply to a clean face and massage lightly for 2-3 minutes. Then go do something else, while the sweet, heavenly scented polish sits on your face. Wait 10-15 minutes. Rinse well.

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Smoothing Pumpkin Mask

- * Approximately 1/2 c. stringy pumpkin innards (with 5-10 seeds attached)
- * 1 Tbsp sour cream
- * 1 tsp honey
- * 1/2 tsp cinnamon or nutmeg

Toss everything in your food processor or blender (I found it easiest in my small food processor) and let it go until everything is processed into a paste. You'll probably still have a few small chunks of seeds, but that's okay. Apply to a clean face and leave on for 15 minutes.

Rinse well, washing off with a warm washcloth.



Moisturizing Avocado Mask

- Half of a well-mashed avocado
- 2 Tbsp plain yogurt
- 1 Tbsp wheat germ
- 1 Tbsp brewer's yeast



Mix all ingredients very well and apply a thick layer to a clean face. It will probably not go on smoothly, and you'll have little clumps here and there, but the goal is to "wet" your entire face with it.

Leave this mixture on for approximately 10 minutes or until dry. Wipe off with a warm, wet washcloth.

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Honey-Aspirin Acne Mask

- 6 aspirin tablets
- 1/2 Tbsp apple cider vinegar
- 1-1/2 Tbsp honey



Dissolve the aspirin tabs in the apple cider vinegar for about 3 minutes. Stir well. Add the honey to the mixture and stir again. Apply to a clean face, scrubbing very gently as you cover your whole face (avoiding eyes). Let the mask sit for 15 minutes. Be careful, because it drips a little! Keep a towel handy to wipe off little drips.

The mask will not dry, per se, but it will become pretty sticky. Rinse well with warm water, scrubbing gently again as you rinse. The aspirin also serves as a magnificent exfoliator.

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Good Morning Facial Mask



- 1 c. organic oatmeal
- 1 Tbsp. honey
- 2 tsp. wheat germ
- 1/4 c. milk
- 2 drops lavender essential oil (optional)

Combine all ingredients well, making sure the honey is incorporated throughout. Apply a thick layer to face, avoiding eye and lip area. Leave on for up to 30 minutes.

Rinse well, scrubbing lightly as you do. Follow with a toner and moisturizer.

Note: This is a great all-around nourishing mask for any skin type.

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Tonifying Grapefruit Facial Mask

- 1 tsp. grapefruit juice (fresh is best, but not a necessity)
- 1 tsp. sour cream or plain yogurt
- 1 egg white
- 1 tsp. honey



Beat egg white until fluffy and add sour cream (or yogurt), grapefruit juice and honey. Mix well. Apply to a clean face and neck and relax for 10-20 minutes. Rinse well with warm water.

Grapefruit juice is a great astringent, but it can also be substituted with fresh-squeezed lemon juice.

Lemon juice, grapefruit juice, and plain yogurt also act as a skin lightener, diminishing any red blotches or dark spots. Honey has antibacterial properties, as well as essential moisturizing abilities. Egg white is an excellent firming component. Because of this, it's best to lay down while you let this mask dry, or else gravity will pull your facial skin down ... and it might stay that way!

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Moisturizing Cornmilk and Lavender Toner

- One ear of organic corn, shucked
- 2 Tbsp. dried lavender buds
- 3/4 c. water
- 1 Tbsp. vodka
- 2 Tbsp. witch hazel



Boil 3/4 c. water and add to lavender buds. Let steep and cool. Put corn kernels into your blender or food processor and let it go until you've got corn mush. Dump the corn into the middle of your cheese cloth or other straining-type material. Wrap the corn up and start juicing it through the fabric.

Mix lavender water and corn juice. Add in the witch hazel and vodka. Note: You can use 2 more tablespoons of vodka in lieu of the witch hazel, if need be. Shake it up, bottle it, and keep it in the fridge for up to 2 weeks. Use as you normally would toner.

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Magic Pimple Potion



- 2 tsp. apple cider vinegar
- 3 drops tea tree oil
- 3 drops lavender essential oil

Combine ingredients. Apply with fingertip or a Q-tip to stubborn pimples on a clean face and allow to dry without rinsing. Apply as necessary and desired.

Tea tree oil is one of nature's best antiseptics and has incredible antibacterial properties. It works wonders for oily skin, but it can also be used to clean cuts and scrapes—or even to freshen stinky laundry baskets.

Handy Tip!

