

## **An idea when you plan the coming cultivations**

### **Easy DIY natural cosmetics from your garden**

“What are a product’s ingredients?” When I buy cosmetics, I rarely know any of the ingredients and its composition. However, it is very important to me to use as natural products as possible. Therefore I started to make cosmetics myself in order to know what ingredients are in them. It’s not as complicated as it sounds. With a few steps, it’s possible to create a number of products in the blink of an eye. You can even use ingredients from your own garden or vegetable patch for this, such as aromatic herbs or fruit. In addition to smelling very nice, certain herbs have therapeutic benefits. I would now like to walk you through some very easy recipes, which take very little effort but give a great result.



### **Relaxing face mask with lavender**

1 tablespoon of lavender flowers

2 tablespoons of fromage blanc (regular [40% fat] for dry skin, 3 tablespoons low fat for oily skin)

1 teaspoon of wheat bran

1 teaspoon of honey

Put the flowers in a salad bowl and gently crush them with a spoon. Add the wheat bran and mix together well with the rest of the ingredients. Apply to your face and leave to work for around 15 minutes. Rinse with warm water.

## **Cleansing mask with herbs**

2 tablespoons of low fat fromage blanc

1 teaspoon of almond or safflower oil

1 teaspoon of honey

1 tablespoon of finely chopped herbs (e.g. chamomile, rosemary, thyme, sage)

Mix all of the ingredients until it forms a creamy paste, then leave it to rest for an hour. You can then apply the mask to your face and leave it to work for 20 minutes. Rinse carefully with warm water.

## **Firming face mask with strawberries**

6 strawberries

1 tablespoon of fromage blanc (use low fat for oily skin)

2 teaspoons of honey

1 tablespoon of fine porridge oats

First of all, reduce the strawberries to purée, then mix them with the other ingredients. Apply to your face, and leave it to work for 10 minutes. Then scrub your skin for exfoliation before rinsing with clean water.

## **Dandelion conditioner for shiny hair**

2 handfuls of dandelion flowers

1 litre of water

Cook the leaves in half a litre of water and leave to soak for 10 minutes. Sieve the flowers and dilute the resulting plant extract with the rest of the water. Leave it to cool a bit before use.

## **Relaxing bath salts**

2 large teabags for loose tea (available in supermarkets or wholesalers)

15g of lavender flowers

15g of lemon grass

10g of lemon balm

10g of rose petals

Fill the teabag with all of the herbs and seal it. If you want an even more aromatic version, you can add essential oils to the mix of herbs, e.g. two drops of lavender oil or lemon balm. Before use, leave the teabag to infuse in a salad bowl full of hot water for 10 minutes, then put it in the bathwater. Add a dash of olive, almond or sesame oil to the bath, and your moment of rest and relaxation is ready.

## Reviving mint shampoo

One handful of fresh mint leaves

120ml of water

15g of olive oil soap (grated into shavings)

250ml of water

Soak the mint leaves in 120ml of water and leave for 3 hours. Then pass the leaves through a sieve. Heat 250ml of water, add the soap shavings and leave it on a low heat for 10 minutes. Take the dish off the heat and add the decoction of mint leaves and keep stirring. Put the shampoo in a clean bottle and all you have left to do is wash your hair. You can keep the shampoo for around a fortnight. Shake well before each use.

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*Photo: Fotolia Jenny Sturm*