One of the very, very best blemish removers I've found is a simple mix of white or green clay with a few drops of water and a drop of tea tree oil. Apply only to pimples and let dry overnight. In the morning, rinse. If your pimple isn't gone already, it will be soon.

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Egg White-Honey-Lemon Juice Mask

- 1 egg white
- 2 tsp lemon juice
- 1/2 tbsp honey (or 1/2 tbsp honey powder)

Mix everything together until smooth and apply to a clean, freshly washed face. Allow the mask to dry, and then rinse well. Very well. As with any tightening mask, it's best to lay down while letting it dry, as gravity and drying will pull the face downward. If you're standing up, that means you'll end up looking just a tad bit droopy.

This mask brightens, tightens, lightens, and smoothens your skin. You look marvelous.

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Pomegranate Green Tea Peel

- 40-ish fresh pomegranate seeds
- 1 tsp fresh lemon juice
- 2 tsp strong green tea



Steep tea. Place pomegranate seeds in a small bowl and mash them with the back of a spoon until you have roughly 4 to 5 tsp of juice. Strain tea and add 2 tsp tea to the mashed pomegranate seeds. Squeeze in 1 tsp lemon juice. Stir well and allow the liquid to cool for 5 minutes.

Carefully, pour a small amount of the liquid from your bowl into the palm of your hand. Starting with a completely clean face, rub the liquid all over your face and neck, massaging gently and upwards as you go.

Let the fruit juices dry on your face for 10 minutes. If you look in the mirror, you might notice your face looks a little, well, like a pomegranate. Don't worry. I left it on for 30 minutes, and it didn't stain my face. It did make it sooooo soft, though.

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Warming Ginger Orange Foot Scrub

- 1/2 c. brown or white sugar
- 1/4 c. oil (olive, sweet almond, or grapeseed)
- 1 Tbsp. fresh orange juice
- 1 Tbsp. finely grated ginger (fresh is best, but powdered would work)
- 1-2 teaspoons cayenne powder



In a medium-sized mixing bowl, combine sugar and oil well. Add other ingredients and stir.

To use: If using as a foot scrub, sit on the edge of a tub or over a large basin. One foot at a time, dip in water and scoop out a small amount of scrub. Massage into skin for at least 5 minutes a piece, concentrating on problem areas like heels and the sides of feet. Rinse well. If using as a hand scrub, well, just scrub your hands with it and rinse.

One of the biggest benefits I've found to using this as a foot scrub is that it also takes care of your hands at the same time. Your digits have never felt so good.

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Dark Hair Deep Conditioning Masque

1 c. cocoa powder
1/2 c. plain yogurt
1/2 c. honey



Warning! This conditioner might darken your hair (though not much).

Mix all ingredients well. Before showering, apply to entire head until every strand of hair is covered in the masque. Cover head (but not your face!) with plastic wrap or a shower cap. Let the masque work its magic for 20-45 minutes. If you'd like, for deeper conditioning, after covering hair in plastic, wrap a hot towel around your head.

Rinse hair very well in the shower (and rinse the shower well, too, as the cocoa could stain the tub if left on too long). Shampoo well. Twice if it feels necessary. There is probably no need to use conditioner on your hair afterward. (I did once, and it just looked oily.) Finish with a rinse of strong black tea water or 2 Tbsp. apple cider vinegar in 4 cups cold water, if desired.

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Lavender-Rosemary Softening Hair Rinse

4 c. water

1/2 c. dried rosemary

3 Tbsp. apple cider vinegar

1/2 c. dried lavender

1 tsp. borax



Bring the water to boil in a large pot. Once you've reached a rolling boil, remove the pot from the stove and add the borax and apple cider vinegar. Stir. Add the lavender and rosemary. Stir well (until all the herbs are wet) and cover. Leave the pot to "steep" unheated for 2-4 hours (or longer, even ... the longer, the stronger).

After your liquid has reached a caramel brownish color, strain the herbs from the liquid and pour into a glass container. Refrigerate until use.

To use: After shampooing and conditioning, pour the rinse over your hair. Finish off with a final rinse of clean water, if desired (the liquid is a brownish "tea" color, so it may stain a light-colored towel if you don't rinse with clean water). Or, simply leave the rosemary rinse in your hair and dry and style as usual.

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Dishwasher Detergent



- 1 c. Borax
- 1 c. Washing Soda
- 1/2 c. finely grated castile soap
- 20 drops lemon essential oil

Mix dry ingredients in a heavy storage container (use glass for long storage, as plastic can absorb essential oils). Drop by drop, add lemon essential oil, stirring constantly so clumps don't form. Depending on your dishwasher capacity, use 1/8 to 1/4 c. per load.

HANDY TIP!

Fill your dishwasher's rinse aid well with a mixture of distilled white vinegar and an optional 20-30 drops of lemon essential oil for extra squeaky clean dishes.

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Laundry Detergent



- 1 c. Borax
- 1 c. Washing Soda
- 2 c. finely grated laundry soap
- 20 drops lemon or grapefruit essential oil (optional)

After finely grating the laundry soap (Fels Naptha, Ivory, or Zote are good brands for laundry), mix all dry ingredients in large container. If essential oil is used, mix in drop by drop, stirring constantly, until completely combined. Depending on laundry load size and filthiness, use between 1/8 to 1/2 cup per load.

HANDY TIP!

Instead of chemical-laden fabric softener, use distilled white vinegar. It softens just as well, and keeps your clothes free from harmful stuff. Add 10-20 drops of your favorite essential oil (lavender, lemon, and pink grapefruit are great for laundry) into a half-gallon size bottle full of vinegar, shake, and use as your normal fabric softener.

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Alvin* Corn* Glass* Cleaner*

- 1/4 c. rubbing alcohol
- 1/4 c. white vinegar
- 1 Tbsp. cornstarch
- 2 c. warm water

Combine everything in a spray bottle, and shake well. Shake well before using, too, as the cornstarch might settle at the bottom (and subsequently plug the spray mechanism if it's not mixed in well).

HANDY TIP!

For a great lint-free, dust-free, and streak-free shine, try using newspaper (black and white, not colored) as a buffer, after first scrubbing windows and glass with towel dampened with this solution.

HOUSEHOLD

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Best Bathroom Cleaner Ever

- 1/2 c. Baking Soda
- 1/2 c. Washing Soda
- 1/2 c. Liquid Castile Soap
- 25 drops tea tree essential oil
- 10 drops lemon essential oil
- 10 drops peppermint essential oil (optional)
- 2 Tbsp. white vinegar (optional)



Mix baking soda, washing soda, and liquid soap in a medium-sized container until it's pasty and mushy. Add essential oils and mix thoroughly. If you choose to add the vinegar, be aware that the soda will make it fizz a little. But it'll stop, so don't freak out.

When you're ready to use it, you just scoop a little out with your sponge and scrub away. This works WONDERS on grimy bathtubs and goopy counters. Not that I've ever had those. I just assume.

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Daily Sparkly Shower Spray

- 1/2 c. rubbing alcohol
- 1/2 c. hydrogen peroxide
- 25 drops (1/4 tsp.) peppermint essential oil
- 2 tsp liquid castille soap (optional)
- spray bottle

Mix everything together in your spray bottle. Shake well. Shake well before spraying all over your shower, daily, after you've finished bathing.



Homemade Deodorant



- 1/4 c. cornstarch or arrowroot powder
- 1/4 c. baking soda
- 5 Tbsp. coconut oil
- Essential oils (optional – I used 3 drops of ylang-ylang, 4 drops of sweet orange, and 2 drops of tea tree)

Mix everything together very well in a small container, making sure to break up any clumps.

Store the mixture in a wide-mouthed jar, if you prefer to apply manually (best in summer months when the oil is soft). Or, empty out a store-bought deodorant container and pack the mixture into the container and use as you usually would.

Remember: It will take your body a few days to weeks to adjust to natural deodorant. Don't give up! It's worth it!

Elderberry Cough Syrup

- 1/2 c. dried elderberries or 1 c. fresh elderberries
- 3 c. water
- 1/2 c. honey
- 1/4 c. cherry brandy (optional)



Place the water in a pot on the burner and bring it to a boil. Turn down the heat to a low simmer and add elderberries. Simmer for 20 minutes. Strain the elderberries, reserving the juice, pressing down firmly on top of the berries to drain all the liquid. Rinse pot and return the juice to it over a low heat. Simmer for a few more minutes, until the liquid reduces to 1 cup. Remove from heat and let cool for 5 minutes. Pour into a glass container and add the honey and the brandy. Stir well, until the honey is completely dissolved.

Store in an airtight container in the refrigerator. This will keep for 2 months if the brandy is included, or 2 weeks if you choose not to use brandy as a preservative.

Take 1 to 2 Tbsp a day as a maintenance dose and 3 to 5 Tbsp throughout the day when you're just starting to feel a cough or cold coming on.

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